



The **12** days of a

Cacao Christmas

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Namaste beautiful souls

This time of the year is a time of coming together, of celebrating the joys, the gifts of life (some painful, some sublime) and all that we have learnt. Whether you celebrate it as Christmas, Chanukah, Thanksgiving...it all comes back to the same core. It is a time of gratitude. A time of love. A time to share stories and smiles and tears. One year has passed and we are on the cusp of something new...and the moon shall wax and wane and the sun shall rise and fall. We are reminded of the light that shines within us all and the light that is a spark to all life. When we glow and radiate in love and from our truth, we inspire others too.

It was very difficult for me to choose just 12 recipes for this booklet (so I added some bonus recipes!) There is so much I would love to share with you. What I have come up with is, I believe, a way to introduce nutrient dense sweet delights to the table during this sacred time. It is my hope that this inspires you not only for Christmas, but for all special occasions and for your everyday life.

Life is precious and the Great Mother, our sweet Earth, gifts us so many treasures. Use what is in season. Buy local or grow your own if you can and eat organic. Thus, your life force will be supercharged and your heart of hearts will sing with joy as your body is given what it needs.

I hope you enjoy this selection of sweets ... may you be inspired by the seasonal bounty and the song of the Earth. May you return to your natural state of deep peace, of knowing, of joy, and wonderful vitality and health. May you forever be cocooned in love.

Wake up and be grateful every day. We are so blessed.

Relish the bliss of this sacred journey with food.

In Joy and Love, Vanessa Jean

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Why Cacao?



Cacao, also known as “cacao pod”, is the fruit of the cacao tree

Known as the “food of the Gods”, it is a succulent and nutrient dense gift for us all.

According to David Wolfe, "Every study on chocolate is pointing to the same conclusion: there is something in chocolate that is really good for us. That something is the raw cacao bean, the nut that all chocolate is made from. The cacao bean has always been and will always be Nature's #1 weight loss and high-energy food. Cacao beans are probably the best kept secret in the entire history of food."

Cacao beans are the seeds of the cacao fruit. There is nothing like cacao to open the heart! It strengthens and invigorates it and brings it much healing. Cacao is a powerful longevity food and is potent food as medicine. Natural, safe and effective, this is the perfect little treasure to keep in your fridge to soften you, to open your heart, to lend energy and to deepen your connection in life.

You can buy the cacao and cacao by-products such as cacao pods, cacao powder or nibs in organic stores. You can also enjoy this "food of the Gods" in the form of cacao butter. The cacao pod is lovely to eat as is and safe for you to eat its shell, which is lovely dipped in a tiny touch of whole sweetener such as honey, coconut or maple syrup. The nibs can be added to a trail mix to give you a boost in energy and vitality.

I sing cacao praises for many reasons, one is that it is totally delicious, and the other is that it is wonderful medicine for us all. You can use it in your smoothies, raw chocolate, raw fudge and bliss balls and so much more. You can add the cacao nibs or beans to your trail mix and you can make yummy raw cakes with it; oh, and did I mention raw chocolate mousse! Yes, it is fabulous, let me tell you why.

In using cacao, you will be adding a gift from nature to your day that will support your heart – supporting your cardiovascular system and returning you to a peaceful state of being. It is best had raw, so when you make chocolate with it for that extra yummy treat, you need to leave it raw and not heat it for its most potent healing benefits.

Some benefits of cacao

- Antioxidants: the highest concentration of any food (though clove surpasses it, it is not a "food" but a spice)
- Magnesium: very high source! This relaxes the muscles helping to recover from exercise and workouts, supports the heart, increases brain power, and is alkalising. Magnesium balances brain chemistry, builds strong bones, and is associated with creating more happiness.
- Iron: critical in nutrition, iron helps to keep our blood healthy
- Plus, minerals such as, manganese and zinc
- It is great for the health of teeth, bones and heart
- Raw cacao is exceptionally high in sulphur (the 'beauty mineral')
- A neurotransmitter called anandamide, has been isolated in cacao. Anandamide is also produced naturally in the brain. Anandamide is known as "The Bliss Chemical" because it is released while we are feeling good. Cacao contains enzyme inhibitors that decrease our body's ability to break down anandamide. This means that natural anandamide and/or cacao anandamide may stick around longer, making us feel good longer when we eat cacao.

