

MEXICAN HOT CHOCOLATE

GET COZY WITH OUR WARMING MEXICAN
HOT CHOCOLATE RECIPE! (SERVES 1)

WHAT YOU'LL NEED

1 Disc of Taza Cinnamon Stone Ground Chocolate
1 cup of Water Or Milk of Choice

Knife or grater
Pinch of salt

METHOD

- 1) Roughly chop or grate 1 disc of Taza Chocolate and set aside.
- 2) Heat 1 cup of water or milk in a saucepan over medium heat to just below a simmer.
- 3) Remove the milk from heat and add a pinch of salt.
- 4) Slowly mix in the chocolate.
- 5) When the chocolate is dissolved, return the mixture to the stove and re-warm over low heat.
- 6) While the chocolate is warming, use a whisk or molinillo to froth the chocolate.
- 7) When the chocolate is hot and frothy, remove from heat and serve immediately.



Immunity season! We can support our immune systems through the changing seasons with warming culinary herbs and superfoods that create simple and delicious recipes and promote a healthy, warming glow throughout the body – from complexion to digestion.

EDEN FOODS ORGANIC SPICY PUMPKIN SEEDS

Dry roasted pumpkin seeds (aka pepitas) coated with organic tamari soy sauce (GF), organic garlic powder and organic cayenne pepper. A unique, hot and spicy snack food rated “Best Organic Food for Men” by Men’s Health Magazine! Low in sodium and rich in healthy fiber, protein, and magnesium. A good source of iron and zinc.

How to use: A handy single serve pocket snack! Great for taking camping, backpacking, or a nutritious snack any time.



URBAN MOONSHINE ORIGINAL DIGESTIVE BITTERS

Urban Moonshine’s hand-crafted Digestive Bitters are a well balanced, aromatic, non-laxative update to traditional bitters formulas. These original digestive bitters are certified organic and handcrafted to please everyone. Relieve gas, bloating & occasional heartburn. These ingredients will have you feeling warm and work your digestion!

How to use: Spritz directly onto the tongue! Start small in your serving; if the bitter taste is especially rare in your diet, your digestion will fire up with just a very small amount of these bitters! (Not to be used during pregnancy)



MACAFORCE™ LUCUMA SPICE MACA

Some of the most powerful maca in the world, sourced directly from farmers in Peru. It is TruGanic™ verified to be free of chemicals, GMOs, and radiation, and grown at over 13,120 feet (4000 metres). Maca is an adaptogenic root famous for longevity, endurance, and fertility, with all of the nutrients and balance nature intended. Particularity known for Energy • Strength • Healing • Hormones & • Fertility.

How to use: Start with one teaspoon and work up to one tablespoon. Add any quantity to water, smoothies, juice, chai tea, baked goods, coffee substitutes, homemade raw chocolates, and other raw foods and desserts.



ANCIENT HARVEST ORGANIC QUINOA

Yes, this package can be microwaved for convenience, but it doesn’t have to be. This package contains no preservatives, no rice or fillers - so you can be sure you’re enjoying quality organic quinoa that is easy to make. Quinoa is one of 7 ancient grains that was worshipped and used by many ancient civilizations, from the Aztecs to the Greeks and Egyptians. Quinoa comes with 11g of protein per serving and is a source of fiber, iron, copper, thiamin and vitamin B6.

How to use: Heat and eat to create a delicious side for dinner or build a main course around.



GOLDTHREAD HERBS TURMERIC RADIANCE

Turmeric Radiance can be incorporate as a daily health practice to activate the metabolism, invigorate the core and wake up the body. The golden yellow color is from turmeric root, used in Ayurveda and around the world for its many properties including kindling the digestive fire. It is combined with ginger, cinnamon, cardamom, lemongrass and a host of other potent aromatic herbs and spices long used in traditional cuisines for their delicious taste and internal benefits.

How to use: As a detoxifying morning tonic or before meals to stimulate the appetite. Or try after a meal to add extra warmth and energy to the system, driving nutrients into the tissues and reducing gas and feelings of fullness.



TAZA CHOCOLATE CINNAMON STONE DRINKING CHOCOLATE

In Oaxaca, Mexico, and other Central and South American regions, chocolate has historically been enjoyed as a beverage. Cacao is ground into a paste, mixed with water and spices, and served hot. Made using only Mexican stone mills, and containing only 3 ingredients (organic cane sugar, Organic Dominican Cacao beans, Costa Rican Cinnamon). Gluten, soy and dairy free.

How to use: Healthy hot chocolate – try the recipe on the back of this page!



Disclaimer: The information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using superfoods, particularly if you have a known medical condition or if you are nursing or pregnant.

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