

# Maggie's Health Tips



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## New year – make it healthy!

I love starting a new year. Each one is a chance to make a fresh start. This year, I plan to take care of myself. By eating right, exercising and getting check-ups, I can keep my body in great shape for all the things I want to do this year. It's never too late to make plans on how you'd like to be this year.

### Homemade Mexican Hot Chocolate Mix

#### Ingredients

- 3 1/2 cups coconut palm sugar or granulated date sugar (or other dry natural sweetener of choice equivalent to 3 1/2 cups granulated sugar)
- 2 1/4 cups unsweetened cocoa powder
- 3 teaspoons ground cinnamon or Mexican cinnamon
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper, optional

#### Directions

1. Whisk to combine the sweetener, cocoa, cinnamon, salt and cayenne pepper, and store in airtight containers
2. To serve, warm favorite milk in a saucepan over medium heat. Add 2 tablespoons of the cocoa mix for every one cup of milk.

Provided courtesy of [SkinnyMs.com](http://SkinnyMs.com)

### My New Year's Resolutions

This year I will try to....



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