

Summer ceremonial Vibes

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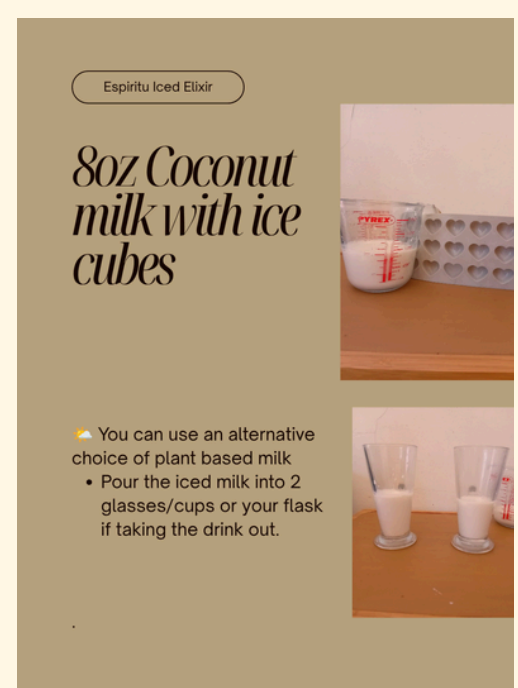
Cacao Iced Elixir for 2 Ingredients

- 8oz Coconut milk or alternative plant based milk with ice cubes
- 2 or 3 tbsp Espiritu hand ground ceremonial cacao powder
- 1/2 tbsp maple syrup or similar
- 1 / 2 tsp vanilla essence
- Pinch of sea salt
- ¼ Jug/cup of nearly boiling hot water



2. Blend the Ingredients

- The nearly boiling hot water
- Powdered or grated cacao
- Maple syrup or sweetener of choice
- Pinch of sea salt & vanilla essence
- **Pour the blended ingredients over your cup of iced milk**
- Serves 2 People



Prolonged use of 40g or more can cause adrenal stress - Only use high doses for a short period of time
Pregnancy/High blood pressure/Heart condition - Only use a low dose of 20/25 g
Antidepressants (SSRI) May not be compatible with Cacao - Only use low doses of 20g

Espiritu Cacao