

Mexican Hot Cocoa & Mexican Mocha Recipes



Today, I've got 2 recipes for you! These energizing, hot beverages will start your day off deliciously and bring you mental clarity and focus.

That's because they both contain several magnesium-rich foods, which reduce stress, anxiety, and brain fog. Watch for my blog post on Thursday when I'll share what to do about brain fog if you've been feeling it more than usual since the pandemic began.

These are both spicy chocolate recipes, but don't worry, you can adjust the level of your spice to your taste preference. Trust me – you are going to love these rich, creamy warm drinks!

Give them a try and let me know what you think over on [Facebook](#).

MEXICAN HOT COCOA

Ingredients [Serves 2]

- 2 tbsp. cacao nibs or cacao powder
- 2 cups almond milk, unsweetened
- 1 tsp. cinnamon
- Pinch chili powder (cayenne or your choice)
- 3 tbsp. coconut nectar
- Pinch sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)

Directions

Add all ingredients to a blender and blend until smooth. Transfer liquid to a saucepan and heat over medium-low heat until warm. Serve and enjoy!

MEXICAN MOCHA

Ingredients [Serves 2]

2 cups freshly-brewed coffee
tbsp. cacao powder
tsp. cinnamon
Pinch chili powder (cayenne or your
choice)
scoop Mocha Acid-Kicking Coffee
Alkalizer



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Directions

Brew coffee according to your preference. Meanwhile, add remaining ingredients to a small bowl and stir to combine. Divide between 2 mugs and pour coffee over mixture. Use a frother or stick blender to blend and enjoy!

GET OFF YOUR ACID!
Dr. Daryl