



## Nutrition Facts

Serving Size 1 envelope (21g)  
 Servings Per Container 1

Amount Per Serving	with 6 oz Water	with 6oz 2% Milk
Calories	90	180
Calories from Fat	20	50

	% Daily Value*	% Daily Value*
<b>Total Fat</b>	2g 3%	6g 9%
Saturated Fat	2g 10%	4g 20%
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg 0%	15mg 5%
<b>Sodium</b>	150mg 6%	240mg 10%
<b>Potassium</b>	270mg 8%	530mg 15%
<b>Total Carbohydrate</b>	16g 5%	25g 8%
Dietary Fiber	less than 1g 2%	less than 1g 2%
Sugars	8g	17g
<b>Protein</b>	1g	7g
Vitamin A	0%	8%
Vitamin C	0%	0%
Calcium	30%	50%
Iron	4%	4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## JUST ADD HOT MILK OR WATER

**CONVENTIONAL PREPARATION:** Empty contents of envelope into a cup. Gradually stir 6 oz. (3/4 cup) hot (not boiling) milk or water into mix.

**MICROWAVE PREPARATION:** Directions developed using 1100 watt microwave oven. Empty contents of envelope into a cup. In a separate microwave-safe container, heat 6 oz. (3/4 cup) milk or water on HIGH power 1 minute or until hot (not boiling). Gradually stir hot milk or water into mix.

For more indulgent cocoa, make with milk instead of water.

**INGREDIENTS:** SUGAR, CORN SYRUP, MODIFIED WHEY, COCOA (PROCESSED WITH ALKALI), HYDROGENATED COCONUT OIL, NONFAT MILK, CALCIUM CARBONATE, LESS THAN 2% OF: SALT, DIPOTASSIUM PHOSPHATE, MONO- AND DIGLYCERIDES, CARRAGEENAN, ACESULFAME POTASSIUM, SUCRALOSE, ARTIFICIAL FLAVOR.

**CONTAINS: MILK.**

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