

Superfood Hot Chocolate



INGREDIENTS:

- 1 1/4 cups water
- 1/4 cup full-fat coconut milk (or full cream milk if using dairy)
- 2 tablespoons raw cacao powder
- 1 teaspoon maca powder
- 1/2 teaspoon cinnamon
- 2 tablespoons raw honey

INSTRUCTIONS

Whisk all ingredients together in a small saucepan. Bring to a boil then remove from heat and serve immediately. For a creamier texture, transfer mixture to a blender before warming.

To keep all the goodness of this drink, I often only warm it up to about 50°C, to ensure I do not destroy the enzymes within the raw honey.

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