**Chocolate Coconut Truffles**

**Makes about 40 truffles**

For truffles with a completely smooth texture, a high-speed blender is preferable. Any other blender most likely won't puree the shredded coconut, so the truffles might be a little grainy (though still completely yummy).

**Equipment**

* High-speed blender

**Ingredients**

* 1/2 cup coconut butter/oil, warmed to soften
* 3/4 cup maple syrup
* 2 teaspoons vanilla extract
* 1/4 teaspoon sea salt
* 1 cup dried shredded coconut
* 2 1/4 cups cocoa powder, preferably raw, sifted

**Preparation**

In a high-speed blender, blend the warmed coconut butter/oil, maple syrup, vanilla, and salt. Add the shredded coconut, 1/2 cup at a time, and blend until smooth.

Transfer the mixture to a bowl and stir in 2 cups of the cocoa powder until thoroughly combined. Place the bowl in the refrigerator for about 10 minutes or more to set slightly.

Place the remaining 1/4 cup cocoa powder onto a small plate. Spoon heaping tablespoons of the chocolate mixture and roll them into balls. Roll these in the cocoa powder. Store the finished truffles in the refrigerator.

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Epicurious  | July 2009

**Chaga Hot Cocoa**

**Ingredients**

* 1 chunk chaga mushroom
* Filtered water
* ¾ cup maple syrup
* Either 8 ounces unsweetened chocolate or 1 cup powdered cacao
* Milk of your choice (cow’s milk, almond milk, hemp milk)
* Cinnamon to taste

**Preparation**

Fill a medium to large sized pot with filtered or spring water. Place chaga mushroom in water and boil for 2 hours. (Tip: if you cut the chaga into smaller pieces, you will only need to boil until the water gets dark in about 45 minutes. Also, chaga can be dried re-boiled many times!) . Add water as the level gets low. The water should be a very dark brown color. Add the cacao powder and maple syrup, then stir until dissolved. Once dissolved, add milk to your taste (I add about 1/3 the amount of water). Stir in a pinch of cinnamon to your taste.

Original recipe by Marissa Patti

**Dark Chocolate Nut Clusters**

**Makes 32 pieces**

**Ingredients**

* 1 cup plus 3 tablespoons melted dark chocolate
* Dried cherries (optional)
* 1 1/2 cups whole almonds
* Handful of coconut shavings

**Directions**

Line a baking sheet with parchment paper. Start melting dark chocolate pieces in a pan on low heat; it won't take long to melt. If you want a sweet cherry taste, throw a handful into the pot once chocolate has melted.

Note: The serving size is for melted chocolate, so if you measure out the pieces beforehand, allow more chips to be added than the recommended amount.

Place a teaspoon of the melted chocolate on parchment paper; top with a small handful of almonds. Drizzle almonds with one tablespoon melted chocolate. Repeat process with remaining almonds and chocolate until your pan is full of clusters.

Sprinkle coconut shavings over each tiny delight.

Transfer to refrigerator for about 10 minutes to chill and remove them when firm. They'll be ready to enjoy right away!

**Gluten-Free Chocolate Cake**

**Serves 8**

**Ingredients**

* 6 ounces 70% dark chocolate
* 1 tablespoon orange zest
* 1 teaspoon vanilla extract
* 2 overripe bananas
* 1/4 cup roasted sweet potato
* 1/4 cup honey
* 1 whole egg
* 3 egg whites

**Preparation**

Preheat oven to 350 degrees F.

Place 8 (4-ounce) ramekins or custard cups on a large baking sheet. Spray each with cooking spray and set aside.

Combine chocolate, orange zest, and vanilla extract in a medium bowl over hot boiling water. Whisk until chocolate is completely melted.

Puree bananas, sweet potato, and honey until smooth.

Remove the melted chocolate from heat and fold it over banana puree and egg. Mix well.

In a separate bowl, whip the egg whites until a soft peak.

Slowly fold egg whites into chocolate mixture.

Spoon mix into ramekins, filling them almost to the top.

Bake for approximately 6 to 7 minutes, remove, and serve. The center of each cake should be soft and warm. Garnish with extra orange zest if you like.

**5-Minute Chocolate Pudding**

**Serves: 4**

**Ingredients**

* 1.5 cups raw, unsalted cashews
* 1.5 cups water
* 3 droppers full of Vanilla Stevia
* 1 dropper full of Cocoa Bean Extract (this is optional, but if you have it, add it. I love the rich dark chocolaty taste.)
* Large pinch of sea salt
* 1 cup cacao powder

**Preparation**

Blend all ingredients in a VitaMix, or food processor, until smooth, adding more water or stevia as needed. Since we’re using nuts, you really need a high power blender, or a food processor, to achieve a smooth texture. An average blender will not do the trick!

This recipe will make four ½ cup servings.