Good news for health seekers who are trying to avoid commercial chocolate and the like - cacao is a versatile food and can be used in many delicious ways!

It's great to offset processed and highly refined sugar cravings. One morsel of raw chocolate or a bliss ball will sate you and fill you with joy (literally)!

Some Cacao Suggestions

- Try eating cacao nibs straight, a teaspoon at a time. Chew thoroughly and experience the taste extravaganza of raw chocolate or try a cacao pod!
- Add to nut-based smoothies or nut milks to make chocolate shakes and flavoured milks
- Add honey to the raw cacao nibs and chew
- Freeze cacao nibs with whole sweeteners (e.g. an unprocessed raw honey is fantastic). Eat cold.
- Blend cacao nibs into herbal teas with the Peruvian superfood maca or damiana for a passionate connection or passionflower for restfulness and sleep
- Add cacao nibs to raw ice-creams for the best chocolate chips in the world
- Chop up a banana, add some nut butter and top with cacao nibs for a delicious snack, supper or dessert
- Combine your cacao creations with pure food grade essential oils for extra deliciousness and fun!



Day 1: Raw Petit Chocolates “I am love”

Be Still my Heart - these Christmas chocolates are beautiful.

These are so simple and quick to make you will be amazed - and they are a favourite among my loved ones and friends.

Ingredients

1/2 cup coconut oil, liquified

1/2 cup raw cacao powder

1 cup raw goji berries

1 tsp ground cinnamon

1 tsp vanilla extract

Pinch Celtic sea salt

2 tbsp maple syrup, coconut syrup or honey
(or to taste)

6-8 drops Wild Orange essential oil to taste. This acts as a beautiful false sweetener.



Method

Blend all ingredients, except goji berries, thoroughly in your Thermomix (TM) or food processor. I like the goji berries to remain whole so once it is combined add the berries and gently stir, or if you have a TM, put it on reverse for this stage, or mix by hand.

Once mixed, pour into your favourite mould (I love these in love heart moulds) or chocolate foils.

Gently pour the mixture into little foil cups or moulds and refrigerate or freeze immediately. You can top with bee pollen* for something special or you can add an extra goji berry to the top. *Bee pollen is a complete protein (it is not vegan).

You can increase the ingredient quantities and store the little chocolate treats in your fridge/freezer where they will await your pleasure... remember cacao is deeply healing... and an aphrodisiac, so a love ritual between you and your beloved might involve these little treasures on the summer/winter solstice or on Christmas eve or night!

Note: This is your base; you can serve as is or you can add a beautiful superfoods or sun-dried fruit to these i.e.; wild harvested dried blueberries, sour cherries, cranberries, white mulberries, Inca berries, bee pollen, chilli, cayenne, medicinal mushrooms, gubinge powder (Kakadu plum), maca, camu camu, acai etc. Small quantities of each is all you need and have a selection of petit raw chocolate ready for feasting or an emergency snack. Consider also using food grade essential oils to enhance the flavour of your treasures; Wild Orange, Cinnamon Bark, Peppermint or Spearmint to mention a few! Check out the graphic at the end of this recipe book for more essential oil suggestions for sweet treats.

Day 2: After Dinner Mints “I am vital”

I love choc-mint! It is such a beautiful combination, as is ginger and chocolate, chilli and chocolate, sea salt and chocolate, orange and chocolate, and lime and chocolate! Well I could go on but I will stop with that little tease! The point is, you can create an array of raw chocolates using the one base and taking out small amounts and making a selection. Use different moulds so you know the difference and you will have so much fun. Infuse it with your laughter, love and an affirmation and you will have fabulous raw chocolates!



