



Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

Sugar Free Hot Cocoa

Recipe

Instructions

1 cup Hot Water or Almond Milk

1-3 tsp Cocoa Powder

Dash good salt, Himalayan Salt, Celtic Sea Salt, Redmond Real Salt

Pinch or two of Cinnamon, Turmeric, Ginger & Chili Powder

A Shot of Vanilla

Instructions:

Add water or milk to a pan and heat till near boiling. Add all other ingredients to your cup, add hot milk or water, stir and enjoy!