

## Medicinal Hot Chocolate with Essential Oils

Adaptogens and medicinal mushrooms have many benefits for the immune system and body overall. This hot chocolate recipe makes it super simple to hide extra immune-boosting herbs while skipping all the added sugar that you find from store bought mixes.

Prep Time: 5 minutes  
Cook Time: 5 minutes  
Storage: 3-month shelf life  
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### Ingredients

- ¼ cup cacao powder
- ½ tablespoon dried mushroom powder, such as chaga, reishi, cordyceps, etc. \*
- ½ tablespoon cinnamon
- ½ tablespoon sweetener of choice (I use Monkfruit Golden)
- 1 teaspoon ashwagandha root powder \*
- 1 teaspoon marshmallow root powder
- ¼ teaspoon cayenne (optional)
- 2 drops doTerra On Guard Essential Oil

### Instructions

Add all dried ingredients to an 8-ounce mason jar. Store in a cool, dry place.

To make 1 cup of the hot chocolate mix, heat 8 ounces of your choice of non-dairy milk and whisk in 3-4 tablespoons of the blend. Add two drops doTerra On Guard Essential Oil.

Enjoy with organic whipped cream, vegan whipped cream, and/or shaved dark chocolate.

### Note

\* I purchased a Superfood + Adaptogen blend by Navitas. This blend contains Maca, Reishi and Ashwagandha.



CC's S.O.U.L. Food

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