

Detox Hot Chocolate Recipes

Detox Hot Chocolate

Ingredients:

- 1 TB raw cacao powder
- ¼ - ½ tsp cinnamon
- ¼ - ½ tsp vanilla
- Dash of cayenne pepper
- Pinch of sea salt
- Hot water (around 8 ounces)
- 1-2 TB full-fat coconut milk
- Honey to sweeten, if desired



Method:

Combine cacao powder, sea salt, cinnamon, vanilla and a dash of cayenne pepper in a mug. Pour hot water over the top, and whisk until frothy. Add a little honey to sweeten, if desired. Mix in 1-2 TB full-fat coconut milk and enjoy!

Super Food and Super Frothy Detox Hot Chocolate

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none"> • 1 TB raw cacao powder • 1 tsp maca root powder • ¼ - ½ tsp cinnamon • ¼ - ½ tsp vanilla • ½ tsp goji berries • 1 or 1 ½ dates (pit removed) | <ul style="list-style-type: none"> • Pinch of sea salt • Dash of cayenne pepper • Hot water (around 8 ounces) • 2 TB full-fat coconut milk (canned), almond milk or coconut milk |
|--|--|

Method:

Combine all ingredients into blender and blend on high for two minutes. Pour into a mug, sprinkle with some cinnamon on top and enjoy your frothy detox super food hot chocolate. I drink this hot chocolate almost every afternoon for extra energy and quench my sweet tooth.

Helpful Tips:

1. If using full-fat canned coconut milk from a can, empty can into high powered blender and blend for 2-4 minutes. Store in a tight jar in refrigerator for a quick pour in above recipes or to use as a non-dairy creamer in other hot beverages.
2. Fill all dry ingredients into snack size bags, use left-over canned coconut milk in the fridge for a quick daily hot chocolate.

Recipes created by:

Lori Kearney, Certified Integrative Health Coach + Wellness Educator

Mindful Health

Cell: 612.720.1335

Facebook: BMindfulHealth

Email: mindfulhealthwithlori@yahoo.com

Web: www.mindfulhealthwithlori.com