

Delicious Healthy Recipes!
Including Gluten Free & Dairy Free

53 SHADES OF CHOCOLATE



Contains Thermomix and Traditional Methods
by Cyndi O'Meara & Kim Morrison

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53 Shades of Chocolate Recipe Book

by Cyndi O'Meara & Kim Morrison

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Disclaimer

It is recommended that all individuals seek professional medical advice before making any changes to their diet. The ideas, information and suggestions in this book are purely those of the authors and are not substitutes for consulting with your health professional.

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Introduction



We both LOVE chocolate. We both believe it is good for you and we both eat it often. But we do not eat just any chocolate. It has always had to be top quality and tasty chocolate. Good quality dark chocolate (chocolate that contains at least 70% cocoa solids) is what we have always bought. It has always been known to have health benefits. It contains small amounts of stimulants such as caffeine, as well as the euphoria-inducing compounds tryptophan which stimulates serotonin production. However, and we like this, it is more the aroma or one's 'anchoring' to the aroma of chocolate that many believe have the true health benefits. Simply inhaling the aroma has been shown to induce a sense of relaxation. We really like that!

So who are these two chocolate loving sniffing gals? We are Cyndi O'Meara from Changing Habits Changing Lives www.changinghabits.com.au and Kim Morrison from Like Chocolate For Women www.likechocolateforwomen.com We are two besties and we have a real love and passion for food... chocolate is one of them!!

Both of us have been on a huge investigative natural health journey for years and our mutual interest in food - exceptional quality food we might add - brought us together a number of years ago and this has meant many shared meals and celebrations! We are both authors and health and lifestyle educators. We both have our own businesses - Cyndi in the health and food industry with quality products such as rapadura sugar and seaweed salt www.changinghabits.com.au and Kim in the health and beauty industry with high quality essential oils and chemical-free skincare products www.twenty8.com. We have a deep love and respect for one another, we laugh a lot and know that the connection we have is very special - which is why we thought it was time to do something together!

It just so happens it was to do with chocolate! Cyndi released her own raw Cacao Wafers, Kim co-wrote a book with chocolate in the title so it seems the perfect reason to collaborate now!

The word chocolate is emotive, it has a suggestive, indulgent meaning and even if you are not a huge chocolate lover, you will relate to us on this one. The smell of melting chocolate or a beautiful rich chocolate brownie cooking in the oven can send one's senses into an absolute frenzy! We discovered we had 53 amazing recipes using pure cacao chocolate. We know chocolate brings people together, it can become a major talking point in conversations and with its amazing sensual meaning there was no other title! Welcome to 53 Shades Of Chocolate!

Love Kim & Cyndi xx

The History Of Chocolate

The history of Chocolate is as rich and indulgent as the chocolate itself. It is said that chocolate was discovered around 2000 B.C but it was the Maya Culture who took this plant and created the history that we know today. We tend to think of chocolate as a sweet candy created during modern times. But actually, chocolate dates back to the ancient people of Mesoamerica who drank chocolate as a bitter beverage. For these people chocolate wasn't just a favourite food - it also played an important role in their religious and social lives. This seriously sounds like the two of us were born of a different time! We feel exactly the same!

Today, we still get the raw material for chocolate from the seeds of the cocoa tree. However, now they are fermented and roasted prior to extracting the raw cocoa beans from their pods. The raw cocoa mass is then ground and heated to produce what is called chocolate liquor which is exceptionally bitter because it is rich in polyphenols. The darker the Chocolate the more polyphenols which give the health benefits. Add the more sugar and milk solids you create milk chocolate.

The differences between dark, milk and white chocolate is quite obvious. Dark and milk varieties contain cocoa powder while white chocolate contains cocoa butter, a pale vegetable fat extracted from the cocoa bean that is solid in room temperature but will melt in your mouth.

Make a note here... when chocolate leaves an oily film on the roof of the mouth it usually means it has been made using a cheaper fat such as palm oil rather than cocoa butter. Cocoa butter is a complex fat that could solidify or crystallise into six different forms that required precise temperature control to create.

The different types of crystal are sensitive to different temperatures. In chocolate, people are after a particular type of crystal. They look like stars under an electron microscope.

The characteristic snap of a good quality dark chocolate came from these crystals sitting close together in a compact structure, created by heating and cooling the chocolate at precise temperatures - a process called tempering.

If you have ever left chocolate in your car you may notice a grey powdery film that appears on the surface. This is chocolate that is out of temper. But out of temper chocolate, which results when chocolate is not melted and cooled at correct temperatures, is not always out of date and is safe to eat.

So what is the good stuff in chocolate? Chocolate polyphenols are high in anti-oxidants that mop up the free radicals in our body, which helps to slow the aging of our cells and prevent degenerative diseases. Think of the best antioxidants you've ever heard of. Red wine? Green tea? Pomegranate? Blueberries? Dark chocolate leaves them all in the dust. Chocolate contains a neurotransmitter, Serotonin, that acts as an anti-depressant. It is also a good source of magnesium, which stimulates our DHEA - our youth hormone. Can you see why we believe eating chocolate is sounding better and better all the time!

And let's not forget the before mentioned power of aromas! The smell of chocolate alone is known to uplift and induce a feeling of happiness! Maybe we need a Chocolate Essential Oil to be made available. Imagine it!

Whatever the true magnetism to good quality chocolate is, we believe it is one that should be enjoyed! So choose your chocolate wisely and don't settle for anything but the best, better still try the recipes in this book and you will see why pure cacao is the BEST and most ULTIMATE chocolate of all. You will then get to indulge and delight your senses with this true health giving delicacy.

Now we hope you can understand why we two health-nut foodies had to put a cookbook together on CHOCOLATE!

Enjoy!

What Is Cacao?

We decided a nutritious chocolate recipe book was well and truly needed. Yes - chocolate is good for you, the problem is that most of the chocolate being made is tainted with hydrogenated vegetable oils, additives, preservatives, colours, flavours, powdered milk solids, soy, protein isolates, lecithin, and much more. In fact some chocolates have no chocolate in them what so ever - it is all fake.

There is much research about pure chocolate or cacao (pronounced kak-cow), we are seeing it more and more in main stream media about the benefits of the cacao bean and dark chocolate. We must stress here that this book is not about the run of the mill chocolate that you see at the grocery store which has just been described above. What we're talking about is pure CACAO. The benefits are abounding including lowering blood pressure and creating clarity of mind. Cacao is abundant in antioxidants, minerals, vitamins and more.

One of the most unique properties of cacao is theobromine (a chemical related to caffeine). Theobromine was discovered in cacao and a few other plants in the 19th century and by 1916 it had been extracted from the bean and was being used in medical treatment for oedema and angina. In modern medicine the compound theobromine is used as a vasodilator, this means it can dilate smooth muscle such as the blood vessels, bronchial tubes, large intestine. It is also used as a diuretic and heart stimulant. Recent research shows the effects of how theobromine can lower blood pressure as well as help with asthma.

Theobromine despite its name is not related to bromide, and it does not have an addictive nature or have the same strong affects as caffeine has on the nervous system. Encased within the cacao bean along with the other minerals, vitamins and antioxidants, fats, amino acids and carbohydrates; theobromine has health giving effects on many parts of the body.

The cacao bean can have up to 10% of its weight made up of theobromine, the effects of the theobromine on the body can be up to 6 - 10 hours after consumption

Other wonderful compounds of cacao are the antioxidants. As mentioned before antioxidants protect the body from aging and diseases caused by free radicals and oxidation. This is a fantastic sign from a health and beauty point of view. The cacao bean contains up to four times the antioxidants of traditional cacao powder. Scientists from Cornell University in the US discovered that cacao contains twice the antioxidant content of red wine, and up to three times that of green tea.

There are many types of antioxidants in chocolate and one particular subgroup called flavanols have wonderful effects on the brain and memory. Statistically as we age it seems mild cognitive impairment effects more and more westerners, this frequently progresses to dementia and onto Alzheimer's. Researchers have reported that eating cacao flavonols daily may improve mild cognitive impairment. It seems consumption of dark cacao may act directly on brain structure and function by protecting neurons from injury, improving metabolism and communication

between the neurons. The flavanols also produce a compound called nitric oxide, which is a compound that supports healthy circulation and cardiovascular health. The other time nitric oxide is prevalent is during an orgasm... hmmmmm so that's why chocolate is so sensual and evocative!

There is a current standard for testing and measuring the antioxidant effectiveness of various foods. It is called the ORAC Score. The higher the ORAC score, the higher the concentration of antioxidants present in the food. (Source: US Department of Agriculture / Journal of the American Chemical Society.)

Here is a comparison of the ORAC score per 100 grams for some common foods known to have a high antioxidant level, listed in descending order.

- Cinnamon – ORAC 267,536
- Dark Chocolate - ORAC 40,200
- Sage - ORAC 32,004
- Milk Chocolate - ORAC 6,740
- Blueberries - ORAC 6,552
- Plums - ORAC 6,259
- Prunes - ORAC 5,770
- Raisins - ORAC 2,830
- Blackberries - ORAC 2036
- Kale - ORAC 1,770
- Strawberries - ORAC 1540
- Spinach - ORAC 1260
- Raspberries - ORAC 1220
- Brussel Sprouts - ORAC 980
- Alfalfa Sprouts - ORAC 930
- Broccoli - ORAC 890

Does that mean I can eat my chocolate before my broccoli and for breakfast??? Or if I add cinnamon to my chocolate then all will be better?

Cacao is rich in many minerals particularly magnesium, being in the realm of one of the best sources of this wonderful mineral. Magnesium balances brain chemistry thus can aid in helping with depression along with other strategies. Magnesium builds strong bones, is needed for heart

health, can help with the prevention of restless legs, cramping and helps to release DHEA - our youth hormone! Overall it is one of those minerals many are lacking and simply cannot do without. Many people are offered oral Magnesium supplements - but these sources of magnesium may not be plant based. Magnesium in cacao is easily absorbed and utilised by the body. Many westerners show a deficiency in magnesium due to the SAD (Standard Australian/Western Diet). Taking just a couple of cacao wafers a day can help boost your magnesium intake.

Other minerals that cacao is rich in are; calcium, zinc, iron, copper and potassium. All are necessary for a functioning endocrine (hormonal) system and a well-connected nervous system. Minerals are needed for many functions in the body, when you have a deficiency of minerals the body cannot make the products it needs for health. The mineral content in cacao can be part of making sure you are getting adequate mineral nutrition.

Cacao has also been known to diminish appetite. There is an enzyme in cacao called monamine oxidase enzyme inhibitors (MAO inhibitors) - This enzyme when consumed allows serotonin and other neurotransmitters to circulate in the brain. According to Dr Gabriel Cousens (famed medical specialist in diabetes) the MAO inhibitors facilitate anti-aging and rejuvenation. Oh there we go about the incredible effects in the beauty side of things!! It's looking better and better!

Anandamide known as the bliss chemical is also found in cacao in quantities which are significant enough to affect the brain. Anandamide, a neurotransmitter, is also naturally found in the brain. Anandamide is also known as "the bliss chemical" because it is released when we are feeling good. Eating rich dark cacao can create a state of bliss, just ask anyone who loves good chocolate.

When we were researching this information on chocolate we were blown away by the copious amounts of information on the benefits of the cacao bean. The compounds we've talked about so far are just part of what we have discovered about the cacao bean. The macro-nutrients, fats, amino acids and carbohydrates are also very significant in the cacao bean. Each one of the macro-nutrients have health giving effects. But just like any food we both talk about, it is about eating 'real food', no single food can be a panacea for everything spoken about in this book. You cannot eat a SAD diet plus cacao and have the effects of good nervous system, great heart, better memory, decrease in aging etc.

It is important that this wonderful real food be part of the Changing Habits Changing Lives and Like Chocolate For Women healthy eating regime. It is just nice to know that if you get good quality chocolate without additives then it is an important part of the variety of foods to eat in order for wonderful health and abundant vitality and energy.

Warning: Beware Of Too Much Cacao and Chocolate

Remember like anything in life and in health there is always caution to not over indulge. Just because the cacao we talk about in this book is in its natural form it does not mean you should go out and completely pig out on the stuff or eat all the recipes we speak of consistently each and every day! If you have food sensitivities it usually means the integrity of the gut has been

compromised and there are certain foods that are known to aggravate it. Things like alcohol, grains, legumes, caffeine, sugar and chocolate are said to cause inflammatory responses so caution should be taken.

We have spoken so highly of cacao and absolutely stand by its virtues however chocolate is addictive for a reason. It can stimulate endorphins, dopamine, serotonin and anandamide in the same manner some addictive drugs can, so we say enjoy your cacao and chocolate but in moderation. Listen to your body. Eat sensibly. You do not have to eat truckloads of the stuff in order to satisfy a sweet craving or to feel healthy. It is a beautiful indulgence that should be treasured and revered, and this book has been created to give you the best and most healthiest ways we know to enjoy this amazing, delightful delicacy.

