

Thick Hot Chocolate (Cioccolata Densa)

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medium saucepan
measuring cups and spoons
metal whisk
silicon spatula for stirring
coarse grater
4 to 6 small cups

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1. In the saucepan, **whisk together** 3 cups **milk of choice**
¼ cup **raw cacao powder**
¼ cup **maple syrup or coconut sugar**
¼ cup **cornflour or arrowroot**
2 tsp **pure vanilla essence**
1 tsp **ground cinnamon** (optional)
 2. While **stirring** constantly, bring to a **simmer**.
 3. **Simmer** for 1 minute while continuing to **stir**.
 4. **Remove** from the heat and **stir** in until melted 60 g (2 oz) coarsely grated **dark chocolate** (opt.)
 5. **Pour** into the cups and **serve** immediately.
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