

# Mindful Nutrition Unveils Refreshing New Way to Enjoy Cocoa This Summer

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NEWPORT BEACH, CA, UNITED STATES, July 22, 2025 /EINPresswire.com/ -- Mindful Nutrition, known for their wellness-inspired hot cocoa drink mixes, is offering a fresh take on a classic favorite for the warmer months. The brand, widely recognized for their thoughtfully crafted hot cocoa blends, is highlighting a simple yet satisfying twist: serving their popular cocoa mixes over ice for a delicious, refreshing experience.

With temperatures rising, many are seeking lighter and cooler ways to enjoy comforting flavors without added sugars or heavy ingredients. Mindful Nutrition's sugar-free cocoa and keto

cocoa mixes are both designed to fit seamlessly into a balanced lifestyle while offering a rich, chocolatey taste. By preparing these blends as iced beverages, customers can create a delicious summer treat that feels indulgent yet aligns with mindful living.

[Mindful Nutrition's sugar-free cocoa, Mindful Calm Cocoa Mix](#), is crafted for those who want to savor the familiar taste of cocoa without any added sugars. Made with stevia leaf extract instead of sugar, Mindful Nutrition's sugar-free cocoas allow consumers to enjoy delicious and sweet drinks without energy spikes or crashes. Meanwhile, their [keto-friendly Cocoa Mix](#) offers an option that pairs well with low-carb routines, making it easy for individuals to stay aligned with their goals during summer gatherings or outdoor activities.



The Mindful Calm Cocoa Mix is a sugar-free, dairy-free, and non-GMO hot cocoa mix that invites mindfulness and relaxation.

A variety of simple recipes make it easy to enjoy these cocoa mixes cold. One popular method combines coconut water, ice, a sprinkle of cinnamon, and Mindful Nutrition cocoa blended with unsweetened oat milk, coconut milk, or almond milk. The result is a refreshing iced mocha that delivers comforting flavor in every sip, whether enjoyed by the pool or at a backyard get-together.

Mindful Nutrition's mission has always been to help people make everyday, thoughtful choices that support healthy living without sacrificing flavor. By encouraging customers to get creative with their cocoa, the brand is demonstrating that [hot chocolate can be enjoyed in both summer and winter](#). The company's approach underscores the belief that simple moments - like a glass of iced cocoa on a warm afternoon - can play a meaningful role in a balanced lifestyle.

To learn more about Mindful Nutrition's cocoa mixes, visit [www.mymindfulnutrition.com](http://www.mymindfulnutrition.com).

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Mindful Nutrition's cocoa mixes, including their keto-friendly Cocoa Mix, can be served on ice for a refreshing, summer-worthy mocha.

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