



WILD • SOUL CACAO

Recipe Book
& Ritual Invitation

A woman with long brown hair, wearing a green knitted top, stands in a lush green forest. She is holding a small dark cup with both hands and looking upwards with a gentle smile. The background is filled with vibrant green foliage and a large tree trunk. Overlaid on the right side of the image is a semi-transparent grey box containing a table of contents. The entire image is framed by stylized, hand-drawn leaf patterns in a light tan color.

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OI

“These recipes are an eclectic mix of some of my favourites elixirs; From simple daily recipes, to including different plants, spices, powders and sweetness, there will hopefully be a recipe in here that touches your heart.

My invitation is for you to create a cosy space for yourself to enjoy your elixir.

Choose a recipe that you feel called to from this guide, choose your dosage and follow the recipe below.

You can then either follow the Cacao Ritual Invitation at the bottom of this guide, or pop over to my website where there is a Free Intention Setting Meditation Audio that you can listen to. Or you can do both!

My hope is that this guide will help you to create a little ritual to connect to yourself, and bring you inspiration for your own recipes in the future!”

Cacao is generally considered to be safe and beneficial for most people to consume. There are however some specific contraindications to be aware of when having cacao yourself, or sharing with others.

Please head on over to my website to check these out www.wildsoulcacao.co.uk/health-benefits-and-sensitivities



02

Daily Elixir

This is simple yet heart-warming idea for a daily elixir which you can experiment with! Tune into your body and heart to see if they need a little extra sweetness or spice.

Ingredients:

- 20g Cacao
- 1/2 cup of Plant Based Milk
- 1/2 cup of Spring Water
- A Sprinkle of Sea Salt
- A Dash of Cayenne Pepper
- A Pinch of Cinnamon
- Add Honey or Maple Syrup to Taste

Instructions:

- Chop your Cacao with love and intention.
- Add your Cacao, spring water, oat milk and spices into a saucepan & heat gently.
- Using a whisk, stir your Cacao until hot but never let your Cacao boil.
- Add your honey or maple syrup to taste at the end.
- Pour into your favourite mug and enjoy!



03

Persian Love Potion

This recipe includes the heart supportive medicine of Rose, as well as the powerful antioxidant, digestive, uplifting properties of Cardamom and cinnamon, to provide a very special, luxurious, sensual elixir.

Ingredients:

- 20g - 30g Cacao
- 1/2 cup of Plant Based Milk
- 1/2 cup of Spring Water
- 1 tsp of Rose Essence/Rose Water
- Ground seeds of 2 Cardamom Pods
- 1/2 tsp of Cinnamon
- 1/2 tsp of Ground Black Pepper
- Pinch of Himalayan Pink Salt
- 1/4 tsp Cayenne Pepper
- 1 tsp of Local Honey

Instructions:

- Chop your Cacao with love and intention.
- Grind the cardamom seeds and pink peppercorns together in a pestle and mortar.
- Add your Cacao, spring water, oat milk and spices into a saucepan & heat gently.
- Using a whisk, stir your Cacao until hot but never let your Cacao boil.
- Add your local honey and Rose Essence at the end.
- Pour into your favourite mug, sprinkle with Rose petals & enjoy!



04

Wise-One Tonic

This recipe includes the powerful medicine of Rosemary, an ancient plant ally who supports us to connect to the wisdom of our ancestors. Heather is another powerful plant of the moorland, who can guide us into connection with our intuition, inner wisdom and knowing.

Ingredients:

- 20g - 30g Cacao
- 1/2 cup of Plant Based Milk
- 1/4 cup of Rosemary Tea
- 1/4 cup of Heather Tea
- Pinch of Sea Salt
- 1 tsp of Heather Honey
- *Optional 3 drops of Rosemary or Heather Tincture

Instructions:

- Chop your Cacao with love and intention.
- Brew your Rosemary & Heather herbal infusion. (Add 1 sprig of fresh Rosemary and 1 tsp of fresh or dried Heather to a teapot, steep for 10 mins and then strain.)
- Add your Cacao, herbal infusion, oat milk and salt into a saucepan & heat gently.
- Using a whisk, stir your Cacao until hot but never let your Cacao boil.
- Add your Heather Honey to taste.
- A few drops of Rosemary or Heather Tincture can also be a really beautiful addition to your elixir.

Pour into your favourite mug and enjoy!



05 Warriors Rest

This elixir contains tummy hugging spices and roots to support your digestion, immune system and to regulate and calm your nervous system. A tonic for the whole body and spirit.