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Healthy Chocolate Does Not Make You Fat!

Let's get this myth out of the way once and for all! Chocolate does not make you fat. Well healthy chocolate that is. In actual fact pure cacao wafers have no sugar and very little carbohydrates, they are filled with beautiful nutritious good quality fats that are easily used as energy rather than storage. And the best part about eating pure chocolate made from cacao wafers is you only need a little to have that sugar craving satisfied. A win-win all around!

How To Use Raw Cacao Wafers In Any Recipe

We spent a lot of time taste testing this. Unlike dark cooking chocolate raw cacao wafers are very strong, have absolutely NO sugar and are quite bitter therefore you do not need a lot.

When making the recipes in this book we both used our Thermomix Machines - [see note below](#) on this incredible kitchen appliance www.thermomix.com.au. Now, a food processor will do the same as far as maybe grating but certainly not cooking or melting. So we have written the recipes for both traditional cooking and Thermomix owners and have put adaptations in each recipe if needed.

When it comes to measuring or adapting other chocolate recipes we came up with a formula that might help you convert recipes from using cooking chocolate or cocoa or cacao powders to using the pure real raw cacao.

Whatever the number of gms for chocolate you quarter it and double the sugar!

In other words if it is 400gms of cooking chocolate and 1 cup of sugar then we would use 100gms of cacao wafers and 2 cups of sugar. You might think this does not sound very healthy but the recipe will need the bulk and you are simply replacing the sugar used in cooking chocolate. And by using rapadura sugar rather than a refined sugar, then more nutrition will be the result. Knowing what your ingredients are in any recipe is the key. Using ingredients that

have been least refined and come from nature is what we want. Many cooking chocolates may use man-made sugars or highly refined sugar with no nutrition, just sucrose.

If the recipe uses tablespoons of cocoa or cacao powder then we would use 2 cacao wafers per tablespoon. So if it was 2 Tbsp of cacao powder we would double it and use 4 cacao wafers.

Depending on your taste buds will depend on how much or little cacao wafers you use. We have erred a little on the cautionary side here so we know there might be some who would want more chocolate - go for it! Just remember this is pure unadulterated raw cacao, it is high in polyphenols and therefore is quite bitter!

Now get in that kitchen and enjoy the health benefits of changing to this super food!

Let's just see what all the fuss is about with the amazing Thermomix first!

Ingredients mentioned to make Healthy Chocolate Recipes

[Rapadura Sugar](#) - Rapadura is the pure juice extracted from the sugar cane (using a press), which is then evaporated over low heats, whilst being stirred with paddles, then ground to produce a grainy sugar. It has not been cooked at high heats nor spun to change it into crystals and the molasses has not been separated from the sugar. It is produced organically, and does not contain chemicals or anti-caking agents.

Rapadura is a whole food product which can vary according to sugar cane variety, soil type and weather. This is why one batch of Rapadura may be lighter or darker than the last batch.

Because Rapadura is not separated from the molasses and is not subject to being heated at high temperatures, (it is dehydrated at a low heat), the vitamins and minerals have been retained. Read below to see the differences between rapadura sugar and white sugar.

[Seaweed Salt](#) - Discover the amazing properties of the Himalayan salt and the goodness of dulse! Salt can be good for you, it's about consuming the right salt.

Himalayan pink sea salt isn't your average table salt. Hand-harvested and minimally processed, it contains 84 minerals and trace elements that are highly beneficial for the body including magnesium, calcium, copper, potassium and iron.

Dulse Flakes (seaweed flakes) are a beneficial super food. High in Vitamins and Minerals - Specifically Vitamins B6, B12, A, Iron, Potassium, Phosphorus, and Manganese. It helps heal poor digestive systems, rebuilds and maintains all glands in the body, cleanses the body of heavy metals. It's also high in calcium, fibre, and protein. It helps support healthy brain function. Very High in Iodine for healthy Thyroid Function.

All Natural Seaweed Salt is a nutrient rich food that can be used wherever salt is called for. Use it in your cooking or as a 'table salt'!

Vanilla Essence - Most vanilla essence's are artificial and no good for you. Did you know you can make your own vanilla essence using vanilla pods and alcohol such as gin or vodka (these are a purer form of alcohol). Changing habits will be stocking vanilla pods shortly and will have videos on how to make your own vanilla essence and vanilla paste - stay tuned. Feel free to replace vanilla essence with the vanilla from vanilla pods. A general rule of thumb is 1 teaspoon of vanilla extract is equal to one 2-inch piece of vanilla bean, so 1 typical vanilla bean will equal 3 teaspoons extract.

What is a Thermomix?



This machine literally changed our lives. Cyndi was hounded by someone to see it but she figured she had seen every kitchen appliance there was so it took a lot of persuasion for her to get to a demo. Finally, (and she admits begrudgingly), she went along to a demo and within 2 minutes of seeing it in action she knew she had to have one. Within days of owning her new baby she invited Kim over and made about eight dishes in roughly half an hour!

I remember it well... We had chocolate custard, lemon curd, an amazing soup and fresh bread to name a few. I (Kim) sat and watched her whip up a storm in what felt like minutes. We were both blown away by the ability to make things from scratch with such ease. Raw organic sugar became icing sugar in ten seconds. Whole wheat grains became flour in just one minute. Fresh, fruity sorbet in less than a minute. It was mind blowing and we saw the health benefits immediately! So yes, I had to have one too! My poor husband thought I had put a deposit on a car! He was quickly appeased when he saw the health benefits for our family and how easy it was to make mashed potato and custard!!

There is not a day goes by that either of us do not use our amazing Thermomix machine! Developed over forty years ago in Germany, it is not only a huge seller in Europe but its popularity is now sweeping the world due to its ability to save you time and money when it comes to preparing and cooking your meals not to mention how easy it is to be healthy.

It is really ten appliances in one as it chops, beats, whips, grinds, kneads, minces, grates, juices, blends, heats, stirs, steams and weighs food. We sold every other machine in our kitchens when we got this baby as we no longer had a need for them! It is the easy way to bring wholesome, nutrient- dense natural food back into your diet, without the fuss and long preparation time. It is without doubt the best investment we have ever made which is why we wanted to make mention of it here! If you want to know more or would like to see a demo then check out www.thermomix.com.au.

This is not some hard sell; we do not sell them personally, we simply love Thermomix wholeheartedly and are yet to meet anyone who has regretted their decision in buying one. Like anything in life, word of mouth is the greatest referral so tell them we sent you along! We cannot wait to hear what you think of it! Please give us feedback on this or any other chocolate or health issue on either of our Facebook sites – www.facebook.com/changinghabits or www.facebook.com/LikeChocolateForWomen We would love to hear from you!

Kim & Cyndi xx

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RECIPES

Indulge your senses with mouth-watering delectable chocolate recipes. The best part is you can eat them guilt free and know they are good for you!



[Breakfast Recipes](#)

[Pure Home Made Chocolate](#)

[Drinks/Smoothies Recipes](#)

[Biscuit Recipes](#)

[Slices](#)

[Cakes](#)

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BREAKFAST RECIPES

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[Chia Choc Porridge](#)

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Quinoa Banana Choc Breakfast



Quinoa Banana Choc Breakfast

INGREDIENTS

100gm raw quinoa
220ml coconut milk
110 ml water
Dash of seaweed salt
1 banana - ½ mashed, other ½ cut into slices
2 tsps honey
2 cacao wafers
1 tsp vanilla extract
Fresh mint for garnish

Thermomix Method

1. Insert butterfly
2. Place quinoa, coconut milk and water in TM bowl. Cook 15 minutes, 100C, 20 minutes, reverse speed.
3. Add to TM bowl 1/2 mashed banana, cacao wafers, vanilla, and honey. Mix on reverse speed 1, 15 seconds or until evenly combined.
4. Pour additional coconut milk over quinoa, garnish with banana slices and mint (if desired), and enjoy!

Method

1. Place quinoa, coconut milk, water and seaweed salt in saucepan, bring to boil, cover and simmer 15 minutes or until liquid is absorbed.
2. When quinoa is ready add mashed banana, honey, cacao wafers and vanilla extract.
3. Garnish with mint, serve with coconut milk and sliced banana.

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Chia Chocolate Porridge



Chia Chocolate Porridge

(serves 1)

This Chia Chocolate Porridge can be served either warm or cold, so a versatile year round breakfast

INGREDIENTS

2 cacao wafers
¾ cup almond milk (you could also try coconut milk or cashew milk)
4 dried dates or 2 fresh dates (pitted)
1/4 tsp cinnamon
2 Tbsp chia seeds
1/4 cup macadamia nuts
1 orange - peeled and sliced into thin segments
orange zest - for garnish

Thermomix Method

1. Warm milk with cacao wafers speed 1, 3 minutes, 70C
2. Add dates, macadamia nuts, chia seeds, cinnamon, blend speed 9, 5 seconds
3. Place cut, peeled orange into a bowl, add warmed chia choc porridge, garnish with orange zest.

Please note:- Because the Chia Seeds are crushed and opened on step 2, they do not need the usual soaking like you need in the traditional method.

Method

1. Warm milk slightly in saucepan, add cacao wafers and melt
2. Add Chia and soak for 10 minutes
3. While soaking, chop dates and macadamia into chunks or more finely if you desire
4. Add dates, macadamia and cinnamon to the soaked chia – mix well
5. Slightly warm the mixture if it has gone cold for approximately 2 minutes.
6. Place cut peeled orange into a bowl, add warmed chia choc porridge, garnish with orange zest

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CADAC



CADAC

Fleur Whelligan first created this recipe and because Kim could never remember the name it was aptly called CADA!

Cyndi and I always take about a handful of dessicated coconut, a handful of almonds, about 3-5 dates and an apple and give it a few turbo whizzes in the Thermomix. We now add about 3 cacao wafers and have CADAC and it's incredible. Seriously tasty and so good for you... Gluten free too! A note from Cyndi - I add 6 cacao wafers, it is all about taste.

INGREDIENTS

¼ cup Shredded Coconut
20 Almonds (soaked if you can)
4 fresh Dates
1 Apple
3 cacao wafers

Thermomix Method

1. Place all ingredients into TM bowl, make sure you have quartered the apple.
2. Close the lid and pulse until desired consistency, you may want it chunky so only pulse it a few times.

Method

1. Add coconut, chopped dates, chopped almonds, crushed cacao wafers and grated apple to a bowl and mix thoroughly.
2. Serve with fresh, in season fruit and yogurt or coconut cream. Delicious.

PS We've even added some ginger to this recipe and it tastes a treat.

PPS: You can also add gogi berries, white mulberries, sunflower seeds, chia seeds. It is one of those recipes that is a great base and then you can just experiment till your heart is content. We've sometimes had no apples in the house so make it with frozen mango or berries. If I've run out of almonds I put brazil, macadamia, walnut or cashew. The one constant we believe it needs is the dates and coconut. Enjoy your new discovery into the world of CADA.

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PURE HOME MADE CHOCOLATE

Cyndi searched all over the world for the BEST chocolate to sell online for her customers. In the end she discovered the ultimate chocolate could be made at home with absolutely no additives, preservatives or questionable ingredients. And can be altered for whatever flavours she fancied. With Kim's pure Twenty8 oils the flavours of these chocolate recipes are insane!



Pure Homemade Chocolate

This is the basic recipe, what you can make from this is all up to your imagination. We've made chilli lime, wasabi, lemon myrtle and lemon, orange, cinnamon, walnut, fruit and nut, kaffir lime, fresh berry surprise, almond and cinnamon, peppermint, probiotic (yes probiotic chocolate, it is great for getting probiotics into kids), goji berry and coconut, carob, coconut rough and many more. The basic recipe is how we love our chocolate, but if you want less sugar then by all means reduce the grams of sugar. If you want a harder chocolate then do not use coconut oil. We like the softer chocolate and the addition of coconut as it has a more interesting taste and just melts beautifully in the mouth.

This chocolate can be made easily in a thermomix but also a double boiler. I like using the thermomix as I can keep the chocolate at 37C and it can be processed (stirred) for 20 to 30 minutes continuously, this ensures a lovely smooth chocolate. Using a double boiler you will need to make sure you keep it at a low heat and stir it as much as possible, 10 minutes should be all you need to do.

It is not necessary to have a chocolate mould you can also use a baking dish with baking paper. Just pour the mixture onto the baking paper within the dish, then cool in refrigerator, you can cut it or you can break it and keep it in glass jars in the fridge. If you don't want the chocolate to disappear fast hide the glass jar!!!!

