

Chocolate and commercial chocolate is usually made with trans fats refined sugar and a bunch of crap. Anything that resembled nutrition was taken out of it in favour of making it in the cheapest way possible.

**This recipe with these nutrient dense ingredients are ACTUALLY GOOD FOR YOU!!**

REAL RAW CACAO IS A SUPER FOOD. Full of antioxidants and super nutrients for you!!!!

Real Chocolate!!! Yes you can eat a piece of this everyday.

Here are the ingredients (and amounts) you need on hand to make your own raw chocolate.

- 1/2 cup cocoa butter
- 1/2 cup virgin coconut oil
- 1/2 cup (raw) organic cocoa powder
- (3 table spoons of xylitol )

**Ideas for additions**

Now, the basics above form the foundation of your recipe.

However, if you want to jazz it up a bit, here are some ideas for what you can add.

•lucuma powder (sweetener, also makes the chocolate more milk chocolate like) this is an ingredient that I have only found on commerical drive and a place called eternal abundance.

- cocoa nibs
- goji berries
- dried berries
- raisins
- dates, chopped
- crushed nuts, almonds, seeds
- chili powder
- maca
- green tea extract
- carob
- 1tsp turmeric
- 1 tsp of ginger
- or anything else you like that is nutrient dense, experiment!!!

**Step 1.**

Grate 1/2 cup of the cocoa butter. It will melt easier when it's grated. Measure also 1/2 cup of coconut oil.

**Step 2.**

Place cocoa butter and coconut oil in a water in a small, heat-safe cup or bowl. Then place the cup or bowl in a shallow pan

containing a small amount of warm (not boiling, but nearly) water. Stir the oil and butter occasionally until it's smooth.

**Step 3.**

Measure 1/2 cup cocoa powder. If you'd like to add any other dry ingredients, measure them out now and stir them together with the cocoa powder. Allot of times I will put Natural vanilla or vanilla extract in here as well.

**Step 4.**

Pour the dry ingredients in the bowl with melted oil and butter. Stir continuously until smooth.

**Step 5.**

Add in the 3 able spoons of xylitol here.

**Step 6.**

check if the chocolate is sweet enough. You can also add the rest of the additions at this point – like chili/cayenne, dried fruit, nuts etc.

**Step 7.**

Pour the melted chocolate on a pan / plate / ice cube tray. You can also throw some of the additions on top of the chocolate, it looks nice. Place the chocolate for 30 minutes in the freezer or 60 minutes in the refrigerator.

You can do what ever you like. Get creative.

**Step 8.**

Enjoy in moderation you will be delighted by how delicious REAL chocolate is! Good for you and tasty tooo! You could eat a small piece of chocolate every night for a treat or your dessert.

NOTE: Sometimes I omit the cocoa butter and just use coconut oil. I also will just chuck it all into my trusty cast iron frying pan and melt it all down and then just pour into molds and pop in the freezer. Its quick and easy....JUST MAKE SURE WHEN YOU ADD VANILLA IT IS NOT UBER HOT ON THE STOVE AT THAT POINT AS THE VANILA WILL JUST EVAPORATE OUT.

ENJOY!!!!

