

## HOW TO (SLOWLY) MIX UP YOUR HOT CHOC

1. For the best results, make your hot chocolate on the hob. For one serving, sprinkle your sachet into a small pan
2. Add a little splash of just boiled water and stir to melt the chocolate
3. Pour over liquid - use whole or non-dairy milk or half water, half milk mix - adding: (choose one)
  - 120ml for a rich double espresso-sized shot
  - 150ml to make a small mug
  - 200ml to make a medium mug
4. Heat up, while whisking, then let gently bubble for 2-3 minutes
5. Whisk again and pour into your cup or mug

**TIP:** to make in a mug, add a splash of boiled water & stir. Pour over hot milk, stir & leave for a minute before stirring again - then slowly sipping!

## INGREDIENTS

**All the chocolate in your kit is sustainably-sourced single origin dark chocolate**

**72% Madagascar with Cranberries & Nibs: 32g**

72% cocoa Madagascar dark chocolate (cocoa beans, cane sugar & organic cocoa butter), organic dried cranberries (organic cranberries, organic apple juice, organic sunflower oil (<0.5%)), Venezuelan cacao nibs

**Slow Hot Chocolate: 30g**

70% cocoa Grenada dark chocolate & 85% cocoa Ecuador dark chocolate (cocoa beans, cane sugar & organic cocoa butter), organic super-cacao powder, organic coconut sugar, a teensy pinch of Cornish sea salt

**Dipped Dried Apricots: 35g**

Unsulphered Organic Dried Apricots, 85% cocoa Ecuador dark chocolate (cocoa beans, cane sugar & organic cocoa butter)

Apricots may contain traces of **sulphites**

**Your kit was lovingly put together in a kitchen that may have traces of dairy, nuts, eggs & gluten. Store it in a cool, dry cupboard rather than the fridge.**

FOOD AT HEART

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