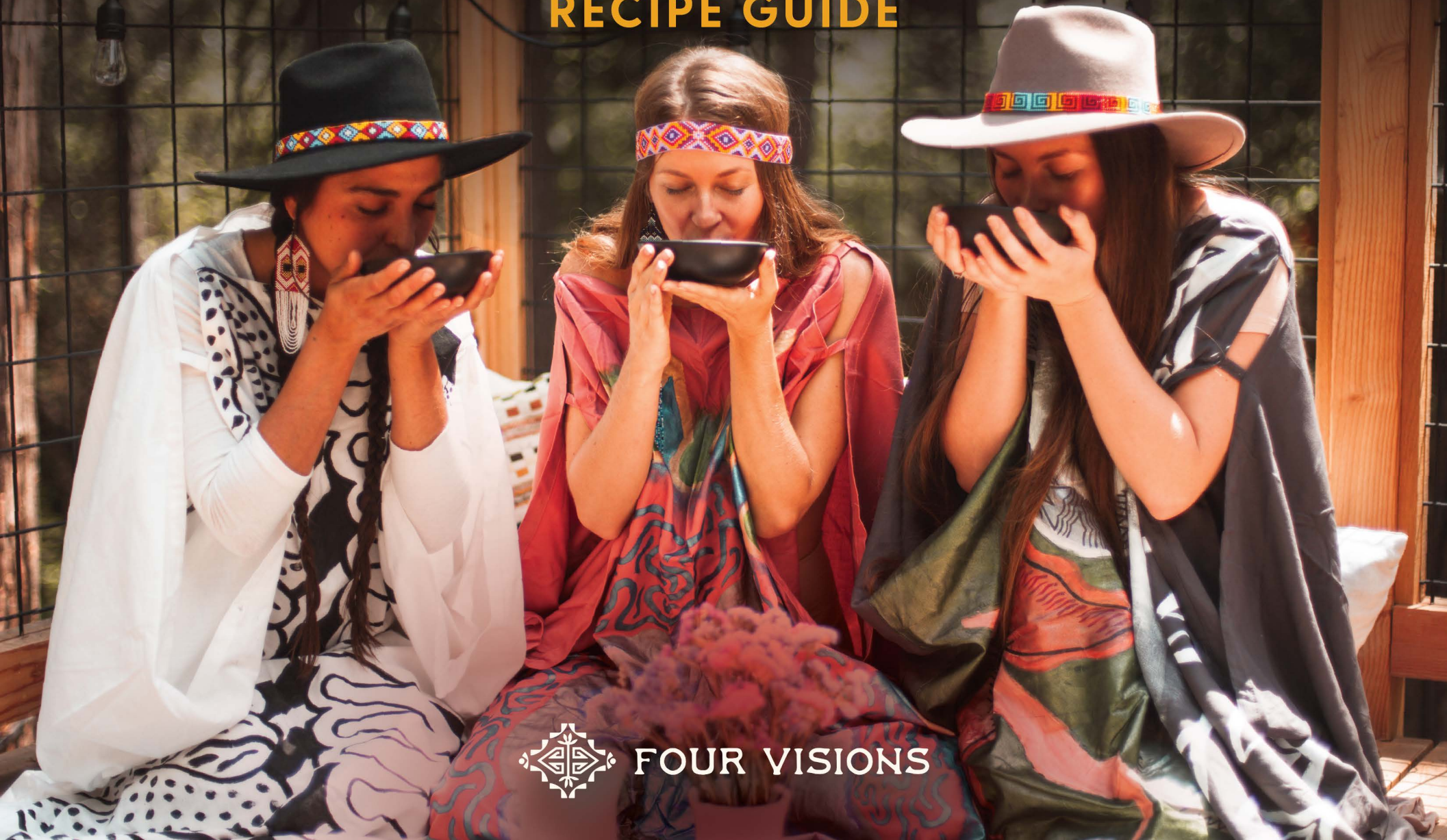


Four Visions' Heart Opening

RECIPE GUIDE



FOUR VISIONS



Heart Opening Rose Elixir

Ingredients:

- **8 tablespoons** of chopped Ceremonial Cacao (we love to use Nana Marina's);
- **2 Cups** of Rose Tea (either organic pre-packaged, or to make your own, place 1 cup of food grade rose petals in 2 cups hot water for 10 minutes, then strain);
- **1 teaspoon** of raw honey or maple syrup (optional);
- **1 pinch** of Himalayan sea salt.

Directions:

STEP 1:

Combine all ingredients in a pot on a low simmer, stirring constantly until cacao has melted;

STEP 2:

Pour the Heart Opening Rose Elixir into your favorite cup;

STEP 3:

Top with fresh rose petals (optional);

STEP 4:

Set a heart opening intention;

Enjoy!

Recipe makes approximately 2 servings.



Heart Warming Hot Cacao

Ingredients:

- **8 tablespoons** of chopped Ceremonial Cacao (we love to use Mana from Heaven);
- **1/2 teaspoon** cinnamon;
- **2** medjool dates;
- **1 pinch** of Himalayan sea salt;
- **1 pinch** of cayenne pepper (optional);
- **2 1/2 cups** of hot (not boiling) water.

Directions:

STEP 1:

Combine and blend all ingredients 20-30 seconds until frothy;

STEP 2:

Pour Heart Warming Hot Cacao into your favorite cup;

STEP 3:

Set a heart warming intention;

Enjoy!

Recipe makes approximately 2 servings.

Sweetheart Raw Cacao Mousse

Ingredients:

- **20-30** Ceremonial Cacao discs (we love to use Belize, Columbian, or Tanzanian);
- **1/4 teaspoon** of pure vanilla extract;
- **1 teaspoon** maple syrup (optional);
- **2 - 2 1/2 cups** water.

Directions:

STEP 1:

Combine all ingredients in a pot on a low simmer, stirring constantly until cacao has melted;

STEP 2:

Pour the Sweetheart Raw Cacao mixture into muffin tins;

STEP 3:

Top with a sprinkle of Himalyan sea salt (optional);

STEP 4:

Leave in the refrigerator overnight for a delicious, creamy mousse;

STEP 5:

Set a sweet intention from the heart;

Enjoy!

Recipe makes approximately 4-6 mousse cups.





FOUR VISIONS

The Power of Sacred Cacao!

When most of us hear the word chocolate, we tend to think of the sugary, processed confections we find in grocery and convenience stores. But Cacao is actually a sacred plant medicine that has powerful healing benefits. Often called "the food of the Gods", traditional Cacao was used in ancient Mayan times as a form of currency due to its medicinal properties.

Cacao carries ancient healing wisdom that has been used by traditional cultures for centuries. It offers spiritual, emotional, and

physical wellbeing, and connects our hearts to the Creator.

Four Visions offers a curated selection of Ceremonial Cacao. These beautiful, restorative remedies are made with love by our indigenous partners who cultivate and grow this sacred fruit with respect, reverence, and the ancestral knowledge of its spiritual prowess.

We hope you enjoy these delicious heart-centered recipes!

**Many Blessings,
The Four Visions' Team**

www.fourvisions.com