



"Mejor" Mexican Chocolate Milk

By Dylan Sabuco

Prep Time 5 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

- Pitcher
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Wooden spoon

Ingredients

"Mejor" Mexican Chocolate Milk

- 1/2 C cocoa powder **** (for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder + 2 T sugar)****
- 1 tsp ground cinnamon
- 1/8 tsp mild chili powder **** (Omit for NIGHTSHADE ALLERGY)****
- 1/2 C brown sugar, granulated sugar, or honey
- 3 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****

Food Allergen Substitutions

"Mejor" Mexican Chocolate Milk

Dairy: Check cocoa powder labels for small amounts of dairy. Substitute dairy-free/nut-free milk.

Chocolate: Substitute carob powder for cocoa powder.

Nightshade: Omit mild chili powder.

Instructions

"Mejor" Mexican Chocolate Milk

measure + stir

In a pitcher, have your kids measure **1/2 cup cocoa powder, 1 teaspoon cinnamon, 1/8 teaspoon mild chili powder**, and **1/2 cup sugar or honey**. Stir to combine.

measure + pour

Measure and slowly pour in **3 cups of milk**. Stir until all the cocoa powder is fully mixed into the milk. Practice some Spanish counting while you stir: 1 uno (OOnoh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAHtroh), 5 cinco (SEENkoh), 6 seis (SAYees), 7 siete (seeEHtay), 8 ocho (OHchoh), 9 nueve (NUehvay), 10 diez (DEEehs). Pour the milk into cups and "Salud" (Sah-lood) or "Cheers" in Spanish!

Featured Ingredient: Chili Powder!

Hi! I'm Chili Powder!

"I'm a spice made from ground dried red chili peppers! I bring a depth of flavor and color along with a bit of heat to a dish!"

Red chili peppers are used for chili powder. Chili pepper varieties include Aleppo, ancho, cayenne, chipotle, jalapeño, and others. Some of these are more familiar as being green chilis. Although they may start out green, they will eventually turn red as they ripen.

The chili powder you buy in the store is often a spice blend that includes cumin, onion, garlic, and salt. It may also be called "chili seasoning mix."

Chili powder is used in North American, Latin American, and Asian cuisine to add flavor and heat to dishes. It is the main flavor ingredient for chili con carne and is added to meat, vegetables, or sauces for enchiladas, fajitas, and tacos. It is also used as a rub or marinade for meat.

In Korean cuisine, "gochugaru," or Korean chili powder, is made from Korean chili peppers or Cheongyang peppers. Indian cuisine uses chili powder made from Kashmiri red chilis.

The capsaicin in chili peppers has anti-inflammatory properties. Vitamins A and C, iron, and potassium are found in chili powder.

Chili peppers and chili powder can cause digestive upset for some people, and eating too much of them may cause adverse effects.