

Kelly's Cocoa Tea

1 heaping Tablespoon cocoa nibs (if you don't like cocoa, try carob nibs)

½-1 teaspoon cut licorice root

1 ½ cups boiled water

Place the cut nibs and root into an herb basket or if using the above-mentioned tumbler, fasten the filled basket to the lid and close the lid. Pour the boiled water over the nibs and root and lid. Let it sit for 20 minutes or more then drink when cooled to desired temperature. So yummy and simple.

Cocoa contains antioxidants and theobromine, which is a vasodilator that can support the heart. Licorice root is great for sore throats, coughs, asthma and stress (supports the adrenals).