A logo with a butterfly and a person

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Quick and modern way of a very traditional Mexican hot chocolate but with a healthier twist and dairy free and using a blender instead of making the froth manually with a ‘molinillo’.

Dairy Free Mexican Hot Chocolate

Serves 2

**Ingredients:**

16 oz oat milk, preferably unsweetened

1 cinnamon stick

1 drop of [cinnamon bark, vitality essential oil (optional)\*](https://www.gabrielafloresmoncada.com/aromatherapy)

2 tsps. raw honey

2 Tbsp raw cacao powder (Mayan superfood)

**Instructions**:

In a qt saucepan warm the oat milk and 1 cinnamon stick until almost boiling.

Pour in a blender the milk mix.  Add 1 drop [cinnamon essential oil](https://www.gabrielafloresmoncada.com/aromatherapy), raw cacao powder and honey.

Blend \*\*

Serve hot

\*I only use [Young Living Vitality essential oils](https://www.gabrielafloresmoncada.com/aromatherapy) which are FDA approved for oral intake.

\*\*Be careful when you blend the mix, because it is hot the lid make pop up so don’t fill the blender cup to high.

These products that I used, all together a cup of the hot chocolate is only 176 calories

Don’t forget to share your finished recipe on social media and tag [@cookingsimplywithgaby](https://www.instagram.com/cookingsimplywithgaby/)

Raw cacao:

<https://amzn.to/34lMcYy>