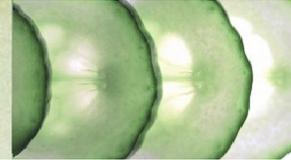


Sara Galipeau

Registered Holistic Nutritionist



Spiced Hot Cocoa

Did you know that “chocolate”, as we know the word, may have been derived from Aztec words for “bitter water”, cocoa beans were a symbol of fertility, and it was once a spiced beverage consumed for energy and stamina? This hot cocoa recipe fuses old and new chocolate flavours for a deliciously warming drink, perfect for cold November days. For the best benefits, use organic raw cacao powder, which is rich in antioxidant polyphenols, particularly flavonoids, as well as magnesium and iron, and healthy plant-based saturated fats. Makes 2 cups.

Ingredients:

2 Tbsp. organic raw cacao powder
2 Tbsp. organic coconut sugar or maple syrup
2 Tbsp. unsweetened almond or hemp milk
Pinch each organic cayenne and black pepper, to taste
¼ tsp. organic ground ginger
¼-½ tsp. organic cinnamon OR 2 cinnamon sticks
2 cups unsweetened almond, hemp, or coconut milk (or 1:1 combination of 2 kinds – I like almond & coconut together)

Directions:

In a saucepan over medium-low heat, mix together the 2 Tbsp. each cacao, sweetener, and milk until pudding-like, smooth and glossy, breaking up any small clumps with the back of the spoon. Stir in the spices (if using cinnamon sticks, leave out for now).

Slowly pour in the first ¼ cup of milk, and stir well until mixture blends together evenly (add the cinnamon sticks now if using). Repeat, pouring roughly ¼ cup of milk at a time, stirring well, and heating slowly, until all the milk is in the pot.

Continue stirring constantly to prevent settling and burning, until desired temperature is achieved. Do not boil.

Pour hot cocoa into 2 mugs and serve (put 1 of the cinnamon sticks in each mug as garnish and for continued infusion if desired). Enjoy!

Variation: instead of spices, try ¼-½ tsp. organic peppermint flavour for peppermint hot cocoa.

Sara Galipeau ARHN NNCP
saragalipeau.ca