

COLLAGEN & RED BEET HOT CHOCOLATE

TRY THIS DECADENT, GOOD FOR YOU SPIN ON YOUR FAVORITE HOT CHOCOLATE

This Hot Chocolate is so creamy and delicious, you'll forget that it's actually good for you!

INGREDIENTS

- 1 scoop of “Ancient Nutrition” Bone Broth Collagen in Chocolate flavour
- 1Tbsp of “Flora” Beet Crystals
- 1Tbsp of Maple Syrup
- pinch of Pink Himalayan Sea Salt
- dash of cinnamon
- 1 cup of plant based milk of your choice

DIRECTIONS

1. In a saucepan over med heat, whisk together ingredients until combined and warm to desired temperature. Avoid boiling the mixture.
2. Transfer to your favorite mug and enjoy!



VISIT WWW.THECOUNTRYWAY.CA FOR MORE HEALTHY FAMILY FRIENDLY RECIPES

