



Luxurious Dairy-Free Hot Cocoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



188 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup cocoa powder
- 1 ounce chocolate dark 72% (I used Trader Joe's)
- 1 large dates pitted
- 0.3 teaspoon sea salt to taste fine
- 3 tablespoons maple syrup pure to taste (or)
- 1 cup cashew pieces raw
- 1 teaspoon vanilla extract pure
- 3 cups water

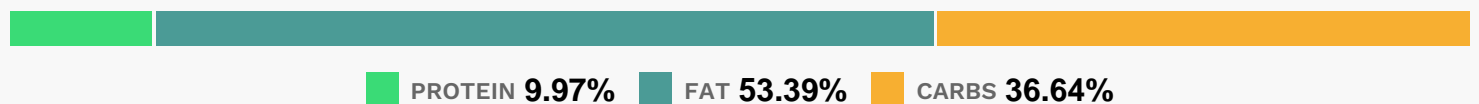
Equipment

- bowl
- pot
- blender
- stove

Directions

- Soak cashews and pitted date in a bowl of water for at least 1 hour, preferable overnight. After soaking, drain and rinse well.
- Place cashews and date into a blender along with the water, sweetener, cocoa powder, vanilla, and salt. Blend on the highest speed until super smooth.
- Transfer to a medium pot and add the chocolate.
- Heat until the chocolate is melted and it's hot enough to your liking. It will thicken up a bit. Stir to combine. Be careful not to burn the bottom.
- Remove pot from heat.
- Serve & enjoy with some shaved chocolate on top. Store leftovers in the fridge and reheat on the stove top. You can also enjoy this chilled!

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:4.7, Inflammation Score:-4, Nutrition Score:9.0139130000835%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 187.53kcal (9.38%), Fat: 11.94g (18.37%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 15.79g (5.74%), Sugar: 9.28g (10.31%), Cholesterol: 0.14mg (0.05%), Sodium: 108.07mg (4.7%),

Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Caffeine: 12.02mg (4.01%), Protein: 5.02g (10.03%), Manganese: 0.82mg (41.01%), Copper: 0.71mg (35.65%), Magnesium: 95.3mg (23.83%), Phosphorus: 169.11mg (16.91%), Iron: 2.52mg (14.01%), Zinc: 1.73mg (11.53%), Fiber: 2.64g (10.57%), Vitamin B2: 0.15mg (9.01%), Potassium: 261.31mg (7.47%), Vitamin K: 7.8µg (7.43%), Selenium: 5.15µg (7.35%), Vitamin B1: 0.1mg (6.84%), Vitamin B6: 0.1mg (4.89%), Calcium: 31.03mg (3.1%), Vitamin B5: 0.22mg (2.22%), Vitamin B3: 0.38mg (1.91%), Folate: 6.74µg (1.69%), Vitamin E: 0.23mg (1.5%)