

how to prepare the

PERFECT CUP OF CACAO

1. clean your space & be present

ceremonial cacao has been treated with love and respect since harvest. to preserve its pure energetic vibration, it is important that you continue to honor your cacao. we suggest cleansing your space and mind: play music, burn incense or sage, recite mantra. begin to connect with the spirit of cacao (perhaps with gratitude or reflection on why you feel called to sit with cacao today), and be fully present as you consciously and intentionally complete each step. she will sense your energy, and that will be reflected in your cup.

2. measure your desired dose

casual dose = 28 g or 1 oz

ceremonial dose = 42.5 g or 1.5 oz

(1 tbsp of cacao \approx 11 g)

*these are only recommendations - always listen to your body to determine what dose is appropriate for you each day; if you are taking prescription medications, pregnant, or breastfeeding, please contact us to discuss modifying your dose

3. heat water

do not boil! heat just to the point of steaming (\sim 190°F)

overheating can burn off nutrients and psychoactive properties of cacao

4. create paste

add a tiny bit of warm water (a few drops at a time) to the cacao using a spoon or whisk, combine until a smooth paste forms

5. add spices and/or sweetener (optional)

add any desired spices and/or sweetener to the paste & combine

*we love maple syrup + cinnamon, cayenne, ginger, maca, sea salt, and/or cardamom!

6. add water and/or plant-based milk (optional)

add warm water and/or plant-based milk to achieve desired consistency

*oat milk is our favorite!

*we do not recommend cow's milk as dairy can interfere with the absorption of cacao

7. whisk or froth

use a whisk, milk frother, or immersion blender to smooth any leftover chunks of cacao