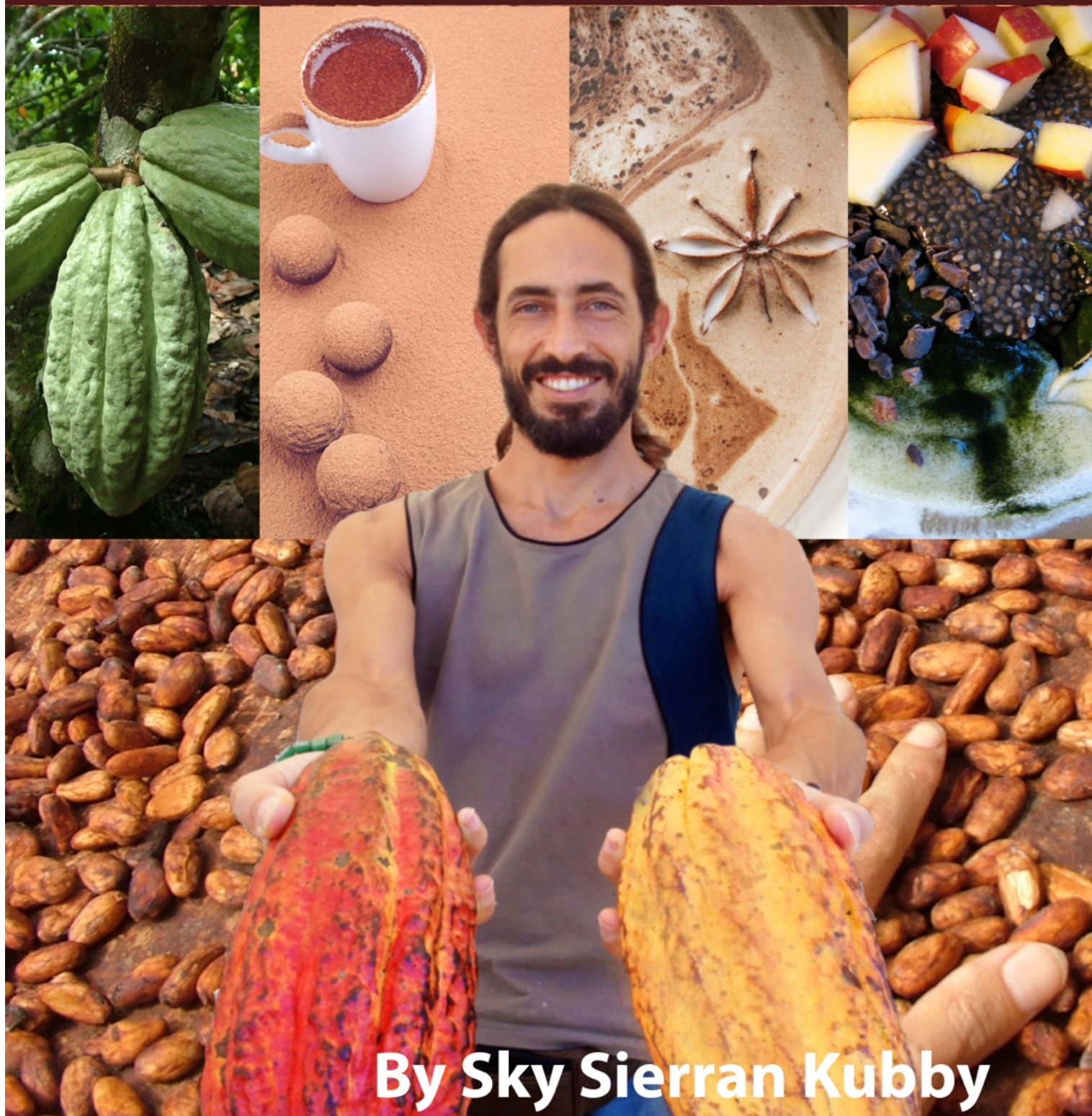


The Raw Chocolate Diet

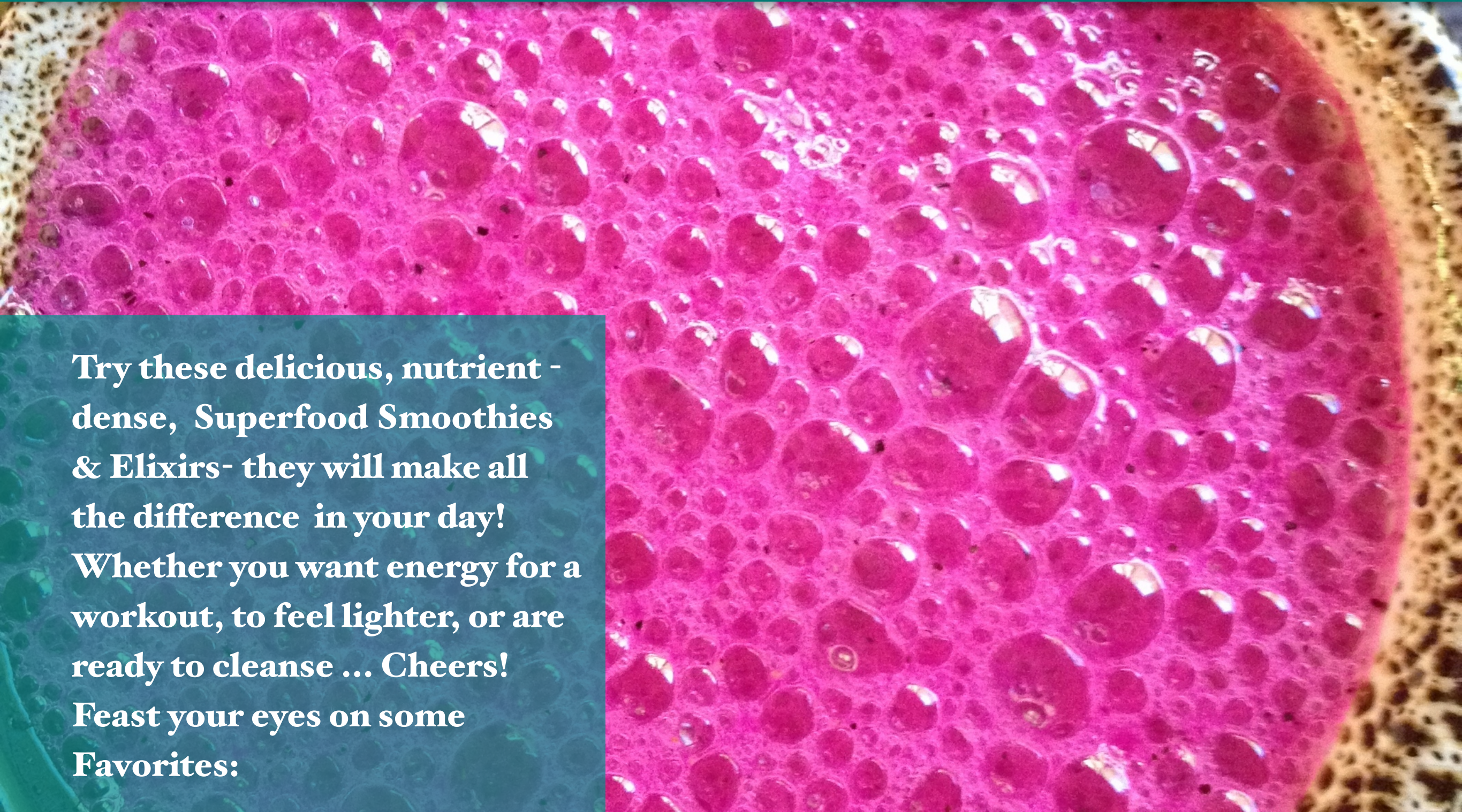
Cleanse, Tonify and Live the Raw Chocolate Lifestyle



By Sky Sierran Kubby

Chapter 1

Elixer Bar



**Try these delicious, nutrient -
dense, Superfood Smoothies
& Elixirs- they will make all
the difference in your day!
Whether you want energy for a
workout, to feel lighter, or are
ready to cleanse ... Cheers!
Feast your eyes on some
Favorites:**

Tea Bases

Whether you're trying to lose weight, cleanse or just be healthier, starting your day with warm liquids is always a good idea.

Before diving right into breaking your fast with *Breakfast*, why not prolong your night's fast, have some tea and fill your belly with some warm yummy goodness? Doing so will burn more fat and help eliminate toxins and undigested food from the night before.

Tea Base Favorites

Try these teas by themselves for your first cup of the day, or use as a base for your favorite Elixir.

