

# Ancient Mayan Hot Chocolate

Indigenous Maya people still drink the following ancient hot chocolate recipe. In ancient times, Maya never mixed the cacao bean paste with milk, instead they used hot water; it was the Spaniards in Colonial times that began to add milk, cream, and sugar to the cacao paste to create a soft creamy taste similar to current hot cocoa.

Chocolate lovers will find a truly rich, deep, bittersweet chocolate flavor with a pinch of soft chili pepper touch enhancing the deep aroma of this pure and authentic traditional hot chocolate. Remember, the quality of the Kakaw or cacao paste, you use, makes all of the difference when it comes to nutrition value, aroma and flavor. Pure organic cacao butter is filled with antioxidants and mood smoothing polyphenols that aid a healthy body. If you find Maya hot chocolate a bit too strong and unfamiliar, just exchange the traditional use of water for milk, but then you will have altered that which makes a hot chocolate an authentic hot Maya drink. Great to revitalize the senses and energize your mind!

## **Ingredients:**

3 cups boiling water

1 to 2 cinnamon sticks

8 ounces bittersweet Maya Kakaw or Xocoalt (chocolate paste) **or** 3 tablets Mexican unsweetened chocolate, cut into small pieces

2 tablespoons of wild pure honey, or raw sugar to taste

1 pinch of dried red chili (This is what makes the difference so try it!)

1 dried organic grown vanilla bean, split lengthwise

## **How to Prepare:**

In a large saucepan over medium-high heat, add the cinnamon sticks to boiling water. Cook until liquid is reduced to 2 ½ cups. Remove cinnamon sticks; add the vanilla bean and lower the heat a bit, wait until bubbles appear around the edge to reduce heat to low and drop the chocolate pieces and wild pure honey, mix well and whisk occasionally until chocolate is melted. Turn off heat, remove vanilla bean. Whisk vigorously to create a light foam effect, sprinkle the dried chili pepper and serve.

If chocolate is too rich and you prefer to thin it, do so with a little milk to smooth its taste, but remember doing so will change the chocolate from Maya to a European style hot chocolate!