

# **Mint Hot Cocoa**

## **Author: Medifast**

### **Ingredients**

1 packet Medifast Hot Cocoa  
2 tablespoons sugar-free Mint syrup  
1 cup room temperature water

### **Method**

Pour ingredients into a microwavable container. Stir well.  
Microwave for 1-2 minutes or until desired temperature.

### **Nutritional Info.**

Cal 110 | Fat 1g | Chol 10mg | Carb 14g | Pro 14g