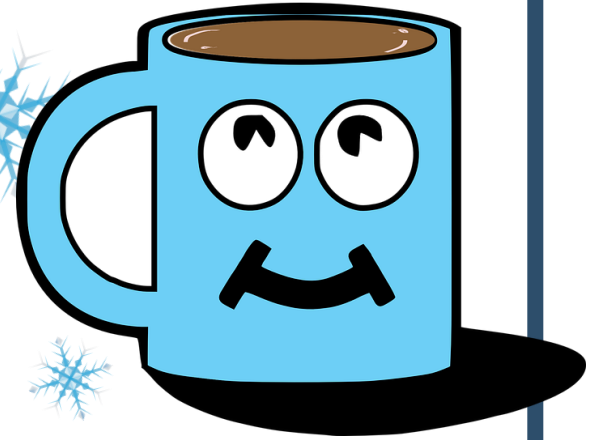


Include early literacy on a  
wintery day by....

making hot cocoa &  
reading books together!



## Healthy & Easy Hot Cocoa Recipe for Kids

by Erika Bragdon

### **Ingredients:**

2 cups almond milk (or milk of choice)

2 tbsp cocoa powder

2 tbsp honey or maple syrup (maybe add more or less depending on personal taste)

1/2 tsp vanilla extract

### **Instructions:**

Warm almond milk in a small sauce pan, then whisk in the cocoa powder, honey and vanilla extract. Whisk well to remove any lumps from the cocoa.

Serve warm!

Let your child help measure & pour, talk about smells, colours, texture, order of ingredients, and describe what is happening. How does it taste?



# Early ON

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City of Kawartha Lakes & Haliburton County