



## CACAO DRINK

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1 servings



15 minutes

### INGREDIENTS

10g Cacao

250ml Spring Water

Coconut Sugar (optional)

#### *Vegetarian Milk:*

*You can also use vegetarian milk.*

*In this case, you don't bring the milk to a bowl first. Instead, you heat it slowly then start adding the cacao.*

### NOTES

If you have mental health concerns, heart problems, are pregnant or could be, please drink hot chocolate or herbal tea instead.

### DIRECTIONS

1. Pour the spring water into a saucepan and bring to the boil.
2. Once the water is boiling, turn the heat down to a simmer and add your cacao.
3. Stir gently with a wooden spoon or whisk until all the cacao has dissolved fully.
4. Making sure to keep the heat low, so that the cacao never boils. Just gently simmers.
5. You will know when the cacao is ready once it starts to thicken and you see the beautiful cacao butter rise to the top. The longer and slower you take to cook up your cacao, the creamier it will be.
6. Sweeten to taste with coconut sugar if desired.
7. Pour into your favourite Cup and enjoy.