

# Peppermint Stick Hot Chocolate *Holiday Drink*

Source: [www.myrecipes.com/recipe/peppermint-stick-hot-chocolate](http://www.myrecipes.com/recipe/peppermint-stick-hot-chocolate)



**SERVES:**

12



**COOKING TIME:**

25 MINS

The aroma of peppermint has been shown to enhance memory and increase alertness as well as help soothe IBS symptoms.

## INSTRUCTIONS

1. Combine milk, brown sugar, cocoa, vanilla, nutmeg, and semisweet chocolate in a large saucepan over medium-low heat.
2. Cook 25 minutes or until chocolate melts and mixture is smooth, stirring occasionally.
3. Serve with candy canes and marshmallows. Garnish with whole grated nutmeg, if desired.

## INGREDIENTS

- 8 cups 2% reduced-fat milk
- 3/4 cup packed dark brown sugar
- 1/3 cup unsweetened cocoa
- 1 teaspoon vanilla extract
- 3 ounces semisweet chocolate, finely chopped
- 1/8 teaspoon ground nutmeg
- 12 candy canes
- 3/4 cup miniature marshmallows
- Whole grated nutmeg (optional)

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