

• REGULAR HOT COCOA •

- Mix 2 tablespoons of hot cocoa mix with $\frac{1}{4}$ cup hot water and mix well.
- Next add $\frac{3}{4}$ cup of milk, soy milk or, for an especially decadent treat, heavy cream.
- Heat until warm, do not boil.
- Top with marshmallows. Cinnamon sticks make excellent stirrers and, if rinsed and dried after use, can be used many times.

• MEXICAN HOT COCOA •

- Mix 2 tablespoons hot cocoa mix, $\frac{1}{4}$ - $\frac{1}{2}$ teaspoons New Mexican chile powder, 1-2 teaspoons Ceylon cinnamon, and $\frac{1}{4}$ cup of hot water and whisk well.
- Next, add $\frac{3}{4}$ cup of milk, soy milk or cream.
- Heat until warm but do not boil.
- Top with marshmallows. Cinnamon sticks make excellent stirrers and, if rinsed and dried after use, can be used many times.

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Moroccan Spiced Carrots

- 1 pound baby cut (or sliced) carrots
- $\frac{1}{2}$ tsp Saigon Cassia Cinnamon
- 1 tsp Moroccan Seasoning
- 2 tsp olive oil

Place carrots in a pot with water, cover and bring to a boil. Reduce heat and simmer for 20 minutes or until semi-firm. Drain, and return empty pan to heat until all water is evaporated. Add olive oil to pot and turn up heat. Return drained carrots to pot and toss until evenly coated and sizzling. Turn off heat and toss carrots with Moroccan seasoning and cinnamon.