

## Chocolate Milk (Cold or Hot)

### Hints:

1. Milk – Use premium whole or 2% milk. I use Shamrock Farms.
2. Change recipe to taste.
3. For Hot Chocolate Milk use a microwave for 2 minutes (stir after 1 minute). Use a plastic container to nuke the hot chocolate.
4. For Hot Chocolate Milk put some cold whipping cream in a mug (1/2 to 3/4 full) and pour the hot chocolate milk over the whipping cream in the mug (optional).

This recipe makes 1 cup of chocolate milk or 1 glass .

### Ingredients:

- Ovaltine (4 table spoons)
- Milk (8 ounces or 1 cup)

Mix ingredients in a blender.

Pour contents of blender in 1 cup or 1 glass.

Mike