



FUNCTIONAL CACAO RECIPES

by Anna Catharin Heil



BASIC RECIPE



Ingredients

- 10-25g cacao paste** (*depending on how strong & thick you want your cacao to be*)
- 1 tsp peeled hemp seeds** (*creamy texture, nutty flavour, good fats*)
- ½-1 date** (*for natural sweetening & extra fibre - optional*)
- ¼ tsp vanilla extract** (*for flavour & anti-inflammatory effects - optional*)
- ca. 200ml filtered water** (*warm, not boiling hot*)

How to

1. Combine all dry ingredients in a blender.
2. Boil filtered water to around 60-70 degrees Celcius and add to blender.
3. Blend until a creamy, frothy texture with lots of little bubbles is created.
4. Add further ingredients (see "add-on" recipes below) for specific functional benefits and blend again.
5. Pour into a cup and enjoy a blissful and energising start to your day!

I recommend using a high-speed blender that can handle heat to make sure that the cacao melts well and blends in nicely with the dates and hemp seeds.

LEMME START BY SAYING...

...that by “functional” recipes, I mean that besides being super delicious, these blends also contain ingredients that naturally support certain functions of or systems in the human body (e.g. immune response) and / or help it “switch” into a desired state (e.g. focus).

Besides using dried herbs, spices, adaptogens and medicinal (not magic 🙄) mushrooms, I also love adding essential oils to my cacao blends – not only for flavour, but again for function. They are highly concentrated plant extracts that are extremely potent in supporting optimal health & wellbeing (if of good quality). With each recipe, please find a short explanation as to why I selected a specific oil for the blend. 1 drop is usually (more than) enough, and choosing high quality oils is extremely important for internal use. As essential oils can also be chemically altered when exposed to high temperatures, keeping the water temperature moderate is recommended (just like for the cacao).

If you have any questions, comments or just wanna share some love - don't hesitate to get in touch! Best reach each out via Instagram or email (hello@annaheil.com). Cacaoon't wait to hear from you! ❤️

BURN BABY BURN

- Fat Burning -

Ingredients

1 drop of Ginger essential oil*

½ tsp Ceylon cinnamon

¼ tsp Cayenne pepper

A few chilli flakes (if you dare!)

**powerful, warming digestive stimulant that helps to activate your metabolism. Also has strong anti-inflammatory properties.*

SKIP the date
for this blend!

TIL AFTER EIGHT

- Focus -



Ingredients

1 drop of Peppermint essential oil*

½ tsp Lion's Mane extract

¼ tsp Ginseng powder

**helps boost alertness & focus and turns your cacao blend into a liquid "After Eight" treat.*

POW POW POWER

- Strength & Endurance -

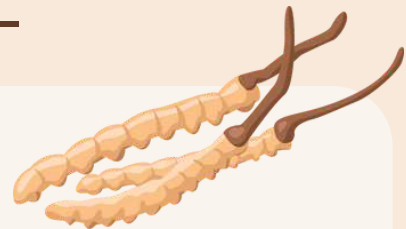
Ingredients

1 drop of Madagascar Vanilla essential oil*

½ tsp Cordyceps extract

¼ tsp Maca powder

**calming effect on the brain, which helps with stress, insomnia and irritability*



HAKUNA MACACAO

- Mood Booster -

Ingredients

1 drop of Wild Orange essential oil*

½ tsp Ceylon cinnamon

¼ tsp Nutmeg powder

**natural mood booster, helps to reduce symptoms of anxiety, fear and irritability*



STAY STRONG

- Immunity -



Ingredients

1 drop of OnGuard essential oil*

½ tsp Chaga extract

¼ tsp Ground ginger

**contains cinnamon, wild orange, clove, rosemary and eucalyptus leaf – tastes a bit like Christmas. The blend has strong antibacterial, antifungal and antiviral properties.*

FIRE FIGHTER

- Anti-Inflammatory -



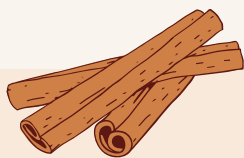
Ingredients

1 drop of Frankincense essential oil*

½ tsp Curcuma / Turmeric powder

1/4 tsp Ceylon cinnamon

**calming effect on the brain, which helps with stress, insomnia and irritability*



BLACK BEAUTY

- Detoxification -



Ingredients

1 drop of Tangerine / Lemon essential oil*

½ tsp Activated charcoal

¼ tsp Chlorella powder

**citrus oils support the body's innate detoxification pathways and act as natural mood boosters. Tangerine is known for reducing digestive & eliminative disturbances.*

ORDER CEREMONIAL CACAO PASTE



Trust me - I've tried A LOOOOOT of different cacao pastes and brands. And let me tell you - they are wildly different in taste, quality and effect.

