



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Chocolate Magic Mix*

Use this mix for hot cocoa or chocolate pudding.

8 cups nonfat dry milk

$\frac{3}{4}$ cup cocoa

1 $\frac{1}{2}$ cups sugar

pinch of salt

1. Combine ingredients. Mix well.
2. Pour into jar or can with tight-fitting lid.

Nutrition Facts

Serving Size: 1/4 cup (33g)

Servings: 40

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol less than 5mg 2%

Sodium 135mg 6%

Total Carbohydrate 21g 7%

Dietary Fiber 1g 2%

Sugars 20g

Protein 9g

Vitamin A 0% ■ Vitamin C 2%

Calcium 30% ■ Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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