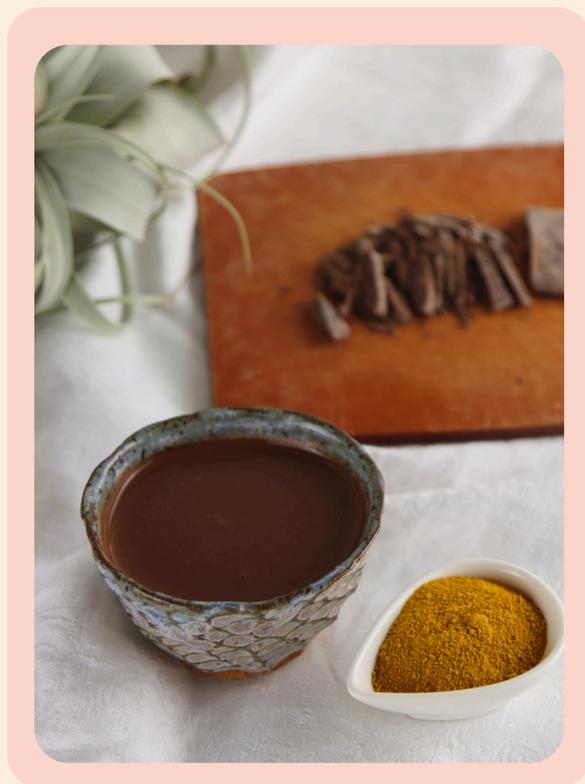


Golden Cacao Elixir

(1 serving)

Ingredients

- 26 grams 100% cacao
- ½ cup hot milk of choice
- 1 Tbsp coconut sugar
- 1 tsp Golden Milk spice blend
- Pinch of salt



Instructions

- Bring milk to a simmer in a small sauce pan then remove from heat.
- Add chopped cacao, coconut sugar, salt, and golden milk blend.
- Whisk briskly until smooth and fully combined. You can also use a milk frother or blender.
- Pour into your favorite mug and enjoy!
- Adjust as needed with more sugar and/or milk



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Hibiscus Heart Elixir

(1 serving)

- .75 oz hibiscus-rose syrup*
- 1 oz lime juice
- 2 oz chilled black tea
- 2 dashes lavender bitters
- 1/4 tsp lime zest
- Ice

**See syrup recipe on page 3*

Adaptogenic Sugar Rim

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

Instructions

- Spread sugar mixture on to a small plate.
- Use a lime wedge to moisten the edge of a glass, then place the glass upside-down into the sugar. Move the glass in a small circular motion to coat with sugar mixture
- In a cocktail shaker add all cocktail/mocktail ingredients and ice.
- Shake vigorously for 10-15 seconds and strain carefully into your sugared glass over ice.
- Garnish with a sprinkle of rose petals and enjoy.



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Hibiscus-Rose Syrup Instructions

Ingredients

- 1/2 cup water
- 1/2 cup sugar
- 2 tbsp dried hibiscus flower
- 1 tbsp dried rose petals



Instructions

- In a small sauce pan add water and sugar over medium heat. Stir until sugar is dissolved, about 2 min.
- Add dried hibiscus, dried rose petals and simmer on low for another 10-15 minutes.
- Strain syrup with a fine mesh strainer into a pint jar and store in the refrigerator.
- Syrup lasts about 2- 4 weeks.