

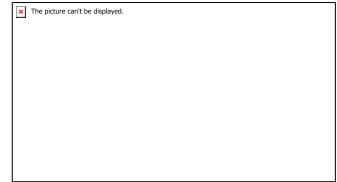


Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com



Delightfully Healthy Keto Hot Cocoa Recipe

By Dr. Mercola | January 19th, 2018

By now, you may be familiar with cocoa's versatility. Cocoa, which is harvested from the plant of the same name, refers to roasted cacao or cocoa beans that are ground into a powder where most of the fat has been removed. Throughout the years, it has become a staple ingredient in sweet treats, and has been featured in beverages like hot cocoa.

While you can buy cocoa powdered drinks from groceries or pre-blended in coffee shops, these do not compare to the satisfaction and flavor that you get when you make hot cocoa from scratch, just like in this creamy keto hot cocoa recipe. Using real ingredients, instead of artificial substances, can help deliver important benefits and warm you up whenever the weather gets too cold.

Delightfully Healthy Keto Hot Cocoa Recipe

Cook time: **3 minutes**

Ingredients

- 1 cup organic full fat coconut milk
- 1 cup water
- 1 heaping tablespoon organic raw cacao powder
- 1/2 teaspoon organic ground cinnamon
- 1/2 teaspoon Vanilla Extract
- 1/2 teaspoon Organic Honey
- 1 teaspoon MCT oil/coconut oil
- 1 teaspoon monk fruit or Luo Han Guo, (optional)

Procedure

1. Combine all ingredients in a blender and blend for three minutes.
2. Place cocoa mixture in a small saucepan and warm the mixture over low heat. Be sure to whisk often to ensure all the ingredients are thoroughly incorporated.
3. If you'd like to, add coconut whipped cream or cacao nibs.