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Curious George Banana Hot Chocolate

Yield: 2 min Total Time: 15 min

Recipe from: https://www.recipeschoose.com/recipes/puerto-rican-hot-chocolate-recipe

Ingredients:

- 2 cups rice milk or lowfat mik
- 1/2 cup chocolate chopped, pieces, milk chocolate, semi sweet, or dairy free
- 1/2 teaspoon vanilla
- 1 dash salt
- 1/4 teaspoon cinnamon
- 1 bananas ripe, peeled and sliced
- sugar as needed to taste

Nutrition:

Calories: 210 calories
Carbohydrate: 46 grams

3. Fat: 2.5 grams4. Fiber: 2 grams5. Protein: 1 grams

6. Sodium: 240 milligrams

7. Sugar: 29 grams

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