



Sacred Ceremonial Cacao Recipes

By Renata Ururahy

1. Nurturing Cacao Blend

❖ Ingredients:

- Ceremonial Cacao - 1-2 Oz. or 3-6 Tablespoons
- Hot Water - 7 Oz.
- Cayenne Pepper - 1 pinch
- Cinnamon - ½ stick, or ¼ teaspoon powder
- Ginger - 1 teaspoon of fresh or dried root, or ¼ teaspoon of powder
- Optional: Butter, coconut butter, or coconut oil - 1 teaspoon
- Optional: Raw and unprocessed sugar, honey, coconut sugar - 2 teaspoons

❖ Preparation:

- If you are using a cacao bar, use a sharp knife and a stable cutting board to **shave the cacao** into easily to melt shavings. If you are using shaved cacao, or cacao flakes, you won't need to do this step.
- If you are using cinnamon sticks and fresh or dried ginger, simmer the spices in water at low heat for 15 minutes to **make a tea**. Let it cool to pre-boiling temperature. If you are using powdered spices, you won't need to do this step.
- Add hot water or prepared tea, cacao shavings, and sweetener of your choice to a blender, frother, or large cup if you are using a hand held frother. If you are using the powdered spices, add them to the mixture. **Blend or froth all ingredients well until smooth and creamy**. You can add some coconut butter, coconut oil, or butter for creaminess.
- Enjoy warm!

❖ Properties:

- Cayenne pepper is a red, very spicy pepper that comes in flakes or powder, and is commonly used in ceremonial cacao preparations to optimize the absorption of some of the powerful nutrients in the cacao. It contains antioxidants, lowers pain and inflammation, promotes bone health, and helps regulate blood sugar. It adds a kick to the beverage, so use according to your ability to handle the heat.
- Most people are familiar with the sweet, earthy taste of cinnamon. Cinnamon contains antioxidants, supports cardiovascular health, helps regulate blood sugar, and has some antimicrobial properties.
- Also a common household spice, ginger adds a mildly sweet and spicy flavor to the mixture. I love to add ginger to my blends for its digestive adding properties, and its ability to prevent nausea and soothe the belly, since cacao can be a bit activating for

the digestive system.

2. Anti-Inflammatory Cacao Blend

❖ Ingredients:

- Ceremonial Cacao - 1-2 Oz. or 3-6 Tablespoons
- Hot Water - 7 Oz.
- Black Pepper - 1 pinch
- Turmeric - 1 teaspoon of roots, or ¼ teaspoon of powder
- Cardamom - 1 teaspoon of seeds or ¼ teaspoon of powder
- Optional: Butter, coconut butter, or coconut oil - 1 teaspoon
- Optional: Raw and unprocessed sugar, honey, coconut sugar - 2 teaspoons

❖ Preparation:

- If you are using a cacao bar, use a sharp knife and a stable cutting board to **shave the cacao** into easily to melt shavings. If you are using shaved cacao, or cacao flakes, you won't need to do this step.
- If you are using cardamom seeds and fresh or dried turmeric, simmer the spices in water at low heat for 15 minutes to **make a tea**. Let it cool to pre-boiling temperature. If you are using powdered spices, you won't need to do this step.
- Add hot water or prepared tea, cacao shavings, and sweetener of your choice to a blender, frother, or large cup if you are using a hand held frother. If you are using the powdered spices, add them to the mixture. **Blend or froth all ingredients well until smooth and creamy**. You can add some coconut butter, coconut oil, or butter for creaminess.
- Enjoy warm!

❖ Properties:

- Turmeric is a deep yellow root that can be used fresh, dried, or powdered. It is a natural anti-inflammatory and anti-aging root, preventing chronic diseases . It boosts antioxidant activity, and protects the heart and the brain.
- Black Pepper is commonly found in most kitchens, and widely used for everyday cooking as a moderate spice. It optimizes the absorption of curcumin, the active ingredient in turmeric. It has antioxidant and anti-inflammatory properties. It promotes gut health, balances blood sugar and may offer some anticancer protection.
- Cardamom adds depth, mild spice and a touch of savory sweet flavor. Aids in digestion, bacterial balance in the mouth and gut, may lower blood sugar levels and is rich in antioxidants.

