

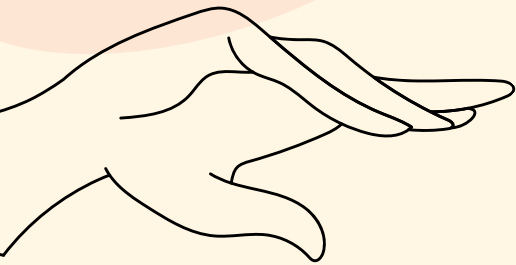
SPICED ELIXIR

Ingredients:

- 20 grams 100% cacao
- ½ cup hot water, milk or herbal tea
- 2 tsp coconut sugar
- 1 tsp Golden milk + kava + ashwaganda powder (1/2 tsp golden milk + 1/4 tsp kava extract + 1/4 tsp ashwaganda powder)
- Pinch of salt

Directions:

- Heat 1/2 cup water to approx. 170F degrees. You can let water boil and then wait a few minutes, so the water is not as hot.
- Pour water into a small sauce pan or small mixing bowl.
- Add the cacao, coconut sugar, and golden milk powder.
- Using a whisk, stir hot mixture briskly to combine all ingredients. You can also use a blender for milk frother to combine.
- Pour into your favorite mug and enjoy!



Golden Milk Recipe

15 servings (1 tsp)

- 4 Tbsp ground turmeric
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp ground black pepper

Mix all ingredients in a small jar.

Golden milk recipe from [Minimalist Baker](#)

