

# Sugarfree spicy hot chocolate



 5 min.  291 kcal  SteviaSweet Liquid

## Preparation without sugar

1. Combine the milk, cocoa powder and spices and bring to the boil.
2. Add the dark chocolate and [SteviaSweet Liquid](#) and stir until the chocolate is melted.
3. Pour into mugs and enjoy hot.

## Ingredients for 2 portions

400 ml	milk
2 tbsp	sugar-free cocoa powder
1/4 tsp	ground vanilla
1/4 tsp	ground cinnamon
1/4	chilli flakes (or to taste)
50 g	dark chocolate
1 tsp	<a href="#">SteviaSweet Liquid</a>

## Nutritional information per portion

291	kcal
1224	kJ
9.5	Protein in g
23.5	Carbohydrates in g
18	Fat in g