



## 🌿 Pan de Muerto & Hot Chocolate 🌿

### What You'll Need:

#### Pan de Muerto (Servings: 6)

- ¼ cup unsweetened applesauce
- ½ cup mashed bananas
- 2 tsp maple syrup
- 2 tsp aniseed
- 1 tbsp orange zest
- ½ tsp salt
- 2 eggs
- ½ cup water
- 3 cups whole wheat flour
- 1 packet of yeast

#### Glaze

- ½ cup orange juice
- 1 tbsp maple syrup
- Sprinkle of beetroot sugar
- Natural food coloring (varied)

#### Hot Chocolate (Servings: 2)

- 2 cups of non-fat milk
- 2 tbsp unsweetened cocoa powder
- 1 tbsp bittersweet chocolate chips
- 2 tsp sugar
- ¼ tsp cinnamon
- 2 pinches of cayenne pepper
- Garnish Cinnamon stick, star anise, and sprinkle of cinnamon

### How to Make It:

#### Pan de Muerto

- 1 In a large bowl, whisk together ½ cup of flour, aniseed, applesauce, bananas, and maple syrup.
- 2 In a separate bowl, combine water, eggs, and orange zest. Pour into dough mixture, adding an additional ½ cup of flour and whisking to combine.
- 3 Add another ½ cup of flour, along with packet of yeast, and combine with a whisk.
- 4 Add 2 cups of flour, and stir with a wooden spoon (dough will start to thicken).
- 5 Cover bowl with a dampened towel, and let sit to rise for one hour.
- 6 Sprinkle flour on your hands, and form 6 balls of dough, setting them on a baking sheet.
- 7 Save about ¼ of the dough, using the remaining dough to form a criss-cross shape on top of each loaf.
- 8 Cover with plastic wrap, and let rise for another 45 minutes.

9 Bake for 30 minutes.

- 10 While cooling, make a glaze by combining maple syrup and orange juice in a small saucepan. Heat the glaze in a saucepan until completely combined and simmering.

Use a brusher to glaze the Pan de Muerto, and finish off with a sprinkle of beetroot sugar to serve.

#### Hot Chocolate

- 1 Place milk, cocoa powder, maple syrup, and bittersweet chocolate in a small saucepan.
- 2 Heat on medium heat, and whisk together until smooth.
- 3 Add in cinnamon and cayenne pepper, and whisk again.
- 4 Continue to heat on medium until the hot chocolate becomes fragrant.
- 5 Serve with garnishes and enjoy!



**THANKSGIVING**  
IN 3D AND REAL D 3D