3. Hormone Balancing Cacao Blend

❖ Ingredients:

- Ceremonial Cacao - 1-2 Oz. or 3-6 Tablespoons
- Hot Water - 7 Oz.
- Schisandra - 1 teaspoon of dried berries
- Licorice - 1 teaspoon of dried root
- Ashwagandha - ¼ teaspoon of powder
- Optional: Butter, coconut butter, or coconut oil - 1 teaspoon
- Optional: Raw and unprocessed sugar, honey, coconut sugar - 2 teaspoons

❖ Preparation:

- If you are using a cacao bar, use a sharp knife and a stable cutting board to **shave the cacao** into easily to melt shavings. If you are using shaved cacao, or cacao flakes, you won't need to do this step.
- Simmer licorice root and schisandra berries in water at low heat for 15 minutes to **make a tea**. Let it cool to pre-boiling temperature.
- Add prepared tea, cacao shavings, ashwagandha powder, and sweetener of your choice to a blender, frother, or large cup if you are using a hand held frother. **Blend or froth all ingredients well until smooth and creamy**. You can add some coconut butter, coconut oil, or butter for creaminess.
- Enjoy warm!

❖ Properties:

- Schisandra is a berry well known in Traditional Chinese and Russian medicine for its medicinal properties. It is a tonic reducing fatigue and increasing vitality. It is a powerful antioxidant and anti-inflammatory herb. It protects and boosts liver function. It is adaptogenic, helping with adrenal fatigue, and increasing resilience to stress. It supports mental and sexual function.
- Ashwagandha is a root that is also most commonly found in powdered form. It adds a light sweet and earthy flavor to the blend. It reduces stress and anxiety, improves performance, boosts testosterone and promotes hormonal balance. It may improve brain function and memory.
- Licorice is a root that adds incredible sweetness to the blend. Aids in skin conditions, promotes digestive health, and helps regulate female hormones. It may have anticancer properties. You may find it as root shavings, or powdered.

4. Love Cacao Blend

❖ Ingredients:

- Ceremonial Cacao - 1-2 Oz. or 3-6 Tablespoons
- Hot Water - 7 Oz.
- Dried Rose- 1 teaspoon
- Lavender - 1 teaspoon
- Jasmine - 1 teaspoon
- Optional: Butter, coconut butter, or coconut oil - 1 teaspoon
- Optional: Raw and unprocessed sugar, honey, coconut sugar - 2 teaspoons

❖ Preparation:

- If you are using a cacao bar, use a sharp knife and a stable cutting board to **shave the cacao** into easily to melt shavings. If you are using shaved cacao, or cacao flakes, you won't need to do this step.
- Simmer rose, lavender, and jasmine in water at low heat for 5 minutes to **make a tea**. Let it cool to pre-boiling temperature.
- Add prepared flower blend tea, cacao shavings, and sweetener of your choice to a blender, frother, or large cup if you are using a hand held frother. **Blend or froth all ingredients well until smooth and creamy**. You can add some coconut butter, coconut oil, or butter for creaminess.
- Enjoy warm!

❖ Properties:

- Rose is a flower that can be found as dried buds or pedal flakes. It has emotional healing properties, opens communication and promotes deeper connection. It encourages love, empathy, and compassion, while boosting desire.
- Lavender is a flower that can be found in dried form. It promotes relationship healing, reconciliation and inner peace. It helps create harmony between people, and promotes connection. Aids in relaxation.
- Jasmine is a flower that promotes sensuality and sensual connections. It is commonly found as dried buds.

5. Adaptogenic Cacao Blend

❖ Ingredients:

- Ceremonial Cacao - 1-2 Oz. or 3-6 Tablespoons
- Hot Water - 7 Oz.
- Maca- ½ teaspoon
- Ginseng - ½ teaspoon
- Chaga - ½ teaspoon
- Optional: Butter, coconut butter, or coconut oil - 1 teaspoon
- Optional: Raw and unprocessed sugar, honey, coconut sugar - 2 teaspoons

❖ Preparation:

- If you are using a cacao bar, use a sharp knife and a stable cutting board to **shave the cacao** into easily to melt shavings. If you are using shaved cacao, or cacao flakes, you won't need to do this step.
- Heat water to pre-boiling temperature.
- Add hot water, cacao shavings, maca, ginseng, chaga, and sweetener of your choice to a blender, frother, or large cup if you are using a hand held frother. **Blend or froth all ingredients well until smooth and creamy.** You can add some coconut butter, coconut oil, or butter for creaminess.
- Enjoy warm!

❖ Properties:

- Maca is a root that is most commonly found in powdered form. It adds earthiness to the blend. It increases libido, boosts fertility, regulates menstrual and menopausal symptoms, increases energy and endurance. Improves mood, fights free radicals, supports learning and memory.
- Ginseng - One of the most popular herbal medicines in the world. It builds immunity, helps regulate blood sugar levels, improves focus, reduces inflammation. It supports the adrenals, reducing fatigue and increasing energy levels.
- Chaga - adds earthiness. Boosts immunity and fights inflammation, prevents cancer, regulates blood sugar and cholesterol.