

Being In Best Health: Thriving with Healing Foods and Yoga

Nataliya Bryantsev, Nutrition Consultant and Yoga teacher

<https://BeingInBestHealth.com/>

Raw Chocolates

Ingredients:

- 1/8 cup raw, unrefined, virgin coconut oil
- 1/8 cup raw cacao butter
- 1/4 cup raw coconut nectar
- 1/2 cup raw cacao powder

Yield: approximately 25 small chocolate candies
(1/2-3/4 inches in diameter)

Serving size: 2 pieces

Equipment:

- A double boiler (or a large and a small pot) for melting the coconut oil and the cacao butter
- A wooden teaspoon
- Silicone molds

Method of preparation:

1. In a double boiler, bring 2 cups of water to a boil and turn the heat off. Alternatively, boil the water in a large pot and put the dry and empty smaller pot into it.
2. Place cacao butter in the double boiler (or into a smaller pot) and allow it to melt completely. Add coconut oil and let it melt as well. This step may take a few minutes.
3. When both fats turn into liquid, stir in the coconut nectar. Alternatively, you can use pure maple syrup or raw honey.
4. When the liquid becomes homogenous, add cacao powder and mix it all well. The final mixture looks glossy and homogenous, and has a rather thick consistency.
5. Start filling up the molds using a teaspoon. Place the filled with chocolate molds into a freezer for at least 8 hours to firm up.
6. To serve, press the chocolates out of the molds. Enjoy with tea or fresh vegetable juice. Store in a refrigerator for up to 14 days.



References: Baird, L. & Rodwel, J. (2005). The complete book of raw food. Healthy Living Books: New York, NY