You can use anything you like... lovely chocolate foils are great for the festive season, they come in red, green, blue, gold, and silver, or simply create as a chocolate bark (see method for details.)

Ingredients

3/4 cup coconut oil, liquified

1/2 cup raw cacao powder

Pinch Celtic sea salt

3 drops Peppermint pure essential oil (or Spearmint if preferred)

2 tbsp coconut syrup, to taste (add more if you want them sweeter)

Method

Blend ingredients until combined. Check for taste and adjust for your tastebuds, if you need another drop of Peppermint essential oil add it now and recombine.

Once mixed, pour into your favourite mould and set in fridge or freezer. If you want to make them paper thin you can do it as one thin slab and cut it once set... this is lovely! For this – line a baking tray with parchment / baking paper, pour in the raw chocolate mix and set in fridge or freezer.

Alternative After Dinner Mints Recipe

This is like the super hero blend! You will feel vibrant, clear and vital!

1 cup of coconut oil, liquefied

1 cup raw cacao powder

1/2 cup maple syrup to taste

Pinch Himalayan sea salt

10 drops Peppermint essential oil

6 drops Spearmint essential oil

Method

As above.

Day 3: Nourishing Bliss Balls “I am nourished”

Whether you experience a white Christmas or a lovely Australian hot Christmas, this combination of nutritious nuts and seeds with superfoods and essential oils will soothe, calm and nourish you over the season.

Ingredients

1 cup mixed nuts i.e. raw cashews, brazil nuts and walnuts (full of great fats!)
1/2 cup sunflower seeds and pepitas (pumpkin seeds)
1 tbsp cacao nibs
1 tsp acai powder
10 medjool dates, pitted
10 dried figs
1/4 cup raw cacao powder
1 tbsp coconut oil, softened
3 drops Wild Orange essential oil
1 drop Protective Blend (this blend is like cinnamon and spice and all things nice)

Method

Blitz nuts and seeds first. Then add dried fruits and remaining ingredients and combine until they all come together.

Taste – adding more essential oil if required (to taste).

Roll into bliss balls and store in the fridge... snack on them as and when needed (like right now!)

Options – roll into ground cacao nibs, nuts or desiccated coconut! Yummy!



Bliss Ball Options

Dressing your bliss balls – my what fun!

Try:

- Hemp seeds
- Chia seeds – black or white
- Coconut – toasted or shredded
- Cacao powder
- Powdered goji berry



Bonus Suggestion - Bliss Discs!

Here's another fun way to use the bliss ball mix. Instead of shaping it into rounds, try shaping it into small discs.

You can top the discs with some raw chocolate sauce and then add nuts (e.g. walnuts or try the caramelised nut mix in this book). A smattering of goji berries will look particularly festive!



Day 4: Salted Nut Fudge “I am held”

This is a delicious and simple raw fudge recipe; however, because of the coconut oil content be sure to keep it always refrigerated. Coconut oil liquefies in the heat; thus, you will end up with a chocolate sauce if you do not keep it cold! (This might just be divine!) Thus, not to take on picnics or added to lunch boxes (unless using an esky with ice).

Ingredients

1 cup almonds - seeds are a great option for a nut free version (e.g. sunflower, pepita, chia (don't roast chia))
1/2 cup goji berries
Good quality salt: Himalayan/Celtic
1/2 cup raw unprocessed honey (use maple or coconut syrup if vegan)
2 drops Cinnamon Bark pure essential oil
1 drop Cardamom essential oil
1 drop Wild Orange essential oil
1 cup raw cacao powder
1 cup coconut oil, liquefied



Method

Lay almonds on a baking tray (make sure they are not over crowded). Sprinkle with salt and roast for 10 minutes (until they begin to brown). Do not over roast or burn them, you will spoil their good fats.

Place all ingredients into a food processor (a Thermomix is perfect for this) and process until you get a chunky consistency; you want to see the nuts and goji berries, so don't over process. Note: In the Thermomix it does not take long, just be sure to scrape down the sides.

