



Pan de Muerto & Hot Chocolate

Ingredients

- PAN DE MUERTO - SERVES 6:
 - 1/2 cup mashed bananas
 - 2 tsp aniseed
 - 1/2 tsp salt
 - 1/2 cup water
 - 1 packet of yeast
 - 1/2 cup orange juice
 - Sprinkle of beetroot sugar
 - HOT CHOCOLATE - SERVES 2:
 - 2 tbsp unsweetened cocoa powder
 - 2 tsp sugar
 - 2 pinches of cayenne pepper
 - 1/4 cup unsweetened applesauce
 - 2 tsp maple syrup
 - 1 tbsp orange zest
 - 2 eggs
 - 3 cups whole wheat flour
- PAN DE MUERTO GLAZE:
- 1 tbsp maple syrup
 - Natural food coloring (varied)
 - 2 cups non-fat milk
 - 1 tbsp bittersweet chocolate chips
 - 1/4 tsp cinnamon
 - Garnish: cinnamon stick, star anise, and sprinkle of cinnamon

Directions

- 1 In a large bowl, whisk together 1/3 cup of flour, aniseed, applesauce, bananas, and maple syrup.
- 2 In a separate bowl, combine water, eggs, and orange zest. Pour into dough mixture, adding an additional 1/3 cup of flour and whisking to combine.
- 3 Add another 1/3 cup of flour, along with yeast, and combine with a whisk.
- 4 Add 2 cups of flour, and stir with a wooden spoon. Dough will start to thicken.
- 5 Cover bowl with a dampened towel, and let sit for one hour. Dough will begin to rise.
- 6 Sprinkle flour on your hands, and form 6 balls of dough, setting them on a baking sheet.

- 7 Save about 1/5 of the dough, using the remaining dough to form a criss-cross shape on top of each loaf.

- 8 Cover with plastic wrap, and let rise for another 45 minutes.

- 9 Bake at 350 degrees for 30 minutes.

- 10 To prepare glaze, combine maple syrup and orange juice in a small saucepan. Heat until completely combined and simmering.

- 11 Use a brush to glaze the Pan de Muerto, and finish with a sprinkle of beetroot sugar.

- 12 To prepare hot chocolate, place milk, cocoa powder, maple syrup, and bittersweet chocolate in a small saucepan.

- 13 Heat over medium heat, and whisk together until smooth.

- 14 Add in cinnamon and cayenne pepper, and whisk again.

- 15 Continue to heat on medium until the hot chocolate becomes fragrant.

- 16 Serve with garnishes and enjoy!

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