

M E D I C I N A L H O T C O C O A

2 servings

Spices like cinnamon, cardamom and nutmeg help warm us up. The use of cacao (generally more of a “whole” food than processed cocoa) makes this a wonderful and more edifying seasonal treat on a cold day! Adding ashwagandha makes it more malty, and strengthening for the immune system, too

Ingredients:

- 2 cups almond or cow’s milk.
- 1 tbs maple syrup, or raw cane sugar
- 1/4 cup cacao powder
- 1 tsp ashwagandha (optional)
- 1 tsp cinnamon
- 1/4 tsp cardamom
- Freshly grated nutmeg for garnish



Instructions:

1. Begin to warm the milk in a medium saucepan on medium heat.
2. Add the sweetener and cacao powder and stir until it starts to steam.
3. Take off the heat and whisk in the cinnamon, cardamom and ashwagandha if using.
4. Using a hand blender really makes this frothy - highly recommended.
5. To serve, pour into two mugs and grate fresh nutmeg on top.

Adapted from O'Donnell, Kate. The Everyday Ayurveda Cookbook: A Seasonal Guide to Living and Eating Well.