

Name: _____ Date: _____

Learn About Mexico:

Mexican Hot Chocolate

What you will need:

- 4 cups whole milk
- 2 cinnamon sticks
- ¼ cup of sugar
- 1 teaspoon of vanilla extract
- 1 cup of dark chocolate or semi sweet chocolate chips

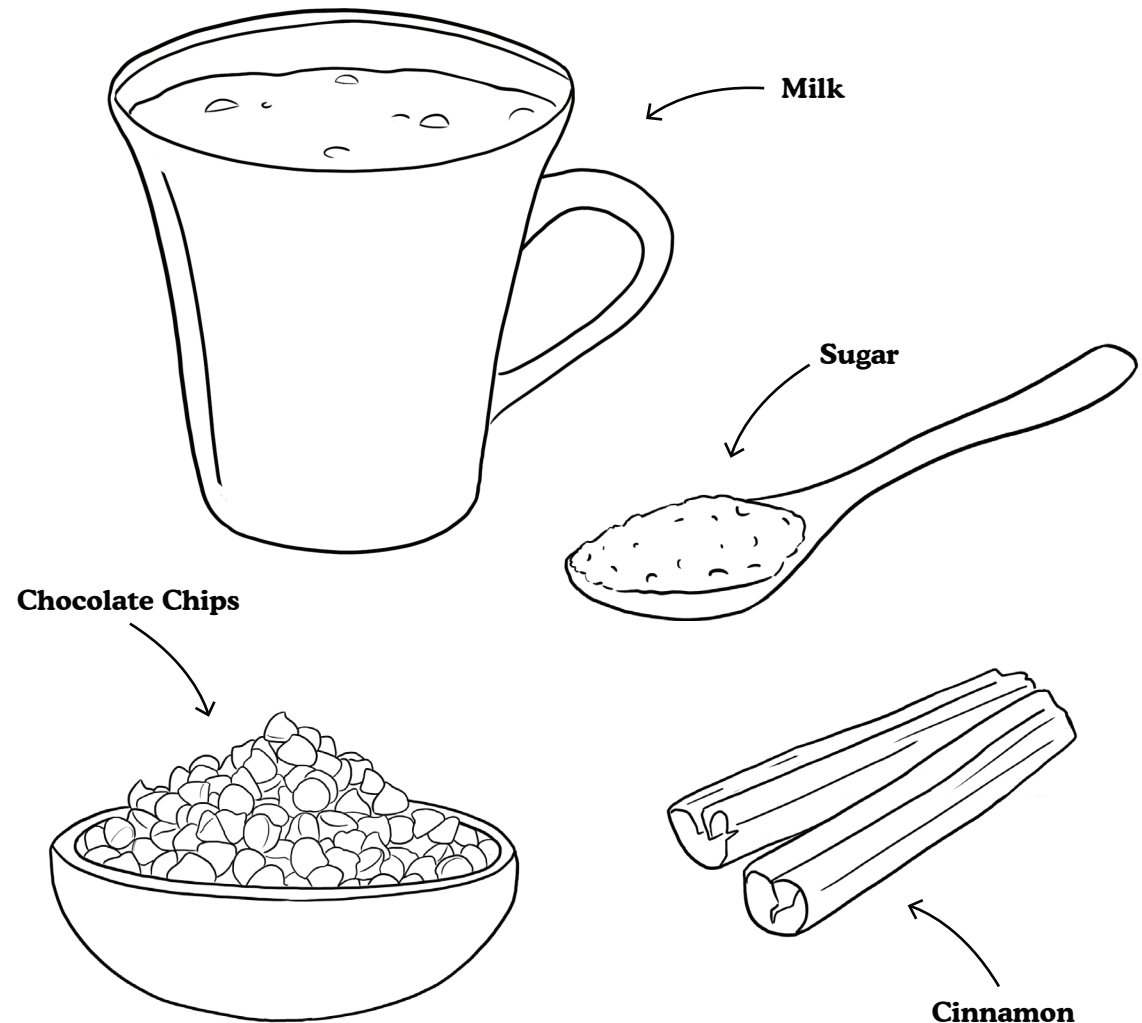
How to make the Mexican Hot Chocolate:

1. In a small pot, combine milk, cinnamon, sugar, and vanilla. Heat over medium heat, stirring occasionally, for about 5 minutes.
2. Cut or break up the chocolate into small pieces so it can melt easily. When the the milk is steaming, add the chocolate and stir until it is all melted.
3. Turn off the heat and take out the cinnamon sticks. Stir the hot chocolate or you can blend it in a blender for about 2 minutes.
4. Let it cool and serve warm.



Did you know:

That chocolate originates from Mexico? The Olmecs of southern Mexico were probably some of the first people to grind cacao beans to make a chocolate drink for rituals and medicine almost 4,000 years ago!



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