

Simple Steps To A Healthier New Year

(NAPSA)—When the weather outside is frightful, there are few things more comforting than sipping hot chocolate by a warm fire. For those whose New Year's resolution was to cut back on calories, but who crave the emotional warmth of sweet things, try this delicious hot chocolate recipe.

Taking small steps to a healthier lifestyle, such as substituting SLENDA® No Calorie Sweetener for sugar in beverages such as coffee, tea and hot chocolate, is a simple way to cut out extra calories and can add up to make a big difference in overall nutrition. Incorporating small changes like these into everyday habits, in combination with a balanced diet and daily exercise (the 2005 Dietary Guidelines for Americans recommends engaging in moderate-to-vigorous intensity activity most days of the week¹), can help manage weight and prevent weight gain over time.

This hot chocolate recipe has 40 percent less sugar than a traditional cup of cocoa and just 160 calories per serving.

Hot Chocolate

Makes: 2 (8-ounce) servings
Preparation Time: 10 minutes

Ingredients

8 packets SLENDA® No Calorie Sweetener, Granular
3 Tbsp. Cocoa Powder (preferably Dutch processed)
2 cups 2% reduced-fat milk



Directions:

MIX together SLENDA® No Calorie Sweetener and cocoa in a small saucepan. Gradually add milk, whisking until blended.

COOK over medium-low heat until thoroughly heated. Serve immediately.

Note: For mint flavored hot chocolate, add a drop of mint extract to the mixture before heating. For mocha hot chocolate, add 2 teaspoons instant coffee granules to the milk before heating.

Serving Size: 8 oz. Total Calories: 160; Calories from Fat: 50; Total fat: 6g; Saturated Fat: 3.5g; Cholesterol: 20 mg; Sodium: 130 mg; Total Carbohydrate: 20g; Dietary Fiber: 3g; Sugars: 12g; Protein: 10g. Exchanges per serving: 1 reduced-fat milk, ½ starch.

This recipe, when compared to a full-sugar, full-fat version, has a 40% reduction in calories, a 37% reduction in fat, a 49% reduction in carbohydrates and a 66% reduction in sugars!

¹ USDA: "Dietary Guidelines for Americans 2005", Chapter 4, Physical Activity <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter4.htm>