



NUTRITIOUS, DELICIOUS & GUILT-FREE

Healthy Chocolate Delights

Viki Thondley



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INTRODUCTION

Thank you so much for purchasing my eBook! I'm so excited for you to learn more about the benefits of real and raw chocolate and how you can make and create healthy chocolate delights at home!

All the following recipes are refined sugar free and a combination of raw, cooked, gluten free, grain free, dairy free or organic dairy.

These recipes were inspired by my very popular raw chocolate workshops that I've been teaching since early 2013.

Chocolate is an ancient pleasure that's evolved from medicinal to addictive. Over the years commercial processing methods have transformed chocolate into some of the most delectable treats and desserts that have our mouths watering and our waistlines bulging.

When you take out the process of "processing" and look at the source of ALL chocolate, you're simply left with a small bitter bean that is purple in colour, and a nutritional powerhouse of antioxidants, minerals, vitamins and amino acids!

It really is the type of chocolate that you're choosing to put into your body that will make the positive difference to your blood sugar,

metabolism, hormones, mood, heart health and waistline.

In modern society we eat a large amount of calories with little nutritional content. We're taking in a significant amount of refined sugars, artificial hormones and poisonous chemicals.

If we were open to making small yet significant changes to our daily food intake by choosing fresh, natural and whole foods over packaged, processed and chemically altered foods, we can turn the balance a little more in our favour – a greater amount of nutrient rich foods, and a lesser amount of dead calories, cravings, mood swings and energy lows.

What better way to start making healthy changes than to swap processed chocolate for the nutritious and delicious raw stuff without the added fats, refined sugars and additives that really don't need to be there!

Enjoy learning about what real chocolate is and how to create easy, delicious, nutritious and guilt-free chocolate delights in your very own home!

MY STORY

Chocolate was always a delight for me, but it was also equally a devil. Years of dieting left me desperate for real nourishment and in several bad relationships with food.

The starvation and deprivation turned into binges, which soon after turned into Bulimia Nervosa. I struggled for over 18 years before breaking free of its shackles.

When my eating disorder was in full swing, there were several trigger foods that I just couldn't control in my hands, or my body. Chocolate unfortunately was one of them. I often abused and misused it. I loved it, but it didn't always love me. I had no sense of appreciation, pleasure, or taste around chocolate because I consumed it in rather the same manner as my guilt and shame had consumed me just for looking at it.

Looking at it was usually as far as my senses noticed, and then not even comprehensive. I was in far too much of a hurry to have it and hide the evidence, than to notice the texture between my tongue as it caressed the roof of my mouth. I barely noticed the aroma.

In healing my eating disorder I needed to let go of food rules and bad relationships to make



way for peace, pleasure and appreciation with food.

I'm not a trained chocolatier. I've become a confident and creative chocolate maker out of determination, passion and perseverance. I love to create and experiment. What I've learnt about making chocolate is what I've researched, read, observed and quite frankly, understood through doing.

Bad batches and disastrous mistakes occurred countless times before I gradually figured it out and got the "feel" of chocolate. And it's a much better feel than the previous one.

My hope is that you'll come to know and love chocolate in a completely new and different way like I have, so that all the old thinking starts to melt away and be replaced with a healthy perspective of pleasure and allowance.

Throughout my recipes and techniques, I hope you and raw chocolate develop a new and healthful relationship built on trust, respect and appreciation.

A QUICK HISTORY OF CHOCOLATE

Raw cacao beans, known as “the food of the gods” were the sacred food of the Aztec and Mayan nobility for thousands of years.

The beans were precious and revered, and often used as money in trade with other tribes.

Traditionally raw cacao was made into a hot drink and mixed with medicinal herbs and leaves, transporting these healing and powerful nutrients directly into the body.

Monks were also known to have kept this bitter secret for thousands of years before it reached further abroad and new cultures began testing methods of processing.

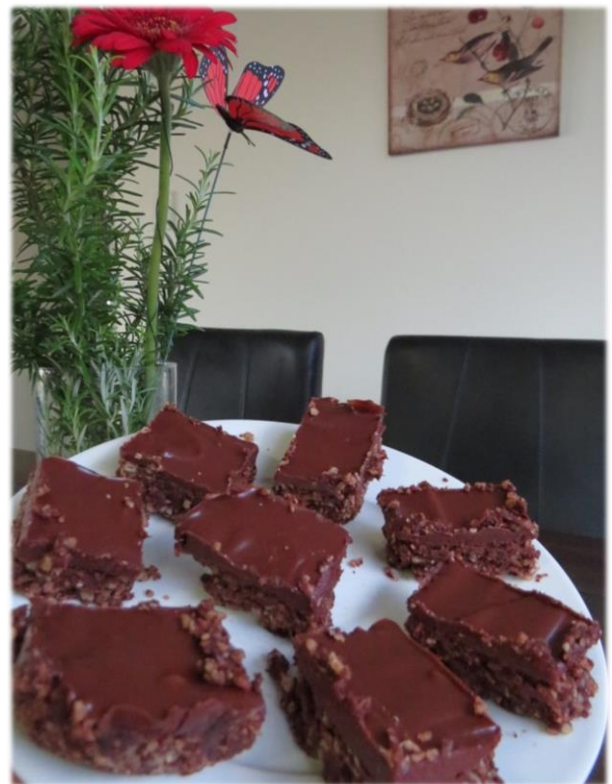
Throughout time chocolate has evolved into the commercially made bars, truffles, flakes, blocks and easy eating sweets we’ve come to know, love and crave. blocks and easy eating sweets we’ve come to know, love and crave.

Commercial chocolate is heavily processed and loaded with refined sugar, dairy, emulsifiers, soy and obesity additives – the very ingredients that replace or heavily

reduce the naturally-occurring properties in raw cacao. These additives create chemical imbalances within our bodies and induce cravings for more.

To truly enjoy and receive the naturally occurring nutrients in raw cacao, it absolutely makes sense to make the most of these nutritious benefits by learning how to make your very own chocolate.

Once you’ve learnt the basics techniques, the varieties of taste, texture, aroma and flavour combinations are endless!



MODERN CHOCOLATE

Modern processing techniques include large commercial conching machines, which stone grind chocolate anywhere between 12 and 72 hours – think, *Lindt*. Conching assists to heat, blend and smooth the chocolate compounds, resulting in a super smooth and ultra-creamy chocolate.

Refined sugars, dairy, emulsifiers and other additives also give us that familiar silky, sweet and creamy chocolate taste we've become accustomed to. Unfortunately, heating and processing reduces not only the nutritional benefits, but also the actual taste and aroma of real chocolate.

Raw chocolate is not usually so fine and smooth, largely due to the absence of heat, emulsifiers, conching and tempering. However, by applying traditional methods of classic chocolate making and converting them to modern methods, we can easily create a smooth, glossy and stable chocolate to satisfy the taste buds, and stabilise blood sugar, cravings and hormones.

Creating modern chocolate varieties opens up a world of possibilities. I hope you have fun creating!



Creative suggestion: Raw Chocolate Discs with Goji and Blueberries

WHAT IS RAW CACAO?

Raw cacao describes the natural and unprocessed source of all chocolate: the raw cacao bean, seed or nut. You'll find this little beauty inside a football sized fruit pod, grown on the Amazonian trunk of the *Theobroma Cacao* tree – trees that sustain rainforests and the wildlife within. Inside the cacao fruit pod is anywhere between 20 – 40 cacao beans, each one tucked in neatly and surrounded by white fruit pulp.

Every single truffle, block, bar, dessert, drink and piece of chocolate you've ever had was originally sourced from these nutritious little beans.



Inside the cacao fruit pod. (image sourced online)

Raw cacao promotes the release of neurotransmitters and releases feel-good hormones. It increases the levels of dopamine and serotonin, which both act as mood enhancers.

The raw cacao bean contains over 300 compound minerals including the highest form of magnesium of any food known to man, iron, zinc, potassium, vitamin C, sulphur (the beauty mineral), tryptophan (the love chemical), anandamide (the bliss chemical), phenylethylamine (PEA, the joy molecule), MAO inhibitor (appetite suppressant), and is one of the richest sources of anti-oxidant flavonoids that promote cardiovascular health and protect against toxins.

Without refined sugar, emulsifiers, dairy products and overheating, the benefits of chocolate reach you in their natural pure state with their enzymes intact.

Cacao beans are a rich source of raw nutrition:

- Antioxidants (protects your cells and cardiovascular system)
- Vitamin C (helps build healthy tissue and improves the immune system)
- Magnesium (increases alkalinity, supports your heart, and assists in detoxification)
- Chromium (helps to balance blood sugar)
- Iron (for healthy, charismatic blood)
- Manganese (assists iron, fights anaemia)
- Phosphorus (helps to build healthy strong bones)
- Phenethylamines (chemicals associated with falling in love)
- Anandamide (the bliss chemical)
- Soluble fibre (increases digestive health and detoxifies)

Source



BREAKDOWN OF THE BEAN

Real and raw chocolate can come in various forms: beans, nibs, powder, butter and paste (or liquor). It helps to understand these components in knowing how best to use them.

Beans

The cacao pod grows on the Theobroma Cacao tree. Inside the cacao pod you will find the cacao fruit and seeds. The seeds are also known as cacao beans. All chocolate comes directly from cacao beans.

Nibs

Inside the brown shell coating of cacao beans is the original chocolate nib. When broken into chips, it is known as cacao nibs. Nibs are simply the cacao beans separated from their husks and broken into small bits.

Powder

Cacao powder is created by taking the nibs and then cold-pressing the oil out. When the

oil is removed from the nibs, you get a dense, nutritionally packed dry mass. This mass is then ground into a fine powder which leaves you the colour and flavour.

Butter

Cacao butter is a pure, stable vegetable fat that is cold pressed out of the actual cacao beans or nibs. The butter melts at body temperature and gives chocolate its unique mouth-feel.

Liquor (paste)

Cacao liquor (cacao paste) is made when cacao beans are placed under pressure and the solid bean is turned to liquid at just over 37 degrees Celsius (body temperature). This liquid raw chocolate then hardens as it cools, ready to be re-melted when required.

CACAO POWDER VERSUS CACAO PASTE

RAW Cacao Paste (also called Cacao Liquor or wafers) is made by crushing raw cacao beans into a soft and creamy liquid. This liquid quickly solidifies at room temperature and the result is Cacao Paste. Because no heat is used in this process, Cacao Paste retains its natural nutritional properties.

Cacao paste is naturally about 55% cacao butter and is an extremely smooth product, great for use in any chocolate recipe. This is true dark chocolate. No additives, sweeteners or anything else, simply 100% pure organic cacao.

This product is a great value option when making your own chocolate delights at home that are firm and silky at room temperature. With it, you can add additional cacao butter to lower the intensity for a softer flavour.

CACAO Powder is made by applying a cold-pressing process to the cacao bean, so that most of the fat (cacao butter) is removed. With the fat removed, cacao powder becomes hydroscopic (meaning it will dissolve in liquids). Therefore, if you are looking for smoothies, hot or cold drinks, cacao powder is the most convenient solution and perfect for use in all your baking goods for a rich chocolate flavour.

When it comes to preparing chocolate with cacao powder, you will need to combine it with cacao butter. You can also use other oil substitutes such as Coconut Oil; however your chocolate result will be more like fudge and will need refrigeration to stay firm. Using cacao butter and powder is essentially reuniting the two components of the cacao bean, and allows you to create room temperature chocolate without having to refrigerate it.



TEMPERING 101

It was quite some time into my chocolate making journey that I began learning about tempering. At first when I tried it on purpose, I realised I was often tempering my chocolate without even knowing it!

When chocolate is heated the delicate crystal structures within are compromised and break down. Tempering is a way to allow those crystals to combine and stabilise their structure once again. The result is a glossy finish, a more compact chocolate, and a glorious snap that sings with stability!

Tempering doesn't have to be a difficult process. To keep it simple I'm only going to show you a couple of ways to temper your beautiful chocolate delights, with some exceptions and guidelines to help you make the most of the process.

Please note I am not a raw foodist. I include a mix of cooked and raw foods into my daily nutritional intake. Not overheating my chocolate is purely for retaining as much nutritional quality as I can without cooking them away unnecessarily. So don't be too hard on yourself if you overheat the chocolate a few times while you become familiar with tempering. It's okay! Breathe!

It is not essential to temper your chocolate, or even to blend it, but I do highly recommend giving both a real go to experience the look, texture and smoothness of your chocolate quality compared to the result when you don't.

Tempering helps you create a hard block, smooth texture, glossy appearance, and a decent snap when you break it.

This was a process of trial and error as I became comfortable working with chocolate to attain consistent results. The method I favour and apply to all my block and base chocolate recipes (before adding textures, aromas and flavours) is explained in detail within those recipes. You can simply follow that as an easy way to get the hang of it.

Note: There is only a slight variation when making white chocolate to ensure the mixture is fully blended.

MIXING BOWL METHOD

The basic aim of tempering is to allow the chocolate to melt and/or blend to a certain temperature – in this case a maximum of 45 degrees to ensure that the nutritional integrity of the chocolate remains optimum. As chocolate making requires patience and respect, particularly as you develop your skills, it is a wise idea to allow room for mistakes.

Mistakes are how we learn and they help us to adjust our technique, timing, awareness and approach. Therefore, I recommend heating the chocolate no more than 43 degrees. Just under is ideal and adequate heat to melt the chocolate solids and powders together without stripping nutritional quality.

Once the chocolate is heated enough to melt a certain percentage down, you can continue to melt the remaining chocolate into the mixture as you aerate the chocolate by stirring intermittently with a spatula to cool. As chocolate comes out of temper at 33 degrees, aim to reduce the temperature to around 31 degrees before pouring into moulds, or adding additional flavours and textures. It can take anywhere up to 20 minutes to cool the chocolate down, depending on the temperature in your environment.

HIGH SPEED BLENDER METHOD

This is a quick and helpful alternative to heat and blend your raw chocolate simultaneously. Once your chocolate is approximately 30 – 50% melted in the above mixing bowl method, simply wipe underneath the bowl to remove the moisture, then pour the chocolate mixture into a high-speed blender and blend on high to complete the melting and blending process. This could take anywhere between 1 - 2 minutes before you will need to stop and take the temperature and ensure your chocolate hasn't over heated passed 43 degrees. If it has, simply stop and continue with the next step.

Once the chocolate is melted and smooth, transfer to a cool new bowl and aerate the same as the previous method, gently stirring the chocolate through intermittently while the temperature cools down to around 31 degrees. Tempering is a technique that requires patience and practice. Go gently into this new exploration of raw chocolate making and enjoy the process. The more adept you become with practice, the more delicious and professional your end result will be!

