

Maca Hot Chocolate

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 tbsp raw cacao powder
- 1 tsp maca* powder
- 1 tsp coconut sugar or maple syrup
- 1 tbsp coconut butter**
- 1 cup nut milk (I used almond milk)
- 1 cup hot water
- 1/2 tsp ground cinnamon for sprinkling

Instructions:

1. Place raw cacao, maca, coconut sugar, coconut butter, nut milk and hot water in a high power blender.
2. WARNING: If the water is boiling when you add it to the blender be very careful when you blend to ensure steam can escape. Some blenders have cap that allows steam to escape. If yours does not, then you need to wait until the water cools a bit before blending or you'll blow off the top off your blender!
3. Blend on high until smooth and creamy. The coconut butter will melt pretty quickly if you're using hot water so the blending is really to get some nice bubbles or foam and mix up all the ingredients.
4. Pour into one or two glasses and sprinkle with cinnamon. Enjoy right away! Store any leftover hot chocolate in the fridge for up to 5 days in a sealed container.

Notes:

Serves 1 generously or 2. *New Chapter Fermented Maca **You can swap in coconut oil or coconut flakes instead, just know that the flakes probably won't totally blend in but it will taste just as good!