Line a large loaf or slice pan with parchment/baking paper and then pour mixture into the tray (spread till about 1/2 inch thick). Sprinkle with salt. Cover the top with another sheet of parchment/baking paper and refrigerate/freeze until set.

Cut into small squares and store in an airtight container in the fridge or freezer.

This is a long-lasting recipe... depending how quick you all are to eat it! It is a healthy, nutrient dense snack and great for children and adults.

During winter, it is great to support the immunity. Any signs of a bug coming on have; a piece of fudge! The coconut oil is anti-viral/fungal and anti-bacterial and great for supporting the immunity. The essential oils will boost it with flavour and health benefits. I hope you enjoy the fudge, happy creating and happy eating. Remember you can use any nuts you enjoy really. Hazelnuts, walnuts and cashews all work in this, depending on what you have on hand. Remember to use your imagination with what you would like to go into this.

Day 5: Raw Panforte “I am resilient”

A nutrient dense and healthy version of this well-loved dessert.

1 ½ cups Australian sundried apricots
1/2 cup roasted almonds
1 cup raw cashews

Roughly grind or chop.

Add:

1/2 cup sweet cherries
1/2 cup sour cherries
1/3 cup cacao nibs
1/3 cup goji berries
1 cup raw cacao powder
1 tsp ground vanilla bean
1 cup coconut oil, liquefied
1 drop Clove Bud essential oil
3 drops Cardamom essential oil
10 drops Wild Orange essential oil
2 drops Cinnamon Bark essential oil

Gently mix through, either lightly in a blender, TM, or by hand.

Once well combined add:

1/3 cup raw unprocessed honey, liquified gently (don't liquify on high heat)
Add 1 drop Cassia essential oil and 1 drop Cinnamon Bark essential oil

Gently combine.

Pour into a lined tart tin at least 1.5 inches high.
Place in the fridge or freezer to set.



Day 6: Goji and Orange Clusters “I am joy”

I am going to give you some quick and easy sweet treats direct from cacao heaven to place on a tray and pass around as sweet ‘finger foods’.

They are lovely for children and adults alike. These are a slow release fuel, for larger quantities simply double the mixture. They make for a perfect little treat over the holiday season and look beautifully festive for Christmas day.

Ingredients

1/3 cup goji berries
6 soaked medjool dates, pitted
2 unsoaked dates, pitted
3 - 4 drops Wild Orange pure essential oil
1 tbsp honey
1 tbsp cacao powder
1 tbsp coconut oil
1 tsp Camu Camu (optional)

Method

Gently blend ingredients in a food processor.

Form into rough circular shapes, lay on lined baking tin and set in the fridge. You will need to keep these refrigerated or they will melt.

This is a lovely alternative to reaching for highly processed snacks. There will be a joy and lovely peace that washes over you with the addition of the Wild Orange essential oil.

These are divine. Enjoy.

Day 7: Vetiver & Lemon Chocolates “I am rested”

Ingredients

- 1 cup cacao powder
- 1 cup coconut oil, liquified
- 1 cup coconut nectar blossom / coconut syrup - or to taste
- Pinch sea salt or Himalayan salt
- 6 drops Vetiver essential oil
- 5 drops Lemon essential oil

Method

Gently combine all ingredients.

Pour into moulds of choice and place in the fridge or freezer to set.



Day 8: Raw Chocolate Dipping Sauce “I am sensual”

I shared this delectable feast of love with a group on a retreat in Port Douglas, Australia. It was such a beautiful way to engage the senses and come alive with colour, texture and flavour. It's a mouthgasm!

Use fresh berries, paw paw, pineapple, banana... anything you like – create a rainbow! If you wish, you can half immerse the fruit into the chocolate dipping sauce, then place them in the fridge to set. Raw chocolate, when placed in the fridge or freezer will harden. The texture is pleasing and velvety.

