

# Golden Chocolate Elixir

## Ingredients:

1 serving

- 20 grams 100% cacao
- ½ cup hot water, milk or herbal tea
- 2-3 tsp coconut sugar
- 2-3 tsp coconut milk
- 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, coconut milk powder, 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*



# Heart Nectar Mocktail

## Ingredients:

### Heart syrup:

- 1/2 cup water
- 1/2 cup sugar
- 1 tbsp hibiscus
- 2 tbsp damiana leaf

### Adaptogenic Sugar Rim:

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

### Heart Nectar:

*1 serving*

- 2 tbsp heart syrup
- 2 tbsp lime juice
- 5 tbsp water
- 1/2 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 damiana and simmer on low for 10-15 minutes.
- Strain into a pint jar and store in the refrigerator.

### Mocktail:

- 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.
- Garnish.
- Serve and enjoy!



# Materials List

## Heart Nectar Mocktail:

- 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:

## Heart Nectar Mocktail:

- Sugar
- Dried hibiscus flowers
- Dried damiana
- Rose powder
- Maca powder
- 2 limes
- Apple cider vinegar
- Bitters (non-alcoholic if you wish)
- Water

## Golden Chocolate Elixir:

- 100% cacao (20g) - budget friendly (use code LILA25 for 25% off) or ceremonial grade (use code LILA10 for 10% off)
- Coconut sugar
- Milk (plant or regular)
- Golden milk powder (purchase or make it yourself)
- Ashwaganda powder
- Kava powder
- Salt

**Visit to shop my favorite products:**

[www.lilavolkas.com/elixir-shop](http://www.lilavolkas.com/elixir-shop)