

Powerhouse Hot Cocoa

(Dairy-Gluten-Soy... and can be Sugar Free)

Move over Nestle, Swiss Miss and Carnation... There is a new hot chocolate on the block! This isn't just your average delightful, creamy, warm, rich, marshmallow-topped, past-time beverage- this is a SUPERFOOD hot chocolate. Packed with several powerful ingredients, this comforting cocoa will satisfy that sweet craving, as well as nourish your body.

~ Makes 2 Servings ~



- 2 cups of unsweetened *Almond Milk, Coconut Milk,* or other non-dairy milk – I prefer 365 Unsweetened Original Almond Milk – free of *carrageenan
 - *Alternate option: 1 cup of non-dairy milk & 1 cup of water*
- 1 tablespoon of *MCT Oil* or *Coconut Oil*
- 2 tablespoons of *Raw Cacao Powder* – I use Navitas Naturals Raw Cacao Powder
- 1 teaspoon of *Raw Maca Root Powder* – I use Navitas Naturals Raw Maca Root Powder
- 1 teaspoon of *Turmeric Powder*
- 6 dashes of *Cinnamon*
- 2 pinches of *Cayenne & Sea Salt*
- Sweetener Options:
 - *MY PICK* - 15-20 drops of *Vanilla Stevia*
 - ½ tablespoon of *Raw Honey*
 - A combo of 1 teaspoon of *Raw Honey* & 10 drops of *Vanilla Stevia*

1. In a saucepan, add the non-dairy milk of your choice, as well as the MCT Oil or Coconut Oil and bring to a simmer where it is slightly bubbly
2. Add all ingredients with the liquid into a blender (I use a Nutri Bullet) and blend well until frothy
3. Serve in your favorite mug

Learn More About the Powerhouse Superfood Ingredient Benefits...

- ✓ MCT OIL – Stands for Medium Chain Triglycerides. A concentrated form of coconut oil and form of fat – 6x stronger than eating coconut oil. Improves energy, improves metabolism, regulates appetite, blood sugar, and it is brain food as it enhances ketone production-efficient fuel for your brain. <http://rebootedbody.com/health-benefit-mct-oil/>
- ✓ Cacao Powder – High in antioxidants, increases certain neurotransmitters, and has essential minerals. Cacao powder is simply the bean from the cacao tree, that through a cold-pressing process, has had the fat (cacao butter) removed. <http://livesuperfoods.com/live-superfoods-raw-organic-cacao-powder.html>
- ✓ Maca Root Powder – Rich in vitamins B, C and E. Has plenty of zinc, calcium, iron and magnesium. Helps balance hormones, energy levels and good for your skin. A root from Peru. <http://www.vegkitchen.com/nutrition/7-top-health-benefits-of-maca/>
- ✓ Turmeric – Has been shown to ease arthritis pain, help detoxify the liver by enhancing liver function, boost blood circulation (and also thins the blood, so be careful if on blood thinners), heal and soothe digestive tract – very anti-inflammatory. <http://authoritynutrition.com/top-10-evidence-based-health-benefits-of-turmeric/>
- ✓ Cinnamon – Has medicinal and anti-inflammatory properties, loaded with antioxidants, and can lower blood sugar. <http://authoritynutrition.com/10-proven-benefits-of-cinnamon/>
- ✓ Cayenne - Anti-irritant properties, has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea. It is an anti-cold and flu agent, has anti-fungal properties, a digestive aid, anti-allergen, and has a host of other benefits. <http://www.globalhealingcenter.com/natural-health/benefits-of-cayenne-pepper/>

**Learn more about Carrageenan: <http://foodbabe.com/2012/05/22/watch-out-for-this-carcinogen-in-your-organic-food/>