You could use many different essential oils, including citrus. I chose these oils to reflect not only the festive season, but the heart. They open our hearts to love and fill us with warmth, joy and hope.

Ingredients

1 cup raw cacao powder
1 ¼ cup coconut oil, liquefied
1/2 - 1 cup whole sweetener (maple syrup, raw honey for example) – to taste

Essential oils: Cardamom, Wild Orange, Cinnamon Bark, Cassia, Spearmint, Black Pepper, Ginger, Lime



Method

Stir ingredients in a bowl by hand until thick and creamy. Alternatively, stir on gentle speed in a food processor. Divide the mixture up into 4-6 small ramekins and then add essential oils – you can do this to taste. Here is a guide:

2 drops Wild Orange essential oil with 1 drop Cardamom essential oil

1 - 2 drops Cinnamon Bark essential oil or 1 drop Cinnamon Bark + 1 drop Black Pepper

1 drop Cassia essential oil (with Wild Orange is lovely too)

1 - 2 drops Spearmint essential oil

1 drop Ginger essential oil + 2 drops Lime essential oil

Combine well.

You will also need fresh, beautiful, seasonal fruits for dipping.

Using your fingers or using toothpicks, dip the fruit into your cacao creation and become aware of your heart expanding, your senses awakening. and your sensuality stirring.

Day 9: Raw Chocolate Mousse “I am decadent”

What makes this so decadent, nutrient dense and special... the secret ingredient that raw foodies and health conscious beings have used for a long time - avocado! Yes, you read correctly, the avocado adds texture, flavour and nutrition which helps this to be an outstanding breakfast, snack, dessert or morning/afternoon tea. Try it and you will see what a beautiful marriage avocado and cacao really are! This is filled with great fats from the avocado and is a recipe that can help you release unwanted fat and fill you with life force if you feel low on energy.

Ingredients

1 ripe avocado

2 tbsp raw cacao powder

1 - 2 tbsp whole sweetener of your choice; coconut syrup, maple, raw honey

If you want to add some pizzazz to this you can add a smattering of:

Cacao nibs

Goji berries

Blend in a banana (must be ripe!)

Coconut flesh or cream

3-6 drops Wild Orange essential oil or Tangerine essential oil to taste.

Consider combining with a spice essential oil e.g. Cinnamon Bark (1 drop)

Method

Mash all ingredients by hand or in blender/food processor (except cacao nibs or goji berries if adding these).

Blend until totally smooth and creamy, check for taste balancing sweetness as required.

Serve with fresh berries if you want to dress it up. Relish the bliss!



Day 10: Soft Centred Raw Chocolates “I am strong”

These were a creation born from my heart as I flew home from our beautiful trip to Nepal, April 2017. Here we gave of our hearts and met some of the happiest and big-hearted communities. We worked together building a new school for the children, we laughed together, danced together and sung together!

These soft centres are heart opening, and aphrodisiac in nature. Enjoy the smooth, creamy soft centres!

For this you will need:

- Any chocolate moulds with depth to them such as hearts, squares, rounds etc. What I have used are silicone mini cupcake holders – you can buy them in kitchen stores.
- You can also purchase or dry your own rose buds or petals for decoration - optional
- A food processor or Thermomix
- Ashwaganda powder – if you cannot source this or want to make it now and don't have it, leave it out

Ingredients – Part One (Raw Chocolate)

1 cup raw cacao powder

1/2 cup cacao butter, liquified

1/2 cup coconut oil, liquified

1/2 cup maple syrup, or to taste

Pinch Celtic sea salt, or Himalayan salt

1 tsp Ashwaganda powder (optional and utterly fabulous and heart opening aphrodisiac superfood)

Essential oils:

- 1 drop Black Pepper essential oil
- 2 drops Cardamom essential oil
- 2 drops Wild Orange essential oil

Method – Part One Raw Chocolate

Liquify the cacao butter and coconut oil in the TM at 40°C or on low heat on the stove, or by using the double boiler method. You can also liquify coconut oil by sitting the jar, (lid tightly screwed on), in a sink or bowl of hot water. (Note – in summer it will stay liquified).

