

# DR. EALY'S HOT HONEY CHOCOLATE



## INGREDIENTS

- Choice of Organic Dairy-Free Cocoa or Cacao Power
- Choice of Raw Organic Honey
- Organic Oat, Almond, or Coconut Milk
- Organic Unsweetened Oat, Almond, or Coconut Creamer
- Miyoko's Organic Salted European Vegan Butter
- Pink Salt
- Optional: Organic Cinnamon or Chili Powder

*A CHRISTMAS FAVORITE YOU CAN ENJOY ALL YEAR LONG...*



**ENERGETIC HEALTH  
INSTITUTE**

## INSTRUCTIONS

1. On low heat, begin heating 1 cup of your favorite Organic Milk and  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of your favorite Organic Unsweetened Creamer.
2. Then add a dollop of Miyoko's Organic Vegan Butter and a pinch or two of Pink Salt.
3. After Miyoko's Organic Vegan Butter dissolves, add Organic, Dairy-Free Cocoa or Cacao Powder in recommended amount on package. (I typically ignore the recommended amount on the package and just sprinkle it onto the top of the Milk, Creamer, Butter blend until I think that's how much Chocolate I want.)
4. As the Milk, Creamer, Butter, heat up you'll see the Powder start to dissolve without you needing to whisk it in yet... this is your cue to start whisking it in.
5. Then you can add in Organic Seasoning... or Organic Chili Power... or whatever herbs you like with your Hot Chocolate... you know what? A touch of Organic Cloves or even Organic Plant-Based Protein Powder can be a nice addition too.
6. Heat to your desired temperature and then turn off the heat.
7. Take a big scoop or two (or three) of your Raw Organic Honey and whisk it in. I recommend putting it in last to preserve as much Glucose Oxidase as possible.
8. Spice and Sweeten to your taste preference... remember that it's hot... have a little patience, unlike me... and let it cool a little. Sip your way into Hot Honey Chocolate heaven.

*WITH LOVE, DR. H*