

# Healthy, Healthy Chocolate

**This is NOT Candy. It's Chocolate!**

## Ingredients:

- 1 cup cacao powder (we use roasted)
- 3 Tbs. cacao nibs (roasted)
- ½ scant cup honey
- ½ cup cocoa butter (melted)
- Optional: 1 Tbs. maca powder (helps with adrenal support)

1. Mix solid ingredients together in a bowl
2. Melt cocoa butter and add to solid ingredients
3. Melt honey until runny, then add to solid ingredients
4. Mix well
5. Pour into molds or on parchment paper on a small cookie sheet
6. Put in refrigerator to cool until solid (usually 30-45 min)
7. When hardened, remove from molds, or cut into squares to serve.

Store in refrigerator! There are no preservatives in this chocolate to prevent it from melting at room temperature.

OPTIONS: - you may flavor your chocolate by adding any of the following:

- ½ tsp. - cinnamon powder
- 6-12 drops peppermint essential oil
- ½ tsp. chipotle or cayenne powder
- 1 tsp. coarse ground sea salt
- ½ tsp. orange or lemon essential oil
- ½ tsp. vanilla extract (not essential oil)

## ***Hot Choco-Latte***

This morning drink will **reduce inflammation**, increase **mental clarity** and **satisfy hunger**. It is the best “hot chocolate” we have ever had. Drink two cups for breakfast (7am) and you will be satisfied and not hungry until after noon (12pm).

### Ingredients:

2 cups Hot - Roasted Barley Tea, Pero, Roma, Postum –we get barley tea bags at the Asian Market (you can use whatever you like) or just plain hot water  
2 Tbs. Butter – grass-fed (Kerrygold brand is best)  
2 Tbs. Coconut oil  
1 heaping Tbs. Cacao powder  
1-2 packets Honey or Stevia to taste  
Optional: 1 tsp. Vanilla powder – or ¼ tsp. of Vanilla extract  
2 drops peppermint essential oil  
¼ tsp. cinnamon or nutmeg powder  
1 tsp. of Maca root powder – to balance hormonal issues – Adrenal, Estrogen or Testosterone  
½ -1 tsp. Turmeric powder  
½ - 1 tsp. wheat grass juice (fresh or powdered)  
1 ½ tsp. of Gelatin (leftover Hot Choco-Latte refrigerated makes pudding)

1. Measure out your HOT tea, Pero, Roma or water into a blender.
2. Add the cocoa, water, butter and oil and any other ingredients together in a blender, and blend it until frothy.
3. The result is a hot and frothy cocoa beverage with a nice, airy and creamy.
4. Optionally you may add stevia sweetener or honey to taste (chocolate isn't naturally sweet). To us, it's delicious with or without sweetener.

### How it works

By ingesting healthy lipids or fats instead of carbohydrates (sugars), you get your body to run on fats, which apparently are much better fuel for your mind and body than just simple carbohydrates. When you consume ingredients from pure, organic and unadulterated sources, you won't be putting into your body many the neurotoxic elements that create so many problems people experience today.

The main flavor or component to this drink is the cacao (pronounced Ka-Cow). Cacao contains the substance nutrient theobromine, which has been aptly referred to as the “food of the gods.” The molecule theobromine is structurally similar to caffeine, save for 1 carbon and two hydrogen atoms, which does not appear to be a big difference at first. However, compared to caffeine, the differences in effects are profound:

- Stimulating in effect, but not a central nervous (adrenal) stimulant
- Relaxes smooth muscle tissues
- Has a half-life that is almost twice that of caffeine, meaning it lasts longer in the body

Cacao is very high in anti-oxidants and creates a nice euphoric feeling. You should feel powerful and energized with it. But most importantly, you will not experience a hard crash when the energy effects wear off; instead it gently tapers away into relaxation. Like caffeine, as long as you don't overdo it you should be fine. We recommend this as a morning drink.