

Mesoamerican Chocolate Pots

How did Mesoamericans like the Maya and Aztec prepare hot chocolate?

Mesoamericans grew and harvested cacao pods from cacao trees (see right). Archaeologists have found cacao bean residue inside ceramic vessels from across Mesoamerica!



Archaeologists also know from written sources that these ingredients were added to the cacao:

- Maize
- Chili
- Honey

To make the chocolate frothy, people would pour it between two special spouted ceramic vessels (see right).



Archaeologists have also found chocolate pots that had a person's name on it! They had their own personal chocolate pots! Design your own chocolate pot and write your name on it!

Make your own Mesoamerican Hot Chocolate!

Ingredients:

- 1 cup milk
- 2 tablespoons hot chocolate mix
- 1 teaspoon ground cinnamon
- 1 pinch cayenne pepper

- 1) Mix the hot chocolate mix, cinnamon, and cayenne pepper together in a mug.
- 2) Pour the milk into a glass measuring cup; heat in microwave on High until it begins to boil, about 2 minutes. Slowly pour over the mixture in the mug, stirring with a small whisk as you pour. Enjoy!

