

HOMEMADE RAW CHOCOLATE

INGREDIENTS:

- ❖ Cacao butter* ½ Cup
- ❖ Coconut oil 2 TBSP
- ❖ Cacao powder ¼ Cup + 1 TBSP
- ❖ Honey To taste

METHOD:

1. Set a bowl inside a pot with hot water, being careful not to get any water inside the bowl.
2. Add the cacao butter, coconut oil and raw honey and wait for it to melt, being careful not to over-heat it and destroy some of the nutrients. Ideally you want to keep this mixture at below 110°
3. Once these ingredients are melted whisk in the raw cacao powder.
4. Set the bowl over cold water being careful get any water inside the bowl and continue to whisk this constantly until the mixture starts to thicken. The raw honey and the oil tend to separate so you want to keep mixing them until the mixture has cooled off a little bit.
5. Pour the raw chocolate mixture into chocolate molds, paper lined mini muffin tins, silicon ice trays, or wait for the raw cacao to be really thick and roll into little balls (some refrigeration may be needed for the last option). If the mixture starts hardens too much put the bowl over hot water again.
6. Place the raw chocolates in the freezer for a couple of minutes and transfer to the refrigerator until set.

