Rainbow Vibrations

Hot spiced cacao in a mug

What you need:

- Almond milk or water
- 2 tea spoons of cacao powder (I buy all my ingredients at www.indigo-herbs.co.uk)
- Half a tea spoon of vanilla powder
- Half a tea spoon of lucuma (you can use other sweeteners like honey, maple or agave syrup)
- Pinch of cinnamon
- Pinch of chilli powder
- Pinch of salt

Warm up, not boil, a cup of almond milk and slowly pour it over your mixture. Add a tea spoon of organic virgin coconut oil and sprinkle chia seeds on top.