TOOLS OF THE TRADE

Chocolate tastes good however you eat it, but having some handy tools in the kitchen will make your experience more enjoyable and keep your patience intact while you're making it!

- ✓ **Clean workspace**
- ✓ **Tea-towels**
- ✓ **Sharp knife**
- ✓ **Chopping board**
- ✓ **Large and medium mixing bowls**
- ✓ **Flexible spatulas**
- ✓ **Measuring Spoons**
- ✓ **Whisk and Scraper**
- ✓ **Electronic kitchen scales**
- ✓ **Digital or liquid thermometer**
- ✓ **High speed blender**
- ✓ **Coffee grinder**
- ✓ **Chocolate moulds**
- ✓ **Wet cloth**



A few additional tips to help get you started:

Use Your Breath!

Take a deep belly breath before you get started to ensure you are creating the pleasurable and focused environment for mind and body to begin. This will also help to ensure you take a moment to make sure you have a clean, dry bench space and all of your ingredients, tools and tea-towels ready to go. Not to mention allowing yourself to be aware of your posture as you may be on your feet for some time, especially in the beginning as you're getting used to working with chocolate.

Take regular deep and even breaths to check and adjust your posture, whilst remaining focused on the task at hand. This will help induce a meditative state to be at one with your chocolate making experience!

Find Your Space

It's quite important to allow yourself enough bench space to move around without feeling boxed in when you're trying to be creative. I love to put on my favourite 60's, 70's and 80's music and sing while I create, and it's usually when I'm home alone to ensure I'm not interrupted. Whatever works for you. Just give yourself enough breathing room so you can focus on getting your rhythm through repetition.

Take Your Time!

Making chocolate is not a task to be hurried as there are so many things that could go wrong. Set aside enough time to comfortably make your chocolate without being distracted, interrupted or rushed. Depending on the amount of chocolate you're making it's a good idea to base one block or batch of chocolate around one hour of time.

ALL of the following Easy Chocolate Delights recipes are various combinations of the following:

- ❖ NS = Naturally Sweetened
- ❖ GF = Gluten Free
- ❖ DF = Dairy Free
- ❖ G = Grain Free
- ❖ NF = Nut Free
- ❖ V = Vegan
- ❖ P = Paleo

Heads up! There is just one recipe that contains refined sugar and gluten. But that is only if you choose to use the ingredients I have listed. It's a special recipe that I created to remake a traditional treat that my late mother loved, and that my two step-children now love.

CHOCOLATE MOULDS

Chocolate moulds come in different varieties, shapes and styles.

The ultimate professional chocolate moulds are made of polycarbonate, which can cost a small investment for a lifetime of use. I actually picked mine up second hand and encourage you to look around on the internet to see what's available in your area or online.



Depending on your interest in making your own raw chocolate, you may not want or need to invest in professional polycarbonate moulds. You may also already own a variety of silicone chocolate moulds, which will definitely come in handy with your chocolate creations.

If you do intend to use your creativity and use chocolate as a creative outlet, you very well may like to invest in top quality tools.

Just remember that when you temper your raw chocolate, it will contract and become stable. Once you have this technique down pat, you will easily be able to utilise various kitchenware items that your chocolate will fall out of with ease once it's set.

If you don't temper your chocolate, expect some banging and loud noises while you're trying to dislodge it, especially with metal molds! Another good reason to temper your chocolate!

Take a look through your kitchen cupboards for inspiration. You're bound to find creative ways to set your chocolates with handy items you may already possess. I've used everything from frittata dishes, tupperware containers, ice cube trays and silicone muffin moulds!

Once you start looking, you're bound to find all sorts of ways to bring your creations to life!



SUGAR, A SILENT KILLER

Just as stress is the number one underlying cause of all illness and disease in our modern society, sugar is the main culprit for cravings, blood sugar and hormonal imbalances, and a huge contributing factor in diabetes and cancer.

Refined, bleached and chemically altered sugar is a mass of empty calories with no nutritional value. What's more it's highly addictive.

Excess sugar in the blood stream demands a great deal from the hormone Insulin and places pressure on the liver. Sugar interferes with the several important hormones, shuts down leptin, a fat-regulating hormone in your body that is responsible for sending "hunger signals" from your stomach to your brain. Therefore, no matter how much you eat of it you'll keep craving more.

Essentially, leptin lets you know when you're full. When your brain doesn't get the message, you keep eating and eating and eating, while the manufacturers of dirt cheap variations of sugar (such as HFCS, high fructose corn syrup) and the products that contain it, keep making more and more money.

Sugar and its various disguises directly contribute to intra-abdominal fat (or belly fat). This particular kind of fat causes diabetes and heart disease. So, not only is sugar causing you to eat more than you should, it is literally putting your health at risk.

To make a more natural version of chocolate that does not contribute to heart disease, belly fat and diabetes, we use natural sweeteners that are lower GI (won't escalate blood sugar and induce cravings) and usually plant based.

These substitutes can replace all processed and bleached sugar in your baking, blending and beverages.

Let's sort out your sweeteners...

SIX NATURAL SWEETENERS

You now have a better understanding of why sugar is harmful to your health and can contribute to various health issues. A shortlist of readily available natural sweeteners are:

- Coconut Sugar
- Rapadura Sugar
- Raw Honey
- Pure Maple Syrup
- Coconut Nectar Syrup
- Coconut Flower Nectar
- Yacon Syrup
- Lucuma Powder

Following are my favourite natural sweeteners that are full of vitamins, minerals, enzymes and amino acids that will contribute to your nutritional health without compromising on taste or adding empty calories to your waistline.

Coconut sugar

As the coconut tree is a palm, this means that coconut sugar is a type of palm sugar. It is made from boiling the sap of cut flower buds off the coconut palm (which technically makes it not raw), and is a traditional sweetener that's been used for thousands of years in South and South-East Asia.

Coconut sugar can come in granular form (has a hint of caramel) or liquid (syrup nectar, which has more of a fruity flavour). Due to its extraction process it has a very high heat resistance and requires patience when melting into your chocolate.

Powdering the coconut sugar prior to using in my raw chocolate blocks is essential for smooth quality. This is not necessary when adding into brownies, biscuits, cakes or puddings. Perfect sprinkled over hot chia pudding, oats or quinoa porridge.

Rapadura sugar

Also known as panela and jaggery, this unrefined sugar is a traditional uncentrifuged juice pressed from whole cane sugar. It is produced by simply evaporating the water from the organic sugar cane juice without separating the molasses to keep the minerals intact. Rapadura has unique caramel flavour, fine grain and gorgeous golden colour.

Rapadura sugar is a delicious companion to Pink Himalayan salt in raw cacao slices; where sweet and salty complement each other nicely. As rapadura sugar is only slightly sweeter than coconut sugar, you can use both interchangeably. It really comes down to individual preference as they both act very similarly.

Raw honey

Raw in this instance means that the honey hasn't been exposed to high temperatures (over 45 degrees), leaving the healthy enzymes intact. Many cultures believe raw honey to hold medicinal qualities and encourage its usage in small daily doses.

Raw honey contains organic acids, all nine essential amino acids (and non-essentials except for glutamine and asparagine), 31 minerals, vitamins, and numerous polyphenols and flavonoids. It's one of my favourite natural sweeteners. And because it's real, nutrient dense and natural, a little goes a long way!

Honey is excellent mixed with nut butter (raw fudge), cacao (healthy icing) or in smoothies and desserts.

Medjool Dates

Medjool dates contain a long list of vitamins and a bountiful amount of minerals: calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese. They are sweet, sticky and the perfect substitute for sugar in raw protein balls, brownies, cheesecake bases and smoothies. Delicious when sliced open and filled with nut butter, cashew cream or warm raw chocolate!

Pure Maple syrup

Maple Syrup is made from boiling the sap of tapped maple trees (which technically makes it not raw), which is then evaporated to make a concentrated syrup or a granulated sugar. Pure Maple syrup is a good source of zinc and manganese, and although a far better option than white sugar or honey is best combined with other natural sweeteners to enhance the flavour without using a large amount.

It's a fantastic sweetener in cheesecakes and slice bases to combine ingredients, meaning you don't need to use as much. It's even suitable to use in raw chocolate (especially raw chocolate pie!) although I don't tend to use it in chocolate as my first preference, unless I'm using coconut oil in place of cacao butter.

Fruit

Fruit is unprocessed, natural and full of fibre. Real, live and fresh fruits are best – especially straight off the tree. Hands down beats any juice unless it's straight from the blender, which includes the fibre. Bananas, apples, blueberries, pears, cranberries and goji berries are colourful, tasty and delicious. I like to use mashed banana in my chia puddings, and freeze them for smoothies and "ice-creams".

**Now you have 6 healthy, delicious and more nutritious forms of natural 'sweetness';
the perfect replacements to refined, processed, addictive and "poisonous" sugars.**



*** Important Reminder ***

Although these alternatives are natural, unprocessed and unrefined, and reduce blood sugar spikes, when combined with other higher GI foods you may still be elevating your blood sugar levels and setting them up only to fall.

It is most important to reduce your overall intake of refined and processed sugar on a daily basis.

And remember, desserts and sweet treats are not meals – they are desserts and sweet treats!



WHOLE NATURAL FOODS

‘Superfoods’ or real, whole, natural foods are naturally nutrient-rich. This means that you get quite a lot of nourishment and satisfaction from just a small amount.

Not all foods are created equal, which is why it’s important to understand which foods are more beneficial in providing certain nutrients over others. The choice you reach for can put vastly differing nutrients into your body.

With shocking rates of obesity, heart disease and stress related conditions, it’s more important than ever to maximise the vitamins, minerals, amino acids, beneficial fats and protein from every food you consume, including chocolate, treats and desserts.

Using nutrient dense foods in your chocolate delights provides endless possibilities for your cacao creations! Check out the helpful table below for some for some super nutrient ideas and delicious ideas on how to increase your nutritional content in your chocolate, desserts and smoothies.



✓ Fruit and Seeds	✓ Powders and Oils	✓ Nuts and Teas
Almonds Blueberries Raspberries Goji Berries Pineapple Apricots Lemon Hemp Vanilla Seeds Flaxseeds Pepitas Sunflowers Linseeds Star Anise Extract Flower Water Essences	Lucuma Mesquite Maca Reishi (<i>mushroom</i>) Chaga (<i>mushroom</i>) Super Berry Symphony Mulberry Vanilla Extract Coffee Extract Purple Corn Crystal Mana Cherry Extract Essential Oils: Orange Peppermint Geranium *Ensure your oils are food grade	Coconut: <ul style="list-style-type: none"> • Oil/butter • Shredded • Desiccated • Cream/Milk Nuts and Nut Butters: <ul style="list-style-type: none"> • Walnut • Peanut • Macadamia • cashew • almond • hazelnut • Brazil Nut • Pinenut Pink Himalayan Salt Shilajeet Reishi Ormus Jiaogulan (<i>Gynostemma</i>)

CALCULATING THE CACAO PERCENTAGE

Here's a simple equation to calculate the percentage of cacao solids in your chocolate block:

Cacao Mass (Butter + Powder) ÷ by total weight of the chocolate recipe

For example:

Cacao Butter 250g + Cacao Powder 130g + Sweetener 110g =

Total weight of recipe = 490g

Total weight of cacao mass (cacao butter, powder, paste, nibs, liquor) = 380g

$380 \div 490 = .775$

$.775 \times 100 = 78\%$ (rounding up)



CONVERSION CHART

Temp C°	Temp F °
23	71.6
24	73.4
25	75.7
26	77
27	80.6
28	82.6
29	84.2
30	86
31.5	88.7
32	89.6
33	91.4
34	93.2
35	95
36	96.8
37	98.6
38	100.4
39	102.2
40	104
42	107.6

IMPORTANT PREPARATION NOTES

- As **beneficial nutrients and enzymes** can be severely reduced over 45°C/113°F, I recommend using a boundary of 42°C/107°F or 43°C/109°F degrees, particularly while you learn to perfect your skills. You will not hurt your chocolate too much by surpassing this a little, but food is not considered raw above 45°C/113°F and the aim in raw chocolate is to preserve the naturally occurring beneficial nutrients.
- If using **granulated sweeteners**, best to powder them down in a grinder before adding. If using a liquid sweetener, wait a little until the chocolate mixture has cooled before adding, to avoid it ceasing up like fudge. Always add powdered sugars at the beginning, and any liquid sweeteners towards the end. The hotter the chocolate, the quicker it will seize with cool liquid.
- **Prepare.** Get all of your utensils, bowls and tea towels out prior to commencing. Make it easy on yourself by having everything you need already within arms reach.
- Most base recipes begin with a **double boiler system**. Simply put, this consists of a small saucepan on the bottom and a glass bowl resting on top.
- My personal preference is using a **high speed blender** to create the most smooth, delicious raw chocolate possible. In the base chocolate recipes, I give you both stove top (bain-marie) and high speed blender methods.

Perfecting these base recipes involved a great deal of time, patience and taste-testing. I started off with many different equations and blends, using cacao wafers and liquor before butter and powder, and trying various liquid sweeteners like agave, honey and maple syrup before switching mostly to powders (in my blocks) for a higher quality result.

More than a few times I ended up with fudge, at first forgetting that liquid and oil DO NOT mix!

So don't be too hard on yourself because it's not all coming together like you want, or like my picture. There are always different interpretations that are neither good nor bad. They're just different, and sometimes, that makes them better! Enjoy the process.

Do you need an awesome high-speed blender that compares with Vitamix for durability, reliability and fantastic quality, but without the steep price tag?

After researching and comparing, I settled with an Australian company called OmniBlend and bought their [OmniBlend V](#) 2 Litre Pro. It comes with a BPA Free Jug, tamper stick, two recipe eBooks and a free nut bag! I use this blender every single day to make my green juices, nut milks, smoothies, soups and desserts as well as powder my natural sugars and blend my beautiful chocolate. Use my personal coupon code below for a special discount!

RECEIVE A DISCOUNT USING COUPON CODE
“MINDBODYFOOD”

WE PROUDLY RECOMMEND OMNIBLEND HEAVY DUTY BLENDERS FROM

POWERED BY JTC[®]

OmniBlend AUSTRALIA

BPA FREE

OMNIBLEND I

www.omniblendaustralia.com.au

The advertisement features two high-speed blenders: a red one on the left and a black one on the right. A red starburst graphic with the text 'BPA FREE' is positioned between the two blenders. The background is white with a green border. The text is in various colors (red, green, black) and fonts (bold, sans-serif). The website URL is at the bottom in white text on a green background.

