



THE  
**CHILDREN'S HERITAGE**  
SOURCEBOOK



100+ BACK-TO-ROOTS ACTIVITIES FOR KIDS & TEENS

Healthy, Seasonal Cooking • Living with Animals  
Gardening • Crafts & Projects

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# Dairy-Free Hot Cocoa Mix

SERVES 16

This recipe came together because we love camping and wanted a better cocoa mix than what was available at our local grocery store. If you'd like, you can add collagen, maca powder, and cinnamon to your mix for extra flavor and nutrients. When ready to make hot cocoa, add about 2 tablespoons of the mix to 1 cup of hot water. Stir well, then top with marshmallows or a sprinkle of cinnamon.

**½ cup raw cacao powder**

**¾ cup coconut milk powder**

**¾ cup coconut sugar**

**3 tablespoons grass-fed beef collagen, such as Vital Proteins (optional)**

**1 tablespoon maca powder (optional)**

**1 heaping teaspoon ground cinnamon (optional)**

1. Sift all the ingredients together through a fine-mesh strainer into a large bowl.
2. Stir until the cacao mixture is thoroughly combined.
3. Store the mixture in an airtight container at room temperature for up to 2 months.



