

Milk Chocolate Hot Chocolate

This recipe makes 30 ¼ cup pucks or 5-12 oz servings



Ingredients

3 cups milk of choice (I use 1%) divided
3 cups half & half
¼ tsp sea salt
6 oz milk chocolate chips
6 oz bittersweet chocolate chips

Directions:

1. In a large saucepan, combine the chocolate chips and 1 cup of milk. Heat over medium-low, stirring constantly until the chocolate chips are fully melted and the mixture is smooth.
2. Add the salt, the remaining 2 cups of milk, and the half & half.
3. Stir frequently over medium-low to medium heat, bringing the temperature up until you can see heat rising from the hot chocolate. Be careful not to scald the milk.
4. Let the mixture cool slightly.
5. Pour ¼ cup of hot chocolate into round silicone molds. Using ½ cup molds is recommended to make transferring to the freezer easier and to keep the pucks thinner for freeze drying.
6. Freeze until completely solid.
7. Remove the frozen hot chocolate pucks from the molds, place them on parchment-lined trays
8. Freeze dry (my cycle time was 24 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1¼ to 1½ cups of boiling water to 6 hot chocolate pucks in a large mug. Stir well, then let sit for 2-3 minutes to allow the chocolate to fully dissolve. Stir again, let it cool to a safe drinking temperature, and enjoy.

Notes:

For an extra touch, top your hot chocolate with whipped cream, marshmallows, or a sprinkle of cocoa powder. You can also add a cinnamon stick or chocolate shavings for extra flavor and presentation.

Nutritional Value Per 12 oz serving

Calories: 304 Protein: 8.6 g Fat: 17.6 g Carbohydrates: 33.6 g Sugar: 26.4 g Fiber: 3.6 g