INGREDIENTS

100g rapadura sugar
1/8 tsp seaweed salt
250g cacao wafers
50g coconut oil

Thermomix Method

1. Combine the sugar and salt for 1min on speed 9.
2. Grind the cacao wafers for 4 seconds on speed 6
3. Add the coconut oil and cook at 37C for 20 minutes on speed 2 to 3.
4. As soon as the thermomix has called you, pour mixture into a chocolate mould and refrigerate until solid.

Double Boiler Method

1. Place all 'basic chocolate' ingredients into the double boiler, bring the water to boil in the bottom pan then simmer, stirring as the chocolate melts
2. Simmer for 10 minutes on as low a heat as possible, stirring continuously.

3. Pour immediately into prepared dish or moulds and place in fridge until set.
4. Cut or break into pieces store in fridge.

Peppermint Chocolate

Add 4 drops of twenty 8 peppermint oil at the end of the method and stir before pouring into moulds

Orange Chocolate

Add 4 drops of twenty 8 orange oil at the end of the method and stir before pouring into moulds

Coconut Berry Chocolate

Add whole berries into the moulds and pour chocolate over, then set in fridge

Chile Chocolate

When you are grinding the sugar add 1 Tbsp dried chilli to the TM bowl, if you do not have a thermomix, add chilli powder 1 tsp more if you desire a hotter chocolate. At the end add 4 drops of twenty8 lime oil

Kaffir Lime Chocolate

When you are grinding the sugar add 10 fresh Kaffir lime leaves to the TM bowl, if you do not have a thermomix, grind 10 dried kaffir lime leaves and add powder to double boiler. At the end add 4 drops of twenty8 lime oil

Goji Berry and Coconut Chocolate

Once you have made the basic chocolate recipe add ½ cup of goji berries and ½ cup of coconut to the final mixture then pour into moulds

Wasabi Chocolate

The wasabi that you buy in the tube is not exactly the best wasabi, but if that is all you have then add 1 tsp of wasabi paste and mix well to the chocolate recipe. If you happen to be able to buy fresh wasabi then grate 1 Tbsp of fresh wasabi into the melted chocolate recipe then pour into moulds. This is a most delectable tasting chocolate.

Fruit and Nut Chocolate

Add ½ cup of non-vegetable oil sultanas and ½ cup of crushed nuts of your choice to the final melted chocolate then pour into moulds.

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To purchase any of the ingredients to help you make home-made chocolate, here are some great packs and products

Shopping List

Cacao Wafers - 500gms - \$25.00

<http://www.twenty8.com/online-store/chocolate/cyndis-cacao-wafers-500grams>

Chocolate Lime Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Lime essential oil 10ml) - \$72.50

<http://www.twenty8.com/online-store/chocolate/chocolate-lime-pack>

Chocolate Orange Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Orange essential oil 10ml) - \$59.50

<http://www.twenty8.com/online-store/chocolate/chocolate-orange-pack>

Chocolate Peppermint Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Peppermint essential oil 10ml) - \$63.50

<http://www.twenty8.com/online-store/chocolate/chocolate-peppermint-pack>

Chocolate Ultimate Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Lime, Orange and Peppermint essential oils 10ml) - \$128.00

<http://www.twenty8.com/online-store/chocolate/chocolate-ultimate-pack>

All Natural Sea Salt - 500gms - \$15.00

<http://www.twenty8.com/online-store/health-and-lifestyle/all-natural-seaweed-salt>

Rapadura Sugar - - 1kg - \$13.95 2kg - \$23.50

<http://www.twenty8.com/online-store/health-and-lifestyle>

Inca Inchi Powder - 400gms - \$29.00

<http://www.twenty8.com/online-store/health-and-lifestyle/cyndis-inca-inchi-powder>

Lime Essential Oil 10ml - \$42.95

<http://www.twenty8.com/online-store/essential-oils/lime-pure-essential-oil-10ml>

Orange Essential Oil 10ml - \$28.95

<http://www.twenty8.com/online-store/essential-oils/orange-pure-essential-oil-10ml>

Peppermint Essential Oil 10ml - \$32.95

<http://www.twenty8.com/online-store/essential-oils/peppermint-oil>

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DRINKS/SMOOTHIES RECIPES

[Chocolate Recharge Smoothie](#)

[Chocolate Banana Smoothie](#)

[Chocolate Very Berry Smoothie](#)

[Chocolate Coconut Smoothie](#)

[Choc Chai Tea](#)

[Shady Chocolate Martini](#)

[Chocolate Liqueur](#)

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Chocolate Recharge Smoothie



Chocolate Recharge Smoothie

INGREDIENTS

330ml coconut water
150ml water
1/4 Lebanese cucumber skin on
Small bunch of kale
1/2 cup blueberries
10 spearmint (or mint) leaves
4 cacao wafers
10 dried dates (or 5 fresh dates)

Method

Place all ingredients into your Thermomix or Blender and blitz together for 1 minute until smooth.

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Chocolate Banana Smoothie

INGREDIENTS

1/2 cup raw almonds
1 frozen banana
4-6 dates
4-6 cacao wafers
330mls coconut water
Ice
Water to mix

Serves 2

Method

Blend everything together for 1 minute or until smooth. Enjoy! Honey, rapadura sugar or maple syrup can be added to sweeten more if desired.

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Chocolate Very Berry Smoothie



Chocolate Very Berry Smoothie

INGREDIENTS

1/2 cup raw almonds
1 frozen banana
3 dates
4-6 cacao wafers
1 cup of mixed frozen berries - raspberries, blueberries, strawberries
1/4 cup goji berries
330mls coconut water or plain water
Ice
More water to mix to desired consistency
Makes 3-4 serves

Method

Blend everything together for 1 minute or until smooth. Enjoy! Honey, rapadura sugar or maple syrup can be added to sweeten more if desired.

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Chocolate Coconut Smoothie



Chocolate Coconut Smoothie

INGREDIENTS

½ cup raw almonds
1 frozen banana
4-6 dates
4-6 cacao wafers
Honey
330mls coconut milk
¼ cup dessicated coconut
Ice
Water to mix

Method

Blend everything together for 1 minute or until smooth. Enjoy!

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Choc Chai Tea



Choc Chai Tea

INGREDIENTS

5 Cloves
5 Black Peppercorns
1 Cinnamon Stick
3 Cardamon Pods
1 Bulb Fresh Ginger
10g Black Tea (or Green Tea, Herbal Tea)
4 Cacao Wafers
35g Rapadura Sugar (optional)

Thermomix Method

1. Grind all ingredients together to release flavours in the Thermomix for 4-5 seconds. Does not need to be processed for long as all these ingredients will be sieved.
2. Add 1 litre of water.
3. Heat for 10 mins on speed 1 at 80°C.
4. Pour into a tea pot with strainer. Serve as is or froth some milk (almond, rice or dairy), pour on top and add cinnamon and honey or grated cacao wafers and sugar. Delicious!

Method

Please note this beautiful Choc Chai can be done on the stove top after spices have all been slightly ground in a processor to release flavours. We recommend that you do not boil this but merely simmer or just under simmer, the beautiful spices have medicinal and beneficial oils that can be destroyed at high temperatures.

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Shady Chocolate Martini



Shady Chocolate Martini

(serves 1 lush or 4-6 normals!)

We had such fun creating this one! Not quite sure of the health benefits but it was requested by two of our best friends Russell Bullen and Matthew Moon and had to be included!

INGREDIENTS:

4 Tbsp rapadura sugar
4 cacao wafers
100ml Baileys Irish Cream
100ml vodka
50ml chilled espresso coffee
1/4 cup orange juice
1 cup ice

Thermomix Method:

1. Place cacao wafers and rapadura sugar in TM bowl, 5 seconds, speed 10
2. Add rest of ingredients - blend 10 seconds, speed 8
3. Rim the glass with [ganache](#) by placing the ganache on a flat plate, then turning glass upside down into the ganache.
4. Pour the martini into the rimmed glass and garnish with an orange slice.

Blender Method

1. Add all ingredients into blender and blend until smooth.
2. Rim the glass with ganache by placing the ganache on a flat plate, then turning glass upside down into the [ganache](#).
3. Pour the martini into the rimmed glass and garnish with an orange slice.

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Chocolate Liquor

INGREDIENTS

70g cacao wafers
60g rapadura sugar
1 cup cream
4 Tbsp nut liquor like Frangelico

Thermomix Method

1. Grind the sugar and cacao wafers on speed 6 for 6 seconds.
2. Melt for 4 minutes on 37 degrees
3. Add cream
4. Mix until smooth. Speed 3 for about 3 seconds
5. Stir in nut liquor - Speed 3 for 3 seconds
6. Serve neat over ice

Method

1. Place cacao wafers in double boiler and melt
2. Add rapadura sugar and cream and mix until smooth
3. Stir in nut liquor
4. Serve neat over ice

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BISCUIT RECIPES

[Chocolate Chip Cookies](#)

[Chocolate Cashew Shortbread](#)

[Afghans](#)

[Chocolate Macaroons](#)

[Chocolate Coconut Cookies](#)

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Chocolate Chip Cookies



Chocolate Chip Cookies

INGREDIENTS

1 cup rapadura sugar
 220g butter
 2 organic free range eggs
 1/2 cup maize
 1/2 millet flour
 1/2 arrowroot flour
 1/2 amaranth/quinoa flour
 1 tsp baking powder
 1tsp seaweed salt
 1 cup millet flakes
 1 cup rolled oats
 8 x cacao wafers, grated or chopped roughly
 1 cup of walnuts – broken into pieces

Thermomix Method

1. Preheat oven to 180C
2. Cream together butter and sugar for 15 seconds on speed 6.
3. Add eggs and mix for 15 seconds on speed 5
4. Add remaining ingredients until all combined and mixed well.
5. Place heaped tablespoons of mixture onto baking tray and bake for 9 to 12 minutes.
6. Let cool and place in airtight container.

NB: If you are not gluten intolerant you can use 2 cups of organic wheat flour to replace the maize, millet, arrowroot and quinoa flours. If you have no millet flakes you can use 2 cups of rolled oats. By using oats that have not been exposed to wheat, rye or barley, then they should have no gluten. Make sure the product says they are gluten free.

Method

1. Preheat oven to 180C
2. Cream together butter and sugar with an electric beater.
3. Add eggs and beat until smooth

4. Add remaining ingredients until all combined and mixed well.
5. Place heaped tablespoons of mixture onto baking tray and bake for 9 to 12 minutes.
6. Let cool and place in airtight container.

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Chocolate Cashew Shortbread



Chocolate Cashew Shortbread

INGREDIENTS:

8 cacao wafers
1 cup cashews
200g soft sweet butter
½ cup rapadura sugar
2 ¾ cups spelt flour
¼ tsp seaweed salt
½ tsp baking powder

Thermomix Method

1. Add cacao wafers & cashews to TM bowl - process speed 8/6 seconds, then set aside
2. Place butter & sugar in TM bowl - beat speed 6/10 seconds
3. Add cacao wafers, nuts & flour, salt and baking powder and process on knead for one minute
4. It will become crumbly. Do not refrigerate before rolling, unless you leave enough time to return to room temperature first.
5. Roll with patience and optimism. Keep rolling until the dough is about ¼ inch thick.
6. Cut into imaginative shapes.
7. Place on an ungreased cookie sheet or baking paper.
8. Bake 8-10 minutes at 180C.

Method

1. Grind cacao wafers and cashews in a food processor until it forms crumbs
2. Cream together butter and sugar.
3. Add nuts & cacao wafers; mix well.
4. Sift in dry ingredients.
5. Work the dough into cohesiveness with your fingers.
6. It will become crumbly. Do not refrigerate before rolling, unless you leave enough time to return to room temperature first.

7. Roll with patience and optimism. Keep rolling until the dough is about $\frac{1}{4}$ inch thick.
8. Cut into imaginative shapes.
9. Place on an ungreased cookie sheet or baking paper.
10. Bake 8-10 minutes at 180C.

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Afghans



Afghans

This is a nice quick easy recipe. Ideal for school lunchboxes and a sweet treat for work!

INGREDIENTS

200g butter
85gms rapadura sugar
20gms cacao wafers - ground
100gms organic gluten-free cornflakes
160gms spelt flour

Thermomix Method

1. Preheat oven to 180C. Place baking paper on baking tray
2. Grind cacao wafers - speed 6/6 seconds - set aside
3. Place butter & sugar in TM bowl and cream speed 6/20 seconds
4. Add the ground cacao wafers and add flour - process speed 3/15 seconds
5. Add cornflakes - reverse speed, speed 2/10 seconds or until well combined
6. Roll into balls, place on tray and gently flatten
7. Bake at 180C for 15 minutes or until set.
8. Allow to completely cool, then ice with [chocolate icing](#) and decorate with a walnut if desired.

Method

1. Preheat oven to 180C. Place baking paper on baking tray
2. Grind cacao wafers in processor
3. Cream butter and sugar until light and fluffy, add ground cacao wafers.
4. Sift flour and stir into creamed mixture.
5. Fold in corn flakes.
6. Roll into balls, place on tray and gently flatten
7. Bake at 180C for 15 minutes or until set.
8. Allow to completely cool, then ice with [chocolate icing](#) and decorate with a walnut if desired.