- Gauyusa Tea- Mate, without the jitters! Available at Medicinal-Foods
- Gynostema- Tea- A softer Chinese Herbal alternative to Green Tea with an amazing taste.
- Mamaki Tea- A Hawaiian native plant that is great for the lungs and a blood cleaner as well.
- Pau D'arco Tea- An Amazonian bark that has anti-fungal, ant-bacterial, and anti-inflammatory

Cacao Elixir

Similar to what Cacao Shamans brewed up thousands of years ago, Medicinal Food's Cacao Elixir is loaded with Superfoods, Superherbs and Hemp Protein. Traditionally, Cacao has been a

great carrier of medicine. Spice it up with a little chili pepper to open your capillaries to absorb even more of Cacao Elixir's nutrient dense Superfoods.

Chocolate is stimulating, but then again so is Coffee as well as Black or even Green Tea. Try substituting Cacao Elixir if you are a Coffee drinker, your body will thank you for it. If you're not willing to go that far, add it to your coffee and make a Mocha!

Also see the Reich Maca-chino later in these recipes for another great coffee substitute!

Directions:

- 2 Heaping TBS **Medicinal-Foods Cacao** Elixir per cup of Tea or Raw Nut Milk base.
- A sprinkle of Salt or few drops of Sole
- Honey or Stevia. Optional: Add a little chili pepper for spice.
- **Medicinal-Foods Add - Ins:**
 - Reishi
 - Cordyceps
 - Tonic Herbal Blends
 - Blend up and enjoy!

Nutmilk

Make your own Raw Nut Milk: Great to add to Elixirs, cereal and tea. Soak Raw nuts overnight in as clean of water as you can.

In the morning rinse, or refill with clean water until you are ready to use. Blend nuts ASAP with 4 cups of water to every one cup of nuts.

Directions:

Make 4 cups of Nutmilk

- 4 cups of Pure Water
- One cup of Nuts: Almond, Cashew and **Medicinal-Foods Gourmet Raw Macadamia Nuts** are some of the best. You can also use seeds like Hemp, Sunflower or Sesame
- Blend for a full minute for best results
- Depending on the nut you may want to strain through a cheesecloth for texture.
- Sweeten to taste if desired.
- Refridgerate to preserve for a few days

Berry-Hemp Cream Shake

Makes a creamy, yummy guilt-free snack!

Directions:

- 3 TBS Hempseed,
- 3 TBS Blue or any Berries of preference
- 1-2 TBS honey or Agave
- Blend together with 2-4 cups of water, depending on desired thickness.

***Candida or Diabetic Sensitive: Add a squirt of Stevia, 1-2 TBS Yacon Syrup or 1-2 TBS Birch Xylitol

Cacao Elixir, a great coffee substitute



A creamy raw chocolate Superfood Smoothie from Medicinal Foods

Probiotic Kefir

Each sip contains billions of friendly flora that will transform your inner eco-system into a beneficial biological environment. This “Primal Brain” in your gut produces important neurotransmitters that are sent to your “secondary’ brain in your head.

- Use an existing Kefir or a probiotic capsule you can open up as a starter.
- Use raw milk is used or Coconut water, ideally. However Cooked milk will work too.
- Get milk warmed up to room temperature and add only 2-3 teaspoons of existing kefir culture or 4-5 capsules of probiotic starter to ½ to full gallon
- Store in a dark place and keep warm. Kefir will be ready in 1-7 days, depending on temperature. If using an existing culture to inoculate and Kefir is kept warm you could have cultured Kefir the next day!
- It seems important to not shake the kefir while “Kefirizing” Once activated and the sweet lactose is cultured you can shake before each serving.

Enjoy as is or add a little bit of Stevia, berries, nuts and super-foods to your liking.

Dran-Gan Frappe

In Hawaii I happened upon this exotic concoction when our Longan trees were fruiting and we had an abundance of coconuts.

Dragonfruit can be purchased at asian marketplaces as well as some grocery stores that import exotic fruit. Depending on

Dron-gan Frappé



Dragon Fruit, Longan and Coconut Water Frappé

where you live, like Southern California, you may be able to find local dragonfruit.

You can also find dried Longans at Chinese herb stores.

Directions:

Blend:

- 4 Cups of Coconut Water with
- 1 Pink or White Dragonfruit
- A handful of Longans, pit removed.

