

SERVES 1-2

# Sugar-Free Banana Hot Chocolate

(Vegan, Paleo, Low-Carb)

Isabellemckenzie.com | total time: 10 mins



## INGREDIENTS

- 2 cups of milk of choice
- 1-2 tbsp unsweetened cocoa powder
- 1/2 tsp pure vanilla (optional)
- Few drops of vanilla stevia (optional)
- 1/4 tsp cinnamon
- 1 ripe banana, peeled and sliced
- dash of sea salt (optional)

## INSTRUCTIONS

1. Place the bananas and milk into a blender and puree until smooth. Strain the mix into a medium-sized saucepot. Warm the banana milk mix slowly over medium heat until milk is scalding but not boiling.
2. Add cocoa powder, vanilla, and cinnamon, stirring with a whisk, till the mix is smooth and well combined. Taste the drink; if your banana was not ripe enough for a strong sweetness, you may add a couple of drops of stevia, to taste.
3. Stir the mixture again and pour your warm banana hot chocolate into two mugs and top with unsweetened whipped cream and cinnamon. Serve immediately.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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