EASY CHOCOLATE DELIGHTS RECIPES



White Chocolate with Purple Corn layering

BLOCKS, PRALINES, SAUCES AND GANACHE

BASIC RAW DARK CHOCOLATE

Is there anything better than a quality piece of dark chocolate? Perfecting this recipe involved a great deal of time, patience and taste-testing! I started off with many different equations and blends, using liquor, agave, honey and maple syrup – a few times I ended up with fudge! I desperately wanted to create the perfectly smooth “go-to” chocolate with just the right amount of sweetness to gently tame the bitter cacao bean. Eventually I learnt how to use granulated natural sweeteners by first powdering them, then additionally blending them. Now I have the perfect smooth, snappy dark chocolate block recipe that never disappoints. It’s the perfect base to begin creating your personalised blends from!



200g raw cacao paste (Paste is the same as wafers or liquor – 100% ground cacao bean - depends on the brand)

50g cacao butter

100g of ground coconut sugar

Pinch of pink Himalayan salt

1–2 teaspoon vanilla extract (not fake essence!)

1–2 teaspoon cinnamon (optional)

1. Create a double boiler system using a small saucepan on the bottom, and a glass bowl resting on top and turn on low to medium heat.
2. Chop up the cacao butter into small pieces and place at the bottom of the bowl.
3. Also shave or break up the cacao paste into smaller pieces and place over the top of the butter.
4. Melt in a double boiler on low heat to protect the enzymes and natural nutrients.
5. Allow all the butter to melt underneath the paste before stirring the mixture through with a spatula or wooden spoon.



Basic bain marie over the stove: a bowl over a saucepan with heated water

6. Remove when 80% melted and continue stirring through to encourage the remaining paste to melt through and begin aerating and cooling the chocolate.
7. As the mixture begins to thicken slightly, pour into moulds and put into the fridge to set for 15 – 20 minutes. You can use the freezer if you're in a hurry!

Chocolate is always enjoyed best at room temperature to experience the flavours, textures and aromas as it melts in your mouth!

Add superfood powders, nuts and seeds.

Add flavoured oils or essence.

“SUNSET” MILK 69%

I'm a self-confessed cacao snob, have been for years. For those of you who aren't yet appreciative of dark chocolate, try this softer version. You may love it so much that you won't want to upgrade, but that's not really a bad thing! I use a high-speed blender for best results.



250g raw cacao butter
90g raw cacao powder
80g powdered coconut sugar
60g cashew butter
1/4 teaspoon vanilla extract

1. Using a double boiler system on low to medium heat, chop the cacao butter into chunks and place in the top bowl. Add the cacao powder and sugar over the top. Leave to melt the powders into the liquid slowly.
2. Combine with a wooden spoon or spatula only when the mixture is at least 30% - 40% melted. Measure the temperature to ensure your chocolate remains below 38°C/100°F.
3. Remove from heat when mixture is 40% - 50% melted, using a tea towel to wipe the moisture from underneath the bowl. Ideally the temperature should be around 38°C/100°F at this point to allow for additional heating in the blender.
4. Gently stir the mixture to combine all ingredients. There will be a few solid chunks of cacao butter throughout, which is perfect.

5. Carefully pour the chocolate into a high-speed blender and add in the cashew butter and vanilla. Blend on high for 30 – 60 seconds until smooth and creamy. Measure the temperature to ensure you do not overheat above 42°C/107°F.
6. Pour the chocolate into a separate clean bowl. Cool and aerate the chocolate down to 31°C/88°F to reestablish the crystal structure ([see tempering process](#)) by stirring through occasionally with a spatula or wooden spoon.

“Sunset” is a beautiful soft flavoured chocolate, perfect as is. However, feel free to add in any additional flavours, aromas or textures, before pouring into preferred moulds or trays. Allow to set in the fridge for one hour before tapping out of the mould.



Melting the cacao butter, cacao powder and coconut sugar in a bowl over a saucepan.

“EVENING” DARK 76%

Is there anything better than a quality piece of dark chocolate? A smooth, dark and indulgent chocolate with a hint of vanilla, for whenever you feel like a little hit of cacao goodness!



250g raw cacao butter
170g raw cacao powder
130g powdered coconut
1 tablespoon lucuma powder
1 tablespoon vanilla powder or extract

1. Create a double boiler system using a small saucepan on the bottom, and a glass bowl resting on top. Fill the bottom saucepan with a third water and place over a hot plate on low - medium heat.
2. Chop the cacao butter into chunks and place in the top bowl. Add the cacao powder, powdered sugar, lucuma and vanilla over the top. Leave to melt the powders into the liquid slowly – do not stir until the mixture is at least 30 - 40% melted.
3. Remove from heat when mixture is 40-50% melted, using a tea towel to wipe the moisture from underneath the bowl. Ideally the temperature should be around 38°C/100°F at this point to allow for additional heating in the blender.
4. Carefully stir the mixture to combine all ingredients. There will be a few solid chunks of cacao butter throughout, which is perfect.

5. Pour the chocolate into a high-speed blender and blend on high for 30 – 60 seconds until smooth and creamy. Measure the temperature to ensure you do not overheat above 42°C/107°F. Pour chocolate into a separate clean bowl.
6. Cool and aerate the chocolate down to 31°C/88°F to reestablish the crystal structure ([see tempering process](#)) by stirring through occasionally with a spatula or wooden spoon.

A decadent dark chocolate delicious au natural. However, once tempered, this is the time to add in any additional flavours, aromas or textures, then pour into preferred moulds or trays and allow to set in the fridge for one hour before removing from the mould.



The basic ingredients from top left, clockwise:: Coconut Sugar, Raw Cacao Butter and Raw Cacao Liquor

“AFTER DARK” 78%

My Go-To Raw Chocolate Recipe



250g raw cacao butter
130g raw cacao powder
110g powdered coconut or rapadura sugar (or sweetener of choice)

Stove top method:

1. Create a double boiler system using a small saucepan on the bottom, and a glass bowl resting on top. Fill the bottom saucepan with a third water and place over a hot plate on low - medium heat.
2. Chop the cacao butter into chunks and place in the top bowl. Add the cacao powder and sugar over the top. Leave to melt the powders into the liquid slowly – do not stir until the mixture is at least 30 - 40% melted.
3. Remove from heat when mixture is *completely melted* using a tea towel to wipe the moisture from underneath the bowl. Ideally the temperature should be around 42°C/107°F degrees at this point. *Skip straight to Step 7.*

Blender method:

1. Create a double boiler system using a small saucepan on the bottom, and a glass bowl resting on top. Fill the bottom saucepan with a third water and place over a hot plate on low - medium heat.
2. Chop the cacao butter into chunks and place in the top bowl. Add the cacao powder and sugar over the top. Leave to melt the powders into the liquid slowly – do not stir until the mixture is at least 30 - 40% melted.
3. Remove from heat when mixture is 40-50% melted, using a tea towel to wipe the moisture from underneath the bowl. Ideally the temperature should be around 38°C/100°F at this point to allow for additional heating in the blender.
4. Carefully stir the mixture to combine all ingredients. There will be a few solid chunks of cacao butter throughout, which is perfect.
5. Carefully pour the chocolate into a high-speed blender and blend on high for 30 – 60 seconds until smooth and creamy. (I start on low and move to high speed so the mixture doesn't splatter everywhere!)
6. Measure the temperature to ensure you do not overheat above 42°C/107°F. Pour chocolate into a separate clean bowl.
7. Temper the chocolate by cooling it down to 31°C/88°F. Tempering chocolate restablises the crystal structure ([see tempering process](#)) to ensure that your chocolate will contract in your mould for a smooth and glossy finish. Simply aerate through occasionally with a spatula or wooden spoon. The chocolate will be slightly thicker and ready for pouring into your moulds.

A decadent dark chocolate delicious au natural. However, once tempered, this is the time to add in any additional flavours, aromas or textures, then pour into preferred moulds or trays and allow to set in the fridge for one hour before removing from the mould.

Add ins: There are many delicious nutrient dense foods (nuts, seeds, berries, powders and teas) and aromas (essential oils, flower essences) that you can add in at any time to personalise your chocolate experience. Enjoy!

“BEFORE MIDNIGHT” 80%

An even darker and indulgent chocolate, perfect with coffee, mocha or port!



250g raw cacao butter
180g raw cacao powder
100g powdered coconut sugar (or sweetener of choice)
1 tablespoon vanilla extract
1 tablespoon lucuma powder
1/2 tablespoon mesquite powder
1 decent pinch of pink himalayan salt

1. Create a double boiler system using a small saucepan on the bottom, and a glass bowl resting on top. Fill the bottom saucepan with a third water and place over a hot plate on low - medium heat.
2. Chop the cacao butter into chunks and place in the top bowl. Add the cacao powder, powdered sugar, lucuma and vanilla over the top. Leave to melt the powders into the liquid slowly – do not stir until the mixture is at least 30 - 40% melted.
3. Remove from heat when mixture is 40-50% melted, using a tea towel to wipe the moisture from underneath the bowl. Ideally the temperature should be around 38°C/100°F at this point to allow for additional heating in the blender.

4. Carefully stir the mixture to combine all ingredients. There will be a few solid chunks of cacao butter throughout, which is perfect.
5. Pour the chocolate into a high-speed blender and add the remaining ingredients (vanilla, lucuma, mesquite, salt) and blend on high for 30 – 60 seconds until smooth and creamy. Measure the temperature to ensure you do not overheat above 42°C/107°F. Pour chocolate into a separate clean bowl.
6. Cool and aerate the chocolate down to 31°C/88°F to reestablish the crystal structure ([see tempering process](#)) by stirring through occasionally with a spatula or wooden spoon. Once tempered, this is the time to add in any additional flavours, aromas or textures, then pour into preferred moulds or trays and allow to set in the fridge for one hour before removing from the mould.

MILKILICIOUS CHOCOLATE

A step further than the “Sunset” blend, especially if you’re used to the sweet creaminess of a well-known dairy milk chocolate and would like to enjoy the flavour and texture without the guilt – or the dairy. You’ll love this beneficial and naturally sweetened alternative... and you probably won’t be able to tell the difference! (But your blood sugar will!)



2/3 cup cacao butter
1/3 cup raw honey
2/3 cup cashew butter
1 teaspoon vanilla extract
4 tablespoon cacao powder
1 tablespoon lucuma
1 tablespoon mesquite

1. Gently melt cacao butter in a bowl over a saucepan on low heat. Once melted removed from heat and add the honey, cashew butter and vanilla extract. Combine well.
2. In a separate bowl stir all remaining dry ingredients together, then mix well into wet ingredients.
3. Pour into a block mould or into a lined baking dish with good quality baking paper.
4. Place into a refrigerator to set for at least one hour.

GANACHE TRUFFLE

A simple idea and a beautiful result! Creamy coconut milk gently combined with the Evening dark chocolate recipe. Delicate, delicious, divine and oh so super smooth and creamy!



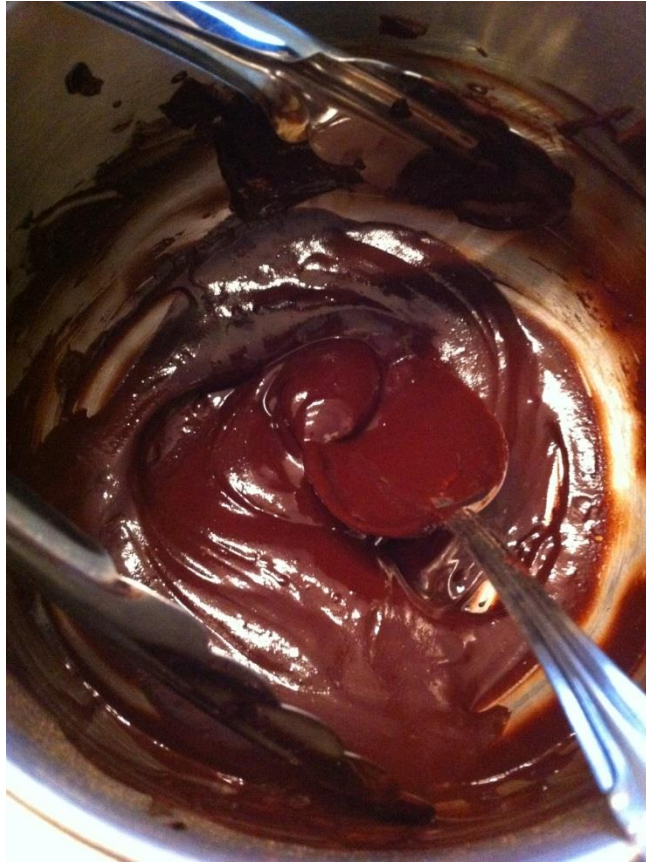
450g basic dark raw chocolate (or any high quality dark chocolate)
1 cup organic coconut milk (approximately 200ml)

1. Heat the coconut milk through in a small saucepan on medium heat.
2. Break or chop chocolate into pieces and remove the saucepan from the heat just as the coconut milk begins to simmer. Place the chocolate pieces into the hot coconut milk and gently begin to stir through. Have patience and allow the chocolate to melt slowly into the hot liquid.
3. As the temperature permeates the chocolate, continue to gently fold the chocolate through the coconut milk and watch as two become one!
4. Once the chocolate mixture is smooth, soft and completely melted, spoon or pour into moulds immediately. Work quickly before the mixture starts to cool and firm.

Note: *Heating the coconut milk first and gently combining the solid and liquid forms together helps to prevent the chocolate seizing. It can take a little practice to master but you'll do fine if you trust your instincts and take it slowly.*

CHOCOLATE GANACHE

Hands up for the fuller bodied version of ganache made with real, pure cream! I do prefer to use organic when including any sort of dairy into my food intake, especially with chocolate.



225g basic dark raw chocolate (or any high quality dark chocolate)
1/2 cup pure organic cream

1. Create a bain-marie with a saucepan and glass bowl. Half fill the saucepan with water and heat on medium setting. Place the cream and broken chocolate pieces into the glass bowl and place on top of the saucepan.
2. Gently fold through the chocolate pieces as the cream heats through. Remove from heat once the cream is hot and runny, and continue to gently stir the chocolate through until the mixture becomes smooth, soft and completely blended.

Note: You can also use the previous “Ganache Truffle” method of heating the cream in a saucepan first.

BERRY WHITE CHOCOLATE



250g Cacao butter

90g Powdered coconut sugar

1 teaspoon vanilla powder

1/2 tablespoon Acai berry blend powder (I love [NutraOrganics superfood powders](#))

50g Cashew butter

1. Chop cacao butter into chunks and slowly melt all ingredients together in a double boiler system or bain-marie on low heat. Remove from heat when 50% melted and pour into the jug of a high speed blender.
2. Add the remaining ingredients and begin the blender on low, increase to medium and finally high until completely blended and smooth – approx. 2 minutes.
3. Pour into a clean bowl to aerate and cool with a spatula. When the “chocolate” is cooled to 30 degrees, pour it back into the blender and blend on high for 15 secs to remix and ensure all the sugar is blended well with the butter before stirring through any fillings and pouring into moulds.
4. Allow to set in the fridge (or freezer if you can’t wait!).

