



ACCELERATED RECOVERY HOT COCOA RECIPE

INGREDIENTS

1 1/4 C.	Milk	1/4 C.	Cocoa Powder
1/2 scoop	Ancient Nutrition Bone Broth Protein Powder*	1/2 tsp.	Vanilla Extract
1/2 pack	LMNT unflavored or chocolate electrolytes*	2-3 T.	Maple Syrup
		1 scoop	Allergy Research Group Phospholipid Colostrum*

**Available on Dr. Chelsea's supplement dispensary*

INSTRUCTIONS

1. Heat milk.
2. While the milk heats, whisk together the cocoa powder, bone broth protein powder, colostrum, and LMNT electrolytes.
3. Whisk the dry ingredients into milk with vanilla and maple syrup



SCAN TO BUY HOT CHOCOLATE
INGREDIENTS AND TO ACCESS DR.
CHELSEA'S FULL SUPPLEMENT
DISPENSARY