

# Betty's Chocolate Milk



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In this video, Betty demonstrates how to make Chocolate Milk. This is a very simple recipe, and you can make substitutions for a low calorie version.

## Ingredients:

- 1 tablespoon unsweetened cocoa powder
- 2 tablespoons sugar (or sugar substitute, such as Stevia)
- 4 tablespoons scalded milk
- 1 ¼ cups cold, fresh milk (I used skim milk.)

In a medium-sized serving glass, place 1 tablespoon cocoa, 2 tablespoons sugar, and 4 tablespoons scalded milk. With a tea spoon, stir ingredients until cocoa and sugar are dissolved in the scalded milk. Now pour in 1 ¼ cups cold, fresh milk and stir until all ingredients are combined. Your Chocolate Milk is ready to serve! Enjoy!!! --Betty :)