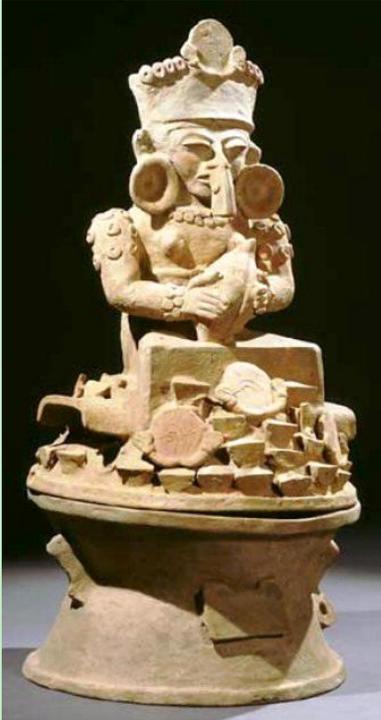


## Activity: *Mayan Hot Cocoa*



(For 1 serving)

### **Ingredients:**

- 1 cup milk
- 2 tbsp. unsweetened cocoa powder
- 1-2 tsp. flour or custard powder (depending on how thick you like your hot chocolate!)
- 1/4 tsp. ground cinnamon
- 1/4 tsp. vanilla essence
- 1/8 tsp. ground nutmeg
- 3 peppercorns
- 1 clove
- 1/8-1/4 tsp. ground cayenne pepper
- 2 tbsp. honey

### **Instructions:**

1. In a small mixing bowl, sieve the cocoa powder and the flour/custard powder
2. Add the ground spices and mix
3. Add a small amount of the milk with the vanilla essence and whisk into a paste. Then add the honey and whisk some more.
4. In a saucepan, heat the remaining milk with the pepper corns and clove over a low to medium heat, make sure to remove the pan from the heat just before boiling.
5. Slowly add the paste to the saucepan and whisk the mixture until thickened.
6. Remove the peppercorns and the clove, and pour into a mug.
7. Enjoy!

# Girl Museum

We are the first and only online museum dedicated to girls.

We exhibit, educate, and raise awareness about the unique experience of being born and growing up female around the world in the past and present.

As a community of passionate and creative individuals, we acknowledge and advocate for girls as forces for collective responsibility and change in the global context, not as victims and consumers.

We are a registered 501(c)3 non-profit educational organization.

Learn more and get involved at [www.GirlMuseum.org](http://www.GirlMuseum.org)



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*What do you think?*



*Metate and mano used for grinding cacao.*

What did you think of the Mayan hot cocoa recipe?

Does it taste as good as the hot cocoa you make?

Why or why not?

Share your thoughts with us by sending your story and a picture to [share@girlmuseum.org](mailto:share@girlmuseum.org)