

Delectable Delights Kelly Pomeroy, M.H.

Valentine's Day is approaching fast which means it's time to find the very best treats for those we love. I have found a couple chocolates that are healthful, mindful, sugar-free, and delicious to recommend to you.

Heavenly Organics makes raw chocolate honey patties that are absolutely amazing. They have a variety of flavors with few ingredients. Their mint patties are my favorite and contain 3 ingredients; organic dark chocolate, organic raw honey, and peppermint oil. These simple delicacies come in mint chocolate, double dark chocolate, peanut chocolate, almond chocolate, ginger, pomegranate, and espresso. They are dairy free, gluten free, no sugar added, organic, raw, glyphosate residue free, non-GMO, sustainably produced and affordable. They can be purchased online or at many health food stores.



Righteously Raw is a company that makes exquisite raw chocolates. Their chocolates are raw, organic, kosher, vegan, and gluten free. They have an assortment of bars both large and small, hot chocolate mixes, and chocolate covered macaroons. I was first drawn to their *Righteously Raw Rose Bar*. It was created in honor of the founder's daughter who had passed away. The founder's story alone was inspiring as she was striving to eat foods that helped her overcome breast cancer. *The Rose Bar* contains maqui berry, rose hips, palmarosa oil, red raspberry powder, cocoa, pink Himalayan salt, raw vanilla bean, and raw agave. I never knew rose hips, red raspberry, and beets would blend together and create such a beautiful flavor. It has a softly sweet, almost floral taste. The chocolate is smooth and clean on the outside with a softer texture of the remaining ingredients in the center. Your taste buds and your body feel completely satisfied and well cared for. Their bars come in many flavors; goji, caramel (made with lucuma), acai, rose, maca, and pure dark chocolate. Their mini bar flavors are; mint, maca, pure dark, rose, and spice. These bars can be purchased online or at many health food stores.

Lily's makes stevia sweetened chocolates bars and chocolate chips. The base ingredients for their chocolates are; unsweetened chocolate, erythritol, inulin, cocoa butter, stevia extract, organic soy lecithin, vanilla, and sea salt. Their products are non-GMO, gluten free, and made through Fair Trade practices. A few insights into the ingredients; erythritol can be found naturally in some produce and in fermented foods. Inulin is a fiber found in herbs such as chicory, dandelion, and

burdock root, but also found in fruits and vegetables. My favorite product from *Lily's* are the chocolate chips, delicious and without white sugar! Their products can be purchased online or at many health food stores.

We are not affiliated with these companies nor do we get compensated for sharing our thoughts on them. The purposes of our "We Recommend" posts are to give ideas to those trying to change and improve their diet and health. We have our own experiences to share and that is how "We Recommend" posts were started, to give advice on what we have tried and liked.

Kelly Pomeroy is a Master Herbalist and Student Adviser for The School of Natural Healing. She enjoys helping others create greater health and being mom to her four amazing kids.