

## Cacao Maca Latte

A wonderful, healthy alternative to coffee. The cacao and maca will give you a natural lift. Maca is a beneficial superfood especially for those suffering from adrenal fatigue or are in need of increased energy and vitality. Maca allows the body to easily adapt to and regulate stress factors. It is especially beneficial to athletes in helping combat both mental and physical stress as well as increasing stamina.

1 Tb raw cacao powder

1 tsp maca

½ cinnamon

½ cup water

½ cup almond milk or coconut milk

7–12 drops vanilla creme liquid stevia or 1 tsp. raw honey or maple syrup

- Place cacao powder, maca, and cinnamon into a cup
- Heat water to a boil. Add almond or coconut milk to heat through but do not boil
- Add stevia or raw honey
- Mix thoroughly to dissolve
- Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as “pulling”. I learned this in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.