Gently combine all ingredients in TM/food processor or by hand, until well combined. The mix should be glossy and pliable. You want movement in it without it being too runny.

Place the chocolate into the moulds, only putting a ½ cm in the bottom of the mould. Then, with your hands, gently pick up the moulds and swoosh the chocolate around so that the case has a thin covering of chocolate. Place these in the freezer to set. The left-over chocolate will be used later to cover the soft filling.

Meanwhile make Part Two, the filling.

Ingredients – Part Two (soft centered filling)

2/3 cup cashews, soaked
1/3 cup raw organic frozen raspberries
1/2 cup raw cacao (leave out if you want a raspberry coloured centre)
1/2 cup coconut oil, liquified
1 tbsp coconut cacao crystals (optional)
1/4 cup maple syrup
2 drops Rose essential oil (if you don't have Rose, consider using Cinnamon Bark essential oil)
6 soaked medjool dates, pitted (immerse in clean water)
1 tbsp date soak water
Pinch Celtic or Himalayan salt
1 tsp Ashwaganda powder (optional)
1 vanilla bean, scrapped, or 1 tsp vanilla bean powder
1/4 tsp ground cinnamon

Method – Part Two Soft Centre

Bring coconut oil to a liquid state, as per Part One.

Take the medjool dates out of the soaking water and set aside (keep soaking water).

Add all ingredients to your TM or food processor (except date soaking water).

Gently blend until well combined, slowly increasing speed to medium level (speed 4-5 on TM).

Taste for balance, adding more sweetener or a hint more salt if needed. A touch of date soaking water can be added to balance the sweetness and texture needed. The texture should be thick so that it does not easily slide off a teaspoon.

Once you have made the soft centre, check the chocolate moulds have set, then add the creamy soft centre filling to each mould using a teaspoon (scraping each dollop into the mould with another clean teaspoon).

Once all the rose centres have been placed into the moulds, pour the remaining chocolate mix so that it fills the sides and tops of the moulds, covering the soft centre in pure chocolatey bliss!

Set in fridge or freezer.

You can top each with a dry edible rose bud or petals*. If you are going to do this, be mindful to use the silicone moulds or foils, and use organic, spray free or your own dried flowers.

Remember for chocolate moulds: the 'top' of the chocolates is the bottom of the mould.

*Edible rose petals or buds can be purchased from all good kitchen stores or food stores.

If you do not top with petals or buds, you can always adorn your serving plate with them.

A beautiful creation to share with your beloved and loved ones at this special time of the year.



Day 11: Raw Fudge “I am grateful”



Ingredients

2 cups caramelised almond mix (see recipe to follow)

1 cup coconut oil, liquified

1 cup raw cacao powder

1 tsp vanilla bean paste

1/2 tsp vanilla powder

1 tsp cinnamon powder

1 cup maple syrup

Add any essential oils (see suggestion sheet at the back of this booklet)

Method

Use a TM or powerful food processor and place caramelised almond mix in a TM and process for 3 seconds on speed 5, or in a food processor until you reach your desired texture.

Add remaining ingredients and combine in the TM for 5 seconds, speed 7. Line a tray with baking paper/parchment paper and add mixture to this then place in the fridge/freezer to set.

Bonus Recipe: Caramelised Nuts “I celebrate life”

Ingredients

2 ½ cups raw almonds
1 tsp Celtic sea salt
2 tbsp coconut oil, liquified
1 drop Cassia essential oil
2 drops Juniper Berry essential oil
2 tbsp maple syrup with 3 drops Wild Orange essential oil
1 tsp Celtic sea salt (to sprinkle)
1/2 tsp vanilla extract
2 tbsp cacao nibs



Method

Heat fan forced oven to 200°C.

Line baking tray with parchment or baking paper.

In a little bowl, mix the liquid coconut oil with the Cassia and Juniper Berry essential oils, and the vanilla extract.