To help you navigate the (digital) jungle of finding a good source to order from - here's a list of my personal favourites. Click below to buy via my affiliate link - this way I get a little kickback for doing the research, and it doesn't cost you any extra! #winwin



PURE KAKAW

PURE KAKAW (Amsterdam)

Carefully selected cacao from cacaos from Peru, Nicaragua and Guatemala - directly sourced from carefully selected farmers to ensure fair trade and highest quality. My all-time favourite is the cacao paste from Cusco, Peru with its fruity flavour.

[>> GET YOURS!](#)

CACAO LOVES.ME (Berlin)

Highest quality, hand-picked Criollo cacao with a rich flavour profile that is ideal for ceremonial use. One of the few remaining 'original' cacao strains that is naturally a lot less bitter than most others. My favourite is the 'Criollo Blanco'.

[>> GET YOURS!](#)



WILD CHILD (Amsterdam)

Delicious fine flavour, organic and 100% pure cacao paste - handmade by my friend Malou, passionate chocolate maker and cacao lover. My personal favourite is the limited edition herbal infused cacao with lavender, rose & vervene.

[>> GET YOURS!](#)

EXPLORE OTHER TEACHER PLANTS & FUNGI WITH ME



Cacao, the “Food of the Gods” in its unprocessed form is an extremely potent superfood with a range of potential health benefits, that is also known as a gentle 'heart-opening medicine'. In the indigenous traditions, it has been combined with “magic mushrooms”, the Flesh of the Gods”, for thousands of years, as the active compounds in cacao chemically and energetically combine beautifully with the psilocybin present in the mushrooms or truffles, which are believed to open the mind. I love picking up on this wisdom and carrying it into the modern times.

WORKING WITH PSILOCYBIN

In my sessions, I exclusively work with “magic truffles”, which are fully legal here in the Netherlands where my practice is located. Potential benefits of working with magic truffles include improved mental health, increased creativity, heightened empathy and compassion, as well as enhanced neuroplasticity and cognitive flexibility, which might enhance problem-solving abilities and enable travellers to gain new perspectives on areas in life where they might feel stuck and unable to move forward.

Working with magic truffles in a safe and ceremonial container has the potential to fully unleash the power of this substance in the most a serving way, whilst significantly reducing the risk of having an overwhelming experience. Despite being a very safe, anti-addictive compound to work with, I suggest to not consider using psilocybin if any of the following contraindications apply to you:

- Pregnancy / Breastfeeding (at any stage)
- Severe PTSD or trauma
- Actively using recreational drugs
- Taking any medication that alters brain chemistry like anti-anxiety, anti-depressant, ADD, OCD medications etc.
- Psychosis susceptibility (or history with psychosis)
- Severe blood pressure/heart complaints
- Addiction (such as alcohol), an addiction history
- Currently under treatment by a doctor or psychologist
- Use of medication



HOW TO WORK WITH ME

If you are curious to explore the benefits of a full-dose psilocybin journey (always starting of course with a hot, freshly brewed cup of ceremonial cacao), there are multiple ways to do so under my loving, trauma-informed guidance. All ceremonial work is accompanied and guided by live music, as well as optional breathwork and bodywork.

I also offer optional servings of hapé, a sacred tobacco snuff from the native tribes of the Amazon rainforest, which is known for its grounding, cleansing and focused-inducing qualities.



1-on-1 / Couple Sessions

Working with psilocybin in a 1-on-1 setting allows you to fully focus on your own journey without getting distracted by the processes of other people. My undivided attention as a facilitator will be on you, meaning that I can fully accommodate your needs & wishes in the moment. In a couple session, the same holds true – allowing for beautiful moments of shared connection, growth and healing. To receive more information or book a spot, please reach out at hello@annaheil.com



Group Ceremonies

Working with psilocybin in a group setting enables travellers to tap into the energetic vortex that is created by all participants, and creates a strong sense of community and connection in the work - “you’re not alone on the path”! This can be particularly important for individuals who feel isolated or disconnected in their day-to-day lives. Besides that, working in a group allows for beautiful moments of connection in singing, dancing, grieving, crying and celebrating life together – as well as sharing experiences and insights with each other. Please find upcoming dates [here](#).



3-Day Retreats

To allow for a full deep-dive, I also co-host 3-day truffle retreats with comprehensive preparation and integration support, together with my amazing team of specialised, trauma-informed guides from different disciplines and professional backgrounds. Our approach aims to build a bridge between ancient plant medicine traditions and modern science-based practices. To find out more or apply to one of our upcoming journeys, please visit www.entheogenesis.nl



**ENJOY YOUR
CACAO,
BEAUTIFUL
CHOCOLATE
LOVER!**



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