



Wholetyme Kitchen

100% organic. soy free. made with love.

*Emotion thru Motion*

HOT

CACAO

RECIPE

By: Chef Tashauna





## About Chef Tashauna

Creetings everyone, my name is Tashauna and I am multifaceted scientist, artist, and student of life. I am currently growing and evolving through multiple iterations of my spirit and I can say that these days, I enjoy showing up as a natural nurturer and creator. When I am not working, I am cultivating the art of being. Showing up as who I am, without any need to suppress my true essence.

My kitchen journey began early on in life. To be honest, I used to watch the food network day in and day out, sauté hot dogs with old bay and parsley and think I was somebody's five star chef. I mean, you couldn't tell me anything. Being firmly rooted in a West Indian household, learning how to cook was inevitable. I am grateful for the abundance of home economic skills that my household possessed and passed down to me.

I learned that food was not just food; it was a deliberate act of care. A direct way to tend to someone's well being. Through cooking for others, I can shift into a selfless state of existence where I put love at the forefront and allow it to guide me throughout the preparation of the meal. Flavors, colors, scents, sounds— food stimulates all of our senses whether we notice it or not. Through my cooking, I invite the foodie to a sacred experience with their food. This will naturally shift them into a conscious, holistic approach that will inspire them to be more mindful of what they are consuming.

Whether it be in the kitchen or behind the camera, I am looking forward to sharing my knowledge and lifestyle gems with you all.



# HOT CACAO INGREDIENT LIST

## INGREDIENTS

- Hemp milk\*
- Cacao powder
- Cinnamon powder + sticks
- Agave or date syrup
- Adaptogens (ashwaghandha, reishi, maca) \*
- Vegan marshmallows (optional)
- Vegan whipped cream (optional)

\*Feel free to use your favorite plant based milk of choice. Almond, cashew, macadamia nut and coconut are also excellent options. Explore and see which one you love the most.

\*In the recipe, I use a combination of all three adaptogens. If you'd only like to use one, I recommend using reishi mushroom as it helps the body combat stress and fatigue, enhances mental perception, balances the mind supports immune system health.



V. M. 2



# HOT CACAO APPLIANCE LIST

## RECOMMENDED APPLIANCES

- Measuring cups (liquid +dry)
- Small pot
- Whisk
- Spoon
- Your favorite mug :)

Here's a moment to invite peace into your kitchen by lighting a few candles, using an aromatherapy diffuser, or burning incense.

In the background, play soft music to further lift the vibration in the room. I recommend jazz, old school r&b and ambient frequency sounds like 538hz.





# HOT CACAO

# HOT CACAO RECIPE

1. Take a deep inhale, slowly exhale out. Ground yourself into your kitchen space and set an intention that supports the preparation of this warming, loving drink.
2. Place a small pot on the stove. Measure out the hemp milk in your mug and pour into the pot to begin warming the milk.
3. Keep the fire relatively low, as we do not want to scold the cacao mixture. Add in the cinnamon stick and powdered cinnamon here. The cinnamon will slowly infuse into the milk.
4. Once the milk is warm enough for your liking, slowly add in cacao powder, cinnamon powder, and the adaptogens of your choice. Sweeten with agave or date syrup.
5. Whisk the mixture gently. Be sure to completely dissolve all of the dry ingredients into the milk.
6. Pour into your favorite mug and top with whipped cream, marshmallows and extra cinnamon if you're into it .
7. Take another deep inhale, exhale and enjoy your creation.









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Chef Tessauna

[info@wholehymekitchen.org](mailto:info@wholehymekitchen.org)

[@wholehymekitchen](https://www.instagram.com/wholehymekitchen) x [@organicilbaby](https://www.instagram.com/organicilbaby)

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