

## **Mineral Matrix Hot Chocolate**

A warm, welcome and nourishing drink,  
rich in minerals (25 of them!). Delicious!

**Fill a cup with boiling water. Add:**

- **2 Heaping spoonfuls** Mineral Matrix
- **1 Heaping spoonful** (or more) “Cocoa Camino”  
organic cocoa powder.
- **Dash** of Cinnamon
- **Touch** of pure vanilla extract (eg. “Frontier’s alcohol-free)
- **Maple Syrup** to taste (opt.), or sucanat or honey
- **Soy milk or Milk** – for a creamier taste

To get the dark chocolate taste, add a bit more cocoa and let the mineral matrix be the only sweetness.

From Janet Jacks, Goodness Me.