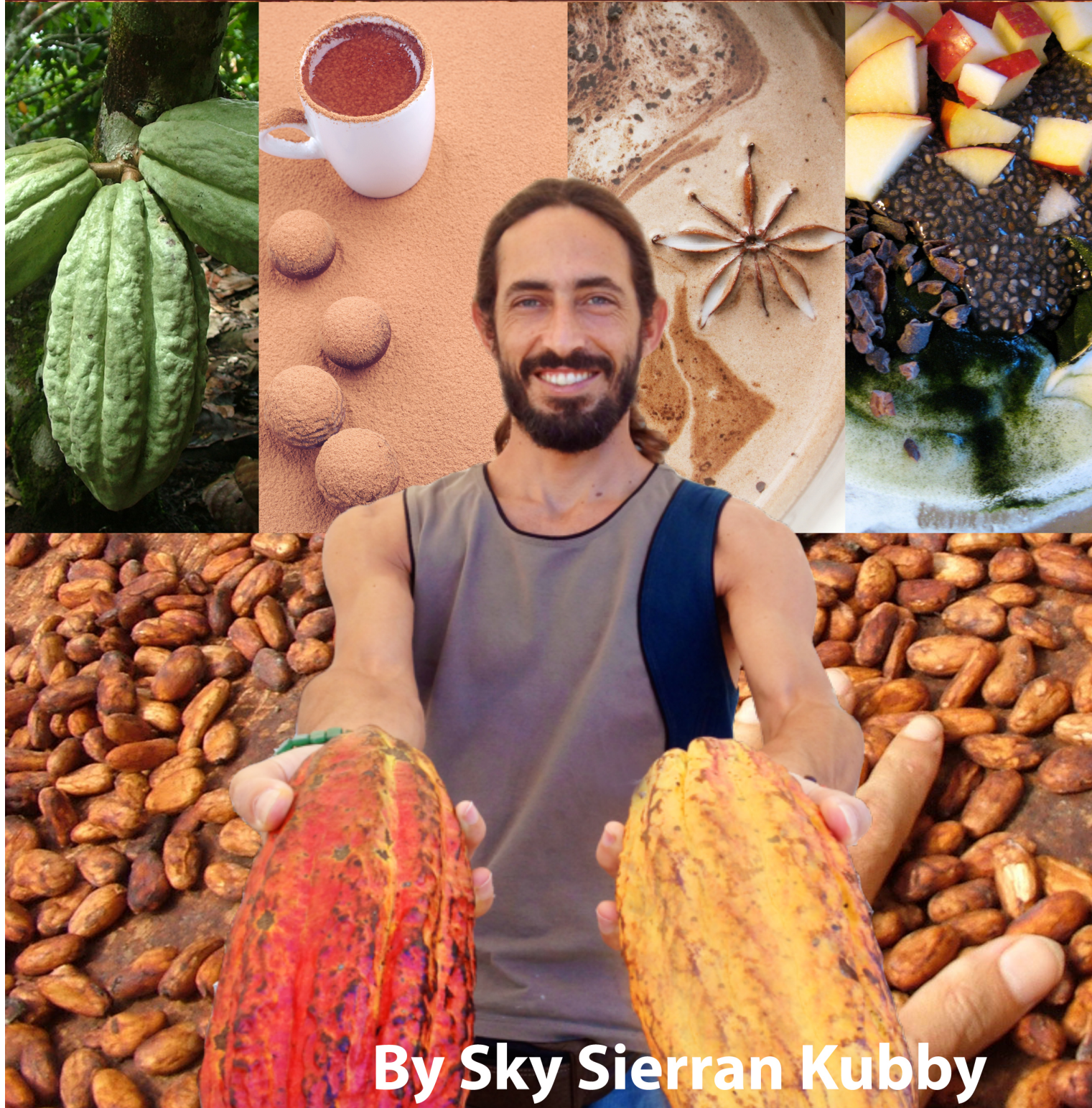


The Raw Chocolate Diet

Cleanse, Tonify and Live the Raw Chocolate Lifestyle



By Sky Sierran Kubby

Breakfast Menu



Fruit is a great first meal of the day. Since chocolate can be drying to the colon, fruit helps pave the way for a day of delicious raw chocolate. How one eats fruit and the timing around eating chocolate is crucial to long-term chocolate consumption.

