

Hot Chocolate Delight (Vegan, Gluten-Free, Nut-Free*, Soy-Free*)

Dr. Rebecca Coleman of the O C E A N Embodiment Center has a virtuous and dairy-free version that she has shared with us from her personal blog. Of course it contains the all important ingredients, such as cocoa powder, milk alternative, and a touch of sweetener, but her "secret ingredient" adds that extra touch of luxury.

Hot Chocolate Delight

Prep Time: 5-10 minutes (depending on how handy your supplies are)

Yields: 2 Servings

- 2 cups Soy and/or Almond Milk. (I use Unsweetened Vanilla Blue Diamond Almond Milk, Unsweetened Vanilla WestSoy Milk, or a combination of half of each)
- 1 tsp Organic Vanilla Extract
- 3 tbsp Organic Cocoa (Nature's First Law Organic Raw Powdered Cocoa)
- 1-2 tsp Organic Coconut Oil (Jungle Organic Coconut Oil, Extra Virgin Cold Pressed)
- Stevia powder or Agave Nectar - sweeten to taste

Combine all ingredients in a 2 quart saucepan (adjusting to taste). Heat over medium heat until the coconut oil melts. Blend with a wand style hand mixer (if available for more frothy results) or with a wire whisk. Pour into mugs. Enjoy!

Mocha Option: Add ¼ cup Coffee (Fresh Brewed or Espresso) or 2 tsp Powdered Instant Espresso (Medaglia D'oro Instant Powdered Espresso) or 2 tsp Mount Hagen Organic Cafe (decaf or regular).