

WARM CACAO WITH CINNAMON

Ingredients:

1 cup coconut milk/ rice milk or almond milk (See recipe on how to make your own almond milk). Use rice milk powder and prepare according to instructions.)

1 – 2 tablespoons of cacao

1 tablespoon xylitol or coconut blossom sugar, or stevia to taste

sprinkle of cinnamon

Method:

Combine all ingredients in a blender.

Warm on stove to required temperature, but do not boil.