Fruit First!

If you are going to eat fruit today, eat it now as the first meal of the day! What a perfect way to break your fast from the evening before with organic, perfectly ripe fruit. The sugar will be more readily absorbed by your cells, entering directly in to be converted into energy. If you eat fruit on top of oily, starchy or protein dense foods, the sugar will have trouble absorbing. The sugar will most likely hang out in your bloodstream and ferment, if combined with Starches and will putrefy (rot) when combined with proteins. Most of all it will fester and create a perfect breeding ground for unfriendly bacteria and fungus aiding in Candida overgrowth. Eat fruit first.

By eating fruit first, the sugar will be absorbed directly into the cells and not hang around and upset the balance of your inner ecosystem. Ideally, wait a few hours until your next meal to make sure the sugar is fully absorbed. Of course all this depends on what and how much you ate the night before, how oily it was and how late you ate.

Also, if you eat fruit for your first meal, eat as much as you like! It's important to get enough calories if you are going to make a meal out of it! For myself, it doesn't take much. Especially after Tea and Chia Seeds! Unless you are having prominent candida or fungus issues. You can always try the "Spit Test". Spit in a cup of water and wait and see, or come back later. If you have Candida

Papaya, Coconut and Chocolate Sapote





Dragon Fruit Varieties: White And Red With Longans In The Background

overgrowth, your spit will form into long strands that connect to the bottom as it sinks. The quicker your spit coagulates together into strands or particles, the more candida is in your system. Time to get back into balance.

One last word for those who have struggled with Candida... I am proof that you need not deprive yourself of Fruit! There are ways to come into balance with Candida and I offer some of the tools in this book that have helped me. Eating fruit first, is one such tool. The other is the Vitae Elixir which you learn more about [HERE](#)



The following is a recipe that can really help transition into a cleanse. The Chocolate Chia Tapioca Pudding.

Chocolate Chia Tapioca Pudding

Chia is the Mayan word for Strength.

Chia is incredibly hydrating for your colon, capable of expanding 14X its size, together with the omega 3 oils and antioxidants it can really beautify your skin! Also, Chia is pure protein power!

- Soak a ratio of 1/3 cup of Chia per 1 cup of water. Scale up recipe as desired. Stir.

Put half the contents in Vita Mix or Nutri-Bullet and add:

- 1/2 of a Lovers Bar or 4 TBS of Cacao Powder
- A Tablespoon of Coconut Oil
- 1/2 teaspoon Vanilla
- A dash of Himalayan Sea Salt
- A Pinch of Cinnamon, Cardamom and/or Clove
- 1-3 TBS of Honey, sweeten to taste

Blend thoroughly, several cycles of 7-10 seconds until smooth.

- Pour contents of blender into a bowl
- Add the Un-blended 1/2 of the soaked Chia on TOP of the pudding. Stir.
- Optional Garnish with Lovers Bar Chocolate Shavings
- Place in refrigerator to gel up! Enjoy!

***** Candida Sensitive Variations:**

1. Cacao Powder, No Chocolate, with Coconut Oil and Stevia Sweetened (Fat free and No Sugar)
2. Cacao Powder, no coconut oil, Honey Sweetened (allowing for better absorption of sugar without the presence of fat)
3. Cacao Powder, Cacao Butter, Coconut Oil and Stevia (Fat without the presence of sugar)

Kefir Breakfast Gruel



At 4 years old this was our Daughter, Star's favorite dish every morning: Kefir Breakfast Gruel

Colon Cleansing Meal Replacement

Pre-blend chia seeds, dry, in a Vitamix or food processor, then mix with water, just before consuming, for a great colon cleanser.

