

EAT RIGHT

FUEL YOUR BODY!



COCOA DONE LIGHT

Rich in protein, calcium, and antioxidants, hot chocolate seems like a fairly innocuous way to cap off a wintery day. Unfortunately, not all mugs are created equal, says Jackie Newgent, R.D., author of *1,000 Low-Calorie Recipes* (\$35; amazon.com). Barista blends can contain 400-plus calories, while powdered mixes tend to lose those good-for-you flavonoids during processing. Instead, cook up your own 170-calorie concoction: Heat 1 cup nonfat milk in a saucepan until barely simmering; add ½ ounce chopped semisweet chocolate (about a ½-inch square) and a pinch salt, and stir until combined. Then mix in ¼ teaspoon honey. As for the whipped cream and caramel toppers, it's best to save those for a special occasion.

**NOW
THAT'S RICH!**
Pump up the flavor by adding a few drops of calorie-free pure chocolate extract, available in the spice aisle.