

Coconut "Hot Chocolate"

In small sauce pan over low heat, stir often:

2 cups coconut milk

2 tbsp cacao nibs

Stir until milk turns brown from cacao infusion, then add:

¼ teaspoon vanilla extract

Drink!

Optional:

Pour milk through strainer into a mug to remove cacao nibs. You can save the nibs to top protein shakes, as they still have plenty of flavor! Add a **pinch of Stevia** to taste.

***Geek out with Dr. Sara: Cacao is an excellent source of fiber- a one ounce serving contains 36 grams! And on a somewhat unappetizing note: a recent study in "Nutrition and Metabolism" found that adding as little as 6.6 grams of cacao fiber per day to your diet may improve regularity and bowel function.*

Sarriá, Beatriz, Sara Martínez-López, Aránzazu Fernández-Espinosa, Miren Gómez-Juaristi, Luis Goya, Raquel Mateos, and Laura Bravo. "Effects of regularly consuming dietary fibre rich soluble cocoa products on bowel habits in healthy subjects: a free-living, two-stage, randomized, crossover, single-blind intervention." *Nutrition & metabolism* 9, no. 1 (2012): 1-10.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3369210/>