



HEALTHY HOT CHOCOLATE

*A delicious drink packed full of
tryptophan, calcium and
magnesium to help you drift off to
sleep*

Hälsa Winter Warmer Series

Healthy Hot Chocolate



HÄLSA
wellbeing

Ingredients

- 300ml unsweetened almond milk
- 1 tsp cashew nut butter
- 1- 1.5 tsp Cacao powder (to taste)
- Drizzle of maple syrup (to taste)

Method

- Heat the milk and cashew butter in a pan
- When it is hot place into a blender with the remaining ingredients and blend until frothy
- Serve in a mug and enjoy

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