

Hot cinnamon milk

Takes 15 minutes, serves 2 and uses a saucepan with lid

INGREDIENTS

550ml milk of your choice

2 cinnamon sticks

3 teaspoons date syrup

Small piece of high % dark chocolate

DIRECTIONS

Pour the milk into a saucepan which has a lid, roll the cinnamon sticks in your hands then add to the milk and place over a high heat on the cooker. Heat the milk, keeping an eye on it until it's about to start simmering. Turn the heat off and put a lid on the saucepan. Leave for 10 minutes to infuse.

Stir in the 3 teaspoons of date syrup, stir well, then pour the milk into your mugs. Using a fine cheese grater, grate some dark chocolate on top and then drink!

