

RAW CHOCOLATE RECIPE

This recipe was given to me by a client and really is worth trying.

Base Mixture

1 ½ to 2 cups of Coconut Oil

1 ½ Cups of Cacao Powder

1/2 Cup of Maca Powder (Mesquite powder in the original recipe)

1/3 Cup of Agave Nectar (adjust to taste); Stevia can be used if sugar needs to be very restricted 1 Tsp of Vanilla Extract

Pinch of sea salt

Once you have your base mixture you can really add anything you like. You can add all of the below ingredients to the batch as they add a lot of ‘superfood’ nutrition and a bit of texture to the mix. It will end up as personal preference, so play with the recipe.

Suggested additions to the base mixture for nutrition and flavour

3-4 Tbsp of Bee Pollen

1 Tbsp of Spirulina Powder

1Tbsp of Wheatgrass

1-2 Cups of Coconut

1-2 Cups of chopped nuts soaked in ~2 tsp of peppermint extract (and enough water to soak all nuts)

½ Cup of Milled Flax Powder

Instructions

Melt the coconut oil on a very low heat until it's a liquid.

Add in the rest of the ingredients and stir.

Dish the mixture out into ice cube trays (usually 3-4 trays, but depends on how many extra ingredients).

Put them into the fridge to set for ~2hours and then they are ready to eat.

If it doesn't taste perfect the first time round, you can always melt it back down (on the lowest heat to keep the enzymes active) and then you can add in some extra agave nectar or cacao powder, or whichever ingredient seems to be lacking.

NB: The chocolate, once mixed together, should have a milkshake type consistency. If it is too thick, like a paste, you can ‘taste’ the powder and if it's too thin and watery the coconut oil will collect on top of the chocolate and whilst you can cut this off once its set, it's a nuisance.

Enjoy!!