

# Mood Boosting Holiday Hot Chocolate

serves 1

A sweet warm bevvie that's designed to enhance your sense of wellbeing during a notoriously stressful time of year.

## ingredients

12-16 oz your favorite non-dairy milk  
1 tbsp cacao powder  
1 medjool date  
pinch of salt

## optional add-ins

ashwagandha - supports stress response  
rhodiola - supports stress response  
reishi - supports stress response  
chaga - supports stress response  
vitamin D - promotes positive mood  
tocos - vitamin e, antioxidants, supports skin, plus adds creaminess  
collagen - supports gut health, will make your drink extra foamy!  
lavender - supports relaxation  
peppermint extract - supports relaxation



## instructions

1. Add non-dairy milk, cacao powder, date, salt and any other add-ins you desire to small saucepan over medium heat. Gently warm until it's to your preferred drinking temperature.
2. Transfer to a blender and blend 30-60 seconds, until date is totally incorporated.
3. Pour into your favorite mug, get cozy doing something that relaxes you and enjoy!

## notes

- If I don't have non-dairy milk around (which is more often than not) I use either 2-4 tbsp full fat coconut milk or 1 tbsp coconut butter + water.
- Mountain Rose Herbs is where I get most of my herbs and superfoods.
- I recommend Thorne Vitamin D Drops. They're flavorless and I love adding them to these sorts of drinks since fat helps our bodies absorb the vitamin D.