

CLASSIC HOT CHOCOLATE

Ingredients:

- ▶ 1 cup almond milk
- ▶ 1/4 tsp cinnamon
- ▶ 1 heaped tbsp raw cacao
- ▶ 1/2 tsp pure vanilla extract
- ▶ A pinch of sea salt
- ▶ 1 tbsp raw organic honey/ date jaggery powder / coconut sugar

SPICED HOT CHOCOLATE

Ingredients:

- ▶ 1 cup almond milk
- ▶ 1 heaped tbsp raw cacao
- ▶ 1 tsp chai spice mix (one pinch each of cinnamon, nutmeg, clove powder, dry ginger powder and cardamom)
- ▶ 1 tbsp raw organic honey / date jaggery powder / coconut suga

Method (common for all) :

1. Begin by adding your almond or coconut milk to a small pot and bring to a slow roll over medium heat.
2. Add in all ingredients and whisk until its well mixed.
3. Close gas, add honey or jaggery and give it a stir.
4. Serve immediately.

Notes:

- ▶ Raw cacao is a storehouse of antioxidants that have a positive effect on heart and brain health and inflammation.
- ▶ Cacao contain high levels of magnesium, which is an essential mineral during times of stress and helps you to feel more relaxed.
- ▶ Raw cacao is not to be confused for cocoa. Cacao is made by cold-pressing raw cacao beans ensuring that no nutrients are lost by heat treating.

COCONUT HOT CHOCOLATE:

Ingredients:

- ▶ 1 cup coconut milk
- ▶ 1 heaped tbsp raw cacao
- ▶ 1tsp pure vanilla bean extract
- ▶ 1 tbsp unsweetened peanut/almond butter
- ▶ 1 tbsp raw organic honey / date jaggery powder / coconut sugar

PEPPERMINT HOT CHOCOLATE

Ingredients:

- ▶ 1 cup coconut milk
- ▶ 1 heaped tbsp raw cacao
- ▶ 1/2 tsp pure peppermint extract
- ▶ 1 tbsp raw organic honey
- ▶ 1 tbsp raw organic honey / date jaggery powder /coconut sugar

