

WARM & COZY MUSHROOM COCOA

Serves 1

INGREDIENTS

- 1 tsp favorite mushroom powder
- 1 tsp date syrup
- 2 Tbls cocoa powder
- Pinch cinnamon & sea salt
- 1 cup favorite milk (we love macadamia milk for this one!)



INSTRUCTIONS

1. Mix all ingredients except for milk in a mug.
2. Steam or heat milk, pour into mug and use a whisk or electric frother to stir well.
3. Top with shaved chocolate flakes or whipped coconut cream or add a cinnamon stick for fancy fun!

NOTES

- To make this a mocha latte, use ½ cup milk and ½ cup hot coffee instead.
- Delicious as a frappe as well! Let mixture cool, pour ½ into ice cubes and once frozen, blend in a blender with the other ½ liquid.