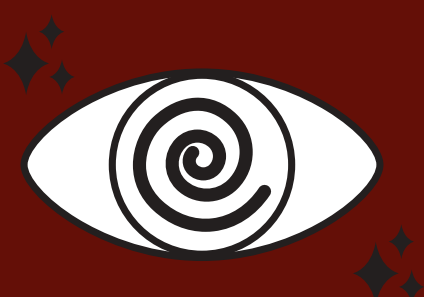


HOW TO USE MY CEREMONIAL CACAO

Preparation, Storage, Use

WELCOME TO THE MAGICAL WORLD OF CACAO!

OPEN THE BLOCK



When you first unwrap your block of cacao, you will see a whole universe in it - these white "spots" are called "bloom" and are the result of the natural separation of the cacao butter from the mass after cooling.

This is a sign that the cacao has not been tempered or processed in any way!

CHOP AND POWDER

Use a heavy knife to shave your cacao block into small slivers. You may also want to powder it in a food processor or magic bullet or even grate it. The finer the cacao is chopped, the smoother the consistency of the drink will be!

You can powder the whole block at once (this takes a while - a great way to start connecting with your cacao) or per serve.



STORAGE



Once powdered, store your cacao in an airtight container away from direct sunlight.

Find a dry, dark, cool place to store it.

Storing cacao in the fridge is not recommended as the environment in it could be too moist.

Cacao can last for a whole decade without losing its aroma and taste if stored correctly!

PREPARATION

One way is to put the powder in a mug, add just enough warm water to cover it and to stir into paste. Then keep diluting the paste with up to 220ml water.

Another way is to use magic bullet or a blender to whizz the cacao up with lukewarm water. Add sweetener and spices of your choice.

Do not boil the cacao or add dairy to it!



IN-JOY!



Dosage: Use 20g (2 t.s.) for a daily dose, 40g (4 t.s.) for a ceremonial dose. And listen to your body - it will always tell you what you need and when.

In-Joy your Cacao with a moment of mindfulness, journaling, connecting to self or beloved ones, with a song, prayer, or with your yoga practice...

Remember to set an intention... and feel free to explore and create your own ritual!