Optional fillings: silvered almonds, cranberries, buckwheat, lucuma, rice puffs and coconut.

CREAMY WHITE CHOCOLATE



250g cacao butter
20g lucuma powder
10g inca inchi powder
Pinch of pink himalayan salt
1/2 teaspoon vanilla extract
120g ground coconut sugar
OR
110g Xylitol (very sweet but will create a whiter colour if your prefer it)

Note: Without going overboard on colour creating, I used 1 teaspoon of purple corn extract to 140g of white chocolate mix to lightly colour the top layer of chocolate in the picture. Simply separate 140g of white chocolate and mix with the purple corn extract. Use the remaining white chocolate to fill the moulds to two thirds full, then place in the fridge until just set across the top. Take them out and pour the purple coloured chocolate layer over the top to fill and return to the fridge to set completely.

Over the Stove with Blender Method:

1. Chop cacao butter into chunks and slowly melt all ingredients together in a double boiler system or bain-marie on low heat.

2. Remove from heat when 50% melted and pour into the jug of a high speed blender. Blend on high for 20-30 seconds.
3. Pour into a clean bowl to aerate and cool with a spatula. When the “chocolate” is cooled to 30 degrees, pour it back into the blender and blend on high for 15 seconds (to remix and ensure all the sugar is blended well with the butter) before pouring into moulds.
4. Allow to set in the fridge (or freezer if you can’t wait!).

Full Blender Method:

1. Chop cacao butter into small pieces and place with all ingredients into a high speed blender. Use the tamper stick to push down the corners as you blend on high until the mixture begins to melt and become smooth. As the blades and liquid become hot, take care not to overheat.
2. Blend for approximately 2-3 minutes (depending on the strength of your blender). Take the temperature to ensure you remain under 42°C/107°F.
3. Once completely blended, pour the white chocolate into a separate clean bowl to aerate and cool with a spatula.
4. When it reaches 30 degrees, pour it back into the blender and blend on high for 15 secs to remix and ensure all the sugar is blended well with the butter before pouring into moulds.



Melting the “Berry White Chocolate” blend

COLOURING WHITE CHOCOLATE

In colouring white chocolate, powders mix much better than liquid colourings, which are often artificial. Try some of these natural colouring ideas and simply experiment:

Greens powder, beetroot powder, purple corn extract, orange zest, lemon zest, turmeric, chili, cornflower, seaweed, green tea, black sesame dessert powder and ground poppy seeds.



Creamy White Chocolate with buckinis and almonds.

ROSEMARY AND SALT DARK

Who would've thought, Rosemary and Sea Salt in Dark Chocolate! It's amazing – try it!



185g basic dark raw chocolate

½ teaspoon large cracked sea salt over the top to taste

½ tablespoon roughly chopped fresh rosemary

1. Prepare your preferred base chocolate recipe as outlined in its' method up to the tempering step.
2. Once tempered, pour the chocolate into a large, polished rectangular baking dish.
3. Sprinkle with the sea salt and rosemary to taste, and place in the fridge to set.



EASY PEASY CHOCOLATE

Quick, easy and delicious! The ultimate versatile liquid or solid raw chocolate!



1 cup melted coconut oil
1 ½ cups cacao powder
1 teaspoon vanilla extract
5 tablespoon pure maple syrup

1. Melt the coconut oil and add all remaining ingredients. Stir through quickly to combine into a smooth and creamy mix.
2. Pour into moulds. Set in the freezer. Easy peasy!

ICE MAGIC SAUCE

Just like that bottled Ice Magic sauce from the eighties that sets as soon as it touches the cold ice-cream, but even better! My version is packed full of antioxidants, vitamins, minerals, amino acids and enzymes.



1 cup melted coconut oil
1 ½ cups cacao powder
½ cup coconut sugar
1 tablespoon mesquite powder
1 tablespoon pure maple syrup

1. Add all ingredients into a high-speed blender and process for one minute on high. Add in any flavours or aromas and blend for a short 10 seconds.
2. Pour straight over your preferred ice-cream and watch it set! A fantastic crack and snap as you eat – a beautiful sound!
3. Pour any excess into chocolate moulds or any other kitchen trays on hand, and add additional textures like nuts and seeds if you prefer.

HOMEMADE FLAVOURED SOFT CENTRES

SOFT CENTRES

The following creations are a variety of beautiful soft centres that are naturally sweetened and easily made to enhance the mouth feel, flavour and aromas of your basic raw chocolate blocks and truffles.

I had so much fun experimenting and taste-testing these blends and I encourage you to play with ingredients and flavours to come up with your own!

- **Salted Caramel**
- **Peanut Butter**
- **Mocha Walnut Praline**
- **Peppermint**
- **Black Tahini Praline**
- **Floral – Geranium (and Orange)**

I predominately use all dark chocolate (“After Dark” 78%) for my recipes as that’s my preference, however you choose whichever base chocolate and soft centre you’d like to mix and match!

You can also make a variety of sweet, salty and chocolate bases without dairy, wheat or grains.

Helpful Truffles Tips:

- You need to work fairly quickly as the chocolate will start to cool and set to the side. This can get a little annoying for the last few truffles!
- It's perfectly okay to warm the remaining chocolate but remember that if it rises above 33 degrees, your chocolate will come out of temper and need to be tempered back down below it again. This will ensure your chocolate is stable to hold your soft centre and its' shape!
- If you do not have access to polycarbonate moulds, I recommend using a slightly larger shape mould to allow plenty of space for your filling.
- I use a large metal truffle tray that makes 24 big truffles – plenty of room for soft centres!

GOOEY SALTED CARAMEL FILLING

This soft, delicate and floral caramel filling is perfect for layering in-between the “Evening” or “After Dark” raw chocolate recipes. You can also layer in truffle centres.



Basic Dark Chocolate Recipe

2 tablespoons coconut flower nectar

1-3 tablespoons cashew butter (depending on your desired thickness and taste)

1/4 teaspoon pink himalayan salt

1. Mix all ingredients together with a spatula or the back of a spoon until well combined and smooth.

Uses:

- Layer between the basic dark or milk chocolate bases
- use as a caramel slice filling
- drop into half-filled truffle moulds and cover for a soft centre
- spread over the top of your favourite base and sprinkle with nuts, firm in the freezer, then add a layer of chocolate over the top!

PEANUT BUTTER TRUFFLES

So many of my friends love peanut butter and chocolate that I had to create something to replicate their preference for peanut butter cups!



250g melted dark raw chocolate
1 tablespoon 100% smooth peanut paste
1 tablespoon raw honey
1 good pinch of pink himalayan salt

1. Slowly melt the raw chocolate to a liquid and then temper down to 31 degrees by aerating the chocolate with a spatula or wooden spoon to cool. This will ensure that your chocolate truffles will stabilise and contract to fall out of your moulds easily.
2. As soon as your chocolate is tempered, pour it into your chosen moulds to half way.
3. Gently drop a little ball of the praline mix into the centre. A 1/4 measuring teaspoon is handy for even distribution. Work fairly quickly so the remaining chocolate doesn't thicken too much for covering.
4. Pour the remaining chocolate over the fillings to cover.

MOCHA WALNUT TRUFFLE

If you love coffee and chocolate, then you'll love this deliciously creamy and satisfying mocha cream!



250g cacao butter
130g cacao powder
110g rapadura sugar
1 tablespoon cashew butter
1 tablespoon coconut oil
4 tablespoon maple syrup

Optional: 1 tablespoon chocolate cream essence or extract

1. Melt the cacao butter, cacao powder and powdered rapadura sugar to 40% in a bain-marie on low heat.
2. Remove from heat and stir gently then carefully pour into a high-speed blender jug. Blend for 40-60 seconds until smooth and creamy.
3. Add the cashew butter, coconut oil, maple syrup and chocolate cream essence (if using). Blend for 5-10 seconds.

4. Pour half the mixture into individual moulds or one large mould about a 1/3 high from the bottom. Place into the fridge whilst preparing the filling. Keep the remaining mixture warm.

Cream Filling:

- 1/3 cup black tahini**
- 1 tablespoon cacao**
- 1/2 teaspoon chocolate cream essence**
- 3 tablespoon pure maple syrup**
- 1/2 teaspoon ristretto coffee**
- 40g walnuts, chopped**

1. Whilst the bottom chocolate layer is cooling in the fridge place all the filling ingredients, except for the walnuts, into a medium glass bowl. Stir thoroughly from around the sides with a spatula or spoon until completely blended.
2. Gently stir through the walnuts only when the mixture is combined and creamy.
3. Remove the bottom layer of chocolate from the fridge and spoon an even layer of filling over each separate base.
4. You can at this stage return the chocolate layers to the fridge or freezer for 10mins before pouring the remaining chocolate layer over the top and ensuring your leftover chocolate is still warm and smooth, perhaps returning to a gentle heat if necessary.
5. Otherwise, pour the remaining chocolate over the top of the filling and set in the fridge. Expect some gooey delight when you're serving! No mess, no fun!



PEPPERMINT SLICE

One of my all-time favourite combinations – peppermint and dark chocolate! How could I not recreate it as a nutrient dense, real food sweet treat?



Base:

1 cup almonds

1 cup walnuts

15 soaked and pitted medjool dates (approximately 1 ½ cups)

1/4 cup raw cacao powder

Pinch of celtic or pink himalayan salt

1. Pulse the nuts in a food processor until roughly chopped, then add the medjool dates, cacao powder and salt. Process until well combined and the mixture sticks between your fingers.
2. Line a medium sized slice tin with baking paper and press the base mixture down evenly with the back of a spoon or spatula. It's quite important to ensure an even base to prepare for the filling.
3. Place the base into the freezer while you make the filling.

Filling:

1 cup melted coconut oil

4 tablespoons pure maple syrup

1-2 teaspoons peppermint essence OR 2 – 4 drops food grade essential oil

1. Combine all ingredients and blend or mix well. Take the base out of the freezer and immediately pour the filling onto the base - as long as your base is smooth and even this should be easy. Return straight to the freezer on a flat surface and freeze for at least 30 minutes prior to the final chocolate layer being poured on.

Topping:

400g dark chocolate, melted

1. Prepare your melted chocolate in a medium bowl or jug. It's not essential to temper the chocolate for this slice but it's good to get in the habit, especially if you'd like a firm, compact chocolate layer on the top.
2. Once the slice is set in the freezer, take it out and pour the chocolate over the top, smoothing out for an even layer.
3. Place into the refrigerator for about 15 – 20 minutes then take out and cut into squares with a large knife for even slicing. Store in the freezer or return to the fridge - the filling will hold firm between the base and chocolate layers, yet remain soft when eating.

Note: *You can use any kind of chocolate you prefer for this top layer. I use either my "Basic Dark Chocolate" recipe or my "Easy Peasy Chocolate" recipe. You could of course though melt down your favourite top quality store bought chocolate and layer that over the top.*



CARAMEL TRUFFLES

If you love nut butters and chocolate, then you'll love making a nut butter truffle!



50g melted cacao butter
80g cashew nut butter (store bought or homemade)
2 tablespoons maple syrup
1/4 teaspoon vanilla extract or powder
1/2 tablespoon sifted protein powder (I use Incha Inchi)
50g melted raw chocolate, for enrobing

1. Melt the cacao butter in a bain-marie over the stove on low heat. While it's melting, place cashew butter, maple syrup, vanilla and protein powder in a bowl and mix through with a spatula, smoothing the mixture together.
2. Pour the melted cacao butter into the mixture and combine well with a spatula or the back of a spoon. Pour into moulds and refrigerate until set.



3. Enrobing. Prepare your chosen melted chocolate in a medium bowl or jug, and one by one, slowly dip the cold set nut truffles into the warm chocolate, balanced by a fork underneath. Bounce a few times over the bowl or jug for drippings, and then place onto a prepared tray covered in baking paper.



- Decorate if you like and return to the fridge to set.



Enrobing the truffles in dark chocolate.



NUT BUTTER PRALINES

You'll love the simplicity of these nutty pralines, nicely finished by enrobing them in dark chocolate.



**250g jar organic nut butter of choice (I prefer cashew or ABC – almond, brazil and cashew)
250g melted raw chocolate, 50g reserved**

Note: A softer chocolate like “Sunset” 69% is best used within the truffle, with a darker chocolate like “After Dark 78%” or “Before Midnight 80%” for enrobing.

1. Melt 200g of your preferred chocolate in a bain-marie over the stove on low heat. While it's melting, place nut butter in a bowl.
2. Pour the melted chocolate into the mixture and combine well with a spatula or the back of a spoon. Pour into moulds and refrigerate until set.
3. Melt another 50g of dark chocolate for enrobing and place in a medium bowl or jug. One by one, slowly dip the cold set nut truffles into the warm chocolate, balanced by a fork underneath. Bounce a few times over the bowl or jug for drippings, and then place onto a prepared tray covered in baking paper.

Decorate with chopped nuts, coconut, berries or bee pollen and return to the fridge to set.



Dark Chocolate Nut Butter Pralines and Caramel Truffles



Perfect for a lovely afternoon tea!

GERANIUM FLOWERS

Something a little different and delicious with a delicate flavour of floral!



450g raw chocolate, melted

Soft Centre:

40g coconut oil, softened

15g pure b grade organic maple syrup

4-5 drops food grade geranium essential oil

Note: *You will need a truffle tray for this recipe.*

1. Place the coconut oil, maple syrup and geranium oil into a small bowl and mix together well with the back of a spoon. Set aside.



2. Make or melt your preferred chocolate and spoon 1 tablespoon into each of your truffle moulds.



3. Use a 1/4 teaspoon to scoop the geranium centre into the moulds. Place into the fridge for 10 minutes. Take out and use the remaining chocolate to fill each mould to the top. Return to the fridge to set. At least 1 hour.



SALTY CARAMEL SAUCE

Salty Caramel Soft Centre layered between dark chocolate – also perfect for a creamy, drizzle sauce!



1 tablespoon white tahini
2 tablespoons Coconut flower nectar
2 tablespoons Pure maple syrup
Pinch of pink himalayan salt

1. Combine all ingredients in a small bowl with the back of a spoon.
2. Use however you'd like as a soft centre or layer.

