

# Peppermint Hot Cocoa

## Bulk Mix

THM-Friendly: S

- 3 Tbsp. powdered butter
- 3 Tbsp. MCT oil powder
- 5 Tbsp. collagen
- 1 Tbsp. sunflower lecithin
- 5 Tbsp. THM Pristine Whey Protein
- 1 tsp. pure stevia
- 10 Tbsp. unsweetened baking cocoa
- 10 drops of peppermint essential oil
- 1/4 tsp. gluccie

Mix the dry ingredients well. I used my Ninja chopper. Place the dry ingredients in a sealed container for storage.

To make a healthy hot chocolate, mix 2 heaping Tbsp. of the dry mix with about 10 oz. of hot nut milk (I used oat milk). You can heat the milk in the microwave or warm on the stove. Mix well and...enJOY!

Makes approximately 32 servings.

