

Chocolate Syrup



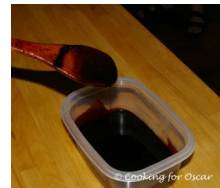
Serves	1 cup
Prep time	10 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Very High Chemical
Meal type	Dessert , Drink , Ingredient , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Website	Small Notebook

Ingredients

- 1/2 cup water
- 1 cup white sugar
- pinch salt
- 1/8 teaspoon vanilla
- 1/4 cup raw cocoa powder

Directions

1. In a small saucepan combine the water and cocoa powder, dissolve the cocoa stirring over medium heat.
2. Add the sugar and stir to dissolve.
3. Bring to the boil and allow to boil for 3 minutes, watching that it doesn't boil over.
4. Remove from the heat then stir in the salt and vanilla.
5. Allow to cool then pour into a clean container and store in the fridge.



Note

Very High Amines, Low Glutamates, Low Salicylates

This syrup will keep for a couple of months in the fridge.

Serving suggestions: drizzle the syrup over vanilla ice cream or mix 1 teaspoon with milk for chocolate milk.