

## Spiced Hot Cocoa

Celebrate the holiday season with this low sugar Spiced Hot Cocoa recipe! Cocoa is packed with antioxidants called flavanols. These antioxidants can help improve blood flow and fight cell damage. Enjoy!

### Ingredients

Makes 1 serving

- 1 cup (8 oz) of unsweetened plant-based milk (coconut milk is recommended), warmed
- 3 tsp of unsweetened coco powder, or cacao
- ½ tsp of cinnamon
- ¼ – 1 tsp of your choice of sweetener (coconut sugar, stevia, agave, etc)
- Pinch of cayenne pepper

### Directions

1. Mix with a spoon or whisk to combine.
2. Top with extra cinnamon and cayenne pepper if desire.