Makes 20-25.

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Chocolate Macaroons



Chocolate Macaroons

INGREDIENTS

4 egg whites
 1 cup organic raw sugar
 15 cacao wafers
 Pinch of seaweed salt
 A few drops of Vanilla extract
 2 Tbsp of coconut flour
 3 cups of shredded coconut

Thermomix Method

1. Preheat oven 165C
2. Mill sugar 30 sec/speed 9 - set aside
3. Ensure the TM bowl is completely clean (please refer to basic cookbook for further instructions on beating egg whites)
4. Insert butterfly. Place egg whites in TM bowl and whip 5 mins/speed 3.5/37C
5. Gradually add milled sugar 1 tablespoon at a time through the hole with butterfly rotating for approximately 5 mins/speed 3 / 37C - remove mixture & clean bowl
6. Grind cacao wafers 6 sec speed 6
7. Melt cacao 37C 2 minutes / speed 2.
8. Add coconut, coconut flour, vanilla and seaweed salt into the TM bowl with melted cacao wafers and mix speed 4/6 seconds
9. Add the beaten egg white mix back into TM bowl and mix speed 4/6seconds
10. Place a heaped tablespoon of the mixture on a baking tray lined with parchment paper, spacing several inches apart.
11. Cook for 15-20 mins until golden brown, the outside should be crunchy and the middle chewy.

Yum!

Method

1. Pre-heat the oven to 165C.

2. In a double boiler, whisk the egg whites, cacao wafers, sugar and salt until the sugar is melted and the mixture is thick and creamy.
3. Remove from the heat and add the vanilla extract.
4. Add the coconut flour and shredded coconut and mix well.
5. Place in the fridge for 2 hours, the mixture should be thick and sticky.
6. Place a heaped tablespoon of the mixture on a baking tray lined with parchment paper, spacing several inches apart.
7. Cook for 15-20 mins until golden brown, the outside should be crunchy and the middle chewy.

Yum!

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Chocolate Coconut Cookies



Chocolate Coconut Cookies

INGREDIENTS

10 cacao wafers
 2 organic free range eggs
 2 Tbsp melted butter
 1 tsp vanilla essence
 2 Tbsp maple syrup
 2 Tbsp slivered almonds or slightly crushed Almonds
 1 cup desiccated coconut
 pinch of baking soda
 slivered almonds and raspberries to garnish

Thermomix Method

Preheat oven to 160C

1. If you do not have slivered almonds, then place whole almonds in the TM bowl, speed 6, 3 seconds set aside
2. Place cacao wafers and butter in the TM bowl and melt 50C, speed 2, 5 minutes
3. Add eggs, vanilla essence and maple syrup in the TM bowl and mix speed 4 for 6 seconds
4. Add to the TM bowl, the rest of the ingredients nuts, blend on speed 4 reverse 6 seconds
5. Place on baking tray in tsp dollops
6. Cook for 12-15 minutes or until golden brown
7. Garnish while still warm with crushed almonds (optional)

Method

Preheat oven to 160C

1. If you do not have slivered almonds, slightly grind your almonds and set aside
2. Melt butter and cacao wafers in a double boiler over medium heat
3. In separate bowl, combine eggs, vanilla essence and maple syrup - mix well
4. Add almonds, coconut, baking soda, and melted cacao wafers and butter, mix in well
5. Place on baking tray

6. Cook for 12-15 minutes or until golden brown
7. Garnish with crushed almonds (optional)

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Florentines



Florentines

STAGE 1

INGREDIENTS

80g whole blanched almonds,
 80g macadamias,
 80g brazil nuts
 80g walnuts
 50g sultanas
 50g dried apricots
 25g coconut flour
 1tsp baking soda
 ½tsp nutmeg
 50g rapadura sugar
 70g honey
 95g shredded coconut

STAGE 2

INGREDIENTS

80g rapadura sugar
 pinch seaweed salt
 200g cacao wafers
 25g coconut oil

Makes approximately 28

Thermomix Method - STAGE 1

1. Pre-heat oven to 160°C.
2. Lay all nuts on baking tray and roast for 10-12 minutes until fragrant.
3. Place cooled nuts into TM bowl and roughly chop for 2-3 seconds on speed 4
4. Set aside. Reduce oven temp to 160C.
5. Place sultanas and apricots into TM bowl with flour and spices and roughly chop for 4 seconds on speed 4. Set aside with nuts.
6. Place sugar and honey into TM bowl and warm for 4 minutes at 70°C on speed 3.
8. Add reserved fruit and nut mix and shredded coconut and combine for 30 seconds on reverse

speed 3, using spatula to mix from time to time.

9. Use a dessertspoon to spoon small amounts onto lined baking trays and with wet hands smooth edges and tops into a flattish disc.

10. Cook for 15 - 20 minutes until golden and bubbly. Remove from oven and cool

11. completely before removing from trays.

Thermomix Method - STAGE 2

1. Place the rapadura sugar and seaweed salt into TM bowl and mill on speed 10 for 1 minute.

2. Add the cacao wafers and mill for 6 seconds on speed 6.

3. Add coconut oil and melt for 4 minutes at 37°C on speed 4. If still grainy then increase heat to 50C and mix for another 2 mins on speed 4.

4. Turn cooked and cooled florentines over and spread chocolate on smooth side of cookie.

Decorate with a fork through chocolate in a wavy pattern.

5. Allow chocolate to set before serving.

In the summer we keep these beautiful biscuits in the fridge.

Standard Method for Florentines

Method - STAGE 1

1. Pre-heat oven to 180°C.

2. Lay all nuts on baking tray and roast for 10-12 minutes until fragrant.

3. Once cooled roughly chop the nuts

4. Roughly chop sultanas and apricots, then add nuts, flour and spices and mix thoroughly

6. Warm sugar and honey on the stove in a pot until sugar is dissolved and honey is runny.

7. Add warmed sugar syrup to fruit and nut mixture combine well.

8. Spoon small amounts onto lined baking trays and with wet hands smooth edges and tops.

9. Cook for 15-20 minutes until golden and bubbly. Remove from oven and cool completely before removing from trays.

Method - STAGE 2

1. Place all ingredients in a double boiler and warm until melted, stirring occasionally
4. Turn cooked and cooled Florentine's over and spread chocolate on smooth side of cookie. Decorate with a fork through chocolate in a wavy pattern.
5. Allow chocolate to set before serving.

In the summer we keep these beautiful biscuits in the fridge.

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Paleo Cacao Anzacs



Paleo Chocolate Anzacs

Inspired by Teresa Cutter – The Healthy Chef – www.thehealthychef.com

INGREDIENTS:

10 Cacao Wafers
 1 cup (100g) almonds or almond meal
 140g cashews
 1 cup (75g) organic desiccated coconut
 ¼ cup (80g) honey
 75g coconut oil (or macadamia nut, almond, olive oil)
 1 Tbsp filtered water
 ½ tsp bi-carb soda

Thermomix Method:

1. Preheat oven to 120C
2. Line a baking tray with baking paper
3. Place whole cacao wafers, almonds, cashews and desiccated coconut into TM bowl and grind for 6 seconds on speed 6 – set aside
4. Place honey and oil into TM bowl and warm 4 minutes speed 2, 60C
5. Combine water and bi-carb soda and add to honey and oil. Mix on speed 3 for approximately 3 seconds or until it starts to froth
6. Add nut and coconut mix and combine 4 seconds speed 4
7. Form into cookies on prepared baking tray - use a dessertspoon and roll mixture into small balls approximately 2cm wide. Flatten tops slightly using a fork end.
8. Bake in preheated oven for approximately 20 - 30 minutes or until golden.

Cool and Enjoy

Method

1. Preheat oven to 120C, line a baking tray with baking paper
2. Chop cacao wafers, cashews
3. Combine almond meal, coconut along with chopped cacao wafers and cashews
4. Combine honey and oil into small saucepan and heat gently
5. Mix bicarb soda and water, then pour into saucepan and mix until it starts to froth

6. Pour into the dry nut ingredients and mix through until combined
7. Add a little water if needed to combine which will help them stick together
8. Form into cookies.
9. Bake in a low preheated oven 120c for approximately 20 - 30 minutes or until golden

Cool and enjoy!

NB: Variation rolled quinoa can replace the coconut in the recipe.

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SLICES

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Choc Berry Delights



Choc Berry Delights

OMG these are soooooo divine! You can keep them in the fridge or even better eat them straight from the freezer! Perfect when you have a wee sweet craving!

INGREDIENTS

2 cups mixed nuts (walnuts, pecans, cashews, macadamias)
 6 cacao wafers
 2 Tbsp raw cacao powder
 2 Tbsp rapadura sugar (or organic raw sugar)
 pinch cinnamon
 1 cup pitted dates
 1/2 cup goji berries
 1/4 cup sultanas
 2 Tbsp coconut oil
 Extra warm water for binding

Thermomix Method

1. Spread coconut oil on the bottom of a glass dish and up the sides. Approximately 28 x 18cm dish
2. Place nuts, raw cacao powder, rapadura sugar, cinnamon and cacao wafers into TM bowl and grind for 20 seconds speed 8
3. Add remaining ingredients and mix for 10 seconds on interval speed until combined. The mixture should stick together, if not add a small amount of warm water until it comes together.
4. Press mixture into the dish evenly.
5. Place in refrigerator and when firm cut into squares. Refrigerate or freeze. Indulge and enjoy!!

Method

1. Spread coconut oil on the bottom of a glass dish and up the sides. Approximately 28 x 18cm dish
2. In a food processor, grind nuts and cacao wafers until coarsely ground.
3. Add all remaining ingredients into the food processor and mix until mixture sticks together when pressed. Add a little warm water if needed
4. Press mixture into the dish evenly.
5. Place in refrigerator and when firm cut into squares. Refrigerate or freeze. Indulge and enjoy!!

Cacao Protein Bars



Cacao Protein Bars

This has been modified from the Thermomix Recipe Community - Delicious & healthy, with a touch of decadence!

INGREDIENTS

250g dates
80 g Cacao Wafers
40 g Rapadura Sugar
100g almonds
50 g walnuts
25 g pumpkin seeds
25 g sunflower seeds
25 g chia seeds
10 g Inca Inchi Protein Powder
50 g coconut oil

Thermomix Method

1. Place chocolate & almonds into TM bowl, turn dial to closed lid position & press turbo button 2-3 times, so texture is still chunky.
2. Add walnuts, pumpkin seeds & sunflower seeds, set dial to closed lid position & press turbo button 1-2 times to roughly chop. Set aside.
3. Place dates, inca inchi, sugar, chia seeds & coconut oil into TM bowl & mix for 20 seconds on speed 7.
4. Add nuts/seeds/chocolate mixture back into TM bowl & combine on reverse, speed 3 for 15-20 seconds.
5. Press into rectangle dish and place in refrigerator until set, then cut into bar-size pieces

Method

1. Place chocolate & almonds into food processor and chop until it forms a chunky consistency
2. Add walnuts, pumpkin seeds & sunflower seeds, set dial to closed lid position & press turbo button 1-2 times to roughly chop. Set aside.
3. Place dates, inca inchi, sugar, chia seeds & coconut oil into food processor & mix for 20 seconds on speed 7.
4. Add nuts/seeds/chocolate mixture back into processor & mix until well combined
5. Press into rectangle dish and place in refrigerator until set, then cut into bar-size pieces

Chocolate Crunch Slice



Chocolate Crunch Slice

These are great for all the family and fantastic for school lunch boxes

INGREDIENTS:

6 cacao wafers
 60g nuts – chopped (any nut will do)
 125g butter softened
 125g rapadura sugar
 ½ tsp vanilla extract or ½ vanilla pod scraped
 125g white or brown flour – if gluten intolerant use an alternative flour like rice.
 90g desiccated coconut or freshly grated coconut
 2 tsps cacao powder
 ½ tsp bicarb soda
 90g rolled oats

Thermomix Method

1. Grind cacao wafers 6 seconds speed 6 and set aside
2. Grind nuts 6 seconds speed 6 set aside
3. Put butter, sugar and vanilla essence into the TM bowl and mix for 30 seconds speed 4
4. Add flour, coconut, cacao powder, bicarb soda, rolled oats, ground cacao wafers and ground nuts, combine on speed 4 for 6 seconds, reverse speed
5. Press mixture into a greased 20x20cm square tin
6. Bake at 180C for approximately 30 minutes or until a knife comes clean , cut into squares and leave to cool in tin.
7. For an extra indulgence, ice the top with [chocolate icing](#) or [ganache](#)

Method

1. Chop cacao wafers in processor or chop finely by hand
2. In a large bowl combine sugar, flour, coconut, cocoa, bicarb and oats
3. Using an electric beater, mix in butter and vanilla
4. When well mixed add nuts
5. Press mixture into a greased 20x20cm square tin

6. Bake at 180C for approximately 30 minutes or until a knife comes clean , cut into squares and leave to cool in tin.
7. For an extra indulgence, ice the top with [chocolate icing](#) or [ganache](#)

Serves Approximately 24

Chocolate Panforte



Chocolate Panforte

Adapted from the Thermomix Community Website - absolute treat and a great gift.

