



## Italian Hot Chocolate

The secret ingredient for Italian-style hot chocolate is cornstarch, which makes it thicker and creamier than regular hot chocolate.

### Ingredients:

- 2 tablespoons granulated sugar
- 2 tablespoons cocoa powder
- 1 ½ teaspoons cornstarch
- pinch of salt
- 1 ½ cups lactose-free milk
- ¼ teaspoon vanilla extract

### Procedure:

- Combine the dry ingredients in a 2-cup microwave-safe container such as a glass measuring cup. Add milk up to the 1 ½-cup mark, then stir in the vanilla extract.
- Microwave on high in one minute intervals for three minutes, stirring after each interval. Stop just before it comes to a boil.
- Pour into two small teacups and serve warm. Top with whipped cream if desired.

Servings: 2

Recipe provided courtesy of [www.ibsfree.net](http://www.ibsfree.net) and GI Nutrition Inc.