

# Hot Cocoa

1 C. hot water

1 T. cacao (raw) or cocoa powder

1 T. maple syrup or honey

dash of real or Himalayan salt (optional)

dash of cinnamon and/or cayenne (optional)

2 T. coconut or almond milk (optional)

Be sure to mix the cocoa into the hot water so that it melts into the water well. Or you can take all the ingredients, minus the hot water and stir them together until the honey/maple syrup bonds with it all and it becomes a syrup. Then add the liquid. Enjoy!

By Kelly Pomeroy