

Peppermint Hot Chocolate

by Healing Family Eats

from The Global Paleo AIP Cookbook

(serves 2)

No need to miss out on the real thing, this rich and decadent hot choc alternative is a warming treat on a cool evening or a night beside the camp fire. I love it with peppermint, but you could just as easily ring the changes with orange or lemon oil. Or leave it out entirely. Your choice - good all ways!

2 tbsp [carob powder](#)

1 cup [coconut milk](#)

1 cup filtered water

pinch [sea salt](#)

1 drop food grade peppermint oil

Put all the ingredients, except the peppermint, into a small pan and heat, stirring. Remove from the heat and add the peppermint. Serve.

