

**INSTRUCTIONS:**

1. Place ingredients for each serving on a 9" square of wax paper or baker's parchment paper. Bring up edges of paper and twist top together tightly. With a 14" piece of curling ribbon or jute twine, tie each bundle tightly in a bow.
2. Cut a piece of brown craft paper or brown paper bag the height of the container (between protruding rims, if applicable) and the length of the circumference of the container plus one inch.
3. Wrap the brown paper around the container and glue the overlap. Glue the "Sweet Dreams" label on the front and the "Directions and Ingredients" label on the back. Cut a few hearts out of colored paper and scatter on the container.

**DIRECTIONS:** (1) Place contents of one bundle in a microwavable 10-oz. or 12-oz. mug. (2) Add 2 teaspoons dairy milk or unsweetened almond or coconut milk and stir to make a smooth paste. (3) Add 2 more teaspoons of the milk and stir thoroughly. (4) Fill mug to about 10 oz. with the milk and stir well. (5) Heat in microwave at 70% power for two minutes. Stir. (6) Heat at 70% another 30 seconds to a minute, or until hot but not boiling. Stir again and enjoy. Add a dollop of whipped cream, if you wish.

**INGREDIENTS:** Carob powder, cocoa powder, coconut (palm) sugar, cinnamon.

*Sweet Dreams  
Hot Beverage Mix*

