



## Healthy Hemp Hot Cacao Drink

This yummy warm beverage will be your new holiday favorite! It has the same great flavor as hot chocolate, but it's healthier due to it's honey sweetner. There's also a dash of spice.

### Ingredients:

16 oz Whole Milk

2-3 teaspoons Cacao Powder

1 teaspoon Sticky Bud Organics Hemp Extract (if desired)

Pinch of Cayenne

1 teaspoon Vanilla Extract

2 Tablespoons Honey

**Directions:** Heat the milk over low to medium heat on the stovetop in a med saucepan. When the milk is warm (not hot) slowly add the cacao powder and cayenne, stirring constantly until it is fully dissolved into the milk. Add Honey. Keep stirring until everything is dissolved and is not too hot.

Remove from heat and add the Vanilla and Hemp Extracts. Stir in well and serve.

**Note:** Due to the Hemp Extract - We advise this to be served to adults only

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