PICK UP LIMES

Recipe

Golden Vegan Hot Chocolate

- ▷ Vegan, gluten-free, refined sugar-free, nut-free

- **Yield:** 2-3 servings
  Prep Time: 5 min
  Cook Time: 5 min
- **Total Time:** 10 min

Ingredients

3 cups (750 ml) plant milk
4 soft dates, pitted
3 Tbsp (90 g) cacao powder
1.5 tsp (7.5 g) ground cinnamon
1 tsp (5 g) ground turmeric, or more if you prefer
Tiny pinch of ground nutmeg and black pepper (helps with the turmeric absorption!)
1/2 tsp vanilla extract

Directions

1. Add all the ingredients to a blender, and blend until smooth.
2. Transfer to a medium pot and warm over medium heat, until it reaches a simmer. Stir continuously to prevent scorching the milk. Remove from heat and enjoy immediately.

Notes

1. **Froth it up:** if you like it to be frothy on top, pop it back into the blender for 1-2 minutes.
2. **No blender?** Use an immersion blender instead, or mash the dates with the back of a fork before adding it to the pot. You can also substitute the dates for 2-3 Tbsp agave or maple syrup.
3. **Storage:** you can keep this mix in the fridge, in an air-tight jar, for up to 2 days.