



# *Skinny* PEPPERMINT COCOA *Craving Killer*



## INGREDIENTS

- ✿ 1 cup unsweetened almond milk
- ✿ 1 tsp cocoa powder
- ✿ 1–2 drops peppermint extract
- ✿ Stevia or small amount of honey (optional)

## INSTRUCTIONS



Warm and  
mix until smooth.

SCAN FOR MORE  
HERBAL RECIPES!



## WHY IT HELPS



Satisfies chocolate  
cravings with  
fewer calories.



Peppermint helps  
reduce urge  
to snack.



DOWNLOAD  
THIS RECIPE

[www.EverythingHerbalbyCherylJabz.com](http://www.EverythingHerbalbyCherylJabz.com)

Print • Save • Share

*Nourish • Heal • Thrive Naturally*

