



Salted Caramel Hot Chocolate

Makes 2 servings | Serving size: 3/4 cup

PREP TIME

5 min

COOK TIME

5 min

TOTAL TIME

10 min

This iconic pair make delectable recipes, but they're usually a lot of calories, too. So to save some calories, I like to use caramel extract instead of actual caramel.



Ingredients

- 1½ cups 1% milk
- 40 grams milk chocolate
- ¼ teaspoon caramel extract
- ¼ teaspoon salt

Directions

1. Warm the milk in a small pot over medium heat.
2. Add in chocolate, caramel extract, and salt.
3. Stir until chocolate is melted and milk is warmed to your desired temperature.
4. If you'd like, you can also simply heat the milk in the microwave for about 1 minute, add the remaining ingredients, then stir until the chocolate is melted.
5. Enjoy!