

MUSHROOM HOT CHOCOLATE



INGREDIENTS

- 1 cup hot water
- 1 cup Coconut milk
- 3 Tb Cacao powder
- 1 tsp Cacao butter or cashew butter
- 1 tsp Mushroom extract (Choose your fav Chaga, Cordyceps, Lion's Mane, or Reishi.)
- 1/4 tsp Cinnamon powder
- Favourite sweetener (optional)

DIRECTIONS

Heat 1 cup of milk in a small pot. Pour hot milk into your blender. Add the remaining ingredients and blend on high for 10 seconds. Sip, share, love, enjoy!
Serves 2-3.