

Coorie Cacao Recipe

Makes one cup, adjust the quantities to make more.



In a blender, pour in 200 mls of boiling water (you can use a pot and hand/electric whisk)

Add two or three heaped teaspoons of powdered cacao

A pinch of cayenne (if you like a bit of a kick)

A teaspoon of coconut sugar (or any natural sweetener, such as agave nectar, maple syrup)

A good pinch of cinnamon

A wee drop of vanilla extract

A teeny sprinkle of pink Himalayan salt (optional)

Drop of plant milk (I like unsweetened coconut or almond; oat is delicious too)

Blitz all of the ingredients together.

Decant to a small pot and very gently bring to a simmer.

At this point I add the milk and warm through.

Pour into your favourite cup, sprinkle with a little extra cinnamon and enjoy this cup of flavoursome goodness.

It's a cuddle in a cup!

RHONDA SPENCE HOLISTIC HEALTH COACH