

Winter Cocoa

(per cup)

2 heaping tablespoons of dutch process cocoa (unsweetened)

1 – 2 TBSP pure maple syrup (to your taste)

Roughly 8 oz. of coconut or almond milk

1 tsp reishi mushroom powder

1 tsp ground cornus officinalis

Make sure all herbs are finely ground. Sifting will remove any larger particles.

Heat milk to simmer and then pour over herbs and cocoa. Use a wire whisk to combine until all ingredients are dissolved and smooth. Stir in maple syrup to taste and you're set for a great cup of cocoa!