

# Spiritual Art Hot Cocoa

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*You need a quiet spiritual moment and this is just the thing to help feel warmth and a hug in a mug. Keeping it simple, yet complex. Many cocoa recipes call for powdered vanilla, powdered milk, baking cocoa, etc. This can leave the chalky taste or feel, and means keeping a lot of extras on hand. This recipe tries to make it easy for everyone to enjoy, without the sifting, extensive measuring, and extra work. Who wants to work hard for their moment to relax??*

## **Basic recipe:**

2 tablespoons instant chocolate drink mix (Nestle-quick for example)

1 tablespoon powdered plain flavor creamer

Combine well, removing or mashing any lumps.

Add 1 cup very hot water, stir well. Enjoy!

## **Optional to kick it up a notch. Use one or more options or add your own ideas:**

1 -2 tablespoons mini dried marshmallows, or a few regular mini marshmallows

2 -3 inch cinnamon stick\*

1 teaspoon instant coffee granules

1 tablespoon flavored creamer in place of plain creamer

Whipped cream for top

Shaved chocolate for top

Pinch powdered cinnamon

Pinch cayenne

\*Remove cinnamon stick before drinking to avoid choking.

Mix the basic parts and add hot water. Toppings and marshmallows need to be added right before sipping.

## **Spiritual Art recommended blend:**

2 tablespoons instant chocolate drink mix (Nestle-quick for example)

1 tablespoon vanilla flavored powdered creamer

2 inch cinnamon stick\*

2 tablespoons dried mini marshmallows

\*Remove cinnamon stick before drinking to avoid choking.

Combine chocolate mix with creamer in mug. Add cinnamon stick. Add 1 cup hot water and stir well. Let the stick sit in hot cocoa a minute or so to let flavor to emerge. Remove stick and discard. Top with mini marshmallows and enjoy!!

To make a bulk mix, multiply the basic recipe ingredients by the amount you wish to make (10 servings for example). Use about 3 tablespoons of the mix per serving. Add the optional items as you make the recipe.