Author: Linda Wagner

**Raw Chocolate Strawberry Superfood Smoothie**

**Ingredients**

* 2 frozen bananas
* 1 cup fresh or frozen strawberries
* 1.5 cups [Almond Milk](http://lindawagner.net/blog/2012/01/how-to-make-homemade-almond-milk/)
* 2 Tbs [Cacao Powder](http://www.iherb.com/Navitas-Naturals-Cacao-Powder-Raw-Chocolate-Powder-16-oz-454-g/8254?at=0)
* 1 Tbs [Chia Seeds](http://www.iherb.com/Navitas-Naturals-Chia-Power-Raw-Chai-Seeds-16-oz-454-g/14042?at=0)
* 1 Tbs [Colostrum Powder](http://www.iherb.com/Symbiotics-Colostrum-Plus-Powder-6-3-oz-178-6-g/5457?at=0)
* 2 tsps [Hemp Seeds](http://www.iherb.com/Navitas-Naturals-Hemp-Seeds-Raw-Shelled-8-oz-227-g/23304?at=0)
* 1/2 tsp [Maca Powder](http://www.iherb.com/Navitas-Naturals-Organic-Maca-Powder-Raw-Maca-Powder-16-oz-454-g/8260?at=0" \t "_blank)
* 1/2 tsp [Lucuma](http://www.iherb.com/Navitas-Naturals-Lucuma-Powder-8-oz-227-g/12304?at=0" \t "_blank)
* 1 dropperful [Cocoa Extract](http://www.iherb.com/NuNaturals-Cocoa-Bean-Extract-2-fl-oz-59-ml/7756?at=0)
* 2 dropperfuls [Vanilla Stevia](http://www.iherb.com/NuNaturals-Vanilla-Stevia-Alcohol-Free-2-fl-oz-59-ml/15940?at=0) to taste

**Preparation**

Simply blend all ingredients in a high speed blender until smooth. I use a [VitaMix](http://www.amazon.com/dp/B000RRJSMW/?tag=googhydr-20&hvadid=6466018416&ref=pd_sl_68a1b4bfd7_e" \t "_blank) which is an amazing, state of the art, professional grade high speed blender. They are the ONLY blender that will give you the creamy consistency that you desire.

After blending, I garnished my smoothie with some frozen strawberries, [Hemp Seeds](http://www.iherb.com/Navitas-Naturals-Hemp-Seeds-Raw-Shelled-8-oz-227-g/23304?at=0), and [Cocoa Nibs](http://www.iherb.com/Navitas-Naturals-Cacao-Power-Raw-Chocolate-Nibs-16-oz-454-g/8257?at=0) which add a nice crunch and make it look pretty!! Enjoy!!

**Healthy Homemade Chocolates**

**Serves: 6+**

**Ingredients**

* 1 cup of [Cocoa Butter](http://wellnessmama.com/go/cocoabutter/)
* 1 cup of [Organic Dutch Process Cocoa Powder](http://www.amazon.com/gp/product/B001VNFHLC/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001VNFHLC&linkCode=as2&tag=herbkati-20)
* ½ cup Raw Honey
* 1 teaspoon of Real Vanilla Extract
* Optional: Toasted chopped almonds, orange or mint extract

**Preparation**

1. Melt cocoa butter in a double boiler or a glass bowl on top of a small pan with an inch of water (make sure water isn’t touching bowl) over medium heat.
2. When cocoa butter is completely melted, remove from heat and add cocoa powder, honey, vanilla and other flavor extracts. If using a solid raw, melt with the cocoa butter.
3. Make sure all ingredients are well incorporated and smooth. At this point, make sure that no water or liquid gets in to the chocolate as it can cause the texture to get mealy! Be careful even with wet hands or a drop of water in the mold! [Note: I've also just melted all of this on very low heat in a small pan and not had a problem with it, but this isn't as reliable as the double boiler method]
4. Pour the chocolate in to molds or onto a baking sheet lined with parchment paper or a glass pan to harden.
5. Let harden for several hours at room temperature and remove from molds. You can also stick in the fridge to harden more quickly. Will store for over a week at room temperature or can be kept refrigerated for longer.
6. Enjoy!

Author: Wellness Mama

# Coconut Chocolate Mousse

# For 3-4 portions you will need:

# 400ml coconut milk (cooled down in the fridge at least 4h!)

# 90g dark chocolate (I used 70% cocoa but you can use a lighter one)

# 1 tablespoon maple syrup (or to taste depending on how the chocolate you bought is sweetened)

# 1 teaspoon vanilla extract (optional)

# Preparation

# 1. It is important that the milk is well cooled down. The best is to leave it in the fridge overnight or at least for 4h. Pour it into a big bowl, add maple syrup and beat it for around 5 minutes until it gets a little bit stiffer and with little bubbles. Put it back to the fridge.

# 2. Melt the chocolate. If you use a microwave it will need few minutes. Stir it time to time and check often to be sure it is not burning! You can also melt it in a water bath. Stir it constantly.

# 3. While stirring all the time slowly add the coconut milk to the melted chocolate.

# 4. Now you should pour the liquid coconut chocolate mix into little bowls and leave it in the fridge overnight. If you prepare it in the morning it will be ready for the evening.

# 5. In order to decorate your glasses you could use a grated coconut. Dip the rim of the glass into a shallow plate of honey, then into the coconut flakes.

# It is also delicious sprinkled with coconut flakes. Enjoy!