Ingredients:

- 20g - 30g Cacao
- 1/2 cup of Plant Based Milk
- 1/2 cup of Fresh Ginger Root Tea
- 1 tsp Ashwaghandha
- 1 tsp Medicinal Mushroom Mix*
- 1/4 tsp Cinnamon
- Crushed Seeds of 2 Cardamom Pods
- Pinch of Black Pepper
- Pinch of Sea Salt
- 1 tsp of Local Raw Honey

Instructions:

- Chop your Cacao with love and intention.
- Brew your fresh Ginger root tea. Crush a 1 inch knob of ginger, add to a teapot and pour hot water over it. Allow this to steep for 10 mins and then strain.
- Crush your cardamom seeds in a pestle and mortar.
- Add your Cacao, Ginger tea, oat milk, ashwaghandha, medicinal mushroom powder, cardamon, cinnamon, black pepper and salt into a saucepan & heat gently.
- Using a whisk, stir your Cacao until hot but never let your Cacao boil.
- Add your local honey or maple syrup to taste.
- Pour into your favourite mug and enjoy!

06

Wombtime Elixir

This elixir is deeply supportive for women during their bleed and pre-menstrual time. Cacao is an incredible womb plant, helping to reduce menstrual cramping, release endorphins and regulate the nervous system. Combined with these other supportive herbs and spices, you have a powerful elixir to bring soothing, nourishment and love to you and your womb.

Ingredients:

- 20g - 30g Cacao
- 1/2 cup of Plant Based Milk
- 1/2 cup of Mugwort & Rose Tea
- 1/2 tsp Maca Powder
- 1/2 tsp Shatavari Powder
- Touch of Cinnamon
- Pinch of Sea Salt
- Pinch of Cayenne Pepper
- 1 tsp of Rose Infused Honey*

Instructions:

- Chop your Cacao with love and intention.
- Brew your Mugwort & Rose tea by adding 1/2 tsp of Mugwort and 1/2 tsp of Rose to a teapot, steep for 10 mins and then strain.
- Add your Cacao, herbal infusion, oat milk, maca, shatavari, cinnamon, cayenne pepper and salt into a saucepan & heat gently.
- Using a whisk, stir your Cacao until hot but never let your Cacao boil.
- Add your Rose infused honey or maple syrup* to taste.
- Pour into your favourite mug and enjoy!

*To make Rose infused honey/maple syrup, forage wild or unsprayed rose petals (Rosa Rugosa is an incredibly scented rose to use) Put the petals in a jar and pour your honey or maple syrup over the top. Leave to infuse for 2 weeks, strain & then it will be ready to use!

07

Lithic Brew

This Cacao recepie calls in the wisdom of the ancient mountain beings æ Grandfather Pine to calibrate and rejuvenate the divine masculine within.

Ingredients:

- 15g Cacao
- 3/4 cup of Plant Based Milk
- 1/4 Spring Water
- 1 tsp Pine Pollen
- A very small end of a teaspoon of Shilajit (Mountain Blood)
- Sprinkle of Cinnamon
- Pinch of Sea Salt
- A pinch of black pepper
- 1 tsp of Honey

Instructions:

- Chop your Cacao with love and intention.
- Add your Cacao, spring water, oat milk, pine pollen, cinnamon, black pepper and sea salt into a saucepan æ heat gently.
- Using a whisk, stir your Cacao until hot but never let your Cacao boil.
- Melt in your Shilajit æ stir in honey or maple syrup to taste.
- Pour into your favourite mug and enjoy!



08

Radiant Elder

Ingredients:

- 22g Cacao
- 1/2 cup Honeysuckle Tea
- 1/2 cup Oat Milk
- 1 tsp Elderflower
- 1/2 tsp Vanilla Extract
- Pinch of Sea Salt
- 1/2 tsp Local Honey

Instructions:

- Chop your Cacao with love and intention.
- Brew your Honeysuckle infusion. Add a handful of Honeysuckle flowers to a teapot and steep for 5 mins.
- Add your Cacao, honeysuckle infusion with the flowers, oat milk, elderflowers, salt and vanilla extract to the pan and heat gently.
- Using a whisk, stir your Cacao until hot but never let your Cacao boil. Leaving the plants in this particular brew really helps the flavours of the flowers to entwine with the cacao.
- Add your local honey or maple syrup to taste.
- Strain the elixir over your favourite mug and enjoy!



Cacao Ritual & Gratitude

It is a really beautiful practice to begin by holding your cup of cacao to your heart, and sharing all the things that you are grateful for in the moment. To include your gratitude for cacao, and for the incredible journey she has made, to make it into your cup!

Take a few deep breaths, and tune into your intention. Allow your intention to enter your heart, and flow into your cup of cacao, through your hands, along your arms and back into your heart.

You can visualise this powerful flow of energy & intention from your heart to cacao, cacao to hands, hands to heart, for as long as feels good.

When you feel ready, take your first sips of cacao and really feel her medicine entering your body and taste buds!

How does she taste?

How does she smell?

How does she feel in your body?

Are there any emotions, images, memories or words that are evoked with your first sip?

Now take your time to connect with Cacao's medicine and your own creative flow, in any way that feels resonant to you today. Whether it be crafting, signing, dancing, painting, connection to nature or a loved one, pulling tarot or oracle cards, journaling, movement... there is no right or wrong way! So the invitation is to explore....

Enjoy!

www.wildsoulcacao.co.uk

