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GOLDEN CEREMONIAL CACAO RECIPE

Serves: 8-10 | Dosage: 30g per person

INGREDIENTS:

- 300g Cacao Paste
- 300-400ml Herbal tea. Use food grade loose leaf herbs. Recommendation - Hibiscus and Raspberry tea. Raw honey or maple syrup. Use less or more depending on your taste. Traditionally, ceremonial cacao is served with no sweetener at all (it's an acquired taste – meet your body where it's at).
- A pinch of Himalayan Salt
- 1 tablespoon of Turmeric
- A pinch of Ginger
- 1-2 tablespoons of Mesquite powder
- 2 tablespoons of raw cacao powder

OPTIONAL ADDITIVES:

- A splash of nut or seed milk of your choice
- 1-2 teaspoons coconut oil to make it extra creamy
- 1 teaspoon Maca for energy and an earthy taste



COOKING INSTRUCTIONS:

1. Steep tea blend beforehand and allow to cool.
2. When you have prepared your sacred space and are ready to cook
3. Heat up herbal tea blend in pot. When the herbal tea is warm enough, add all of the cacao paste.
4. Say a prayer to the medicine as you stir in your intention.
5. Add the rest of the ingredients as you feel called to. Be sure to whisk all powders in well until smooth.
6. Activate the medicine with songs, speaking to or with visualization. Keep your heart open and your pot stirring!

Everyone's process is unique and there is no right or wrong way. You will know when your Medicina is ready. Keep warm in a Wonderbag or serve immediately.

IF YOU HAVE ANY QUESTIONS ABOUT THE
MEDICINE OR YOUR INTEGRATIVE PROCESS,
PLEASE REACH OUT TO ME.