



THE ingles TABLE

with Jasmin Queen
Hot Cocoa

Shopping List

- 1½ cups milk or milk alternative
- 4 medjool dates, pitted
- ½ tsp vanilla extract
- 1½ tblsp unsweetened cocoa powder
- ¼ tsp ground cinnamon
- Pinch of cayenne pepper
- Pinch of sea salt

Cooking Instructions

1) Soak dates in boiling water for 5-10 minutes to soften.

2) Remove dates from water and remove pits from dates, if you haven't already.

3) In a blender, add all ingredients & puree until smooth.

4) Heat the mixture on stove or in microwave on medium heat, until almost boiling, and serve.

You can add a drop of peppermint extract for an extra minty kick!



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