



THE ULTIMATE AYURVEDIC HOT CHOCOLATE RECIPE

Vata↓, Pitta↓, Kapha↓*

Makes: 12 oz (double recipe as needed)

Prep Time: 3 to 5 minutes **Cook Time:** 5 minutes

*This recipe is suitable for all dosha types in moderation. To make it more balancing, follow the doshic recommendations for your specific body type.

INGREDIENTS

- 1 cup whole milk or homemade almond milk (use almond milk for Kapha types)
- 1/2 cup raw coconut water
- 1 to 2 heaping teaspoons raw cacao (use 1 teaspoon for Vata types)
- 1/2 to 1 medjool date*, pitted and chopped (replace with 1 tsp honey for Kapha types)
- 1/2 to 1 teaspoon Ayurvedic Breakfast Spices**
- 1/2 teaspoon vanilla extract
- 1 star anise (optional)
- 3 saffron stigmas (optional)

*The amount of dates depends on your preferred sweetness; since the coconut water already adds a lovely sweetness, I generally only use 1/2 of a medium size medjool date.

**Replace Ayurvedic Breakfast Spices with 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon turmeric, 1/8 teaspoon cardamom, and a pinch of clove powder.

DIRECTIONS

1. Pour the milk and coconut water in a small saucepan. Place over medium-low heat.
2. Add in the cacao, chopped date, Breakfast Spices, vanilla extract, star anise (if using), and saffron (if using). Stir well.
3. Warm over medium-low heat for 5 minutes, uncovered, stirring frequently.

NOTE: If you are using star anise, feel free to warm it for a few extra minutes over low heat for a stronger flavor. Just make sure to stir frequently and avoid overheating.

4. Remove the star anise (if using).
5. Add the warmed milk to a blender. Blend on medium speed for 20 to 30 seconds.
6. Pour in your favorite mug, wrap up in a blanket, sip, and enJOY with friends and family!