


Nourishing
Therapies



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Happy Gut KITCHEN

RAW CHOCOLATE



Raw Chocolate

INGREDIENTS

- 3/4 cup coconut oil (I use about 1/2 coconut oil and 1/4 cup cocoa butter, this gives it an even better texture.)
- 1/3 cup sweetener (honey, maple syrup and lakanto all work well...if you are trying to avoid sugar completely, lakanto is the best option.)
- 1 cup cacao (I use 3/4 cup cacao powder and 1/4 cup carob powder, it seems to really improve to taste, and it improves nutrient value as well.)
- 1 tsp vanilla

INSTRUCTIONS

1. Put everything in a blender (this is the secret for a super smooth finish).
2. Pour in a lined baking tray and cool in the freezer. You can make it as thin or as thick as you like.

FLAVOUR

You can have a lot of fun with the flavour. My favourite is to sprinkle sea salt on top, it's to die for.

Ideas: Herbs, chilies, citrus, lavender, cacao nibs, etc, this is your chance to be creative!

