

## Tea Recipes

### Our favorite (made with dairy):

4 oz. cream (use half-and-half or evaporated milk for lower fat options)  
6 oz. water  
1 T organic cane sugar (demerara or turbinado work as well)  
3 T cocoa shell tea  
¼ t vanilla extract  
1/3-1/2 c ground ginger, to taste  
Pinch of salt (optional)

Combine cream, water and sugar in small pot over moderate heat. Bring to a simmer, then add cocoa shell tea. Cook 5 minutes, then add ginger and vanilla. Let cook 5 minutes more, uncovered. Remove from heat, pour mixture through a fine strainer into cup and it's ready to enjoy!

### Our favorite—Vegan version:

Ingredients are similar but amounts are different for some. Follow preparation instructions, above.

4 oz. coconut milk  
6 oz. water  
1 T organic cane sugar  
3 T cocoa shell tea  
½ t vanilla extract  
¼ c ground ginger  
Pinch of salt (optional)

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### Cold Brew

This tea has zero fat, zero calories when prepared as follows. The flavor is subtle like a green tea, and we find it a nice substitute for water throughout the day, as it has the theobromine (natural stimulant in cacao which triggers “happy chemicals” in the body) and antioxidants from chocolate with none of the fat or sugar!

10 oz. water  
2 T cocoa shell tea

Put tea into glass of water and cover (to prevent evaporation). Let steep 24 hours. Pour through strainer or cheesecloth and drink. **NOTE:** Remember to use a glass container or other container suited for beverages (ie, stainless steel or non-leaching plastic).

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### Caribbean Cocoa Tea (credit: DaMajority)

Cocoa tea is a traditional breakfast drink in St. Lucia (and other parts of the Caribbean), made from locally grown cocoa that is now world-renowned for its very high quality. This is a great recipe for cocoa tea, but as always, you can make substitutions where necessary. I didn't add cloves here, but they would also make a great addition, especially if you don't have anise. You can reduce the amount of sugar or increase it to your taste. You can also omit sugar entirely from the pot and allow each individual to sweeten their cup to taste. This recipe uses cornstarch to thicken, but my mom always used flour. To avoid lumps, caused by the flour cooking in the hot liquid, make a slurry by mixing equal parts cornstarch or flour before adding. Here's the recipe:

4 cups water  
1 grated cocoa stick (my stick was roughly 3.5 inches long)  
1 can evaporated milk  
2 tsp nutmeg  
2 cinnamon sticks  
2 star anise pods  
1 bay leaf  
1 tbsp cornstarch + 1 tbsp water  
lime rind

Read more at: <https://www.damajority.com/make-cocoa-tea-caribbean-recipes/>