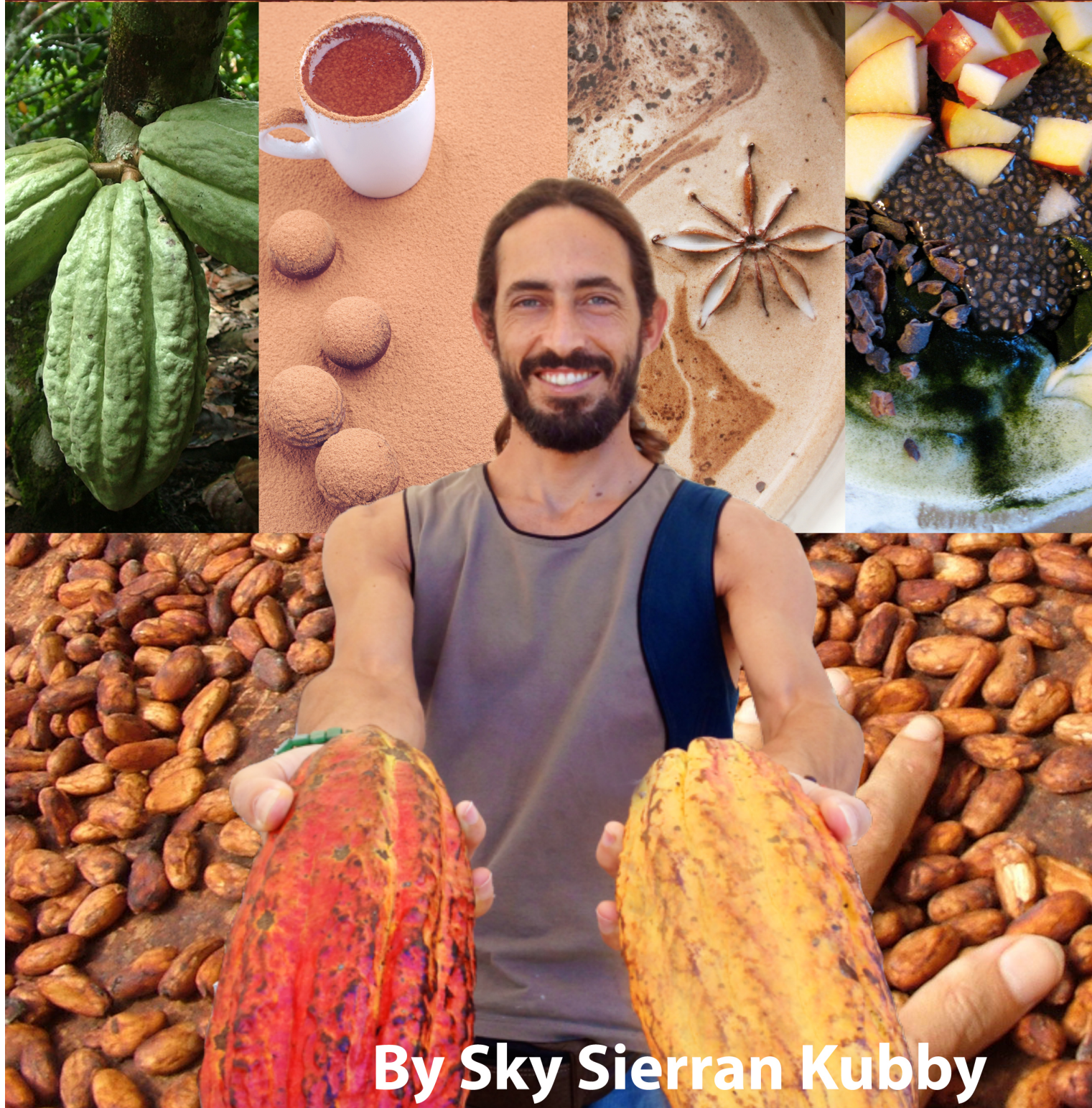


# The Raw Chocolate Diet

Cleanse, Tonify and Live the Raw Chocolate Lifestyle



By Sky Sierran Kubby



# Dessert

These tasty creations will take your breath away and have you drooling for more. Dreamed up by some of the most talented raw foods chefs today, you'll find yourself in disbelief that something this good for you tastes SOOO good!





# Heather's Raw Chocolate Cheesecake



Depending on the thickness you desire, you can double or times the recipe by 1.5 which is what I did for this 12" cake. I then sliced it into 16 pieces.

## Crust

1 1/2 cups almonds

2/3 - 3/4 cup raisins

1/4 cup shredded coconut

1 teaspoon pure vanilla or water

Grind the almonds into a flour in a food processor.

Add the raisins and continue grinding until broken down.

Add the coconut and vanilla. Grind again to incorporate.

Add another 1/2 - 1 teaspoon water if needed to keep the mixture held together when pressed in your hand.

Press evenly into the bottom of a 7 or 8" spring form pan.

## Raw Chocolate Decadence Cheesecake



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## Filling

2 cups cashews

2/3 cup maple syrup

3/4 cup water

2/3 cup cacao powder

1 tablespoon pure vanilla

1/8 teaspoon salt

1/3 cup melted coconut oil

1/4 cup melted coconut butter

Blend the cashews, maple, water, vanilla and salt until smooth and creamy in a high speed blender.

