



## SPECIAL NEEDS

GLUTENFREE  
VEGAN  
SOYFREE  
DAIRYFREE

## HEALTH BENEFITS

SEROTONIN + DOPAMIN  
DIABETES  
CANCER  
INFLAMMATION  
GUT HEALTH  
ALZHEIMER'S

## HOT SUPERFOOD CHOCOLATE

Servings: 1 Time: 3 minutes Tip: Add your own superfood ingredients

Raw cacao has one of the highest scores of flavonoids. Flavonoids are a specific subset of anti-oxidants and polyphenols that exhibit anti-inflammatory, anti-cancer, anti-hypertensive, and anti-aging properties. In addition to flavonoids, cocoa beans contain other antioxidants such as catechins, epicatechins and proanthocyanidins that may also account for some of the health benefits. Cacao consumption positively influences inflammatory pathways.

Reference: Mol Nutr Food Res. 2008 Nov;52(11):1340-8. Chocolate at heart: the anti-inflammatory impact of cocoa flavanols. Selmi C et al.

### *What's in it?*

- 8 oz. = 250 ml nut milk
- 1-2 tbsp. raw cacao
- 1 tbsp. maple syrup
- 1/4 tsp. ginger
- Pinch sea salt
- Optional: 1/4 tsp. maca/ashwagandha/gotu kola/astragalus/reishi
- Toppings: whipped cream or coconut cream\*

\*Use whipped coconut cream if vegan/dairyfree

### *What to do?*

- Bring nut milk to simmer in pot over stove
- Add remaining ingredients
- Whisk til frothy
- Serve in mug with whipped cream