To balance and hydrate your colon try chia 1/2 blended and 1/2 soaked. You can simply take a few tablespoons of dry chia and put them in a jar, stirring occasionally until they gel up. This can be eaten within minutes! Or just have some soaked, in the fridge with a lid on the jar, ready to go whenever you want a snack.

Ideally you drink a cup of water before and after the Chia Colon Cleanse.

Kefir Breakfast Gruel

Our Daughter Star, at age 4, asked for this dish every morning. Sweeten with Stevia, if you're Candida sensitive, or else honey is great and enzymatic as well.

With Cacao Nibs, Chlorella and Spirulina as well as soaked chia and Goji Berries give this probiotic cultured dessert mean and amazing texture and flavor.

Directions:

Pour 1/2 bowl of Kefir or Yoghurt

Add chopped fruit

- Soaked Almonds

- Squeeze a few out of their skins
- Cacao Nibs
- Goji Berries
- Spirulina or Chlorella
- Soaked Chia Seeds
- Bee Pollen
- Honey or Stevia
- Balance the cold damp Kefir: Warm by adding Hot Melted Ghee, Cardamom and Cinnamon
- Get creative with your fruit!

One morning we had Coconuts, Dragon Fruit and Longans lying around at our house. So I blended them up and... Foodgasm!

Although you may not live at an exotic tropical fruit tree farm like I do at [Hua Lani \(Fruitful Heaven\) Sanctuary](#), and happen to have longans and Dragon fruit lying around, you can still get creative!

Just be aware of combining fruit and oil! The oil will inhibit the absorption of the fruit sugar. Keep it simple. This Dragon Fruit, Longan and Coconut Water "Frappe" is simply those three ingredients thrown into the Vitamix.

Next is a simple smoothy you can make just about anywhere:

Banana-Kale Smoothie

The riper the bananas the better! New studies show that there is something only found in bananas that are ripe and browning that have anti-cancer properties!

1-3 Ripe Bananna

3-4 Leaves Kale, Stem removed

2-4 Cups Water

1/8 - 1/4 tsp Cinnamon, Cardamon and or Clove (optional)

*Chocolate Variation: Add 2-4 scoops of “Cacao Elixir to make a

Raw Chocolate Banana Kale Smoothie. Blend and Serve!

Chocolate-Chia-Buckwheat Pancakes

As I said earlier we’re not wanting to be dogmatic on the Raw-Chocolate diet. It’s better to offer a healthy alternative to what is out there, and do something healthy and cleansing, than to not do anything at all. This is a simple way to make a whole grain-tasting pancakes, all from seeds, without all the added garbage.

We’ve talked about the amazing abilities of chia, but now its time for, what is considered by some to be one of the top 5 Super-foods, the Mighty Buckwheat! Low on the glycemic scale, the mighty Buckwheat is the seed of a broadleaf plant in the Rhu-barb family.

Ch-ch-ch-ch- CHIA!



Colon-Cleansing Chia Cakes- why not?

Buckwheat is Gluten-Free and high in lysine and arginine, amino acids lacking in cereal grains today. These proteins and proportions of amino acids possess incredible abilities to lower cholesterol, stabilize blood sugar and reduce hypertension(1)!

If you want to keep the cacao raw, sprinkle the cacao powder on top after the cakes are done, mixes with as little honey or agave you can get away with.

Directions:

Throw into the Vitamix:

3-4 Handfuls of raw buckwheat.

1-2 Handfuls of Chia Seeds

1 Tablespoon of Coconut Oil

1 Organic Free-Range egg (optional)

2 tsp Ground Vanilla Powder

¼ tsp Himalayan Salt, or sprinkle of Solé

1/2 cup of Cacao Nibs (optional)

Pre-heat pan with coconut oil.

Spoon the batter gently into the pan roughly the size of pancake you want.

Remove from pan and serve hot with cacao powder sprinkled on top. Add honey, Coconut palm or Maple syrup sweetener of choice.

Look! It's a grain! No, it's a seed! It's Buckwheat!



The Ancient Gluten-Free Grain that's not a Grain but a Seed.

Yield :approx.. 8 cakes

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