



Ancient Maya Hot Chocolate

Only the rich and noble members of Maya society drank this chocolatey treat. Is your palate distinguished enough to appreciate its rich, wholesome flavour?

Ingredients

3 tbsp instant hot chocolate powder

250ml milk

1 tsp ground cinnamon

pinch of chilli powder

Equipment

small jug

teaspoon

tablespoon

pan for boiling milk

Method

1. Mix the cocoa, cinnamon and chilli together in a small jug.
2. Heat the milk slowly in a small pan on the stove (or in a microwave) until it is bubbly and frothy.
3. Pour the milk into the jug containing the cocoa and spices and stir well.
4. Serve and enjoy!

Top Tip!

if you want to make your hot chocolate more authentic, then use cacao (dark chocolate) and pour it back and forth, between two mugs to make it frothy. Depictions on vases show us that this is what the ancient Maya did!



Disclaimer:

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.