Place almonds on a tray with 1 tsp salt and the mixed coconut oil and massage over the almonds.

Combine the Wild Orange essential oil with the maple syrup, then pour and massage onto almonds. Sprinkle the extra tsp salt over the almonds.

Place into a hot oven.

Set timer for 5-7 minutes for roasting. Do not over roast or burn all the good fats in the almonds.

Take out of the oven and allow to cool, then mix with hands. Once well combined, add 2 tbsp cacao nibs, combine again. Place in a covered bowl and snack on as desired.

Note: you can add a cup of this mix and create the raw fudge slice. See previous recipe “I am Grateful”.



Raw Fudge Extra Recipe “I am vibrant”

Ingredients

50g coconut oil, liquified

50g cacao butter

1 cup raw cacao powder

1 tsp vanilla bean paste

1/2 tsp vanilla powder

1 tsp cinnamon powder

1 cup maple syrup with 2 drops Green Mandarin essential oil and 1 drop Pink Pepper essential oil

Method

Gently combine ingredients in a TM or food processor. Add any remaining ingredients you felt drawn to add (see below for suggestions).

You can leave as is – yum - or add in nuts, superfoods or seeds.

Place other ingredients and combine in the Thermomix for 5 seconds, speed 7.

Day 12 Frankincense and Green Mandarin Raw Chocolate “I am true to myself”

Ingredients

¾ cup coconut oil, liquified
¾ cup cacao powder
¾ cup maple syrup (or to taste)
½ tsp Himalayan salt
Dash of vanilla powder
6 drops Frankincense essential oil
11 drops Green Mandarin essential oil

Method

Add all ingredients together and gently combine. Taste and adjust as need.

This will make a beautiful chocolate sauce, as a dipping sauce or for a fondue, or you can put into moulds and set in the fridge or freezer.

What I did was gave it a quick whip to thicken it for 3 seconds, speed 3 – it becomes thicker, and I poured into the moulds.



If you whip up the mixture in your Thermomix further, the texture becomes more like a fudge that you can place into a lined baking tray.

Whip even further and you get a fondant!

Suggested Wholefood Liquid Sweeteners: vegan honey, raw unprocessed honey, coconut syrup (also called coconut blossom or coconut nectar).

This recipe is so versatile. 1 cup, 1 cup, 1 cup (and variations thereof) of cacao, coconut oil and wholefood sweetener are the starting point of your cacao raw chocolate bliss. Add to this your food grade essential oils, nuts, seeds, berries and the options become endless!

Christmas Eve: Cacao Elixir "I am calm"

Cacao Elixir



This is a nourishing and nurturing elixir, perfect before meditation and sleep. It opens the heart center and expands the mind for creative flow.

1 litre coconut milk
1 litre coconut water
1 – 2 tbsp cacao powder
Cayenne – pinch
2 cinnamon quills
1 tsp ground cinnamon
6 cardamom pods
2 star anise
4 medjool dates or 2 dried figs

Essential oils you could infuse:

Cinnamon Bark
Cassia
Cardamom
Protective Blend
Black Pepper/Pink Pepper
Ginger
Wild Orange
Green Mandarin
Tangerine
Spearmint
Peppermint

Optional sweeteners: raw honey, coconut syrup or coconut sugar (add these after heating). I don't add sweetener as I find the dates and coconut milk are sweet enough.

Let this stand for 2 - 4 hours then gently heat. Take out the quills, pods and star anise then gently blend in a food processor so the dates are combined. Note: I love to grind the cardamom seeds in a mortar and pestle and include in the elixir. Makes 2 litres.

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Cardamom & Cacao Dates

Medjool dates

Cacao beans

Cardamom essential oil

Carefully pit the medjool dates, taking care not to “mush” them. Add 1 drop of Cardamom essential oil to the open date, then insert the cacao bean and make it as a “sandwich” or leave them in halves.

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Alternatively, use Wild Orange essential oil if you don't fancy cardamom.

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