



Video Transcript

Learn A Traditional Mayan Cacao Recipe

Hello Gaia goddesses. My name is Gabrielle Marana and I will be guiding you through how to prepare your sacred cacao with a traditional mine recipe. If you haven't already, you'll wanna start with our base cacao recipe video, and once you have that prepared, you can hop back over here and I'll guide you through the process of how to create the traditional mine recipe.

You'll want to sit with this recipe with this specific combination of herbs and spices when maybe you want to pay mage or honor the Mayan traditions and the Mayan people. When you want to move through some really deep spaces, maybe do some, uh, shadow exploration or do some energetic work, or release some emotions you haven't been able to tap into or when you're spending time out in nature.

This is a very powerful, balanced cacao recipe, and she is, yeah, she's absolutely amazing to work with. So to start. There will be some sort of sweetener added to your cacao. In the traditional Mayan recipe, they use coconut sugar. Today we have local organic honey. Or if it's native to your area, you could always use a hundred percent maple syrup.

But if we're sticking to the traditional mine recipe, it will be coconut sugar that we add into the cacao. This is added to taste. It's traditionally added once the cacao has already been served and even after, once you have taken your first intentional sip, then people sometimes go and add a little bit more coconut sugar.

The next ingredient that I would like to talk about is cardamom. Cardamom is used in this recipe. I would recommend using one to two pinches, but if you're like me and love cardamom, of course you could use more. As we talked about in some other videos, this is all about guiding

yourself through your heart and through your intuition into which elements to add and how much of them to add, and adding a sense of play and exploration.

In the traditional May recipe, it is one part cardamom, one part cinnamon, and then cayenne pepper. So coming back here to the cardamom though, why this is so important in this recipe is cardamom is a very grounding. Spice, a very grounding spice. So this really balances out the cinnamon that we'll also be adding.

'cause cinnamon is very igniting and full of lots of acne. So bringing these two together is very powerful. And it's really interesting because all of these spices, including the cayenne pepper, enhance the absorption of Theo bromine. And I just love that the Mayans knew to add these spices to their cacao through an inner knowing, because there was no.

Lab that they can send this to and say, what spices should I add to my cacao to help me absorb more theobromine? They just intuitively knew and discovered and experimented and found that these spices had a very big impact on their overall cacao experience. And so I encourage you to add one or two pinches of the cardamom, one or two pinches of the cinnamon, and then lastly, to sprinkle some cayenne pepper on the top of your cacao.

Cayenne pepper in general, is a vacillator. It opens up your veins. It opens up the absorption of the cacao. It's also fiery like the cinnamon, helps ignite your ag acne. So these three elements added into maba. Cacao is a powerful blend. It is the traditional blend. And there's one other piece that is involved in this recipe that we don't have here.

It is a little bit hard to come by. It's called a chite. And a chite is this beautiful kind of burnt orange, reddish color, and it's these ground up seeds that are native to the area. In which the Mayans live. So in Guatemala and even in the south of Mexico, it's these little seeds that come in these pods.

You crack them open and you can grind up the seeds. And the Mayans would use this to actually paint themselves, uh, and endor themselves for ceremony. They would actually use it before going into some sort of fight or battle as protection. When they were working with the gods or deities, they would put it in front of their eyes and face to enhance their third eye, to enhance their ability to see not just the physical, but to see the unseen.

And so by adding this a chite into your, uh, traditional Mayan cacao, it is also paying a very deep, beautiful respect to the traditions of the Mayan people. And it also has health benefits. It has antioxidants and things like this in it. So that's a really beautiful thing to add. It is, like I said, a little bit hard to come by, but uh, if you can, that is a really beautiful practice.

Thank you for joining me as you learn about this beautiful traditional Mayan recipe. This is a wonderful recipe to use when you're gonna be spending time in nature, when you wanna move through some big spaces with yourself, when you wanna pay homage and respect to the Mayan

tradition and the Mayan people, and when you want to sit in nature and really connect with Mother Earth.

Once again, thank you so much and I look forward to exploring Mama Cacao with you more in the future.