

ELIXIR RECIPES

Cacao cocoa (2 servings)

16 ounces milk of choice (I like oat milk)
1 tbsp. raw cacao
1 tbsp. ground chocolate of your choice
2 tsp. honey or maple syrup
1/4 teaspoon vanilla
A pinch each of sea salt, cinnamon, and
red chili powder of your choice

Combine all ingredients in a sauce pan
and warm to temperature of your
preference while stirring constantly.
Pour into two cups or one big mug.
Garnish with a sprinkle of cinnamon or
nutmeg.

Golden Turmeric Milk (2 servings)

16 ounces milk of choice (I prefer oat milk or
coconut milk)
1 tbsp. coconut oil or ghee
1 tsp. powdered turmeric
1 tsp. powdered ginger
1/4 tsp. each cinnamon, nutmeg, and black
pepper
1 to 2 tsp. sweetener of choice, I like honey
or maple syrup.

Combine all ingredients except sweetener in
sauce pan and warm to temperature of your
preference while stirring constantly. Strain
through sieve into two cups or one big mug.
Garnish with a sprinkle of cinnamon or
nutmeg.

