



CACAO RECIPE

BY JENNIFER ANN

SERVING:

1 CUP OF CACAO

TOTAL TIME:

10 MIN

INGREDIENTS

40-60ml (filtered) hot water

5-40 gr of ceremonial cacao

Optional:

Herbal mix (verveine-rose-
Lavender)

Sweetner (honey or coconut
blossom)

Mixer or whisk

DIRECTIONS

How to make the Ceremonial Cacao 60 ml

- Cook 40-60ml of (filtered) water
- Take the herbs out of the package
- Soak the herbs in the 70-80 degree celsius water for 2-5 min, you just need about a full tea spoon of herbs.
- Most of Verveine, than Rose, just a little Lavender
- Strain the herbs from the water
- Add 5 - 40gr of Ceremonial cacao
- Add any other spices (just a pinch and add to the preference of your tastebuds ;-)
- Add a sweetener if preferred (Honey or coconut Sugar)
- Put it in a mixer or use some type of whisk to make the drink nice and airy! This is essential for a nice and fluffy blend!

VERBENA-ROSE-LAVENDER

What benefits do the herbs give you?

Rose: Helps soothe skins irritations, soothes sore throats, helps prevent and treat infections, heals cuts, scares, burns, enhances your mood and opens your heart, relieves headaches, lots of anti-oxidants and aids with digestion.

Lavender: Is antiseptic and anti-inflammatory, lavender is commonly used for anxiety, stress, and insomnia. It is also used for depression, dementia, pain after surgery. Reduces heart rate and blood pressure.

Verbena: Helps with headaches, general aches and pain, insomnia, digestive dysfunction, upper respiratory tract symptoms, urinary tract infections, depression and anxiety.

