

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



NOTE: You can make this drink a little less rich by using 1 cup of water and 1 cup of coconut milk instead of the 2 cups of coconut milk.

HOT CHOCOLATE WITH FRANKIE

MAKES 2 portions **PREP TIME** 5 minutes **COOKING TIME** 5 minutes

A NOTE FROM CHEF KATE: This is my favourite morning drink - just thinking about it makes me fly out of bed to make a warming cup! Adding a little Young Living Frankincense essential oil works great with the chocolate and really adds a depth of flavour to this delicious drink.

INGREDIENTS

- 2 cups Coconut milk or milk of choice
- 2-4 heaped tbsp. Raw cacao powder, to taste
- Honey, maple syrup or stevia, to taste
- 1 drop Young Living Frankincense essential oil, to taste



METHOD

1. Place the coconut milk in a small pan on medium heat and heat through. Turn off the heat but leave the pan on the burner. Do not boil.
2. Whisk in the cacao powder, honey or stevia and Frankincense essential oil, stir well to combine.
3. Check for sweetness and Frankincense flavour and add a little more if desired.
4. Serve immediately with a little swirl of coconut milk.

TIP: Frankincense culinary essential oil has a strong flavour, so you may want to start with a little by using the toothpick method. Dip a toothpick into the essential oil bottle, then swirl the toothpick into the hot chocolate and taste. Repeat if desired with a new toothpick.