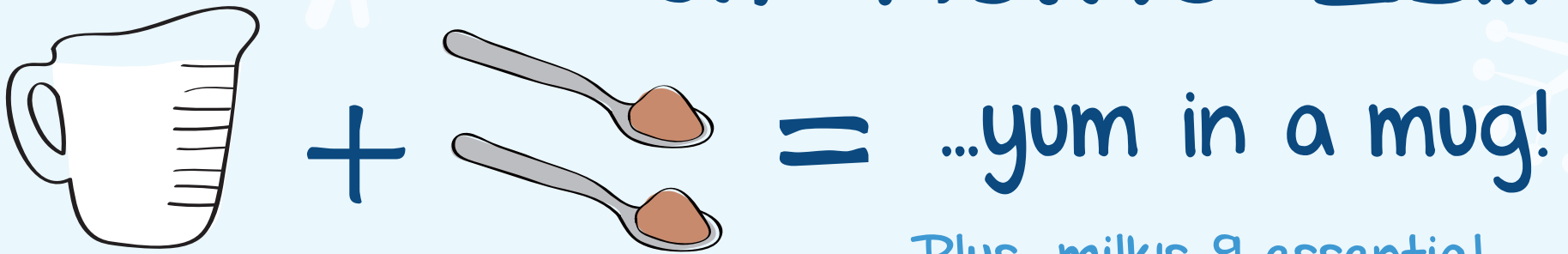


Going Haute Chocolate at Home Is...

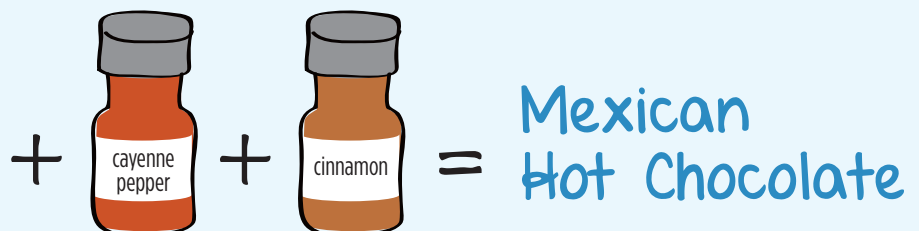


8 oz. of warm lowfat or fat free milk

2 Tb. of cocoa powder

Plus, milk's 9 essential nutrients, including protein

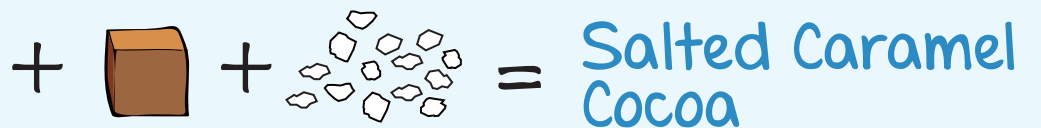
Personalize it with pantry staples



Sprinkle a pinch of cayenne & cinnamon



Stir with a candy cane or dissolve one peppermint

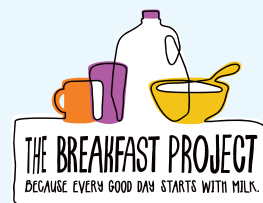


Add one caramel candy & a pinch of sea salt



Stir in 1-2 pieces of orange rind (remove before serving)

Get your cocoa fix at TheBreakfastProject.com



got milk?