

Material List

- Water
- Tablespoon
- Teaspoon
- Whisk, electric milk frother or small blender
- Glass cup measure or small pot
- Way to boil hot water- electric kettle or pot on the stove
- 1 mugs
- Regular metal spoon
- Small cutting board
- Knife for chopping
- Optional: plant milk or regular milk

Unwind Chocolate Elixir

Ingredients:

- Approx 2 Tbsp chopped cacao- (26 grams)
- ½ cup hot water
- 2-3 tsp coconut sugar
- 2-3 tsp coconut milk powder
- 1 tsp Golden milk + kava + 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 chopped 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.
- Adjust as needed with more sugar and/or a splash of plant milk or regular milk.



MY FAVORITE PLACES TO GET DRINKING CHOCOLATE:

Ora Cacao

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Coracao

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