Create Your Own Superfood Smoothies

Have fun with blends of ingredients below together they can power you out all day! All products below are available on this site.

Directions:

- Add 1-3 Tablespoons per 16oz. of the following:
- Cacao Powder
- Cacao Nibs
- Chlorella
- Spirulina
- Maca
- Lucuma
- Mesquite

Durian Smoothies



Coconut Water. Durian. Blend.

- Hemp Seeds
- Gogi Berries or Powder
- Organic Vanilla Bean Powder
- Intuition "Add Ins":
- A chunk of Cacao Butter
- 1Tbs. Coconut Oil or Butter
- Probiotic or Kefir
- Berries (fresh or frozen)
- Colostrum
- Egg Yolk (Yolk is best eaten raw and Whites, cooked)
- 1-3 Whole Leaf Filets of Aloe
- ¼ tsp of Cordyceps Mushrooms
- ½ to 2 squirts of Stevia or 2 tsp. raw organic honey
- A pinch of Cayenne can help keep the smoothie from disappearing too quickly.

Jenn's Famous fRAWstie:

Jennifer Anita Green lives in Asheville, NC where she enjoys being a child of nature amongst the sacred land, mountains and waterfalls and continues to pursue her passion of yoga, dance and artistic expression. She can be followed at JenniferAnita.tumblr.com.

Directions:

(Makes 1 quart)

Add The following ingredients to your full-size, high speed blender in the order listed:

- 1 full size ice cube tray filled with your favorite raw milk-sesame, almond, coconut, etc..
- 1 Cup of room temperature Medicinal tea, water or raw milk (for the base)- Use Medicinal-Foods Reishi for a Shen, Chi and Jung boost! , something that has little to no flavor. Roasted dandelion tea is nice too, for a healing-the-liver affect.
- 1/4 Cup of Cacao, more or less depending on how chocolatey you like it. This includes Cacao of all kinds-nibs, powder or paste, any one of these or all three!
- 1 tsp Vanilla Bean Powder
- 1 tsp Cinnamon
- 2 tsp Ashwagandha
- 1 tbs Maca
- 2 tsp Macuna
- -OR- if you prefer a pre-blended superfood concoction, try
- Medicinal Food's Shaman's Blend to eliminate needing to buy all the superfoods separately.
- pinch of salt
- your favorite sweetener to taste. Raw, local honey is superior.

Macnuts



Macadamia nuts contain the most Monounsaturated Fat (Oleic Acid) of any oil.

Now, blend, with an occasional stir. The consistency should be nice and thick and smooth.

Enjoy by placing in a fancy glass with goji berries on top. They are like magical sprinkles and add a surprising crunch as they alchemize with the coldness of the fRAWstie. Cacao nibs and hemp seeds are a delightful topper as well. Bless it up with prayers from your heart chakra and absorb yourself in this delicious nourishment. May this classic medicinal treat renew your being to vibrate at it's highest capacity. Cheers!

Reishi Maca-chino

For coffee lovers. Inspired John Biloon, From South Kona, Hawaii. We used to wake up and make the original Mac-a-chino with his home grown Kona Coffee, Macnuts and Hawaiian Honey, blended.

This tasty Elixir has the power to substitute for coffee, without sacrificing flavor or sensation- and without side effects. Reishi, Maca and Dandy Blend work as potent substitutes. Or just use coffee as the base if you're really feeling it. Add Macnuts for a Creamy Mac-a-chino. Make 2 portions.

- 4 Cups Tea Base
- 2 Tbs Maca
- 2 rounded teaspoons Dandy Blend
- 1 tsp. **Medicinal-Foods Reishi Powder**

Variations:

- 2 handfuls [Medicinal-Foods Gourmet Raw Macadamia Nuts](#)
- 1 cup freshly brewed Coffee

Maca - Blueberry "SHAZAM"

This creamy creation is adopted from the Elixir Bar of Truth Caulkins, with permission.

- 3 Cups Pau D'Arco Tea, or other tea base
- 3 Heaping Tbsp Hemp Seeds
- 1 Cup Blueberries
- 1/2 tsp Vanilla Powder
- 1 Tbsp Maca
- A Pinch of Sea Salt
- Sweeten To Taste

We will be adding more recipes to the “Elixir Bar” section of the Medicinal-Foods.com website in the future. Stay tuned through signing up with our newsletter [HERE](#).

Enjoy your Elixir Bar!