INGREDIENTS

80 grams almonds
 80 grams macadamias
 80 grams pistachios
 125 grams brown rice
 125 grams almonds extra
 100 grams dried figs
 80 grams rapadura sugar
 2 cinnamon quills
 8 whole cloves
 ½ tsp allspice
 1 whole nutmeg
 the peel of one orange
 130 grams honey
 300 grams fruit mince (organic and no oil if possible)
 50 grams coconut oil
 1 pinch seaweed salt
 60 grams cacao wafers

Thermomix Method

1. Preheat oven to 180 C.
2. Lay nuts on lined baking tray & roast for 10 - 12 mins until golden & fragrant. Remove from oven & set aside to cool. Reduce oven temp to 160C
3. Mill rice for 1 min speed 10
4. Add extra almonds and mill for 8 secs speed 7 then set aside in a bowl
5. Chop Figs for 4 sec speed 8 then set aside
6. Mill rapadura sugar, spices and orange peel for 30 sec speed 10
7. Add honey, fruit mince and coconut oil and cook for 3½ mins 70C speed 1, reverse speed
8. Add figs, nuts, salt, cacao and rice and almond flour to bowl and mix for 30 sec speed 4 reverse speed with aid of the spatula
9. Tip into a 20 x 30 x 3cm pan lined with baking paper and use wet hands to press the top all over until smooth.

10. Bake for 20-25 minutes until firm on top. Cool in pan, then invert onto a board (and dust with rapadura icing sugar). Cut into small squares.

Method

1. Pre-heat oven to 160C
2. Lay nuts on lined baking tray & roast for 10 - 12 mins until golden & fragrant. Remove from oven & set aside to cool. Reduce oven temp to 160C
3. While nuts are in oven, chop dried fruit
4. Warm honey and coconut oil add fruit mince and simmer for about 5 minutes
5. Mix all dried ingredients, flours, nuts and spices
6. Add all mixed ingredients to the bowl of warmed honey, coconut and fruit mince and mix thoroughly
7. Tip into the pan lined with baking paper and use wet hands to press the top all over until smooth.
8. Bake for 18-20 minutes until firm on top. Cool in pan, then invert onto a board (and dust with rapadura icing sugar). Cut into small squares.

Hedgehog Slice



Hedgehog Slice

INGREDIENTS:

180g butter
 2/3 cup (140gms) Rapadura sugar
 10 cacao wafers
 1/3 cup (40g) desiccated or freshly grated coconut
 1 free range organic egg lightly beaten
 2/3 cup (100g) LSA (ground linseed, sunflower and almond)
 250G packet of plain digestive or rice biscuits (read the ingredients and see if you can find biscuits with the least amount of additives, or better still make your own plain vanilla or shortbread biscuit)

Thermomix Method

1. Place biscuits into TM bowl and crush slightly using Turbo Boost 2 or 3 times, leaving chunky bits in tact. Set aside.
2. Place butter, sugar and cacao wafers into TM bowl and melt 3 minutes, 50C speed 3.
3. Add coconut, LSA, egg and crushed biscuits, combine gently 5 seconds speed 3 on reverse speed .
4. Press into a baking paper lined tin. Place in fridge to cool whilst making the icing.
5. Ice with cacao chocolate icing and sprinkle with dessicated coconut. Cut into pieces whilst in dish, place back into the fridge. When cold place pieces into airtight container.
6. Keep refrigerated or place into freezer and remove pieces as required. Great lunchbox snack!

Method

1. In a saucepan melt butter, sugar and cacao wafers over a medium heat for 3 minutes or until all melted.
2. Remove from heat. Add coconut, LSA, egg and crushed biscuits, combine well.
3. Press into a baking paper lined tin.
4. Ice with [cacao chocolate icing](#) and sprinkle with dessicated coconut. Cut into pieces whilst in dish, place back into the fridge. When cold place pieces into airtight container.
5. Keep refrigerated or place into freezer and remove pieces as required. Great lunchbox snack!

Chocolate Coconut Squares



Chocolate Coconut Squares

This is a family favourite and is so quick and easy to make!

INGREDIENTS

100g almonds (ground)
 35g cacao wafers (15 wafers - ground)
 1Tbsp coconut flour
 1/4 tsp seaweed salt
 3 free range organic eggs
 100g coconut oil
 100g honey
 1Tbsp vanilla essence
 120g shredded coconut

Thermomix Method

1. Preheat oven 180C
2. Grind the almonds, cacao wafers, coconut flour and seaweed salt for 12 seconds on speed 4.
3. Add the eggs, coconut oil, honey and vanilla essence together for 4 seconds on speed 4.
4. Add the shredded coconut and combine for 3 seconds on speed 4.
5. Pour the mixture into a greased square tin (coconut oil) and cook for 30 minutes or until golden.
6. Remove from oven and allow to cool completely.
7. Cut into squares and keep refrigerated until ready to serve.

Method

1. Preheat oven 180C
2. In a bowl mix all dry ingredients
3. In another bowl mix all wet ingredients
4. Mix the wet ingredients and the dry ingredients together and combine well
5. Pour the mixture into a greased squared tin (coconut oil) and cook for 30 minutes or until golden.
6. Remove from oven and allow to cool completely.
7. Cut into squares and keep refrigerated until ready to serve.

Chocolate Fudge Brownies



Chocolate Brownie

INGREDIENTS

70g cacao wafers
200g butter
240g rapadura sugar
3 organic free range eggs
1 tsp vanilla essence
1 cup organic flour
1 cup chopped nuts – any nut you like, but we love fresh walnuts in our fudge brownies

Thermomix Method

1. Preheat oven to 180C. Grease a 20 x 20cm pan
2. Add cacao wafers and chop 6 seconds, speed 6
3. Add butter and melt cacao wafers and butter on 50C on speed 2 for 3 minutes or until melted.
4. Add sugars, eggs and vanilla for 20 seconds on speed 4.
5. Add in the flour and nuts for another 20 seconds on speed 4.
6. Pour into greased baking dish and cook for 20-35 minutes or until skewer comes out clean.
7. Let cool and cut into squares.

Method

1. Preheat oven to 180C. Grease a 20 x 20cm pan
2. Melt cacao wafers and butter over a very low heat in a medium saucepan
3. Combine in a separate bowl, eggs and vanilla essence and beat
4. Combine well the egg mix, melted butter, cacao wafers and sugar along with the flour and nuts
5. Pour into greased baking dish and cook for 20-35 minutes or until skewer comes out clean.
6. Let cool and cut into squares

CAKES

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Chocolate Almond Peppermint Cake



Chocolate Almond Peppermint Cake

INGREDIENTS

100gm cacao wafers
 250gm raw almonds
 180gm rapadura sugar
 180gm butter
 6 eggs
 1 Tbsp baking powder
 1 Tbsp cocoa
 3 drops Peppermint essential oil (twenty8.com)

Thermomix Method

1. Preheat oven 160C, prepare either 20cm round or square cake tin with grease proof paper
2. Place cacao wafers and almonds into TM bowl and process on speed 7 for 10 seconds
3. Add all other ingredients and mix for 6 seconds speed 6
4. Place in lined tin and bake for approximately 60 mins or until skewer comes clean

Method

1. Preheat oven 160C, prepare either 20cm round or square cake tin with grease proof paper
2. In food processor, process chocolate and almonds to crumb consistency, set aside.
3. Cream butter and sugar, then add eggs
4. Combine remaining ingredients until smooth, then fold in chocolate and almonds. Do not over-mix.
5. Place in lined tin and bake for approximately 60mins or until skewer comes clean

Options

This is absolutely delicious and decadent and definitely an exquisite treat. The peppermint is optional.

You could add the finely grated rind of one orange, 1 teaspoon vanilla essence or even your favourite liqueur.

Top with [ganache](#) - add a little peppermint oil with the ganache to compliment the cake
 serve with sifted icing sugar and fresh mint or peppermint leaves.

Luscious Fruit Cake With A Chocolate Twist



Fruit Cake With A Chocolate Twist

INGREDIENTS

750g premium mixed fruit (sultanas, raisins, currants, cranberries, chopped dates)
 1 cup rapadura sugar
 ½ cup brandy or sherry or rum
 ½ cup filtered water
 1 cup crushed pineapple (including the juice, canned or fresh)
 ½ cup chopped crystalised ginger (optional)
 185g butter, soft
 3 organic free range eggs, beaten
 2 ¼ cups spelt flour
 1 tsp baking powder
 ¼ bicarbonate soda
 1 tsp mixed spice
 1 tsp ground ginger or fresh if you have it in the fridge

Chocolate Twist Ingredients

½ cup Rapadura Sugar
 20 Cacao Wafers
 1 Tbsp Coconut Oil

Thermomix Method

1. Preheat oven to 140C
2. Grind Rapadura Sugar for 10 sec speed 9, then
3. Place mixed fruit, sugar, alcohol, water, crushed pineapple, ginger and butter into the TM bowl, heat for 10 minutes 90 degrees, speed 2 reverse speed – set aside and allow to cool – dry your bowl
4. Add flour, baking powder, soda, spice and dry ginger, process for 10 seconds on speed 4
5. Insert butterfly add eggs and cooled mixture to the TM bowl and fold ingredient together 10 seconds speed 3 reverse
6. Place in a lined and greased 23cm tin
7. Bake for approximately 95 minutes or until cooked, test with skewer to measure.
8. Turn out on wired cooling rack

9. Now for a wee chocolate twist Mill rapadura sugar 20 sec speed 9, then add 20 cacao wafers. Grate 6 sec speed 6. Add coconut oil, melt 50C speed 3 for 6 minutes or until mixture completely melts and is smooth.
10. Drizzle over the cake in zig zag motion while still warm. Divine!!

Method

1. Place mixed fruit, sugar, brandy, water, crushed pineapple, ginger and butter in a saucepan. Bring to the boil, stirring all the time and simmer over a medium heat for about 5minutes. Allow to cool.
2. Add the beaten eggs then fold in sifted flour, baking powder, soda and spices.
6. Place in a lined and greased 23cm tin
7. Bake for approximately 95 minutes or until cooked, test with skewer to measure.
8. Turn out on wired cooling rack
9. Now for a wee chocolate twist melt 20 cacao wafers, 1/2 cup rapadura sugar and 1Tbsp coconut oil in a double boiler.
10. Drizzle over the cake in zig zag motion while still warm. Divine!!

Rich Chocolate Cake

Adapted from the Thermomix Community website – our favourite place for inspiration.

INGREDIENTS:

100g cacao wafers
180g rapadura sugar
180g unsalted butter cut into pieces
50g organic plain flour
1 pinch seaweed salt
3 free range organic eggs
150g fresh or frozen raspberries

Thermomix Method:

1. Preheat oven to 180C
2. Grate cacao wafers on speed 6, 6 seconds
3. Add butter and sugar into mixing bowl and melt for 5mins/60c/speed 2. Don't be concerned if the sugar doesn't dissolve, just make sure the chocolate and butter have melted.
4. Add flour, a pinch of seaweed salt and eggs and mix for 15sec/speed 4.
5. Pour into a lined 20cm round cake tin and bake for 20-30 minutes or until the edges have come away from the sides of the tin and a skewer tests almost clean.
6. Garnish with raspberries before serving.

This cake is best eaten cold as it almost sets when it is cooling into a fudgy interior and chewy sugary crust – Yum!

Dust with icing sugar or top with [chocolate icing](#) to serve. This cake is wonderful as a rich, decadent dessert cake.

Use any flour you like. Self-raising flour for a lighter cake, plain flour for a denser cake, gluten free flour for people with allergies or spelt flour for the extra protein.

Use any sugar you like. We've used raw and rapadura sugar in this recipe and both work well. We always choose the food with the most nutrition, so rapadura is our preference.

Method

1. Preheat oven to 190C
2. Melt cacao wafers, butter and sugar in double boiler over medium heat, don't be concerned if the sugar doesn't dissolve, just make sure the chocolate and butter have melted. Remove from heat.
3. Add flour, a pinch of seaweed salt and eggs and combine well.
4. Pour into a lined 20cm round cake tin and bake for 20-30 minutes or until the edges have come away from the sides of the tin and a skewer tests almost clean.
5. Garnish with raspberries before serving.

See instructions below thermomix method for extra's that can be done to this beautiful rich chocolate cake.

