**Roasted Dandelion Mocha**

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**Image by Pexels**

**1-3 servings**

**5 min. prep time**

**30 min. cook time**

* 3-4 cups Biocera or filtered water
* 3-4 T Roasted dandelion root
* 1 T Raw cacao nibs or cacao chocolate
* 1 T Raw ghee, butter or coconut oil
* ½ T cinnamon chips
* ½ tsp cardamom pods
* ¼ tsp clove root
* ½ cup coconut milk or substitute
* 1 T stevia or choice sweetener (i.e. raw honey, maple syrup, etc)
* ½ tsp vanilla extract
* A dash of nutmeg

1. Decoct the roasted dandelion rt, cacao nibs and cinnamon chips in water with the lid on allowing the mixture to simmer for 30 minutes.
2. Remove from heat and strain spent herbs. Allow to cool for 5-10 minutes.
3. Once cool enough add the remaining ingredients: ghee, coconut milk, stevia, vanilla extract and nutmeg.
4. Use an immersion hand blender or blender to froth the substance to liking. Enjoy!

*Tips:*

* This recipe aids folks weaning off coffee or trying to lower consumption.
* Chicory also pairs well with dandelion providing the stimulating, bitter tastiness that coffee offers to coffee lovers. \**Warning: chicory is also high in prebiotic fiber, therefore it may cause gastrointestinal distress for those who have dysbiosis.*
* If you still need a buzz you can mix in small amounts of coffee.