



Tahini Hot Chocolate

Servings: 2

Recipe courtesy of [Prescribe Nutrition](#)

Ingredients

- 2 cups almond milk
- 2 Tbsp maple syrup
- 2 Tbsp tahini
- 2 tsp unsweetened cocoa powder
- ¼ tsp cinnamon
- 1 pinch nutmeg
- coconut whipped cream, optional

Nutrition Facts

Servings 2

Amount Per Serving

Calories 209

% Daily Value

Total Fat 11.1g 14%

Saturated Fat 1.4g 7%

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 26.1g 9%

Dietary Fiber 3.3g 12%

Sugars 19.2g

Protein 3.9g

Vitamin D 1mcg 6%

Calcium 534mg 41%

Iron 2mg 12%

Potassium 169mg 4%



What you'll need



measuring cups



measuring spoons



medium saucepan

Instructions

1. In a saucepan over medium-low heat, warm the milk (2 cups) and maple syrup (2 Tbsp) until it starts to simmer and the syrup melts.
2. Add the tahini (2 Tbsp), cocoa powder (2 tsp), cinnamon (¼ tsp) and nutmeg (1 pinch), and whisk to combine. Let simmer another 2 to 3 minutes and remove from the heat.
3. Pour into mugs and serve topped with whipped cream.



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