Chocolate Chia Cake



Chocolate Chia Cake

Adapted from the gorgeous Tania Hubbard's book - Gluten Free Grain Free - Food We Love
<http://glutenfreegrainfree.com.au>

INGREDIENTS

4 Tbsp chia seeds
 1 cup filtered water for soaking chia seeds
 50g cacao wafers
 125g butter
 175g ground almonds
 5 eggs
 130g rapadura sugar
 1/8 tsp salt
 1 tsp bicarb soda

Ganache - Topping

120g rapadura sugar
 50g cacao wafers
 300ml cream

Thermomix Method

1. Preheat oven 180C, grease 20cm spring form pan
2. Soak chia seeds for 15 minutes in filtered water
3. Grind almonds for 20 seconds on speed 7, set aside.
4. Melt butter and cacao wafers for 6 minutes on speed 2 at 60C.
5. Add the almond meal, eggs, sugar, salt and bicarb soda. Mix for 6 seconds on speed 6.
6. Insert butterfly, mix the chia seeds - speed 3, 6 seconds.
7. Pour into greased spring form pan and cook for 30 - 40 minutes.

Allow to cool.

Ganache Thermomix Method

1. Combine and grind the sugar and wafers for 12 seconds on speed 6.
2. Add the cream and heat on 70C for 5 minutes on speed 3.

3. Allow to cool and drizzle over cake.

Method

1. Preheat oven 180C and grease a 20x20cm spring form tin
2. Soak chia seeds for 15 minutes in the water
3. Melt butter and cacao in a double boiler.
4. Add the almond meal, eggs, sugar, salt and bicarb soda. Mix thoroughly
5. Add soaked chia seeds and combine
6. Pour into greased spring form pan and cook for 30 - 40 minutes.

Ganache Method

1. Place all ingredients into a double boiler and heat gently stirring until melted.
2. Simmer for another 3 minutes.
3. Allow to cool and drizzled over cake.

Please Note - For a dairy free alternative replace butter with coconut oil

Chocolate Friands



Chocolate Friands

Our good friends Peter and Debbie Zanki make these for us and we had to include in this Chocolate Recipe Book. These babies are divine, heavenly and a wonderful sweet treat!

INGREDIENTS

120 g almonds
 150 g raw/rapadura sugar (icing sugar for traditional method)
 180g butter
 6 egg whites - lightly beaten
 75 g organic plain flour (for gluten free add tapioca flour)
 1 tsp almond essence (optional)
 60g cacao wafers

Optional Ingredients

10-20 spearmint leaves
 1 tsp almond essence
 ¼ tsp cinnamon

Thermomix Method

1. Preheat oven to 200C
2. Grease a 12 hole friand tray (use muffin tin if you do not have friand tin).
3. Place sugar and spearmint leaves in bowl and process for 15 seconds on speed 9. Reserve 2 Tbsp for dusting.
4. Place cacao wafers into bowl and process for 6 seconds on speed 6. Remove and place in freezer.
5. Place almonds in bowl and mill for 10 seconds on speed 8. Set aside.
6. Add butter and roughly chop then heat for 2min at 50 degrees on speed 2.
7. Clean and dry bowl (or use 2nd bowl if available). Insert butterfly, add egg whites and lightly beat – about 40seconds on speed 4.
8. Add almonds, sugar and butter in that order, then mix for 5 seconds on speed 5.
9. Add flour, cinnamon, wafers and mix for 4seconds on speed 4.
10. Divide batter evenly between the friand moulds.
11. Bake for 25 minutes or until golden and cooked through.

12. Remove from oven and allow to cool for 5 minutes before placing on a cooling rack. Dust with reserved spearmint icing sugar before serving.

Please note - Egg whites should be lightly beaten first to give a lighter friand. The sugar content in the original recipe was 240g. We felt this is too high and 150g more suitable. You can adjust to taste accordingly.

Method

1. Preheat oven to 200C
2. Grease a 12 hole friand tray (use muffin tin if you do not have friand tin).
3. Place icing sugar and spearmint leaves in a processor and blend until fine. Reserve 2 Tbsp for dusting.
4. Place cacao wafers into a processor and chop until you get small bit sizes. Remove and place in freezer.
5. Place almonds in processor and mill until fine (you may use almond meal if you prefer)
6. Whisk egg whites lightly in a medium-sized bowl. Add melted butter, ground almonds and icing sugar mix and stir well with a wooden spoon
7. Add flour, cinnamon, wafers and stir well to combine
8. Divide batter evenly between the friand moulds.
9. Bake for 25 minutes or until golden and cooked through.
10. Remove from oven and allow to cool for 5 minutes before placing on a cooling rack. Dust with reserved spearmint icing sugar before serving.

Chocolate Coconut Butter Cake



Chocolate Coconut Butter Cake

INGREDIENTS

8 cacao wafers
 300g rapadura sugar
 250g butter
 4 organic free range eggs
 250g organic self raising flour
 70g desiccated coconut
 50g coconut milk.

Thermomix Method

1. Preheat oven to 180C
2. Grind cacao wafers for 6 seconds, speed 6 - set aside
3. Place sugar in TM bowl grind 4 seconds on speed 10
4. Add butter and mix for 30 seconds on speed 5
5. Add one egg at a time and combine for 3 seconds on speed 5.
6. Add coconut, flour, ground cacao wafers and coconut milk and mix for 20 sec speed 5
7. Pour the batter into a prepared greased cake tin.
8. Bake for 40 min or until a skewer comes clean, allow to cool for about 10 minutes then turn out on serving dish.

Method

1. Preheat oven to 180C
2. Chop cacao wafers or grind in food processor
3. Place butter and sugar in a bowl and cream with mixer on high for 2 minutes
4. Gradually add the eggs one at a time over a period of 30 seconds while still beating with the mixer
5. Add coconut, flour, ground cacao and coconut milk and mix thoroughly
6. Pour the batter into a prepared greased cake tin.
7. Bake for 40 min or until a skewer comes clean, allow to cool for about 10 minutes then turn out on serving dish.

Chocolate Fiesta Cake



Chocolate Fiesta Cake

INGREDIENTS:

125g butter
 1 tsp vanilla essence
 1 cup rapadura sugar
 2 organic free range eggs
 ½ cup desiccated coconut or freshly grated coconut
 1 ½ cups spelt flour
 1 tsp baking powder
 20 cacao wafers
 300g sour cream, yoghurt or coconut yoghurt
 2/3 cup coconut milk

Coconut Frosting

2 cups icing sugar
 1 1/3 cups coconut
 2 egg whites lightly beaten

Thermomix Method

1. Preheat oven 180C
2. Grease deep 23cm round cake pan, cover base with paper, grease paper.
3. Grind cacao wafers - speed 6/6 seconds, set aside
4. Cream butter, essence and sugar in TM bowl 30 seconds speed 6
5. Place eggs into TM bowl combine well 15 seconds speed 4.
6. Place butterfly into TM bowl and add the coconut, sifted flour, baking powder, cacao wafers, sour cream and coconut milk mix for 15 seconds on speed 4.
7. Pour mixture into prepared pan, bake in moderate oven for about 1 hour or until firm. Stand 5 minutes before turning onto wire rack to cool. Top with frosting when cold.

Coconut Frosting:

1. Place raw sugar into TM bowl and mill for 15 seconds speed 8
2. Add coconut and egg whites and combine for a further 4 seconds or till combined.
3. Spread evenly on finished cake.

Method

1. Preheat oven 180C
2. Grease deep 23cm round cake pan, cover base with paper, grease paper.
3. Cream butter, essence and sugar in small bowl with electric mixer until light and fluffy; beat in eggs 1 at a time, beat until combined.
4. Transfer mixture to large bowl, stir in coconut, sifted flour, baking powder and cacao powder and combined sour cream and coconut milk in 2 batches, stir until smooth.
5. Pour mixture into prepared pan, bake in moderate oven for about 1 hour or until firm. Stand 5 minutes before turning onto wire rack to cool. Top with frosting when cold.
6. **Coconut Frosting:** Combine sifted icing sugar in bowl with coconut, stir in egg whites. Spread evenly on finished cake.

Chocolate Banana Cake



Chocolate Banana Cake

INGREDIENTS

250g wholemeal spelt flour
 1tsp baking powder
 ½ cup coconut oil
 120g rapadura sugar or honey
 2 large bananas, mashed
 3Tbsp coconut milk
 1tsp bi-carb soda
 1tsp vanilla essence
 2 organic free range eggs
 10 cacao wafers

Thermomix Method

1. Pre-heat oven 180C. Grease round cake tin or loaf pan
2. Grate cacao wafers 6 seconds speed 6 – set aside
3. Place coconut oil and sugar in TM bowl beat 15 seconds speed 6.
4. Add eggs, mashed bananas, coconut milk, and vanilla essence beat a further 10 seconds speed 8
5. Add flour, baking powder, bi carb soda and grated cacao wafers and mix 6 seconds speed 6
6. Place mixture in lined cake tin.
7. Sprinkle with cinnamon or chopped walnuts if desired.
8. Cook in moderate oven of about 180C for 40-45mins. Test with skewer.
9. Cool in tin for about 10 minutes before removing.

Method

1. Pre-heat oven 180C. Grease round cake tin or loaf pan
2. Place softened coconut oil and rapadura sugar into a bowl, with your electric beater - cream the two together.
3. Add eggs, mashed banana, grated cacao wafers, vanilla essence and coconut milk to the bowl and beat in
4. In another bowl place the flour, baking powder and bicarb of soda and mix thoroughly

5. Now add the dry ingredients to the wet mix and mix until smooth
6. Place mixture in a lined cake tin.
7. Sprinkle with cinnamon or chopped walnuts or leave plain
8. Cook in a moderate oven 180C for 40-45 minutes. Test with skewer
9. Cool in tin for 10 minutes before removing.

DESSERTS

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Mental As Anything Chocolate Baked Fruit



Mental As Anything Chocolate Bake Fruit

INGREDIENTS

2 apples or pears
 2 peaches or nectarines
 1 1/2 cup dried fruit (goji berries, currants, cranberries my pick!)
 250ml freshly squeezed orange juice
 2tbsp rapadura sugar
 2tbsp maple syrup
 10 x cacao wafers
 Coconut yoghurt, yoghurt, cream or ice cream to serve

Thermomix Method

1. Preheat oven to 180C
2. Grate cacao wafers or chocolate on speed 6 for 6 seconds - set aside in mixing bowl
3. Place in TM bowl, dried fruit & chop on speed 6 for 3 seconds - set aside in bowl with ground cacao wafers
4. Chop fruit - If you don't mind fruit being smaller, then place fresh fruit (de-pipped & stoned) into TM bowl. Chop on speed 6 for 2 seconds. Or if you prefer, cut fresh fruit with a knife into 1cm pieces.
5. Add sugar, maple syrup & orange juice & mix on speed 4 for 5 seconds
6. Pour liquid mixture over cacao wafers and dried fruit and mix thoroughly.
7. Place in a baking dish and bake in oven for approximately 30-40 minutes occasionally stirring until juice has thickened.
8. Remove from oven & serve warm in bowls with yoghurt, cream or ice cream!

Scrummy!!!

Method

1. Preheat oven to 180C
2. Grate cacao wafers or dark chocolate
3. Use sharp knife to cut fresh fruit into small 1cm pieces. Place into bowl.
4. Roughly chop dried fruit and place in bowl with fresh fruit

5. Combine sugar, maple syrup, orange juice & grated cacao or chocolate & pour over fruit mixture. Mix thoroughly together.
6. Bake in oven for approximately 30-40 minutes occasionally stirring until juice has thickened.
7. Remove from oven & serve warm in bowls with yoghurt, cream or ice cream!

Totally delicious & decadent! And so quick & easy!

Chocolate Coconut Ice Cream



Chocolate Coconut Ice Cream

This recipes was adapted from Quick Fix in the Thermomix

INGREDIENTS

120g rapadura sugar
80g cacao wafers
750g coconut milk
35g cornflour - or- arrowroot for gluten free
Pinch of salt

Thermomix Method

1. Mix the sugar and wafers for 6 seconds on speed 9.
2. Add the coconut milk, cornflour and salt; cook at 90C for 6 minutes on speed 4.
3. Place mixture into a bowl and refrigerate until cool (for approximately 1 hour).
4. Remove from the refrigerator and mix again for 10 seconds on speed 4.
5. Pour into a shallow freezer safe container, cover and place in freezer.
6. Before serving, cut frozen mixture into 8 pieces and place into TM bowl for 10 seconds on speed 9.
7. Scrape down sides and continue to process on speed 6 until mixture resembles ice cream.

