

Healthy Hot Chocolate

Makes 2 large cups

- 2 ½ Tbsp. of raw cocoa (you can use a melted chocolate bar if you prefer, but choose a high quality, fair-trade one with 70 to 80% cocoa and minimal added sugar)
- 2 Tbsp. hemp hearts
- 2 Medjool dates
- 1 Tbsp. raw honey (more if you like)
- 1 tsp. coconut oil
- 1 tsp. vanilla powder
- 1 tsp. cinnamon

Add all ingredients to your high-speed blender.
Bring 2 ½ cups of water to boil and add to blender.
Blend and pour into your favorite cup.

