

# Iced Chocolate Elixir

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Water  
1 1/2 tbsps Cacao Powder  
1/2 tsp Maple Syrup  
1/8 tsp Sea Salt  
1/2 tsp Maca Powder (optional)  
1/16 oz Lion's Mane Powder (optional)  
4 Ice Cubes  
3/4 cup Oat Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	164	Carbs	21g
Fat	7g	Protein	4g

## DIRECTIONS

- 01 Bring the water to a boil. In a blender, add the just-boiled water, cacao powder, maple syrup, sea salt, maca powder and lion's mane powder, if using. Blend until smooth, making sure you allow space for the heat to escape.
- 02 In a glass, add the ice cubes and then add the milk. Pour the cacao mixture on top and stir to combine. Enjoy!