

Spiced Cacao

Culinary Medicine, Nutrition Services

Yields: 2 cups

Equipment: small pot, spoon

Ingredients

- 2 tbsp raw, unsweetened cacao powder
 - 1/4 cup sweetener of choice (e.g. maple, honey, agave)
 - 2 cups milk of choice (e.g. dairy, oat, hemp, etc.)
- Personalize It! Optional ingredients:
- 1 tsp cinnamon, ground
 - 1 tsp ginger, ground
 - 1-2 drops vanilla extract
 - To taste, cayenne

Instructions

1. In a small pot on medium heat, add cacao powder, sweetener, and 1/4 cup milk and warm until mixture begins to bubble. Remove from heat.
2. Add remaining milk and optional ingredients and warm to serving temperature.
3. Serve immediately.



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Why We Like This Recipe

As comforting as a cup of hot chocolate mix, with the added health benefits and energy boost of raw cacao.

Chef's Notes:

- The best thing about homemade hot cacao is that you can control the level of sweetness and add as much or as little additional flavor as you want!
- Raw cacao provides an energy burst and a deep, robust chocolatey flavor.

Nutrition Notes:

- Cacao has a high concentration of antioxidants which may improve blood flow and reduce blood pressure.

Gardener's Notes:

- *Theobroma cacao* (Cacao) "food of the gods," is a tropical evergreen, 20-40' tall tree known for its edible seeds and is native to the Amazonian rainforests.
- Cacao is processed into cocoa powder, cocoa butter and chocolate. Each tree produces about 2,500 cacao beans and it takes 400 beans to make one pound of chocolate.



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