CONSCIOUSrewire

# CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

**Breakfast Hot Chocolate**

Energy, Focus & Budget Fuel

www.consciousrewire.com

# Breakfast Hot Chocolate

Energy, Focus & Budget Fuel

**What This Supports:** Energy • Strength & Conditioning • Mental Focus • Budget-Friendly Nutrition

**Why It Works:** This recipe supports steady energy and mental clarity by combining rapidly metabolized fats (MCTs) with cacao-based antioxidants.

**Ingredients:**
• 1 cup almond or cashew milk
• 1–2 tbsp grass-fed butter
• 1–2 tbsp MCT oil
• Cacao butter, paste, and powder
• Honey (to taste)
• 1 tsp cinnamon
• Vanilla powder (optional)

**Directions:**
1. Place all ingredients in a saucepan.
2. Warm on low heat, stirring until combined.
3. Blend until smooth and serve.

**Key Nutritional Benefits:**
• Fast energy support for workouts
• Improved focus and alertness
• Increased satiety to reduce snacking

**Best Use:**
• Before low-to-moderate intensity workouts
• Morning energy and focus

**Quick Notes:**
• Not a complete meal on its own
• Add protein if muscle building is the goal