



Hot Cocoa

serves 2

- 2 cups plus 3 three tablespoons best quality whole milk (ideally from pastured cows), divided
- 2 tablespoons cocoa powder
- 2 teaspoons Apollonia spice blend
- 1 teaspoon vanilla extract
- 3 tablespoons rapadura or organic cane sugar
- pinch sea salt
- 2-4 marshmallows, optional

Pour 2 cups of milk into a small saucepan over medium-low heat. Add sugar and vanilla and heat slowly until steaming.

Meanwhile, whisk together 3 tablespoons of milk, cocoa powder and Apollonia in a pitcher or large glass measuring cup to form a smooth paste.

Pour steaming milk on top of paste and whisk vigorously to combine.

Divide between two small mugs and top with marshmallow, if desired.