



SAINT LUCIA

LET HER INSPIRE YOU

COCOA TEA

A SIGNATURE BEVERAGE IN SAINT LUCIA

COCOA TEA IS A TRADITIONAL BREAKFAST TREAT IN SAINT LUCIA! COCOA HAS LONG BEEN A VERY IMPORTANT PART OF SAINT LUCIA'S HISTORY. THE ISLAND IS HOME TO SEVERAL ESTATES AND PLANTATIONS THAT GROW AND PRODUCE COCOA.

Ingredients

- 2 cups water
- 2 tablespoons ground cocoa (we recommend Saint Lucia cocoa sticks)
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon
- ½ cup milk
- 2 tablespoons sugar

Directions

- Boil two cups of water and add in grated cocoa, nutmeg, and cinnamon.
- Allow to boil for 3 to 4 minutes and remove from heat.
- Add in the milk and sugar to the drink.

