

Detox Hot Chocolate

2 servings

2 cups organic unsweetened hemp milk or almond milk (Pacific is a good brand if you don't make your own)

3 Tb raw organic cacao powder

Liquid Stevia (NuNaturals liquid stevia with vanilla is good)

- In a pot bring almond milk to a boil.
- Add raw cacao powder.
- Whisk to dissolve all the clumps and to make it frothy.
- Boil for 1 minute.
- Add stevia to taste, whisk again to create froth
- Pour into your favorite mug. Enjoy!

Note: Stevia is very, very sweet, so you don't need much (just a few drops). I prefer the NuNaturals liquid stevia—it has the best taste of all the brands I've tried.

This dessert is truly a guilt free dessert—it's very low in calories, tackles your chocolate cravings, and the raw cacao powder in it has 3 times the amount of antioxidants found in green tea and red wine.