

## **HEALTHIER HOT CHOCOLATE RECIPES!**

### General Hot Chocolate Mix:

Mix together 2 cups powdered milk, 2/3 cup coconut sugar, 2/3 cup unsweetened cocoa powder, and a pinch of sea salt. Store in an airtight container. To make a cup of hot chocolate, put 1/4 cup of mix into a mug, fill with boiling water, and stir until thoroughly blended.

NOTE: You can leave out the powdered milk and instead of hot water add the mix to hot milk.

### Mexican Hot Cocoa

The original chocolate beverage lauded by the Mayans was a bitter spicy slurry drunk cold and nothing like the Swiss Miss we have come to rely on. Hot cocoa in Mexico and other southern realms retains the heat, which is very clever since chocolate and spice go together as well any pair of flavors possibly could.

#### ***Ingredients***

- 1 cup Almond milk (or regular milk)
- 1 tablespoon coconut sugar
- 2 tablespoons cocoa powder
- 1/2 teaspoon vanilla extract
- 1 pinch of salt
- 1 pinch of cinnamon
- 1 pinch (or more, go crazy!) of cayenne

#### ***Instructions***

Combine ingredients in a medium pot and warm on medium-low heat, whisking until frothy and hot.

### Dried Plum Cocoa

#### ***Ingredients***

- 1 cup almond milk (or regular milk)
- 3 medium plums
- 2 tablespoons dark cocoa powder
- 1 pinch of sea salt
- 1/4 teaspoon vanilla

#### ***Instructions***

1. Put all ingredients in the blender and puree until very smooth, gently heat in a pot on the stove. Voila.

### Coconut Hot Cocoa

For dairy-free, sugar-free, nut-free diets this recipe may be as close as you get to cocoa nirvana. And for anyone else, if you've got the ingredients, this version is super salubrious and delicious.

#### ***Ingredients***

- 3 tablespoons canned coconut milk
- 3/4 cup water
- 3 soft pitted Medjool dates
- 1 tablespoon cacao powder
- Dash of cinnamon

#### ***Instructions***

1. Put all ingredients in the blender and puree until very smooth, gently heat in a pot on the stove.

## **Homemade Rehydration Drink Recipe**

- 1 cup lemon juice (approx 6-8 lemons)
- 1/2 cup honey or maple syrup ([purchase raw honey here](#))
- 1 teaspoon sea salt ([purchase unrefined salt here](#))
- 1/2 teaspoon baking soda

Place in a pint mason jar and stir to combine (the lemon juice and baking soda will react, so stir it down), keep concentrate in the fridge. This can be added to 1 gallon of filtered water, or add 1-2 tablespoons to each 8 ounces (1 cup) of water.

## **Natural Sports Drink Recipe**

Homemade sports drink recipe without artificial flavors or ingredients.

Serves: 1

### **Ingredients**

- 1 quart of liquid (options: green tea, [herbal teas](#), coconut water, plain water, etc)
- 1/8-1/4 tsp [Himalayan Sea Salt](#) (regular table salt will work, but it doesn't have all the trace minerals)
- 1/4 to 1/2 tsp [crushed Calcium magnesium tablets or powder](#) (optional)
- 1/4 cup or more of juice (optional. Can use grape, apple, lemon, lime, pineapple, etc)
- 1-2 TBSP sweetener (optional)- can use honey, stevia, etc. I suggest brewing stevia leaf into the base liquid for the most natural option.

### **Instructions**

1. Brew tea if using or slightly warm base liquid
2. Add sea salt and calcium magnesium (if using)
3. Add juice and mix or shake well
4. Cool and store in fridge until ready to use

# Liquid Sunshine Smoothie

## *Ingredients*

- 2 Cucumbers
- 10 Stalks of Celery
- Bunch Kale
- Bunch Dandelion greens
- Lemon
- Green Apples
- Handful of Collard greens
- Few stalks of Parsley
- Small knob Ginger

## *Instructions*

**Option 1:** Cut ingredients into small enough pieces to run through your juicer

**Option 2:** Fit ingredients into your high speed blender. Add 1 cup of water and blend for about 2 minutes. Pour through a nut milk bag or cheesecloth. Squeeze and drink the juice. Save the pulp for flax crackers or compost it.

# **Pineapple juice cough suppressant**

**1 cup fresh pineapple juice**

**¼ cup fresh lemon juice**

**1 piece of ginger about 3 inches**

**1 Tablespoon raw honey**

**½ teaspoon cayenne pepper**

# **Master Tonic**

**Anti-Viral, Anti-Bacterial, Anti-Fungal and Anti-Parasitical**

## **Ingredients and Directions:**

- 1 32 oz. bottle **Organic Apple Cider Vinegar**
  - 1/4 cup chopped **Garlic**
  - 1/4 cup **Onions**
  - 1 **Habanero pepper (or hottest peppers you can find)**
  - 1/4 cup grated **Ginger**
  - 2 T of grated **Horseradish**
  - 2 T **Turmeric or 2 Turmeric root chunks**
1. Blend ingredients together for a couple of minutes Strain
  2. Pour liquid back in bottle
  3. Compost everything else!

### Notes\*\*

- ~ You can store the tonic in a cupboard for long periods of time. No need to keep in the refrigerator.
- ~ You can also use it mixed with olive oil for a salad dressing. Or a shot full on you stir fry.
- ~ The most ideal way to make this tonic is on the New Moon by chopping all of the ingredients and let them sit in a jar submerged with the Apple Cider Vinegar and leave it in a dark place until the Full Moon and then strain and bottle.
- ~ It is a good idea to wear gloves especially when handling the peppers as it is difficult to get the heat off of your hands!

### Dosage:

- ~ For sore throat, gargle a bit in the mouth and swallow.
- ~ For an illness, such as a cold or flu, take about 2 droppers full or a Tablespoon every couple of hours.
- ~ For daily immune support drink 2 droppers full/ 1Tablespoon every day. Build up tolerance to a shot glass full.

\*\*Eat an orange, lemon, or lime slice after to ease the heat.