

Healthy Hot Chocolate



Do you love the idea of a good hot chocolate but aren't a fan of all the sugar and empty calories? Try this one! Not only is this yummy, it's also a boost to your health and immune system. Tis the season for a warm hot cacao! Enjoy!

Ingredients

3 tbsp. raw cacao
1 vanilla bean or 1 tbsp. vanilla extract
1 tbsp. cinnamon
Dash of cayenne and turmeric (optional)
2 tbsp. coconut cream
1 tbsp. raw honey (optional)
3-4 cups hot water
Sea salt to taste

Blend and enjoy!

Adapted from Culinary Farmacy with Elisa for Simply Made Health, LLC