

# Cacao Drink Recipes



In this journey with The Clan Mothers and ixCacao, we mostly practice Cacao Ceremony with Melted Cacao Paste, Ceremonial Cacao may be enjoyed in a drinking form as well.

Here is will share a couple of Recipes and pretty soon you may be inspired to make your own Medicinal Hot Chocolates.

Generally I am not the sort of person that measures my own creations, although I do like to keep The actual Cacao Paste quantity accurate.

A Cermonial Dose is generally 40g per person.  
A Medicinal Dose is 20g per person.

I have found smaller doses at a time more soothing for my nervous system, especially is combined with Nervous System Soothing Herbs like Ashwaganda. It is like Cacao becomes a carrier of The Medicine. (Which is who she is)

In Joy

## The Recipes:

- ~each recipe serves 1
- ~you can up the Cacao Paste dose to 40g
- ~you can also use 2 - 3 teaspoons of Cacao Powder if you dont have Paste

~For The Nervous System

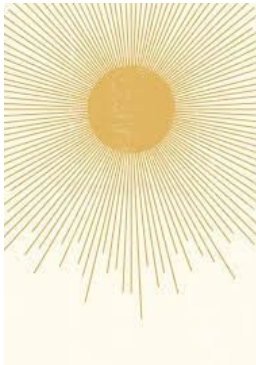


10g - 20g Cacao Paste  
Teaspoon of Ashwaganda (or as prescribed on the lable)  
Teaspoon of Soy or Sunflower Lechtin  
Teaspoon of Extra Virgin Coconut Oil  
1 Cup of Herbal Tea of your choice (70'C)  
Sweetner of your Choice  
1 Tablespoon of Flax Oil

- ~This one is best for The Blender to really mix all the oils well.
- ~Place all the ingredients in The Blender - except the Flax Oil
- ~Blend Well
- ~Stop Blending
- ~Add Flax Oil
- ~Blend for 2 seconds
- ~Serve and Injoy

\*By Adding The Flax Last it presrves its delicate structure.  
Remeber to keep Flax Oil in The Fridge

~Golden Sun

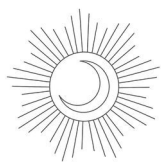


10g - 20g of Cacao Paste  
Half a Teaspoon of Tumeric  
Pinch of Black Pepper  
Pinch of Salt  
1 Teaspoon of Extra Virgin Coconut Oil  
1 Cup of Herbal Tea of your Choice (70°C)  
Sweetener of Your  
1 Tablespoon of Flax Oil

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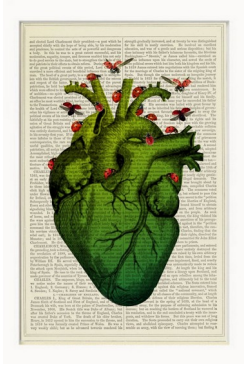
~Silver Moon



10g - 20g of Cacao Paste  
10g of Cacao Butter  
Teaspoon of Maca Powder  
Teaspoon of Shatavari  
1 Cup of Herbal Tea of Your Choice (70°C)  
Sweetener of you Choice  
Optional - Dash of Plant Milk

~Place all the ingredients in The Blender  
~Blend Well  
~Serve and Injoy

~Green Spirit



10g - 20g of Cacao Paste  
Teaspoon of Chlorella Powder or 5 Chlorella Tablets  
Teaspoon of Wheatgrass Powder  
Quarter Teaspoon of Moringa Powder  
Quarter Teaspoon Spirulina  
Teaspoon of Extra Virgin Coconut Oil  
Pinch of Salt  
Sweetener of Choice

~Place all the ingredients in The Blender  
~Blend Well  
~Serve and Injoy

~Rosy Womb



10g - 20g of Cacao Paste  
10g Cacao Butter  
Teaspoon of Maca  
1 drop (or less) of Pure Natural Rose or Rose Geranium Oil  
1 Cup of Herbal Tea (Rose or Rooibos or Honeybush or Your Choice) 70°C  
Sweetener of Your Choice  
Optional - Dash of Plant Milk

~Place all the ingredients in The Blender  
~Blend Well  
~Serve and Injoy

~Yummy



1 Cup of Warm Milk (Plant or Cow)  
10g - 20g of Cacao Paste  
5g of Cacao Butter  
Teaspoon of Cacao Powder  
Honey to Taste

~No Blender Needed Here.  
~Place Dry Ingredients in your Cup  
~Add your Warm Milk  
~Stir  
~Serve and Enjoy

You can also use a Mollinilo or Whisk

Here is share a Youtube video by CacaoLab where you can witness to make Cacac Drink in Slower Way:  
[https://www.youtube.com/watch?v=cU24hRK2phQ&ab\\_channel=cacaolaboratory](https://www.youtube.com/watch?v=cU24hRK2phQ&ab_channel=cacaolaboratory)

Be Inspired  
Be Creative