MESQUITE CARMEL

Mesquite Caramel layered in dark chocolate



20 medjool dates, soaked in hot water and pitted

1/2 cup cashew butter

2 tablespoons mesquite powder

2 teaspoons vanilla extract

Good pinch of Himalayan salt

1. Process all ingredients in a food processor to combine.
2. Use however you'd like as a soft centre or layer.

ADDITIONAL SOFT CENTRES

These delicate and creamy soft centres are perfect for jazzing up your plain chocolate truffles with a delightful surprise inside! These recipes work well with the basic dark chocolate recipe.

Simply mix all of the ingredients together for each of the different soft centre recipes, and use them as fillings in various ways.

Black Tahini Praline

1 tablespoon Coconut oil
2 tablespoons Black tahini
2 tablespoons Maple syrup
1 tablespoon Cacao powder

Snickers

2 tablespoon pure CRUNCHY peanut butter
1 tablespoon Coconut flower nectar (I prefer Coconut Magic brand)
Good pinch of pink Himalayan salt

1. You can layer a whole block and sandwich the soft centre, or using a truffle tray, spoon in half the tempered raw chocolate into each truffle space, then using a quarter teaspoon gently drop in the soft centre.
2. Place in the freezer for 4-5 minutes and then quickly spoon in the remaining raw chocolate over the top! Set and serve!

TEXTURED FILLINGS

I love coming up with new texture combinations. There's nothing better than biting into your favourite raw chocolate and enjoying a crunch!

Following is a selection of complete textured recipes, plus several of my own personal combination ideas to get you started on the journey of creating your own.



Left: A selection of nuts and seeds – Right: Chili and Ginger Berry



A variety of white chocolate texture fillings

NUTRIENT DENSE CHOC BAR



2 cup coconut oil
1/2 cup raw honey
2 tablespoon maple syrup
2 cups raw cacao
1/8 cup chia seeds
1/4 C Bee pollen
1 teaspoon Cinnamon powder
1 teaspoon Vanilla powder
1/2 C Goji berries
1 C Walnuts – crushed
1/2 C Coconut chips – toasted
1/3 C Almond slivers
1/4 C Pepita seeds
1/4 C Cranberries
1 C Buckinis

1. Melt coconut oil and honey together. Pour into a blender and mix the maple syrup, cacao and chia seeds.
2. Stir thoroughly with a large wooden spoon or spatula until all the nuts and seeds are completely coated in chocolate.
3. Pour into a medium sized baking tray that is lined with cling wrap. This will ensure easy and no mess access when lifting out of the tray to prepare for cutting.
4. Place into the fridge for at least an hour and allow to sit for 5 minutes prior to cutting with a warm, dry knife.

RAW CHOCOLATE FUDGE WHEEL



300g raw cacao liquor or paste
120g raw cacao butter
150g rice malt syrup
1 teaspoon cinnamon
1/3 cup coconut milk, room temperature
65g glazed ginger, chopped
20g cranberries
10g raw buckwheat/buckinis
5g toasted coconut flakes

1. Chop the raw cacao liquor or paste and cacao butter into medium sized chunks and place into the top bowl of a double boiler system or bain-marie on low heat. Pour the rice malt syrup over the top and leave to start melting. Do not stir.
2. Stir the mixture when at least 60% melted and transfer the chocolate into a high-speed blender and blend for approximately 10 seconds until smooth. Do not blend for longer or the mixture will start to overheat and seize.
3. Pour the chocolate into a cool bowl and add the cinnamon and coconut milk. Gently fold the coconut milk through the chocolate with a spatula until combined and creamy.
4. Line the bottom tray of a spring form cake tin with cling wrap. Reassemble, then pour the chocolate into the tin. Immediately sprinkle the toppings evenly over the chocolate and allow to set in the fridge for at least one hour.

GINGER DELIGHT



250g cacao butter

125g cacao powder

135g powdered rapadura sugar (use a coffee grinder or high-powered blender)

Pinch of salt (celtic or himalayan)

40g glazed ginger

Optional – *If you don't like using glazed ginger, substitute with 1 teaspoon ground ginger and adjust to your taste preference at the blending stage.*

1. Slowly melt cacao butter, cacao powder, rapadura sugar and salt in a double boiler system or bain-marie on very low heat and combine through with a wooden spoon or spatula when the mixture is at least 30 - 50% melted.
2. Remove from heat and carefully pour into a high-powered blender. Add in the ginger.
3. Blend on high for approximately 1 minute and take the temperature to ensure you do not overheat your chocolate above 43 degrees! If your temperature is safe, blend on high for a

further 30 seconds or until your chocolate is smooth and creamy and hitting the 43 degree mark.

Pour the chocolate into a cool bowl and aerate with a spatula or wooden spoon every 30 seconds or so to bring the temperature down to 31 degrees. ([see tempering process](#)). Pour into moulds or trays and allow to set in the fridge.

Chunky Version

Use only half the ginger amount to blend into the chocolate, and roughly chop the other half to stir through in the tempering stage and create a chunky consistency.



Creative suggestion: Dark Raw Chocolate with roasted Macadamias

TRADITIONAL ROCKY ROAD

Before you point it out to me, yes this is the only recipe in the entire eBook that contains dairy, sugar and gluten. This is a tribute to my late mother who loved traditional Rocky Road, and my step-children, who love my chocolate, but every now and then love their snakes and marshmallows too.



500g basic dark chocolate (or milk chocolate if you prefer)
1 cup roughly chopped marshmallows (pink and white)
1 cup chopped lolly snakes (approximately an inch apart)
1 cup whole peanuts, almonds or cashews (soaked, dehydrated and/or roasted is best for flavour)
1/2 cup desiccated coconut
Pinch of celtic or himalayan salt

1. Make the basic dark chocolate as per the recipe, and after it has tempered or cooled add in the remaining ingredients and mix through evenly.
2. If you have tempered the chocolate, pour directly into any square or rectangular shallow baking dish. If you haven't tempered the chocolate, line the dish with good quality baking paper first.
3. Place into the fridge to set for at least half an hour. Cut into desired shapes prior to serving.



Roast Almonds in Dark Chocolate is an easy and delicious idea for added crunch!



Almond Cashew Marble Bars, Dark Chocolate Hearts, and Ginger Block

ALMOND CASHEW MARBLE BARS

These are great nutrient-packed energy bars! Forget the store-bought stuff and make your own!



1 cup melted raw cacao butter
1 cup cashew butter
1 cup raw honey
1 cup raw cacao powder
1 cup rapadura sugar
1 cup raw almonds, loosely chopped
1/2 teaspoon pink himalayan salt
2 teaspoons vanilla extract

1. Mix cacao powder, rapadura sugar, chopped almonds, salt and vanilla in a large bowl. Set aside.
2. Melt the cacao butter, cashew butter and honey on low heat and stir to combine. Remove as soon as melted and pour into the dry mix. Stir through with a wooden spoon until all the dry mixture is combined.
3. Press into a standard slice pan or dish lined with baking paper and place in the fridge or freezer until firm.
4. Once set, lift out the slice using the baking paper and cut into desired shapes.
5. Store in the fridge.

RAW CHOCOLATE CHRISTMAS PIZZA



3/4 cup melted coconut oil
1 ½ cups cacao powder
1 teaspoon cinnamon powder
1 teaspoon lucuma powder
1 teaspoon vanilla extract (not essence)
Pinch of celtic or himalayan salt
5 tablespoons pure maple syrup

1. Add the ingredients to a mixing bowl in order. Quickly stir through and combine well.
2. Let the chocolate mixture sit for a few moments to thicken while you line a solid round pizza tray with good quality baking paper. Give the mixture another stir through then pour it into the centre of the baking paper.
3. Use the back of a spoon to gently move the mixture in a circular motion whilst spreading it outward into a round circle. Allow the mixture to remain about an inch thick.
4. Decorate by sprinkling a selection of cranberries, pistachios, almond slivers and coconut flakes evenly across the top. Add any additional toppings to your “pizza” before transferring into the freezer.
5. Allow to set for 15 minutes before cutting through into individual slices and returning to the freezer. Eat or serve directly from the freezer!

BROWN RICE PUFF BITES



3/4 cup of coconut oil (Can add up to 1 cup for creaminess)
1 1/2 cups raw cacao powder
1 tablespoon mesquite powder
1 teaspoon cinnamon powder
1 pinch of pink
4-5 tablespoons of 100% organic pure maple syrup
1 cup puffed brown rice

1. Melt the coconut oil and pour into a medium/large bowl. Add in the raw cacao powder and stir through well.
2. Mix through the mesquite powder, cinnamon powder, pink himalayan salt and vanilla extract, then stir through pure maple syrup until completely smooth and creamy!
3. Lastly, add in the brown rice puffs for crunch. Either spoon into patty cake cups in a muffin tray as chocolate crackles, or pour straight into a Tupperware container and smooth out.
4. Place into the freezer until set (approximately 30 minutes) and then tap out upside down onto a cutting board. Wait for 5-10mins before cutting straight through into squares. Store either in the fridge or on the bench in a sealed container, depending on the time of year and room temperature.

[Watch me make this recipe in the video HERE!](#)



An assortment of chocolate fillings – be creative!



Creative suggestion: Use a variety of nuts and berries as texture in raw white chocolate

CHOCOLATE BALLS, BROWNIES & SLICES

MACADAMIA BROWNIE

This deliciously tempting Brownie is adapted from a very old recipe my Grandmother used to make when we were children. She made them as a ginger cookie – sharp, crunchy and buttery. I've made them as a rich chocolate chip cookie dough before converting to a brownie that when cooked just lightly, is only crunchy on the outside and soft and gooey on the inside! Especially when eaten warm!



Dry -

- 1 ½ cups organic plain flour**
- 1 cup rapadura sugar**
- ½ cup raw cacao powder**
- 1 cup raw dark organic chocolate chips or cacao nibs**
- 1 teaspoon cinnamon**
- Pinch of celtic or Himalayan salt**
- ½ teaspoon bi-carb soda**
- ¼ cup chopped macadamias**

Wet –

- ¾ cup grass fed organic butter, melted**
- 1 free-range egg**
- 1 teaspoon maple syrup**
- 1 teaspoon vanilla extract**

1. Preheat oven to 165 degrees celsius and line a square brownie tin with baking paper.
2. Dry – Sift flour, cacao, cinnamon, bi-carb and salt into a bowl. Stir through the rapadura sugar and dark chocolate chips (or cacao nibs) until evenly mixed.
3. Wet – Melt the butter. A glass pyrex jug is perfect for this. Add in the egg, maple syrup and vanilla extract and whisk with a fork.
4. Pour the wet ingredients into the dry mix and use the back of a wooden spoon to mix well. The mixture will appear slightly crumbly.
5. Tip the brownie mixture into a the brownie tin lined with baking paper.
6. Bake for approximately 15 - 20 minutes at 165 degrees, or until the brownie crust appears stable. Be CAREFUL not to over bake or your brownie!

Again - be careful not to over cook!



WALNUT BROWNIES

WITH SWEET ICING TWO WAYS!



Base:

- 2 cups walnuts**
- 14 - 16 medjool dates (approx. 1.5 cups)**
- 1 teaspoon cinnamon**
- 1 teaspoon vanilla extract (not essence)**
- 1/2 cup desiccated coconut**
- 4 tablespoon raw cacao powder**

1. Line a small square dish with baking paper. You can use a square or rectangular Tupperware container but ensure to line with cling wrap or baking paper first.
2. Pulse walnuts to a fine crumb in your food processor. Less if you like “nutty” brownies.
3. Add the dates, cinnamon, vanilla, coconut and cacao and process until well combined and sticky. Pinch the mixture between your thumb and forefinger. If it sticks and holds together, it’s ready!
4. Press the mixture down firmly with a spatula or your fingers, and smooth out the top. Set aside while you make the icing.



Sweet Icing made with rice malt syrup is light, smooth and fluffy!

Icing:

- 2-3 tablespoon raw cacao powder**
- 4 tablespoon coconut butter OR Oil**
- 4 tablespoon raw honey OR Rice Malt Syrup**

Note: Raw honey makes a heavy, decadent chocolate icing that is very sweet – perfect to offset the dark biscuit-y chocolate base. Rice malt syrup is light and fluffy, giving a creamy soft icing for your brownie base. Use whichever provides the texture and mouthfeel you prefer.

1. In a small round dish soften the coconut butter to melting.
2. Add the honey and cacao and mix through with the back of a spoon or spatula. Adjust as preferred for taste and thickness.
3. Spread the icing over the brownie evenly.
4. Place entire brownie in the fridge to firm (30mins). Slice and serve.



Sweet Icing made with raw honey is decadent, sweet and thick!

DECADENT NO-BAKE BROWNIES



22 soaked, rinsed and pitted medjool dates (soak in hot water for at least 5 minutes)
2 cups walnuts (soaked and rinsed)
1 cup pecans (soaked and rinsed)
1 tablespoon mesquite powder
2 teaspoons cinnamon
2 teaspoons vanilla extract
1 teaspoon greens powder
1 cup raw cacao powder
1/2 cup desiccated coconut
2-3 pinches of salt (celtic or himalayan)
2 tablespoons coconut flower nectar

1. Soak the medjool dates in hot water while you prepare the base.
2. Pulse the walnuts and pecans until roughly chopped.
3. Add mesquite powder, cinnamon, vanilla extract, greens powder, cacao powder, coconut and salt. Pulse until well combined.

4. Add the medjool dates and coconut flower nectar and pulse to initially combine, then alternate between continuous speed and pulse functions until the mixture becomes soft, doughy and almost warm. This will challenge a food processor that is not high-powered, which is why it's important to soak the medjool dates in hot water for at least 5 minutes prior to using.
5. Once completely combined place the brownie mixture into a baking paper lined tray, size dependent on how thick you'd like your brownies.
6. Set and store in the fridge and slice as desired prior to serving. Additional special touches are in sifting cacao powder and chocolate nibs or bits over the top and serving with coconut ice-cream or vanilla cream!

TRUFFLE BALLS



14 soaked, rinsed and pitted medjool dates (soak in hot water for at least 5 minutes)
1 cup almond meal
1/2 cup hazelnut meal
1/2 cup coconut sugar
1/3 cup cacao powder
1/2 cup whole almonds (soaked, dehydrated and/or roasted is best for flavour)
1/4 cup goji berries
1 teaspoon vanilla extract
1 teaspoon cinnamon
1 tablespoon lucuma
30-40 ml of filtered water

1. Soak the medjool dates in hot water while you prepare the base.
2. Add the almond and hazelnut meals, coconut sugar, cacao powder, goji berries, whole almonds, vanilla and cinnamon into the large bowl of the food processor. Pulse until well combine and the almonds are broken down but still have some texture. You can process them down a little more if preferred but I like a little bit of roughage.

