



Cacao alchemy drink



Ingredients

- 1 x big chunk of dark choc
- 1 x heaped teaspoon of cacao
- 1 x teaspoon of medicinal mushrooms (Reishi, lionsmane, cordyceps)
- 1 x dessert spoon of butter
- 250ml in total of water & milk
- pinch of cinnamon and cayenne
- honey

Method

- Choose your favourite mug
- Combine ingredients in pot on stove top over medium heat whisking to combine

Option

- Add 1 drop of your favourite essential oil at the very end e.g. saffron, orange, lavender, rose
- Add a scoop of collagen at the end for protein