

Hot Chocolate

Ingredients:

- 1 cup of milk or almond milk or your favorite milk
- 1 cinnamon stick
- 2 teaspoons unsweetened cocoa powder
- 2 teaspoons of coconut sugar (for a lower glycemic level)
- 2 teaspoons of water
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon turmeric powder, optional

Instructions:

Heat the milk and the cinnamon stick until it simmers. In a mug, combine cocoa powder, coconut sugar and water and stir until combined with a paste consistency. Remove the cinnamon stick from the milk. Pour the milk into the mug and stir to mix well. Add the vanilla extract and stir. Garnish with dark chocolate, whipped cream or your favorite topping.