

# Lisa's Hot Mineral Synergy Delight



## INGREDIENTS

- 6-8 OZ. HOT PURIFIED WATER
- 1-2 TBSP. MINERAL SYNERGY ENHANCED
- 1 TBSP. ORGANIC, RAW COCONUT BUTTER
- SPRINKLE CINNAMON AND/OR NUTMEG TO TASTE
- ¼ TEASPOON ORGANIC, RAW COCAO POWDER (OPTIONAL FOR CHOCOLATE FLAVOR)
- DOLLOP OF HOMEMADE WHIP CREAM (OPTIONAL)

STIR ALL INGREDIENTS, DRINK AND ENJOY

## HOMEMADE WHIP CREAM RECIPE

WHIP/BLEND 6-8 OZ GRADE A RAW MILK (UNPASTEURIZED) IN BLENDER UNTIL THICK. DRIZZLE MAPLE SYRUP GRADE B INTO WHIP CREAM TO SWEETEN.