



## Homemade Chocolate Milk

4 servings

5 minutes

### Ingredients

1 quart Plain Coconut Milk  
1/3 cup Maple Syrup  
2 tbsps Coconut Sugar  
1/4 cup Cocoa Powder  
1 tsp Vanilla Extract

### Directions

- 1 Add all the ingredients to the blender. Blend until combined.
- 2 Serve immediately or store in a glass container for future use. Contents may need shaking or stirring prior to use if stored. Can last up to 5 days in the refrigerator. Enjoy!

### Nutrition

Amount per serving	
Calories	186
Fat	6g
Carbs	35g
Fiber	2g
Sugar	30g
Protein	1g
Cholesterol	0mg
Sodium	40mg
Potassium	188mg
Vitamin A	492IU
Vitamin C	0mg
Calcium	482mg
Iron	1mg
Vitamin D	99IU
Vitamin E	0mg
Vitamin K	0µg
Thiamine	0mg
Riboflavin	0.4mg
Niacin	0mg
Vitamin B6	0mg
Folate	2µg
Vitamin B12	3.0µg
Phosphorous	40mg
Magnesium	33mg
Zinc	1mg



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Selenium

1µg