

HEALTH
FIRST

CALMING ASHWAGANDHA HOT CACAO

1 SERVING

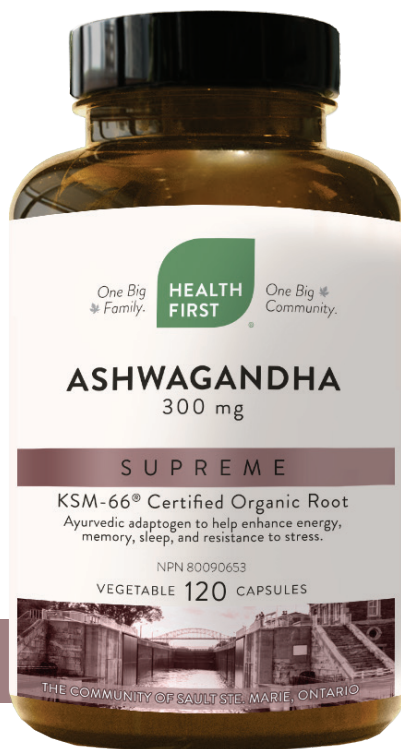


INGREDIENTS

- 1 cup of non-dairy milk
- 2 Tbsp of raw cacao powder
- 2 tsp of either honey or maple syrup
- 1 Tbsp of coconut oil, MCT powder or ghee
- 1 Tbsp of collagen (optional)
- 1-2 capsules of **Health First® Ashwagandha Supreme**, opened



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Ashwagandha Supreme!



METHOD

1. In a small saucepan over medium heat, combine all ingredients except for the **Health First® Ashwagandha Supreme**.
2. Heat gently, whisking constantly until warm.
3. Once heated, remove from heat, and pour into a high-powered blender.
4. Add the contents of the opened **Health First® Ashwagandha Supreme** capsules into the blender. Discard the capsules.
5. Blend on high until combined.
6. Pour into your favourite mug and enjoy!

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