

# Herbal Hot Chocolate with Immune Boosting Tea

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-indian-herbal-tea-recipe>

## Ingredients:

- 1 cup herbal tea elderberry, {make in advance}
- 1 cup milk raw/organic/grass-fed, or organic full fat coconut milk
- 2 tablespoons raw cacao powder
- 2 tablespoons raw honey light colored, {I use local clover}
- 1 teaspoon vanilla extract organic
- 2 tablespoons gelatin grass-fed, or grass-fed collagen \* {optional, See Notes}
- 1 tablespoon butter pasture, ghee or coconut oil {optional}
- 1/16 teaspoon sea salt Celtic, {optional}

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 240 milligrams
9. Sugar: 26 grams

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