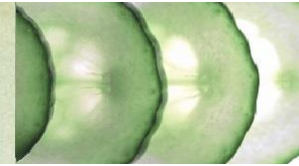


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Maca Mocha Hot Cocoa for Two



February brings Heart Month, and Valentine's Day, and nothing says "love" like chocolate... and maca! Raw cacao (not to be mistaken for cocoa powder) is loaded with magnesium, iron, zinc, and antioxidant theobromine, making it a great food for reducing stress, relaxing muscles (including blood vessels), and improving blood flow. This superfood can also boost your body's natural levels of feel-good neurotransmitters, like serotonin, making it a great mood-booster and natural anti-depressant. Paired with raw or gelatinized maca root powder, which is a potent adaptogen – meaning it helps modulate stress and sex

hormones – and energy-booster, this drink is perfect for sharing and cozying up with your SO.

Ingredients

- 2 Tbsp. organic raw cacao powder
- 1 tsp. organic raw or gelatinized maca powder
- 1½ Tbsp. pure maple syrup (or hazelnut-flavoured agave, if desired)
- 2 Tbsp. + 2½ cups unsweetened nut milk (almond, coconut, or hazelnut, or a blend, work well)
- ½ tsp. organic hazelnut extract, optional
- 2 whole organic cinnamon sticks, optional
- Pinch sea salt

Directions

Combine cacao and maca powders in a small saucepan. Stir in syrup and 2 Tbsp. nut milk, mixing well and breaking up clumps, until smooth and glossy.

Warm the mixture over low-medium heat, pouring in the remainder of the nut milk slowly, stirring constantly. (*Optional:* replace up to 4 oz. nut milk with a double-shot of organic espresso and/or add 2 oz. coffee liqueur.)

Add the hazelnut extract, cinnamon sticks (if using), and sea salt. Continue stirring occasionally, and heat until just steaming – do not allow to boil.

Serve, dividing into 2 mugs (with one of the cinnamon sticks in each). Garnish with extra raw cacao, ground cinnamon, and/or vegan marshmallows as desired.

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