Add the coconut oil and butter. Blend to incorporate.

Add the cacao powder last and blend again. The mixture is thick.

Pour over the crust and set in the fridge for at least 12 hours or in the freezer for 6 hours and then transfer to the fridge for a few hours.

## Coconut Crunch Topping

This is so yummy and crunchy! It would be a great topping on raw ice cream too!

6 tablespoons shredded coconut

2 teaspoons maple sugar

Pinch salt

2 teaspoons melted coconut butter

1 tablespoon + 1 teaspoon melted coconut oil

Stir all ingredients together in a bowl.

Set in the fridge or freezer to firm up, 10-20 minutes.



Break into pieces using a butter knife.

Sprinkle over the set cheesecake.



Have I convinced you that you should make this healthy raw chocolate cheesecake to satisfy your sweet tooth?! :)

## Pecan Pie Dessert Balls

**Makes about 20 balls**

### **Ingredients:**

**2 cups of pecans**

**¾-1 cup of dates**

**1/8-¼ tsp of nutmeg**

**1/8-¼ tsp of cinnamon**

**½ cup coconut shred**

**dash of sea salt**

**\*optional small pinch of cayenne pepper**

### **Directions:**

**Place all ingredients in food processor and process until the contents are smooth, thick and gooey. Roll into balls and roll in coconut shred.**

### **Rawtastic Frosting**

For an 8" pie plate

Filling:

3 medium sized avocados

6 T raw honey

¾ cup raw cacao powder

1 tsp vanilla

### **Crust:**

- 2 cups cashews
- 1 cup dates
- 2 dashes sea salt
- Soak Goji Berries or Golden Berries in water for one hour. Save soak water for later.
- Blend avocado, water, and Raw Agave Nectar in blender or food processor.
- Next add Ground Vanilla Powder and Raw Cacao Powder.



- See more at: <http://virginraw1.gostorego.com/recipes/desserts/rawtastic-frosting.html#sthash.p8PmUv5I.dpuf>

## Jen's Liliquoi Cheesecake

From the Goddess who brought us *Jen's Famous Frosty* comes this mouth-watering delight! Recipe Coming Soon!



## Happy and Raw Maca Cacao Truffle Ball

This recipe come to you straight from the Big Island of Hawaii!

From Laura Dawn, **Happy and Raw**

This chocolate truffle recipe makes a small batch of 8-10 truffles – for those times that you don't want too much chocolate hanging around!

My husband Noah is extremely talented at working with raw cacao, and whipped this batch together in 5 minutes, what a sweetie

It's all a matter of Consistency – Coconut Oil vs Cacao

What my husband has taught me about making these chocolate truffles is that it's really hard to follow or give people an exact recipe because the factors effecting the recipe are always different every time. Factors like quality of ingredients change, even factors like room temperature affect the recipe. So in order to become skilled at working with food, we need to learn to use our intuition to learn about consistencies (something I learned quite a lot about when I was working at a raw food restaurant).

With making these particular raw chocolate truffles, it's really just about going for consistency. We're working with 2 main ingredients here: coconut oil and cacao. We're working with a liquid – coconut oil (that can also be manipulated with temperature to be more solid if we need it to). And we're working with a solid,



the cacao powder. So if it's too liquidy, adding chocolate powder will help solidify. If it's really sticky, then add more coconut oil.

The consistency that you want is a solid enough mix so that you can pick up the batter in your hand and roll a ball with it. I like to add another solid – a superfood powder into the mix, like maca, lucuma or mesquite powder, or even hemp seeds, as a solid ingredient to make the truffles more workable in my hand. Depending on what sweetener you use, you will either be adding more solid (coconut sugar for example) or a liquid (honey – which is what my husband used for this recipe)

It's amazing how fast coconut oil can harden in the fridge (or even freezer for just a few minutes) as it hardens and firms up it will be easier to work with the texture and form a ball with it.

Does that sound like a pretty good explanation about truffle consistency? It's really not that hard at all...and it's definitely not rocket science! Play with it, experiment, that's half the fun of being in the kitchen.

All that being said about the recipe...its time for the (very approximate) recipe!

### Raw Maca Chocolate Truffles Recipe

- Place about ¼ cup of raw cacao powder in a bowl
- Add a small pinch of finely ground salt
- Add a ½ teaspoon of maca powder

### Raw Maca-Cacao Truffle Ball



It's all a matter of consistency – Coconut Oil vs. Cacao



- Add in sweetener of choice until you reach desired sweetness, in this recipe we used raw organic, local honey, and we added in a about 2-3 teaspoons of honey. If you use something like coconut sugar, then you might need to compensate with a little more coconut oil. Agave not my sweetener of choice but if you have that and want to use that, then you don't need as much as it's very sweet.

- Mix it all together.
- Then start slowly adding coconut oil, mixing with a fork until you start to reach that consistency we just discussed.
- Add a splash of vanilla extract
- Add in a couple of tablespoons of hemp seeds.
- Mix all together
- When you get the consistency to a solid enough that you can place the mixture in the palm of your hand and roll them into balls.
- Place balls on a tray and sprinkle with maca powder
- Place in fridge to chill for 10-15 minutes
- Remove from fridge and wait a couple of minutes before eating them.

And enjoy these yummy raw maca chocolate truffles!







