

ELDERBERRY ROSEMARY GINSENG HOT CHOCOLATE

Ingredients:

- 2 TBS Elderberry Rosemary Ginseng Tea
- 1 cup boiling water
- 1 1/2 cups whole milk or oat milk
- 1 oz. semi-sweet baking chocolate (56% cacao)
- 1/2 tsp vanilla
- 1 TBS sugar

Pour boiling water over loose tea and steep for 5-7 minutes. Strain the tea and combine with the milk and chocolate in a small saucepan. Heat over medium-high, stirring constantly, until chocolate is completely melted, then add the vanilla and sugar and whisk to combine. Pour into a large mug and serve warm. Enjoy!

Recipe by Anne Marck



That's an impressive line-up of stress relieving herbs! And when you are less stressed, you feel more energized and ready to manage the challenges of life.

And what's even better, we discovered that the subtle flavors of these herbs were a perfect complement to hot chocolate. And because chocolate is rich in magnesium, a relaxing mineral, you get even more stress relief with this hot drink.

This really is a fantastic feel-good recipe, and it tastes so good, our taste testers were fighting over it. We really think you should give it a try!