

Spicy Hot Chocolate

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 4 cups hemp milk
- ¼-1/3 cup raw cacao powder
(depending how chocolate-y you like it)
- 2 tbsp maple syrup
- 1 tsp ground cinnamon
- 1/2 tsp ground cayenne

Instructions:

1. Place all ingredients into blender and blend until fully combined.
2. Transfer to a pot. Slowly heat hemp milk on the stovetop using a low temperature.
3. Enjoy right away!

Notes:

Serves 4-6