

Golden Chocolate Elixir

Ingredients:

- 20 grams 100% cacao
- ½ cup hot water, milk or herbal tea
- 2 tsp coconut sugar
- 1 tsp Golden milk + kava + ashwaganda powder (1/2 tsp golden milk + 1/4 tsp kava extract + 1/4 tsp ashwaganda powder)
- Pinch of salt

Directions:

- Heat 1/2 cup water to approx. 170F degrees. You can let water boil and then wait a few minutes, so the water is not as hot.
- Pour water into a small sauce pan or small mixing bowl.
- Add the cacao, coconut sugar, salt and golden milk powder.
- Using a whisk, stir hot mixture briskly to combine all ingredients. You can also use a blender or milk frother to combine.
- Pour into your favorite mug and enjoy!



Golden Milk Recipe

15 servings (1 tsp)

- 4 Tbsp ground turmeric
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp ground black pepper

Mix all ingredients in a small jar.

*Golden milk recipe from
Minimalist Baker*

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Hibiscus Heart Elixir

Ingredients:

Hibiscus- hawthorn syrup:

- 1/2 cup water
- 1/2 cup sugar
- 2 tbsp hibiscus
- 1 tsp hawthorn berries

Adaptogenic Sugar Rim:

- 2 tsp raw sugar
- 1/4 tsp rose powder
- 1/8 tsp maca powder

Hibiscus Heart Elixir:

- 2 tbsp hibiscus-heart syrup
- 2 tbsp lime juice
- 1 tbsp water
- 1 tsp apple cider vinegar
- Dash of bitters

Directions:

Syrup:

- In a small sauce pan add water and sugar over medium heat. Stir until sugar is dissolved, about 4 min.
- Add hibiscus and simmer on low for another 10-15 minutes.
- Strain into a pint jar and store in the refrigerator.

Elixir:

- Mix sugar, rose powder and maca powder together in a small bowl, then spread on a small plate.
- Use a lime wedge to moisten the edge of a glass, then place the glass upside-down into the sugar mixture. Move the glass in a small circular motion to coat with the sugar mixture.
- In a cocktail shaker or quart jar filled with ice, add lime juice, syrup, apple cider vinegar, bitters and water.
- Shake until fully mixed, strain and pour carefully into your sugar rimmed glass over ice.
- Serve and enjoy!



Materials List

Hibiscus Heart Elixir:

- Small pot
- Spoon
- Access to stove top
- Mesh strainer
- Rocks glass (or short/squat glass)
- Cocktail shaker or quart jar
- Ice
- Cutting board
- Knife
- Citrus press (optional)
- Spoon
- 1 Small plate
- Measuring spoons
- Pint jar

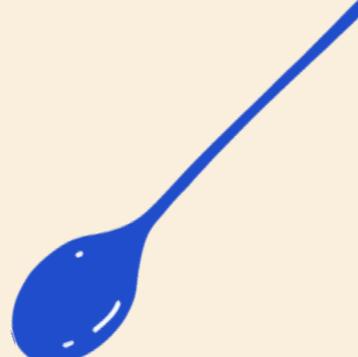
Golden Chocolate Elixir:

- Tablespoon
- Teaspoon
- Whisk, electric milk frother or small blender
- Glass cup measure or small pot
- ½ cup of water or milk
- Way to boil hot water- electric kettle or pot on the stove
- 1 small mug
- Regular metal spoon
- Small cutting board
- Knife for chopping



Ingredient List:

Hibiscus Heart Elixir:

- Sugar
 - Dried hibiscus flowers
 - Dried hawthorn berries
 - Rose powder
 - Maca powder
 - 1 lime
 - Apple cider vinegar
 - Bitters (non-alcoholic if you wish)
 - Water
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Golden Chocolate Elixir:

- 100% cacao (20g) - budget friendly or ceremonial grade
 - Coconut sugar
 - Milk (plant or regular)
 - Golden milk powder (purchase or make it yourself)
 - Ashwaganda powder
 - Kava powder
 - Salt
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*Please note that some ingredients are specialty ingredients that you can't find at a regular grocery store. I gave some links for convenience, but I encourage you to support local and small business if you can to find these herbs and products.