3. Add the soaked and pitted medjool dates and pulse until broken down, then process until the mixture starts to “stick” and the medjool dates are combined.
4. Add 30 mls of filtered water and pulse until the truffle mix is completely combined. You may not require any further fluid as this should be a medium-soft mixture that will roll out firmly.
5. Use a tablespoon to scoop an even mixture and roll into a ball. Place onto baking paper. Repeat until all the truffles are rolled.
6. You can set and store in the fridge as is before eating or sprinkle some cacao powder, coconut sugar, coconut flakes or other coating over the truffles. The benefit of rolling in a coating is to help keep the balls from sticking together. Plus it also enhances their visual appeal!



Truffles Balls prior to dusting with Raw Cacao powder

CHRISTMAS PUDDING BALLS

Fruity and Spicy, just like a Christmas Pudding – only balls!



1 cup almond meal
1/2 cup hazelnut meal
4 tablespoons raw cacao powder
8 soaked, rinsed and pitted medjool dates
1 teaspoon cinnamon
1 teaspoon ginger ground
1/4 teaspoon nutmeg
1/8 teaspoon clove
1 teaspoon vanilla extract
2 tablespoons cranberries
2 tablespoons raisins or sultanas
6 tablespoons coconut milk

1. Place all ingredients in the food processor and pulse to combine before processing until soft and well blended.
2. Prepare a baking paper lined tray. Scoop out an even tablespoon of the mixture and roll into a ball. Repeat with remaining mixture. Roll each ball in desiccated coconut, cacao powder, chia seeds or rapadura sugar. Set and store in the fridge.

DARK OR MILK CHOCOLATE DROPS

These nutrient packed chocolate drops store in the freezer to curb your sweet craving with one cold and sweet bite sized mouthful! Use white or black tahini to create both milk or dark chocolate drops.



1/2 cup tahini paste (white tahini for “milk choc” and black tahini for “dark choc”)
1/2 cup pure maple syrup
1/2 cup raw cacao powder
1/3 cup ‘just’ melted coconut oil
1/2 teaspoon cinnamon
1 teaspoon vanilla extract
6 drops orange food grade essential oil (omit if preferred)
1 cup desiccated coconut

1. Prepare a biscuit tray with baking paper.
2. Place the tahini, maple syrup and cacao powder in a bowl and whip with a spoon.
3. Add the coconut oil, cinnamon, vanilla and orange oil (if using) and mix thoroughly with a spoon or spatula. Lastly, add the desiccated coconut and stir through until completely combined.
4. Scoop a level measuring tablespoon of mixture and use a second regular spoon to gently scoop it out and place onto the baking paper in a nice round shape. If the temperature is warm, the mixture will easily slip out of the spoon itself!

5. Continue until all the mixture is used and then softly press an almond into the centre of each drop (I use soaked and activated almonds to remove residue, tannins and activate the natural enzymes that aid digestion).
6. You can also leave the chocolate drops as plain drops or use your imagination in creating a topping of your own.

Set and store in the freezer for at least 20 minutes before enjoying.



*Dark Chocolate Drops and White Chocolate Haystacks
(recipe adapted from and included in “White Choc Macadamia Fudge” recipe over page)*

WHITE CHOC MACADAMIA FUDGE

Decadent, sweet, smooth and satisfying.... You love them!



80g raw cacao butter, melted
1/2 cup white tahini
1/2 cup pure maple syrup
1 heaped tablespoon lucuma powder OR 1 even tablespoon coconut oil
2 teaspoons vanilla extract
1/4 teaspoon celtic or Himalayan salt
1/2 cup raw macadamia nuts, roughly chopped

1. Melt the cacao butter in a bain-marie over the stove on low heat. When 50% melted, add in remaining ingredients (except for the macadamia nuts) and stir through.
2. Remove the saucepan from the hot plate but allow the ingredients to continue melting over the steam as you stir through to combine.
3. Once melted, transfer to a blender. Blend on low for 5 seconds, followed by medium for 5 seconds. Do not over blend as your fudge may seize.
4. Pour back into the bowl. If your fudge is a sticky blob, that's perfectly ok! Give it a few whips together with your spoon. Add in chopped macadamia nuts and stir through.

- Using a tablespoon, scoop the fudge into round disc moulds (as above shapes).

OR

Place cling wrap over the inside of a sandwich sized Tupperware container and slide the entire fudge inside. Tap down to smooth the top and set in the freezer for 1 hour before lifting out and slicing into cubes.

- Sprinkle extra pink Himalayan salt over the top if desired. Set and store in the freezer.

To make White Chocolate Haystacks:

Add 1 cup of desiccated coconut, which will “mop up” the fudge. Then scoop 1 tablespoon of mixture out to scoop onto a tray lined with baking paper.



CAKES, CHEESECAKES & DESSERTS

COCONUT CHOCOLATE CAKE

(Also cupcakes) *with Creamy Chocolate Frosting*

Soft, spongy and chocolaty! This recipe doubles as a dozen cupcakes (see next recipe!). Perfect treat for the whole family and easy to make. You'll love this cake, especially the creamy frosting on top!



1/2 cup coconut flour
1/2 cup raw cacao powder
1/2 teaspoon salt
1/2 teaspoon bi-carb soda
1 cup coconut sugar
1 tablespoon Mesquite powder (optional)
1/2 cup extra-virgin coconut oil, melted
6 free-range eggs

1. Preheat oven to 175°C.
2. Line the bottom of a spring form cake tin and grease the sides.
3. In a medium-sized bowl sift in the coconut flour, cacao, salt, bi-carb soda, coconut sugar and mesquite powder (if using).
4. In a separate large bowl whisk the eggs and melted coconut oil. Add to dry ingredients and mix until well combined.
5. Pour mixture into the spring form tin and bake for 30 - 35 minutes or until skewer inserted into the centre comes out clean.

- Cool for 5 minutes in tin, then use a knife to separate the edge before removing the spring form side ring and allowing to cool completely.

Frosting:

100 g butter

2 cups coconut sugar

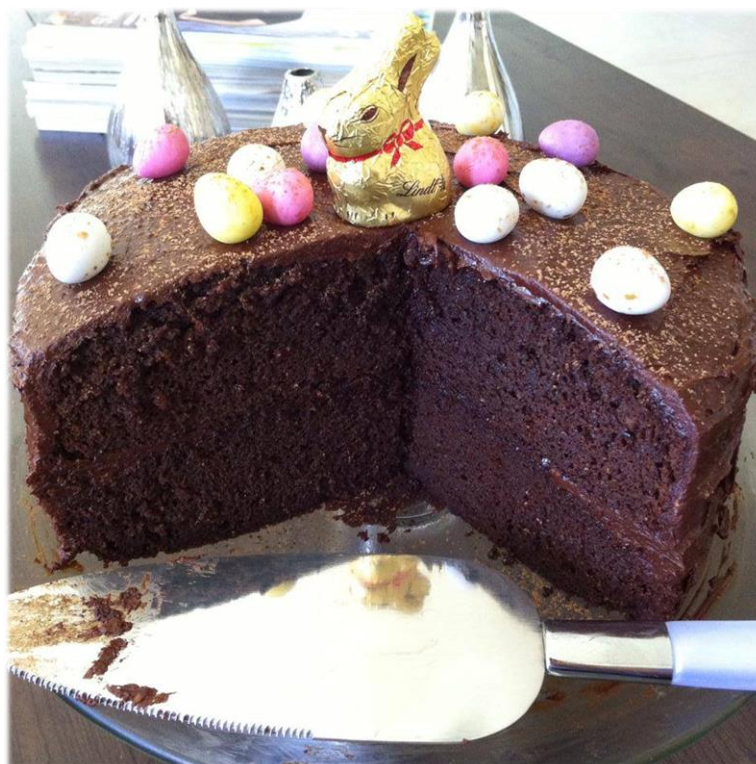
1/2 cup raw cacao powder

1/2 teaspoon cinnamon

1/4 cup nut or rice milk

- Powder down the coconut sugar in a high-speed blender, food processor or grinder.
- In the small food processor bowl, whip the butter until creamy and pale. Add the powdered coconut sugar, cacao powder, nut milk and cinnamon and process until smooth and creamy.
- Spread frosting onto cake and decorate with a light dusting of cacao powder (or lots of love and easter eggs!!)

I decorated a double layer cake (below) last Easter, but this recipe is perfect any time of year, and especially as cupcakes!



COCONUT CHOCOLATE CUPCAKES



This recipe is exactly the same as the **Coconut Chocolate Cake** recipe on the previous page. It makes approximately 24 cupcakes. Cook at 170 degrees Celsius for approximately 8 to 12 minutes, or until the top springs back. Best not to overcook!

You'll have some icing leftover, which I'm sure won't go to waste!

FLOURLESS CHOCOLATE ALMOND CAKE



- 2 cups almond meal (Can mix and match with hazelnut meal)**
- 2-4 heaped tablespoons raw cacao powder (depending on how chocolate-y you want!)**
- 1 cup coconut sugar**
- 1 teaspoon cinnamon**
- 1 teaspoon mixed spice**
- 1/3 cup freshly squeezed orange juice**
- 1/2 - 1 cup almond, cashew or hazelnut milk (depending on preferred consistency)**
- 3 eggs**

Optional – *Cacao nibs, choc chips, chopped nuts*

1. Preheat oven to 170 degrees Celsius (fan forced).
2. Mix all dry ingredients together in a bowl and add the orange juice and/or almond milk to mix through with the back of a spoon until all combined and sticky.
3. Add in eggs one at a time and mix through with a wooden spoon or fork until well combined.
Pour into loaf tin and bake 30-35mins or until a skewer runs clean. Do not overcook!

Best served warm with cream, ice-cream, or cashew and coconut cream!

BLUEBERRY & ALMOND CAKE



- 2 cups almond meal**
- 2 tablespoon chia seeds, black**
- 1 teaspoon cinnamon**
- 1 teaspoon all spice**
- 1/4 teaspoon pink Himalayan or celtic salt**
- 2 teaspoons blueberry or Acai berry powder (I love [NutraOrganics superfood powders](#))**
- 1/2 cup chopped almonds**
- 1 teaspoon vanilla powder**
- 2 teaspoons purple corn extract (optional)**
- 3 heaped tablespoons raw cacao powder**
- 1 1/2 cups almond milk**
- 2 eggs**
- 1/2 cup blueberries, fresh or frozen**

1. Preheat oven to 170 degrees Celsius (fan forced).
2. Mix the first 8 ingredients together in a bowl.
3. Slowly add in the almond milk and combine with a spoon until sticky.
4. Add in the eggs one at a time and mix through with a spoon or fork until well combined.
5. Lastly, add the blueberries and stir through gently. Pour into loaf tin and bake 30-35mins or until a skewer runs clean. Do not overcook!

Best served warm with cream, ice-cream, or cashew and coconut cream!



Blueberry and Almond Cake serving suggestion

CHOCOLATE CHIA BERRY CAKE



1/4 cup coconut flour
1/2 cup rapadura or coconut sugar
1/2 cup raw cacao
1/4 cup mesquite powder
1/4 cup chia seeds (white or black)
1 teaspoon gluten and aluminum free baking powder
1/2 teaspoon baking soda
2 eggs (or substitute)
200ml coconut milk
1 cup frozen blueberries, raspberries or berry mix (roughly chopped in your food processor or squeezed in your hands!)

1. Preheat oven to 180 degrees (fan forced).
2. Sift the coconut flour into a bowl and add the cacao powder, mesquite powder, chia seeds, baking powder, baking soda and sugar. Mix well to combine.
3. In a small jug, whisk the eggs. Shake the coconut milk well and add to the eggs, lightly whisk together and then pour into the dry ingredients, mixing well to avoid any large lumps.

4. Lastly, pulse the frozen berries in a blender or food processor until roughly chopped and stir through the cake mix. Alternatively, you can simply squeeze and squish them with your fingers for a chunky berry experience and a bit quicker step if you're in a hurry!
5. Pour into a lightly greased tin or silicone mould and cook for approximately 30-35 minutes, until just cooked through and a skewer wipes clean.
6. The cake will be soft. Don't be tempted to remove the cake from its' tin or mould until it is cooled down adequately – otherwise you may lose a little of it in the process!
7. Dust with cacao powder, acai powder, toasted coconut flakes, strawberries or cream before serving.



Serving suggestion: Chocolate Chia Berry Cake with Coconut Cream



Mixing the berries into the Chocolate Chia Berry Cake!

SWEET CHEESECAKE

This “cheesecake” recipe is very simple and something I whipped up in an experiment with my favourite Coconut flower Nectar from Coconut Magic. I didn’t want to use coconut oil in the filling, like so many dairy free recipes use. I wanted to keep it very simple, creamy and elegant. I served the original creation without any dressing, but the Salty Caramel or Easy Peasy Chocolate Sauces would absolutely add a decadent touch!



Base:

- 2 cups hazelnut meal**
- 1/2 cup cacao powder**
- 1/4 teaspoon rock or Himalayan salt**
- 10-12 medjool dates (soaked and pitted)**
- 1 tablespoon just-melted coconut oil**

1. Make the base by blending all ingredients in a food processor until well combine. Press into a round spring-form cheesecake tin (line the bottom with good quality baking paper).

2. If you intend to build up the base around the sides I recommend lining the sides as well. If you prefer a base that's not so dominant and only on the bottom of your cheesecake, there's no need to line the sides.
3. Place into the fridge while you whip up the filling!

Filling:

2 cups cashews (soaked for minimum 4-8 hours)

1 cup coconut milk

1/2 cup coconut flower nectar

Juice of one lemon

Pinch of salt

1 ½ teaspoons vanilla extract

1. Rinse the cashews well from their soaking water and place into a high-speed blender. Add the coconut milk, coconut flower nectar, juice of one lemon, salt and vanilla.
2. You may need to use a tamper stick if your blender is lacking a bit of oomph! Otherwise, blend on low to medium, then high until the mixture is smooth, creamy and slightly warm.
3. Pour the "cheesecake" mixture into the base (or your preferred base from the selection at the end) and place into the freezer to set, approximately 3 hours.
4. Allow to sit for 5-10 minutes prior to slicing and serving.

Variation: You can make this cheesecake into a Jaffa cheesecake by replacing the lemon juice for orange, and adding 1 tablespoon of orange zest plus 1/4 cup raw cacao powder. You may also need to slightly increase the coconut flower nectar.

SWEET CHAI CHEESECAKE

I just LOVE this recipe! Essentially based on the sweet cheesecake, with a bit of experimental spice! I was drinking a fair amount of chai tea at the time of creation and wanted to use the delicate spices in a dessert. Combining the chai spice with chocolate was simply a natural progression. So here we have a deliciously creamy, delicately spiced sweet chocolate cheesecake!



