



Fire Heart DRINK

Ingredients

WET

2 cups chaga tea
2 tsp honey or maple syrup
1/2 cup almond or coconut milk

DRY

2 tbsp raw cacao powder
1 tsp. maca powder
pinch or drop of cinnamon (powder or oil)
pinch of cayenne
pinch of coarse sea salt (to taste or as a garnish)

Directions

1. Combine all wet ingredients in a sauce pan and bring to a simmer
2. Reduce heat and pour wet ingredients over dry ingredients in your mug. Stir gently.
3. Top with your favourite whipped cream or marshmallow, drink and enjoy!