



## STRONG Heart Program Recipe-of-the-Month

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### Creamy Amaretto Cocoa

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Recipe from *Cooking Light*

Ingredients compliments of Lori's Natural Foods

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#### **Ingredients:**

¼ cup plus 2 tablespoons sugar  
3 tablespoons unsweetened cocoa  
1 2/3 cups water  
1 cup evaporated skim milk  
1 cup 1% low-fat milk  
1 tablespoon amaretto (or ½ teaspoon almond extract)

#### **Directions:**

Combine first 2 ingredients in a saucepan. Gradually stir in water. Bring to a boil; add milks and amaretto. Cook until thoroughly heated.

**Yield:** 4 cups    **Serving Size:** 1 cup

**Nutrition Information:** 175 calories, 2g fat, 1.2g sat. fat, 5mg cholesterol, 100mg sodium, 30g carbohydrate, 0g fiber, 8g protein.