

Lavender
Hot
Chocolate



Ingredients

- 4 cups unsweetened almond, dairy or other milk of your choice
 - 8 tablespoons unsweetened raw cocoa
 - 1 teaspoon vanilla extract
 - 4 teaspoons honey, or to taste
- 4 drops [Lavender essential oil](#)

1 Instructions

1. Heat 4 cups of milk in a saucepan on medium-high heat.
 2. Add unsweetened raw cocoa, vanilla extract and honey then whisk until smooth.
 3. When warm, remove the mixture from heat and stir in the Lavender essential oil.
- Serve and enjoy!