

Kitchen Korner

Warm Up And Wind Down With Comforting Hot Milk Drinks

(NAPSA)—We all loved hot cocoa as children and for many it is still a favorite when stealing a few minutes to relax, especially during the cold winter months. Here are two steaming milk drinks that go beyond hot cocoa to offer rich flavors inspired by two classic cakes—Molten Chocolate Cake and Strawberry Shortcake.

Easy to prepare, these drinks delight children and adults equally. And they are a great way to enjoy all the healthy benefits of milk, including calcium. Molten Chocolate Cake Hot Milk Drink conjures up the deep richness of a warm chocolate cake with layer upon layer of chocolate flavor. Strawberry Shortcake Hot Milk Drink brings to mind the fruit flavors of strawberries paired with a just-baked, almond-scented sponge cake. With these two hot milk drinks you truly can have your cake and sip it too.

These hot milk drinks can be made at home in minutes using either a microwave or saucepan. You can use any kind of milk—whole, reduced-fat, low-fat or non-fat. For an adult version, add your favorite liquor or brandy.

California is the nation's leading milk producer and also produces more butter, ice cream, yogurt and nonfat dry milk than any other state. The state is the second-largest producer of cheese, which is available nationally under the Real California Cheese seal.



This hot drink is like a slice of molten chocolate cake poured into a cup.

Molten Chocolate Cake Hot Milk Drink

Yield: 1 serving

- 8 ounces reduced-fat (2%) chocolate milk**
- 2 tablespoons chocolate syrup (dark or semi-sweet)**
- Chocolate whipped cream**
- Chocolate shavings or sprinkles**

1. In a small saucepan, combine milk and syrup over medium-low heat, stirring. Be

careful not to let it boil. Pour into glass mug.

2. Top beverage with ready-made chocolate whipped cream or mix two tablespoons cocoa powder into 1 cup regular whipped cream. Sprinkle whipped cream with chocolate shavings or sprinkles.

Strawberry Shortcake Hot Milk Drink

Yield: 1 serving

- 8 ounces milk, low-fat (1%), reduced-fat (2%) or your choice**
- 1 tablespoon strawberry syrup**
- 2 tablespoons almond syrup**
- 1 tablespoon strawberry sauce (ice cream topping)**
- Whipped cream**
- 1 fresh strawberry, sliced**

1. In a small saucepan, combine milk, syrups and sauce over medium-low heat, stirring well to incorporate the strawberry sauce. Be careful not to let it boil. Pour into glass mug.

2. Top with whipped cream and sliced strawberry.

***Microwave Method:* Combine cold milk, syrups and/or sauce in a microwave-safe mug or glass and mix well. Microwave for 30 seconds and follow directions for garnish.**