

*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 ≈ 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. chop cacao (cacao hearts or cacao bricks only)

use a knife or grater to chop or grate the cacao into smaller pieces

\*skipping this step will make it very difficult to create the paste; bags of cacao have been pre-chopped into flakes

## 4. heat water

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

overheating can burn off nutrients and psychoactive properties of cacao

## 5. create paste

add a tiny bit of warm water (a few drops at a time) to the cacao

use a spoon or whisk to combine until a smooth paste forms (add more water as needed until smooth)

## 6. add sweetener and/or spices (optional, but recommended)

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

\*we love maple syrup or dates + cinnamon, cayenne, ginger, maca, ashwaghandha, sea salt, and/or cardamom, but we invite you to play until you find the recipe that resonates most with you (this could change by the day!)

## 7. add water and/or plant-based milk

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

\*we love cashew, oat, almond, or hemp milk

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

## 8. whisk or froth

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