Base:

- 1 cup hazelnut meal**
- 1 cup almonds or pepita seeds**
- 1/2 cup cacao powder**
- 1/4 teaspoon rock or Himalayan salt**
- 10-12 medjool dates (soaked and pitted)**
- 1 tablespoon melted coconut oil**

1. Make the base by blending all ingredients in a food processor until well combine. Press into a round spring-form cheesecake tin (line the bottom with good quality baking paper). If you intend to build up the base around the sides, I recommend lining the sides as well. If you prefer a base that's not so dominant and only on the bottom of your cheesecake, there's no need to line the sides.
2. Place into the fridge while you whip up the filling.

Filling:

- 2 cups cashews (soaked for minimum 4-8 hours)**
- 1 cup coconut milk**
- 1/2 cup coconut flower nectar OR rice malt syrup**
- 2 tablespoons raw cacao powder**
- 1/4 teaspoon chinese five spice**
- 1/2 teaspoon ground ginger**
- 1/4 teaspoon cinnamon**
- 1 teaspoon vanilla extract**
- Pinch of salt**
- 1 cup blueberries (fresh or frozen)**

1. Rinse the cashews well from their soaking water and place into a high-speed blender. Add the coconut milk, coconut flower nectar, chinese five spice, ginger, cinnamon, vanilla and salt.
2. You may need to use a tamper stick if your blender is lacking a bit of oomph! Otherwise, blend on low to medium, then high until the mixture is smooth, creamy and slightly warm.
3. Take the base out of the fridge and tip the cup of blueberries evenly over the bottom, then pour the “cheesecake” mixture over the top. Push the top edges of the base over the filling to create a crumbling effect (see pic below).
4. Place into the freezer to set, approximately 3 hours. Allow to sit for 5-10 minutes prior to slicing and serving.



Push the top edges of the base over the filling to create a crumbling effect!

CHOCOLATE HAZELNUT CHEESECAKE

With Salty Caramel and Easy-Peasy Rich Chocolate Sauce Toppings!

Healthy, delicious, nutritious and guilt-free! Raw, vegan, dairy-free, gluten-free and naturally sweetened. This “cheesecake” is a soft and creamy, decadent and satisfying dessert.



Base:

1 cup hazelnut meal

1/4 cup + 2 tablespoon raw cacao powder

3 tablespoon maple syrup

1 pinch sea salt

1. Use a 7” cheesecake spring form pan, lined with baking paper.
2. Process all the ingredients together in a food processor until well combined. It’s ready when it sticks together between your fingers.
3. Press the base evenly across the bottom of your lined pan with your fingers or the back of a spoon.
4. Place in the fridge while you make the cashew filling.

Filling:**2 cups raw cashews, soaked overnight and rinsed****1/2 cup filtered water****1/2 cup maple syrup****1/2 cup coconut cream****1/2 cup raw cacao powder****1/4 cup almond butter****Good pinch of pink Himalayan or celtic sea salt**

1. Use either a high-speed blender with tamper stick, or powerful food processor.
2. Blend or process the soaked and rinsed cashews with the filtered water, coconut cream and maple syrup until smooth and creamy. (If using a high-speed blender you will need to continuously use the tamper stick until the mixture is smooth and blending freely. If using a food processor, you'll need to scrape down the sides occasionally).
3. Once smooth, add raw cacao powder, almond butter and salt and blend or process until the mixture is smooth, creamy and completely combined.
4. Pour filling onto the base and lightly spread the mixture evenly. Place into the freezer on a flat surface to set. Allow 3-4 hours or overnight.

When ready to serve -

5. Remove cheesecake from the freezer and out of the spring form. Place onto a serving plate and set to the side while you make the topping sauces. **(Recipes on next page...)**



EASY-PEASY RICH CHOCOLATE SAUCE:

1/2 cup just liquid coconut oil
1 cup raw cacao powder
4-5 tablespoons pure maple syrup

1. Add all ingredients in order into a glass or pouring jar. Mix through with a spoon until smooth, creamy and well combined. Taste test for any amendments. Leave to the side whilst preparing the caramel sauce.

SALTY CARMEL SAUCE:

1 tablespoon white tahini paste
2-3 tablespoons Coconut Flower Nectar
2 tablespoons pure maple syrup
Good Pinch of Pink Himalayan or Celtic Salt

1. In a small bowl place all the ingredients and mix through with a spoon until completely combined, smooth and creamy. Taste test for any amendments.

2. Decorate the top of your cheesecake with both of the sauces in however pattern or way that you like. It's best to use the chocolate sauce straight onto the cold cheesecake first. The chocolate will start to set as you are adding the salty caramel sauce.

You can allow the topping to set more in the fridge or serve straight away. If the cheesecake is still too firm for cutting, use a warm knife or simply allow to sit out for another 10-15 minutes before cutting.

Serve with fresh or frozen mixed berries, banana slices, vanilla coconut whipped cream, nuts or toasted coconut flakes.

CHOC MACADAMIA CHEESECAKE

With Coco-Berry Drizzle Sauce



Base:

1 cup pepita seeds
2 tablespoons Cacao powder
1 tablespoon Coconut Oil
1 tablespoon Maple Syrup
Pinch Pink Himalayan Salt

1. Pulse pepita seeds into a coarse crumb then add remaining ingredients and process until sticky. Press your thumb and forefinger together to test.
2. If using a pyrex dish, press mixture directly onto the glass.
3. If using a spring form tin, line the bottom of the base with baking paper first, then press mixture down with a spatula or back of a spoon.
4. Place in the fridge while you make the filling.



Filling:

2 cups macadamia nuts (do not need to be soaked unless you have issues with lectins, phytates and enzyme inhibitors)

8 pitted and soaked medjool dates (soak in hot water for 5mins prior to use)

1/2 cup melted coconut oil (you can omit this or reduce to 2 tablespoons if you choose)

1 tablespoon lemon juice

1 cup coconut milk

2 tablespoons tahini paste

3 tablespoons Cacao powder

4 tablespoons Maple Syrup (depending on your sweet tooth!)

Pinch of pink Himalayan salt

1. Pulse macadamia nuts and soaked pitted medjool dates into a fine sticky crumb.
2. Add melted coconut oil, lemon juice, coconut milk and tahini and process well.

3. Add cacao powder and salt and continue processing until you have a smooth and creamy texture. Remember that by using macadamia nuts over cashew nuts, you won't get as smooth a texture, so expect this and have an open mind about the mouth-feel!
4. Finally, add the maple syrup and adjust/add more if necessary, according to your taste.
5. Pour the filling into the base and place return to the fridge for at least 2 hours to set. You can eat it directly from the fridge without waiting to serve.

Note: *You can put it in the freezer to set and then transport to the fridge, OR simply keep it in the freezer – just allow 20 minutes or so before serving if you do!*



Choc Macadamia Cheesecake with Coco-Berry Drizzle (recipe over page)

COCO-BERRY DRIZZLE

A delicious and tangy easy decorative sauce with just two nutrient packed ingredients!

2 tablespoons softened coconut oil (near liquid)

2-3 tablespoons acai berry blend powder

1. Combine both ingredients in a small bowl with the back of a spoon and mix thoroughly.
2. Drizzle over your cheesecake and watch as the mixture becomes solid!

Best used immediately on cold desserts for creating decorative toppings and designs.

RAWSOME CHOCOLATE PIE

This is a rich, creamy and decadent chocolate cream pie that needs adequate time to set when using coconut milk, but is so worth the wait! You can replace it with coconut milk but it seems to take something away from the texture. You decide.



Base:

2 cups Walnuts

1 cup Almonds

1 cup well packed Raisins (soak in hot water for 10 minutes)

1 tablespoon Raw Cacao Powder

1 pinch Pink Himalayan Salt

1 teaspoon of Vanilla Extract or Powder



1. Process all together until sticky and well combined. Press into a flan dish until moulded and even layered. Place into the fridge to firm while you make the filling.

Filling:

- 150g raw cacao paste or liquor**
- 2-3 tablespoons coconut nectar syrup**
- 1 pinch pink himalayan salt**
- 400ml coconut milk**
- 2 teaspoons vanilla extract (not fake essence)**



1. Melt the raw cacao liquor or paste plus salt very slowly over low heat, using a top bowl and bottom saucepan. Ensure not to overheat above 43 degrees. (*see above picture*).
2. When chocolate is halfway melted, replace the water in the bottom saucepan with the coconut milk and vanilla, and begin to warm gently maintaining very low heat.
3. When the chocolate is 90% melted remove from and turn off the heat, leaving the bottom saucepan of coconut milk still warming. Remember to wipe underneath the bowl with a tea-towel so as not to drip any moisture into the mix when it comes time for pouring. Allow the chocolate to sit for a few minutes, occasionally stirring through with a spatula to ensure the remaining 10% chocolate is melted through.
4. Once the chocolate has cooled slightly (approx. 31.5 degrees), gently add the coconut nectar and slowly stir through until mixed.

5. While this occurs, ensure that the coconut milk is fully warmed through and matching the chocolate temperature before removing off the hot plate. Pour into chocolate and continuously stir through until combined and creamy.
6. Once the chocolate and coconut mixture is combined, slowly pour mixture into the base and place in the fridge for 3-4 hours or overnight. The pie will be quite soft and runny at first, but will continue to firm up the longer you allow it to set.

Prior to serving, dust with a mix of cacao powder and cinnamon.

Serve with sliced banana, pears, cream or coconut cream.



Notes: *You can use coconut cream if you prefer a thicker/firmer pie. In doing so you will not have to refrigerate as long before it's ready to serve, which is convenient if you are shorter on time. You may use maple syrup instead of coconut nectar, or use a combination. As this is a rich tasting chocolate pie, you may prefer a little more sweetness, but that's up to you!*

CHOCOLATE CHIA PUDDING



400ml tin of coconut cream (can substitute with Almond Milk)
1 large banana OR 4 medjool dates (soaked in hot water for 5 mins)
4 level tablespoons of chia seeds (black or white)
1-2 tablespoons raw cacao powder
1-2 teaspoons cinnamon
½ teaspoon of vanilla extract or powder (not essence)
2 tablespoons of 100% pure organic maple syrup
Small handful of walnuts or 2 tablespoons of LSA mix (optional)

Optional: 1 tablespoon dark cacao nibs, 1 teaspoon of ground ginger

1. Place all ingredients in a blender until smooth and creamy. The mixture will be slightly thick at this stage.
2. Pour into preferred dessert dish and refrigerate to set - at least 1 hour. Longer setting time will result in a thicker pudding texture. Keep refrigerated, if you have any left!

Note: I sometimes add 2 tablespoons of my homemade muesli for texture: (raw oats, cinnamon, ginger, shredded coconut, pepitas, sunflower seeds, dried paw paw & pineapple). Be creative!

CHOCOLATE BLUEBERRY PUDDING



400ml tin of coconut cream (can substitute with Almond Milk)
4 level tablespoons of chia seeds (black or white)
1 cup frozen blueberries
1-2 heaped tablespoons raw cacao powder
1-2 teaspoons cinnamon
1 teaspoon of acai blend or berry powder
½ teaspoon of vanilla extract or powder (not essence)
2 tablespoons of 100% pure organic maple syrup

Toppings – Blueberries, cream, coconut cream and acai blend powder

1. Place all ingredients in a blender until smooth and creamy. The mixture will be slightly thick at this stage. Pour into preferred dessert dish and refridgerate to set - at least 1 hour.

Longer setting time will result in a thicker pudding texture.

Keep refridgerated, if you have any left!

CHOC COCONUT PUDDING



Flesh of 1 young thai coconut
200ml coconut milk
1/3 cup raw cacao powder
2 tablespoons chia seeds
1 teaspoons cinnamon powder
1 teaspoons greens powder
2 tablespoon maple syrup
1/2 cup sultanas – soaked
1 cup walnuts

1. Blend all ingredients together in a high-speed blender and pour into bowls. Refrigerate until set. Serve with your own style of toppings and a drizzle of maple syrup!

CHOC MOLTEN CAKES

Inspired by watching French Chefs cook up wickedly sweet desserts, these molten cakes are a healthier version yet still are quite potent. They are indulgent and satisfying, so enjoy every mouthful!



3 eggs
1 capful of vanilla extract
2 tablespoon pure maple syrup
165g melted chocolate (“A Great Cooking Chocolate” recipe over page)
2 tablespoons of almond flour or hazelnut flour

1. Preheat oven to 170 degrees celcius (fan forced).
2. Whisk the eggs to combine, then add in vanilla and maple syrup and whisk lightly.
3. Melt the chocolate and pour into the eggs, whisking again to blend through.
4. Lastly, add the almond or hazelnut flour and whip the mixture to completely combine.
5. Pour into coconut oil greased muffin OR flan moulds.
6. Place in the oven and cook for 5 minutes or until the top springs back lightly.
7. Allow to cool in the tin for a few minutes before very gently tipping it over to release the cakes.
8. Serve immediately.

A GREAT COOKING CHOCOLATE

This quick and easy cooking chocolate is perfect for the Choc Molten Cakes!

180g Cacao paste

100 - 120g Rapadura sugar (not necessary to powder it down)

1. Melt the cacao paste and rapadura sugar in a bowl over a saucepan on low heat until melted and combined.



DECADENT RAW CHOCOLATE MOUSSE

This recipe is best made in a high-powered blender, using your tamper stick to push down the corner edges to combine, unless you have a high-powered food processor that can whip the mixture very smooth. It's also easier to scoop out!



1 cup coconut cream
1/2 avocado
1/3 cup raw cacao powder
1/2 teaspoon cinnamon powder
1/2 teaspoon vanilla powder
6 pitted and soaked medjool dates
pinch of Himalayan salt (optional)

1. Blend all ingredients together in a high-speed blender, using the tamper stick to push down the sides.
2. Once blended smooth and creamy, pour into serving bowl/s and place into the fridge to set for 20-30 minutes.
3. Serve with strawberries, blueberries, nuts, seeds or coconut.

[Watch me make this recipe on YouTube HERE!](#)

Note: If you decide to make a double mixture, 2 cups of coconut cream is roughly a 400ml can, and 10 medjool dates is adequate sweetness to combine (unless you like your mousse quite sweet!). The rest is simply double amounts.



Decadent Raw Chocolate Mousse

CHOCOLATE FIG ICE-CREAM



300 grams frozen bananas
2 tablespoons tahini paste
1/2 cup raw cacao powder
1 teaspoon vanilla extract
2 finely chopped dried figs

1. Place all ingredients into a food processor or high-powered blender. Process or blend on high until the mixture becomes smooth and creamy.
2. Serve immediately with berries, toasted coconut flakes, or chopped nuts.

CHOCOLATE FOR BREAKFAST

CHOCOLATE PORRIDGE

This chocolate porridge has been made and adapted so many times with whatever is handy or preferred in the pantry. Make it your own according to what you feel like!



