

Golden Turmeric Hot Chocolate

1 SERVING 5 MINUTES



INGREDIENTS

1 tbsp Cacao Powder
1/4 tsp Turmeric (dried, ground)
1/4 tsp Cinnamon
1 1/2 tps Coconut Butter
1/2 tsp Honey
1 cup Water (hot)
1/2 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	116	Cholesterol	0mg
Fat	9g	Sodium	89mg
Carbs	9g	Vitamin A	252IU
Fiber	4g	Vitamin C	0mg
Sugar	3g	Calcium	267mg
Protein	2g	Iron	2mg

DIRECTIONS

01 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

NOTES

NO CACAO POWDER

Use cocoa powder instead.

NO HONEY

Use maple syrup or stevia instead.

NUT-FREE

Use oat milk or coconut milk instead.

NO COCONUT BUTTER

Use almond, cashew or sunflower seed butter instead.