

Winter Inspired Cacao Treats



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Welcome!

As autumn fades, and winter approaches, we feel the need to go inward, to cocoon, to take a moment to breathe and release the busyness of summer.

Winter is a time of nurture, and I can think of no better way to nurture than using the heart-opening power of cacao.

I advocate cacao 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; yes, it is fabulous, let me tell you why.

In using cacao, you will be adding a gift from nature to your life that will support your heart – giving you a healthy 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.

In Joy and Love, Vanessa Jean

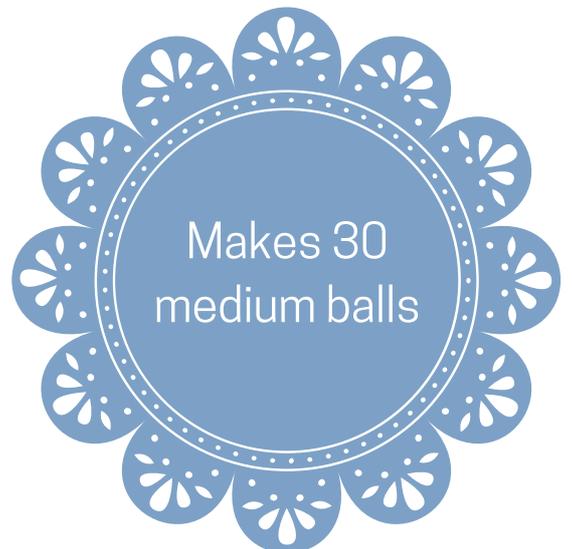


Ginger Bliss

1 cup walnuts
1/3 cup cashews
1/4 cup Brazil nuts
1/2 cup cacao powder
1/2 tbsp cashew nut butter
1 tbsp softened coconut oil
12 medjool dates, pitted
10 drops Wild Orange essential oil
6 drops Ginger essential oil
4 drops Cinnamon Bark essential oil

Blitz nuts first to a chunky texture in a food processor or Thermomix. Then add remaining ingredients. Blend on medium speed until combined. Roll them into balls and refrigerate.

Alternatively, you can roll the balls into this nut and essential oil coating for extra deliciousness. Grind up some extra nuts, then add a couple of drops each of Cinnamon Bark and Wild Orange essential oils and mix in. Then roll your the into the mix!



Nut Slab

1 cup walnuts
1/2 cup Brazil nuts
1 cup cacao powder
1 cup coconut oil, liquified
1 cup honey, raw and unprocessed
3 drops Cassia essential oil
2 drops Cinnamon Bark essential oil
10 drops Wild Orange essential oil
Generous 3 finger pinch of Himalayan or Celtic salt

Blitz nuts first to a chunky texture in a food processor or Thermomix.
Then add remaining ingredients.
Blend on medium speed until combined.
Pour onto a lined baking tray.
Set in the fridge or freezer.



Apricot Raw
Chocolates

Ginger
Bliss

Nut
Slab

Winter Raw Chocolates

A Return to Love BASE RECIPE

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

Now divide the mixture to make different flavoured raw chocolates.

RESTFULNESS

6 drops Vetiver essential oil
5 drops Lemon essential oil
Makes 33 raw chocolates

ENLIVENING

1/4 cup coconut oil, liquified
1/3 cup cacao butter, liquified
1/4 cup coconut nectar blossom
/coconut syrup
1/4 cup cacao powder
5 drops Peppermint essential oil
Makes 18 raw chocolates

FORTITUDE

4 drops Lime essential oil
2 drops Black Pepper essential oil
2 drops Ginger essential oil
Finely chopped organic, sulphate
free, apricots
Add the apricot to moulds then pour
the chocolate in.
Place in freezer to set.
Makes 15 raw chocolates

Raw Chocolate Dipping Sauce



Using the delicious raw chocolate recipes above keep the chocolate liquid to create incredible dipping sauces.

Use seasonal fruits, dip and enjoy.

Alternative, dip the fruits and then allow the chocolate to set.



Chai Balls

10 medjool dates, pitted

1/4 cup desiccated coconut

1/4 cup cacao powder

4 drops On Guard protective blend essential oil

1 tbsp coconut oil, softened

Process all together in a food processor or Thermomix.
Roll in roughly ground nuts, or coconut to keep it nut free.



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
Protective Blend
Black Pepper
Wild Orange
Cardamom
Tangerine
Spearmint

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.



ESSENTIAL OILS

for

Sweet Treats

Only use pure essential oils.
I use and recommend dōTERRA essential oils.

Spices

Black Pepper, Cardamom, Cassia, Cinnamon Bark, Clove Bud, Juniper Berry, Protective Blend

Herbs

Peppermint, Spearmint

Roots

Ginger, Vetiver

Citrus

Bergamot, Grapefruit, Lemon, Lime, Tangerine, Wild Orange

Floral

Geranium, Lavender, Rose

Resin

Frankincense

Tips

- 👉 A little goes a long way - add toothpick by toothpick or drop by drop
- 👉 Check for taste
- 👉 Wild Orange, Cinnamon Bark, Clove & Cardamom add natural sweetness (known as false sweeteners)
- 👉 Freezing food reduces the essential oil intensity



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incorporating dōTERRA pure essential
oils, please visit

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