2 cups oats
2 cups almond milk (or lactose free milk, coconut milk, cashew milk)
1 cup filtered water
1/3 cup raw cacao powder
1/2 cup coconut or rapadura sugar (OR 1/3 cup maple syrup)
1 teaspoon cinnamon
Good pinch of pink Himalayan or Sea Salt

1. Place oats and liquid on medium to high heat until beginning to simmer. Reduce heat and add in all remaining ingredients. Continue to cook on medium heat, stirring as needed to keep it sticking from the bottom.
2. When the oats are tender and the porridge is thickening, remove from heat and serve topped with extra nuts, seeds or berries.

NUTTY CHOCOLATE GRANOLA



- 1 cup oats (optional if you prefer)**
- 1 cup walnuts**
- 1 cup macadamias and/or hazelnuts**
- 1 cup desiccated coconut**
- 1/2 almonds**
- 1/2 cup buckinis**
- 1/4 cup raw pepitas**
- 1/4 cranberries**
- 1/4 cup goji berries**
- 1/4 cranberries**
- 1/2 cup raw cacao powder**
- 2 teaspoons cinnamon**
- 1 tablespoon vanilla powder**
- 1/2 cup [coconut oil](#)**
- 1/2 cup rice malt syrup or raw honey**
- 1/4 cup coconut flower nectar (I highly prefer Coconut Magic [Coconut Nectar](#))**

1. Preheat your oven to 180 degrees fan-forced.
2. Place all the nuts, seeds, berries and powders into a food processor and pulse until mixed and roughly chopped. Pour into a large bowl and set aside.
3. Heat the coconut oil, syrup or honey, and [Coconut Nectar](#) in a small saucepan hot enough to melt and combine with a wooden spoon.
4. Pour the melted syrup into the centre of the bowl and stir through the dry mixture until sticky and well combined.

5. Scoop out the granola onto a large baking tray that's lined with baking paper and spread evenly across.
6. Place into the oven and bake for approximately 10 minutes.
7. Once the granola is removed from the oven leave it sit to cool. It will become crunchy and crisp!
8. Store in a glass jar in either the fridge or pantry.



ACAI BERRY CHOC BOWL

My version of a popular breakfast bowl with added benefits of raw cacao! Serves two.



2 cups of almond or cashew milk (homemade is best)
4 heaped tablespoons of Acai Berry Blend Powder (I like [Nutra Organics](#))
3 tablespoons raw cacao powder
1 large or 2 medium frozen bananas
1.5 cups frozen blueberries or mixed berries

1. Add all ingredients in order to your high-speed blender and process until combined and smooth.
2. Pour into your preferred bowl or jar and top with Nutty Chocolate Granola and extra toasted coconut flakes, or your favourite nuts, berries and seeds! **Serves two.**

RAW CACAO SMOOTHIE



- 1 1/2 cups almond milk**
- 2 tablespoons nut butter**
- 1 tablespoon hemp or inca inchi protein powder**
- 2 tablespoons Yacon Syrup**
- 1 tablespoon raw cacao powder**
- 1 teaspoon raw organic coconut oil**
- 2 tablespoons blueberries**
- 1 tablespoon goji berries**

Optional : *Bee Pollan, coconut flakes, flaxseeds, sunflower seeds or maca powder*

1. Put all into a blender and blend until smooth. Drink immediately.

A great meal replacement or breakfast drink!

CHOC PEANUT BUTTER SMOOTHIE



200ml chilled Almond, hazelnut or cashew milk
1 frozen banana (peel before freezing!)
1 tablespoon 100% natural peanut butter (smooth or crunchy)
1 tablespoon raw cacao powder
1 teaspoon cinnamon
1 teaspoon of goji berries
1 tablespoon of inca inchi protein powder (or other protein powder)

Optional: 1 heaped teaspoon of lucuma powder plus 1 heaped teaspoon of maca powder

1. Place all ingredients into a blender and blend until smooth and creamy.
2. Serve and enjoy!

END OF RECIPES

NUTRIENT DENSE INGREDIENTS

Following is a list of the main ingredients used within this collection of real food recipes. They are collated below in alphabetical order. Each ingredient listed possesses a nutritional quality of its own, and it's important to know what you're putting into your chocolate dishes to understand what benefit they'll provide to your mind and body.

You can use this list as a quick introduction and reminder as you get used to making these chocolate delights and using the ingredients. Then you can expand on this knowledge to create all kinds of *Easy Chocolate Delights* of your own!

Almond Butter:

- high in magnesium, potassium, iron, zinc and copper
- excellent source of heart healthy fats
- helps lower blood pressure
- helps control blood sugar
- rich in antioxidants

Acai Berry:

- very good levels of anti-oxidants, minerals, and vitamins
- anti-free radical fighting
- good levels of dietary fibre

Cashews:

- great source of protein (5 grams in a ¼ cup), fibre and vitamin B
- high in monounsaturated fat, which has been linked to an increase in HDL “good” cholesterol and a decrease in LDL cholesterol.
- Cashew nuts are often used as a substitute for milk or cream in vegan diets.

Chia Seeds:

- excellent vegetarian source of omega fatty acids
- easily digestible form of protein
- full of minerals and vitamins
- more antioxidants than flaxseed
- excellent source of dietary fibre

Cinnamon:

- lowers cholesterol and reduces blood sugar levels
- protects against heart disease
- contains anti-inflammatory compounds to reduce pain and inflammation
- diuretic in nature to help reduce urinary tract infections
- cinnamaldehyde within helps to prevent unwanted clumping of blood platelets

Coconut Flour:

- has the highest dietary fibre found in any flour at 58%
- 14% coconut oil
- 19% protein
- gluten-free
- helps promote blood sugar health

Coconut Oil:

- contains healthy short term medium-chain saturated fatty acids (MCFAs)
- healthy fats lauric acid, caprylic acid and capric acid contain antifungal, antibacterial, antiviral properties to boost the immune system
- Our body metabolises these fats in the liver, immediately converting this into energy (fuel for the brain and muscle function) rather than it being stored as fat
- easy to digest and protects the body from insulin resistance
- contain anti-microbial properties, which have a soothing effect on bacteria, candida, or parasites that cause poor digestion
- suitable for cooking on high temperatures without oxidising
- A recent study by the Garvan Institute of Medical Research found that coconut oil protects against insulin resistance, reducing the risk of type 2 diabetes. MCFA fats are small enough to be absorbed into the cells where they're quickly converted to energy. It is this process that not only reduces the amount of fat we pack into storage, but improves insulin sensitivity
- A study reported in the Journal of Nutrition found that coconut oil boosts metabolism. Researchers found that participants who consumed two tablespoons of coconut oil per day burned more kilojoules than those who consumed less. A speedy metabolism helps boost the body's immune system and keep weight off

Coconut Palm Sugar:

- contains minerals like magnesium, potassium zinc and iron
- derived from a coconut tree (always check labels to ensure this)
- lower GI to assist in stabilising blood sugar
- a natural source of the vitamins B1, B2, B3, B6 and C

Ginger:

- antiemetic/anti-nausea
- anticlotting agent
- antispasmodic
- antifungal
- anti-inflammatory
- antiseptic
- antibacterial
- antiviral
- antitussive
- analgesic
- circulatory stimulant
- carminative
- expectorant
- hypotensive
- increases blood flow
- promotes sweating
- relaxes peripheral blood vessels

Inca Inchi Powder:

- over 60% complete plant protein
- essential and non-essential amino acids, omegas: plus vitamins and minerals
- extremely rich in nutritious oils
- high in Vitamin A and calcium to help support bones, teeth and eyes

Peanuts:

- excellent source of vitamin E
- high in folate
- contains tryptophan which helps fight depression
- good source of fibre
- excellent source of protein

Pink Himalayan Salt:

- contains 84 minerals
- unrefined, unprocessed, raw
- promotes stable ph balance in cells
- controls water levels in the body
- aids digestion and facilitates better nutrient absorption
- encourages excellent blood sugar health

Rapadura Sugar:

- lower GI compared to refined white sugars
- stabilises blood sugar
- high in vitamins and minerals
- Per 100g it contains up to 1,000 mg of potassium, 100 mg of magnesium, 110 mg of calcium, 100 mg of phosphorus, 1,200 IU of vitamin A and trace amounts of vitamin B1, vitamin B2, vitamin B6 and niacin.

Raw Honey:

- contains antibacterial and anti-fungal properties
- contains natural antioxidants that block free radicals
- super-high in b vitamins: B1, B2, B3, B5 & B6
- contains immune boosting anti-viral properties
- contains over 300 compounds including protein, copper, calcium, magnesium, zinc and iron
- can help to lower blood pressure and reduce inflammation
- contains 4 different neuro-transmitters that act as anti-depressants
- contains essential fatty acids, manganese and zinc
- 1/4 cup contains more calcium as the same amount of milk
- 1/4 cup contains more potassium than a banana

ABOUT VIKI

Viki Thondley is a Mind-Body Wellness Expert and qualified Holistic Counsellor, Food, Stress & Lifestyle Coach, Meditation Teacher, and Eating Disorder Recovery Coach.

An author, speaker and inspirational coach, Viki unravels and explains the essential connection between your mindset, mood, health, food, stress, weight and wellness to truly love your body and embrace your life. Her work is driven by her own past experience of 18 years suffering from bulimia nervosa, food addiction, negative beliefs, and hormonal and metabolic imbalances.

Fully recovered, Viki now provides [holistic personalised programs](#), [workshops](#) and [retreats](#) to inspire self-love, healing, body confidence and food freedom.

With 20 years of experience, personal insight and professional development in health, fitness, nutrition, biopsychology, counselling, coaching, meditation and wellness, Viki's aim is to **help you** overcome the emotional rollercoaster of disordered eating from unresolved emotions, unmanaged stress and old sub-conscious beliefs creating self-sabotaging behaviours.

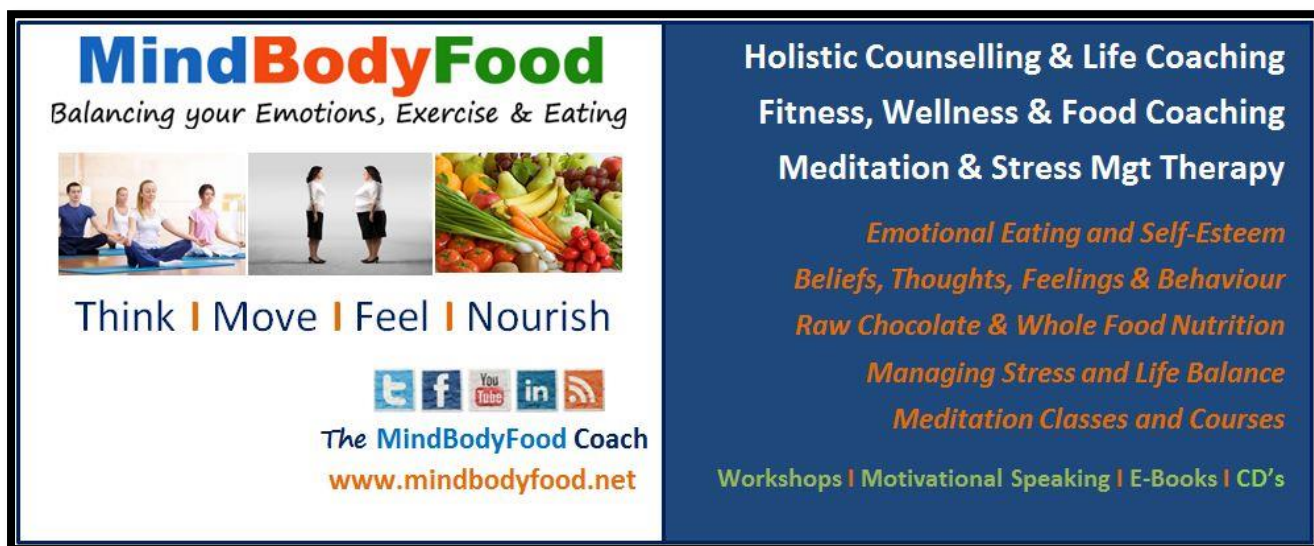
Author of "[Achieving Your Wellness: Create a Life You Love](#)", "[Easy Chocolate Delights: Real Food Sweet Treats](#)", and the free eBook "[Break Up with Dieting: 10 Tips for Calming Your Mind, Loving Your Body and Eating for Pleasure](#)", and creator of several [Meditation CDs](#), Viki's passion is to help you balance your mindset, body and life to become happy, healthy, confident and free!

Sign up to her *Happy / Healthy / Confident* newsletter for a [FREE comprehensive wellbeing assessment](#) + weekly whole-self nourishment tips, inspiration and whole food recipes.



The MindBodyFood Coach

Viki offers a range of holistic counselling, coaching, meditation and stress therapy options to break free of dieting, food rules, restriction and stress in favour of self-love, real food, self-care and pleasure. Take a look at her [website here](#) for inspiration and support.



MindBodyFood
Balancing your Emotions, Exercise & Eating

Think | Move | Feel | Nourish

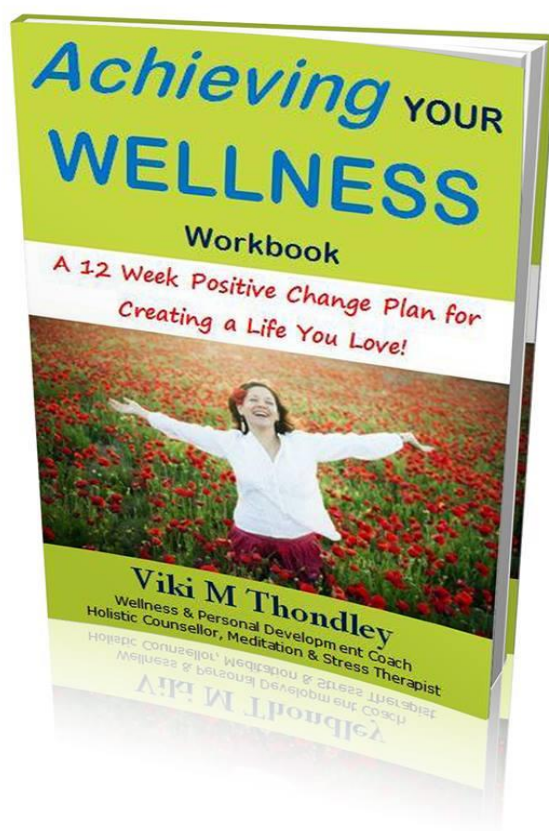
The MindBodyFood Coach
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CONNECT WITH VIKI

There are so many ways to **connect with me** and be a part of the **MindBodyFood community!**
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With **Viki Thondley**



Healthy Chocolate Delights!