

Harmony hot chocolate cacao blend for PMS support that tastes delicious!

Ingredients

Harmony Blend

- 2 Tbsp raw cacao powder (or cocoa powder)
- 1 tsp maca powder
- ¼ tsp cinnamon
- ¼ tsp ginger
- ¼ tsp turmeric
- ¼ tsp ashwagandha (optional)



Hot chocolate

- ½ cup or more coconut milk
- 1 tsp or more sweetener of choice (ie stevia, honey, pure maple syrup)
- ½ tsp mct oil or coconut oil
- 1 scoop collagen (optional)

Directions

1. Add the harmony blend ingredients to a small bowl and mix until fully combined.
2. Transfer to a spice jar and store in a dry place until ready to use.
3. If using a milk frother: add coconut milk, sweetener, oil, and 1-2 Tbsp of harmony blend mixture to milk frother and blend. Serve right away with a dash of cinnamon.
4. If using stovetop: Add milk, sweetener, oil, and 1-2 Tbsp of harmony blend mixture to small saucepan. Heat for 5-8 minutes on medium heat. Optional but worth it, add mixture to blender and blend for 20 seconds. Serve right away with a dash of cinnamon.

Notes

1. Feel free to use the harmony blend in smoothies, overnight or regular oats, and yogurt.