Method

1. Place sugar, cacao wafers, coconut milk, sieved cornflour and salt into a pan and gently heat until melted stirring all the time
2. Cook for 6 minutes stirring all the time on a medium heat, it should be a thick creamy consistency
3. Place mixture into a bowl and refrigerate until cool (for approximately 1 hour).
4. Remove from the refrigerator and mix again for a minute with a beater
5. Pour into a shallow freezer safe container, cover and place in freezer.
6. Before serving, cut frozen mixture into 8 pieces and place into a food processor until mixture resembles a smooth ice cream

Chocolate Meringue Nest



Chocolate Meringue Nest

INGREDIENTS

4 egg whites
1 cup raw organic sugar
6 cacao wafers finely grated

Thermomix Method

1. Chop Cacao wafers in TM bowl on speed 8 for 6 seconds – set aside
2. Mill sugar 30 seconds, speed 9
3. Make sure bowl is clean, Insert butterfly, place egg whites into TM bowl and beat for 5 minutes on speed 3.5, 37C (leave off the MC).
4. With blades rotating on speed 3/ 37C, add milled sugar 1 Tbs at a time until all used up, this should take approximately 3 minutes
5. Stir through cacao wafers for marbled effect. Speed 2 for 3 seconds
6. Spoon into a circle onto a tray lined with greaseproof paper.
7. Build up the edges to form a birds nest.
8. Bake at 120C for 60-90 minutes or until meringue is dry but not brown. Cool.
9. Pour whipped cream onto the nest and place fresh chopped fruit and/or more grated cacao wafers over the top for decoration.

Method

1. Beat egg whites until stiff but not dry.
2. Add half the sugar and beat well. Repeat with remaining sugar.
3. Stir through grated cacao wafers for marble effect.
4. Spoon into a circle onto a tray lined with greaseproof paper.
5. Build up the edges to form a birds nest.
6. Bake at 120degrees for 60-90 minutes or until meringue is dry but not brown. Cool.
7. Pour whipped cream onto the nest and place fresh chopped fruit and/or more grated cacao wafers over the top for decoration.

Delicious!!

Chocolate Panna Cotta



Chocolate Panna Cotta

INGREDIENTS

250gms whole unhomogenised milk
1 Tbsp vanilla essence
150 gms pure cream
60 gms cacao wafers
60 gms rapadura sugar
1 Tbsp gelatine

Thermomix Method

1. Place all ingredients (except the gelatine) into the TM bowl. Process for 5 minutes, 70C, speed 3
 2. Add the gelatine to the bowl, process a further 1 minute, speed 4
 3. Divide into 6 serving moulds, cover and place in fridge and chill for 3-4 hours.
- Serve dish with fresh raspberries. Delicious with some Raspberry sauce!

Method

1. Combine cacao wafers, milk, cream, vanilla essence and sugar in a saucepan, bring just to the boil then remove from the heat immediately.
 3. Dissolve the gelatine in $\frac{1}{2}$ cup of boiling water then add the dissolved gelatine.
 4. Divide into 6 serving moulds, cover and place in fridge and chill for 3-4 hours.
- Serve dish with fresh raspberries. Delicious with some Raspberry sauce!

Chocolate Orange Sorbet



Chocolate Orange Sorbet

This recipe was inspired by one of our favourite Thermomix lovers Jo Whitton from Quirky Cooking [Quirky Cooking website](#)

INGREDIENTS

140g rapadura sugar or raw sugar
zest of one navel orange
50g cacao wafers
flesh from orange (remove pith)
1 large egg white (or 2 small egg whites)
ice cubes (fill thermomix bowl to the 2L mark)

Thermomix Method

1. Grind Rapadura in dry bowl on speed 9 for 30 seconds, until fine.
2. Add orange zest and grind on speed 9 for 10 seconds, or until finely ground.
3. Add chocolate wafers and grind on speed 9 for 15 seconds.
4. Remove mixture to a bowl. (The mixture will become quite sticky and gooey - you need to scrape it into a bowl with the spatula and put the other ingredients in, then add it back on top, otherwise it freezes to the bottom of the bowl once the ice hits it.)
5. Add the remaining ingredients to the bowl, then top with chocolate mixture. Grind on speed 9 for 1 to 2 minutes, until creamy, using the spatula to help push the ice into the blades.
6. Top with grated chocolate if you like, and eat it quickly before it melts! (Or freeze for later.)

Unfortunately we don't have a traditional method for this. Thermomix is such a unique machine that this can't be replicated by hand. A blender or a standard food processor won't quite do it!

Chocolate Custard



Chocolate Custard

INGREDIENTS

80 gms of raw organic sugar
3 eggs
500gms organic unhomogenised milk
30 gms corn flour
6 -10 cacao wafers (or more to taste)

Thermomix Method

1. Place sugar and cacao into TM bowl and pulverize 20 seconds on speed 9
2. Scrape down sides and add remaining ingredients
3. Cook 7 minutes 90 C speed 4
4. Once the custard is cooked immediately transfer into a serving bowl.
5. Serve with fresh whipped cream & grated cacao wafers

Method

1. Place all ingredients into a double boiler and keep stirring until thickened.
2. Once the custard is cooked immediately transfer into a serving bowl.
3. Serve with fresh whipped cream & grated cacao wafers

RAW DESSERTS & TREATS

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[Chocolate Coconut Truffles](#)

[Raw Vegan Chocolate Cream/Ice cream](#)

[Chocolate Protein Nut Balls](#)

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Chocolate Banana Blueberry Pie



Chocolate Banana Blueberry Pie

Divine!

INGREDIENTS

4 cups blueberries
1 banana
1 cup dates pitted and chopped

Crust

1 cup pecans
3/4 cup raisins
1/4 cup goji berries
6 cacao wafers
2 Tbsp organic dessicated coconut
2 extra bananas

Thermomix Method

1. Place blueberries, banana and dates into the TM bowl and process for 30 seconds speed 8 – put aside in a separate bowl in the fridge.
2. Into a clean dry TM bowl place pecans, cacao wafers, raisins, goji berries and coconut and mix for 30 seconds speed 8 or until mixture begins to stick
3. Press into a pie dish to form a crust
4. Layer extra banana slices on top of crust and pour blueberry filling on the top of bananas.
5. Refrigerate for at least 3hours and serve as gorgeous pie.

DIVINE!!

Method

1. Place blueberries, banana and dates into a blender and puree until smooth. Put aside in fridge.
2. Next grind pecans and cacao wafers in a food processor.
3. Add raisins, goji berries and coconut until the mixture sticks when gently pressed together with fingers.
4. Press into a pie dish to form a crust.
5. Layer extra banana slices on top of crust, then pour blueberry filling on top of extra bananas and pour blueberry filling on the top of bananas.
6. Refrigerate for at least 3 hours and serve as a gorgeous pie.

Chocolate Coconut Truffles



Chocolate Coconut Truffles

Makes Approximately 20

INGREDIENTS

200g dates

210g coconut cream

70g cacao wafers

1/8 tsp seaweed salt

Coconut/ sesame seeds/nuts or hemp for rolling (use your imagination)

Thermomix Method

1. Chop dates 6 seconds, speed 7, set aside
2. Heat the cacao wafers, seaweed salt and coconut cream on 50C speed 2 for 6 minutes or until melted
3. Add dates to mixture and mix 10 sec speed 4. Transfer mixture into bowl
4. Place in freezer for 20-30 mins (no longer or balls will be too hard to work with)
5. Take out of freezer, roll into small balls and roll in your favourite topping
6. Place in refrigerator to chill

Method

1. Chop the dates finely and set aside
2. Warm the cacao, seaweed salt and coconut in a pan until the cacao is melted (do not boil, best done in a double boiler).
3. Add dates to the melted cacao and coconut mixture and mix well.
4. Transfer mixture to freezer for 20 to 30 mins. (don't leave any longer or they will be too firm to roll)
5. Roll in balls using wet fingertips so the mixture doesn't stick to your hands
6. Place in refrigerator to chill

Optional Ingredients

We sometimes add a little inca inchi powder for extra protein and a nutty flavour.

Raw Vegan Chocolate Cream/Ice Cream



Raw Vegan Chocolate Cream

This was inspired by www.girlonraw.com and is absolutely positively AMAZING! Seriously the BEST sweet treat ever! And so quick to make! Keep in the fridge or freeze and eat it as an ice-cream

INGREDIENTS:

1 cup cashews (soaked for 2 hours in water, then drained)
 ½ cup young coconut meat -or- ½ dessicated coconut soaked in hot water*
 ½ cup pitted dates
 1 ½ cups water
 1 tablespoon vanilla extract
 10 Cacao Wafers
 Pinch Himalayan (or sea) salt
**If using soaked dessicated coconut, then reduce the water to 1 cup*

Thermomix Method

1. Place all ingredients into TM bowl mix for 1 minute speed 8
2. If you want it as a frozen dessert, pour into a freezer safe container and place in freezer until frozen take out of freezer occasionally to stir and aerate
3. Or if you want it as a cream place in fridge and indulge when required

Method:

1. Place all ingredients in a high speed blender until smooth.
2. Place in freezer safe container and then place in freezer until frozen.
3. Take out of freezer periodically to stir and aerate.

Alternatively place in ice cream maker.

Chocolate Protein Nut Balls



Chocolate Protein Nut Balls

I (Kim) make these up regularly as they make a fantastic complete snack when peckish or wanting a healthy sweet treat. They are protein rich and easy to digest which is why I eat them during any marathon I participate in - along with sipping on coconut water – they are a winner. Your body will love the energy they give too!

INGREDIENTS

1 cup nuts (almonds, pecans, cashews, walnuts, Brazils or mixture)
 10 cacao wafers
 ½ cup sunflower seeds
 ½ cup pitted fresh dates
 ¼ cup goji berries
 ½ cup coconut
 3 Tbsp chia seeds
 3 Tbsp sesame seeds
 Finely grated rind of one orange
 1-2 Tbsp honey
 1 Tbsp nut butter
 2 Tbsp coconut oil
 Water for binding

Thermomix Method

1. Place nuts and cacao wafers in TM bowl - mix speed 8 for 10 seconds
2. Add remaining ingredients, binding with approximately 1-2 tablespoon water until mixture becomes lumpy - mix speed 5 for 5 seconds or until it binds.
3. Roll into small balls using wet hands and roll in extra coconut.
4. Keep in fridge or freezer. Delicious!

Method

1. Process nuts and cacao in food processor.
2. Add remaining ingredients, binding with approximately 1-2 tablespoon water until mixture becomes lumpy.
3. Roll into small balls using wet hands and roll in extra coconut.
4. Keep in fridge or freezer. Delicious!

Raw Chocolate Treat



Raw Chocolate Treat

This is a recipe from our gorgeous friend Carren Smith. She is a sucker for this!! And if you are a chocoholic you will be in heaven with her!

INGREDIENTS

2 cups Cacao wafers
 2 tablespoons coconut oil (add more coconut oil as needed to obtain a nice smooth consistency)
 8 drops Stevia
 1/2 cup dried super berries (goji, cherry and blueberry)
 2 tablespoons Macca Powder
 2 tablespoons Inca Inchi Protein Powder

Thermomix Method

1. Place cacao wafers in the TM bowl, chop 6 seconds, speed 6
2. Add coconut oil and melt 50C, 3 minutes on speed 3
3. Add remainder of the ingredients. Mix together, 5 seconds speed 5
4. spread into a baking dish so mixture is about 1.5cm thick.
5. Pop it into the fridge and allow it to set

Method

1. Place cacao wafers in a double boiler over medium heat and stir until completely melted
2. Add remainder of the ingredients. Mix together, 5 seconds speed 5
3. spread into a baking dish so mixture is about 1.5cm thick.
4. Pop it into the fridge and allow it to set

Variations:

Add cashews or almond slivers to the mixture for crunch

Add a drop of peppermint or orange oil to add some zing

Sprinkle chilli powder over the top before setting - I LOVE DOING THIS!! Chilli Chocolate is off the chain amazing!!

Sprinkle coconut flakes over the top before setting

Enjoy!!!

Tarnea's Chocolate Banana Frozen Slice



Tarnea's Chocolate Banana Frozen Slice

Cyndi's beautiful daughter Tarnea made up this recipe and when you make it you will see why it had to be included!

Makes approximately 18 slices

Base Ingredients:

1 small ripe banana
1½ cup walnuts or almonds
15 dried dates (10 fresh dates)

Top Ingredients:

1 ripe banana, mashed
75g cacao wafers
3 Tbsp raw honey
4 Tbsp almond butter (room temperature)

Thermomix Method

1. Mix all the base ingredients together for 15 seconds on speed 6, set aside
2. Line a small rectangle baking dish with baking paper and spread the mixture evenly on the base.
3. Melt the cacao wafers and honey together at 60C for 2 minutes on speed 3
4. Add the banana and almond butter together for 10 seconds on speed 6.
5. Spread onto the base evenly.
6. Place into freezer until solid
7. Cut to slices when served.

Method

1. Process the nuts and dates in a food processor until crumb like, then add the banana and process until combined
2. Line a small rectangle baking dish with baking paper and spread the mixture evenly on the base.
3. Melt the cacao wafer and honey together in a double boiler on the stove
4. Add the mashed banana and almond butter into the chocolate honey mix combine well.

5. Spread on the base evenly.
6. Place into freezer until solid
7. Cut to slices when served.

Chocolate Cashew Cheesecake



Chocolate Cashew Cheesecake

I (Kim) have been making this recipe for years. It is an absolute favourite and whilst I have tweaked it over time it was originally inspired by www.theartofwellness.com.au

Base Ingredients

½ cup Goji berries
 ½ cup dates
 10 x cacao wafers
 1 cup soaked and drained almonds (soaked for 2 hours)
 ½ cup sunflower seeds
 ¼ cup coconut
 2 Tbsp purified water

Thermomix Base Method

1. Place all base ingredients in TM bowl and blend on speed 8 for 30-40 seconds depending on how crunchy/smooth you want it. It should come together when pressed.
2. Form a mass that can be pressed into a lightly oiled pie dish.
3. Set aside in freezer while you prepare the filling.

Base Method

1. Blend/process the above ingredients in your food processor.
2. Form a mass that can be pressed into a lightly oiled pie dish.
3. Set aside in freezer while you prepare the filling.

Filling

10 Cacao Wafers
 3 cups of raw cashews, soaked for 24 hours in the refrigerator.
 ½ cup honey or maple syrup
 2 Tbsp coconut oil

Thermomix Filling Method

1. Melt cacao 2min at 80C on speed 2.
2. Drain the cashews, place in TM bowl, add honey, coconut oil and process until smooth and creamy. About 1minute on speed 8 (may need the aid of the spatula).
3. Spoon into prepared base and place in the refrigerator while preparing the topping. Let it set for a few hours and serve with topping

Filling Method:

1. Melt cacao wafers over double boiler until melted
2. Drain the cashews and place in food processor
3. Add other ingredients, including melted cacao wafers and process until smooth and creamy.
4. Spoon into prepared base and set aside in the refrigerator, let it set for a few hours and serve with topping

Topping

½ cup frozen mixed berries

4-6 dates

1Tbsp water

Thermomix Topping Method

Place all ingredients in TM bowl and blend for 10-20 seconds on speed 7. Scraping down the sides to blend well.

Topping Method

Blend in a processor until smooth adding water to smooth and scrape down sides as necessary.

Raw Chocolate Banana Mousse Cake



Raw Chocolate Banana Mousse Cake

This is absolutely positively one of the easiest and yummiest desserts of all. And considering how healthy it is and how good it tastes you will be amazed at how easy it is to convince people that healthy food can be positively indulging!

Base:

1 cup soaked almonds (soak for 2 hours in water, then drain)
 ½ cup pitted dates
 1 Tbsp coconut oil
 ¼ tsp Himalayan (or sea) salt

Middle Layer:

4-5 bananas
 4-5 tablespoons coconut oil
 1/2 cup dessicated coconut
 2 tsp vanilla essence or 1 vanilla pod, scraped

Top Layer:

2 avocados
 2 bananas
 ¼ tsp Himalayan (or sea) salt
 3 Tbsp raw cacao powder
 1 tsp vanilla extract
 2 tsp raw honey
 2 cacao wafers

Thermomix Method

1. Place all base ingredients into TM on speed 10 for 5seconds.
2. In a spring form round tin, press the mix into the base firmly and evenly.
3. Wipe out the TM and add all the ingredients for the middle layer. Blend on speed 8 for 10 seconds until smooth.
4. Pour this mixture into cake tin and spread evenly
5. Place tin in freezer to set the layer.

6. Meanwhile add the top layer ingredients into the TM and blend on speed 8 for 10 seconds until smooth.
7. Add this mixture to the tin and smooth to create a nice clean and even surface.
8. Garnish with some fresh fruit or berries.
9. Pop back into the freezer and leave to set for a couple hours. This will make it easier to slice and serve.

Method

1. Place all base ingredients into a food processor and blend until roughly ground.
2. In a spring form round tin press the mix into the base firmly and evenly.
3. Wipe out the blender and add all the ingredients for the middle layer. Blend until smooth.
4. Pour this mixture into cake tin and spread evenly
5. Place tin in freezer to set the layer.
6. Meanwhile add the top layer ingredients into the blender and blend until smooth.
7. Add this mixture to the tin and smooth to create a nice clean and even surface.
8. Garnish with some fresh fruit or berries.
9. Pop back into the freezer and leave to set for a couple hours. This will make it easier to slice and serve.

Serves up to 16 slices

SAUCES & DIPS

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Hazelnut Chocolate Cream



Hazelnut Chocolate Cream

This is delicious on top of fruit salad

INGREDIENTS

¼ cup raw organic sugar or icing sugar
¾ cup toasted hazelnuts
10 cacao wafers
¾ cup cream lightly whipped

Thermomix Method

1. Place sugar into bowl and blend for 10 seconds on speed 8 to make icing sugar, set aside
2. Place toasted hazelnuts & cacao wafers together and grind speed 6 for 6 seconds, set aside with sugar
3. In clean TM bowl, insert butterfly and add cream. Beat on speed 4 until cream is whipped. This will take between 20 seconds and 1 minute. Be careful not to over whip and turn into butter.
4. Fold cream manually into the sugar, hazelnuts and cacao. Serve with fruit salad.

Delicious!!

Method

1. Place toasted hazelnuts & cacao wafers in a food processor and grind to a fine crumb
2. Whip cream until firm
3. Fold cream manually into the sugar, hazelnuts and cacao. Serve with fruit salad.

Delicious!!

Nut cacao Spread



Nutcacao Spread

This is a fantastic alternative for that chocolate spread sold in the supermarket. You know the one with refined sugar and additives. Try this yummy natural spread that kids absolutely love!

INGREDIENTS

50gms rapadura sugar
100gms roasted hazelnuts
50gms cacao wafers
80gms soft butter
100gms pure cream

Thermomix Method

1. 1. Preheat oven to 180C. Spread out nuts on a rimmed baking sheet or in an ovenproof skillet. Roast, shaking sheet once for even toasting, until deep brown, 13-15 minutes. Let cool completely. Remove skin
2. Place sugar in thermomix bowl - 30 seconds speed 10
3. Add roasted hazelnuts and cacao wafers and mill for 10 seconds, speed 8
4. Add butter and cream and warm on 50C, 6 minutes, speed 3
5. Mix for 5 seconds speed 4
6. Place into sterilised jars, keep refrigerated.

Keeps for about 21 days only.

Please Note - You may get a little separation and a small layer of butter/cream may form on the top, this is nothing to be concerned about.

Method

1. Preheat oven to 180C. Spread out nuts on a rimmed baking sheet or in an ovenproof skillet. Roast, shaking sheet once for even toasting, until deep brown, 13-15 minutes. Let cool completely.
2. Grind hazelnuts and sugar in a food processor until a fairly smooth, buttery paste forms, about 1 minute.
3. Place cacao wafers in a medium metal bowl. Set bowl over a large saucepan of simmering water; stir often until chocolate is melted and smooth.
4. Remove bowl from over saucepan; add butter and whisk until completely incorporated.

5. Whisk in cream and a pinch of seaweed salt, then the hazelnut paste.
6. Pour into jar. Let cool. the mix will thicken and become soft and peanut butter-like as it cools.) Screw on lids. keep chilled.

Chocolate Cashew Dip

This dip is delicious served with apple, pear or nectarine slices.

INGREDIENTS

1 cup cashew nuts, soaked for 2 hours
1 cup macadamia nuts
1Tbsp honey
1tsp cinnamon
6 cacao wafers, grated

Thermomix Method

1. Place cacao wafers in TM bowl and grate on speed 8 for 3 seconds
2. Place all other ingredients into TM bowl. Blend on speed 6 for 10 seconds.

Method

1. Drain cashews, rinse thoroughly.
2. Blend the cashew and macadamia nuts together with honey and remaining ingredients, adding water if necessary.

Chocolate Dipping Sauce



Chocolate Dipping Sauce

This is ideal to have over fruit

THERMOMIX INGREDIENTS

2 avocados - flesh only
 1 banana - peeled
 10 ml vanilla extract
 pinch of seaweed salt
 1 Tbsp inca inchi powder or cacao powder
 100ml maple syrup
 75gms coconut cream
 50gms cacao wafers

Thermomix Method

1. Add cacao wafers to TM bowl process on speed 6 for 6 seconds
2. Add coconut cream and melt for 3 minutes, speed soft, 37C
3. Add all other ingredients process on speed 5 for 20 seconds
4. Place into individual serving size containers or in one big bowl
5. Use as a dipping sauce for fresh fruit, on top of a fruit salad or by itself with a dash of cream.

TRADITIONAL METHOD INGREDIENTS

2 avocados - flesh only
 1 banana - peeled
 10 ml 1 TBS vanilla extract
 pinch of seaweed salt
 1 Tbsp inca inchi powder or cacao powder
 1/2 cup maple syrup
 1/4 cup coconut cream
 1/3 cup cacao wafers - melted in a double saucer

Method

1. Add avocado and banana to a food processor and process until smooth.
2. Add remaining ingredients and process to combine.
3. Place into individual serving size containers or in one big bowl 4.

Use as a dipping sauce for fresh fruit, on top of a fruit salad or by itself with a dash of cream.

Chocolate Ganache



Chocolate Ganache

INGREDIENTS

120g rapadura sugar
50g cacao wafers
300ml cream

Thermomix Method

1. Combine and grind the sugar and wafers for 12 seconds on speed 6.
2. Add the cream and heat on 80C for 5 minutes on speed 3.
3. Allow to cool and drizzle over cake.

Method

4. Place all ingredients into a double boiler and heat gently stirring until melted.
5. Simmer for another 3 minutes.
6. Allow to cool and drizzled over cake.

Chocolate icing

INGREDIENTS

200 g icing sugar (made from rapadura sugar or raw sugar)
40 g cacao wafers
25 g coconut milk

Thermomix Method

1. Mill Icing Sugar and Cacao Wafers - Speed 8, 1 minute
2. Insert butterfly, add coconut milk and blend speed 4, 20 seconds

Method

1. Place all ingredients into a bowl and whip with electric beaters.

ACKNOWLEDGEMENTS

As you can imagine putting together an eBook like this takes a team of amazing people. Whenever Cyndi and I work together we find it difficult to call it work! We have a lot of fun and we thank the following people for making this project such an enjoyable, often hilarious, exciting, tasty and indulgent experience.

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And finally, how can it be possible two besties get to create a project that involves chocolate, laughter and eating!! We consider ourselves incredibly blessed not only to have one another in our lives, but to share our passion for high quality nutrition and optimum health. We thank each other humbly and whole heartedly – and know that like our friendship, high quality chocolate will always be a part of our lives, forever more!

Kim & Cyndi

www.changinghabits.com.au

www.likechocolateforwomen.com

www.twenty8.com

Shopping List

Now that you have had a chance to look over the recipes, here's how you can purchase some of the quality ingredients to cook with.

Cacao Wafers - 500gms - \$25.00

<http://www.twenty8.com/online-store/chocolate/cyndis-cacao-wafers-500grams>

Chocolate Lime Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Lime essential oil 10ml) - \$72.50

<http://www.twenty8.com/online-store/chocolate/chocolate-lime-pack>

Chocolate Orange Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Orange essential oil 10ml) - \$59.50

<http://www.twenty8.com/online-store/chocolate/chocolate-orange-pack>

Chocolate Peppermint Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Peppermint essential oil 10ml) - \$63.50

<http://www.twenty8.com/online-store/chocolate/chocolate-peppermint-pack>

Chocolate Ultimate Pack - (Cacao Wafers 500gm, Rapadura Sugar 1kg and pure Lime, Orange and Peppermint essential oils 10ml) - \$128.00

<http://www.twenty8.com/online-store/chocolate/chocolate-ultimate-pack>

All Natural Sea Salt - 500gms - \$15.00

<http://www.twenty8.com/online-store/health-and-lifestyle/all-natural-seaweed-salt>

Rapadura Sugar - - 1kg - \$13.95 2kg - \$23.50

<http://www.twenty8.com/online-store/health-and-lifestyle>

Inca Inchi Powder - 400gms - \$29.00

<http://www.twenty8.com/online-store/health-and-lifestyle/cyndis-inca-inchi-powder>

Lime Essential Oil 10ml - \$42.95

<http://www.twenty8.com/online-store/essential-oils/lime-pure-essential-oil-10ml>

Orange Essential Oil 10ml - \$28.95

<http://www.twenty8.com/online-store/essential-oils/orange-pure-essential-oil-10ml>

Peppermint Essential Oil 10ml - \$32.95

<http://www.twenty8.com/online-store/essential-oils/peppermint-oil>