

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

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## Melt In Your Mouth Melissa Chappell



Love your treats? I know I do. Here is a great recipe book with 50 plus recipes that we can indulge ourselves in and not feel guilty. This is a dessert cookbook with a healthy AND delicious approach. For the past decade Melissa Chappell has owned a wholesale, healthy dessert company called Raw Melissa. Her desserts have become famous and are sold at a premium price.

Now Melissa is sharing some of her most precious recipes with you. "I want you to know that as I wrote this cookbook and dreamed up the many recipes inside, I thought of you, a person I will probably never meet, but whom I adore for sharing a piece of pie or a scoop of ice cream with me in your own kitchen, if only through this cookbook."

There are many gluten-free, dairy-free, and soy-free options as well as raw, vegan, and grain-free recipes. She uses whole food ingredients such as sucanat, honey, whole grain flours, real salt, coconut and nut milks, lots of fresh, dried and frozen fruits, nuts, and plant oils like sunflower oil, coconut oil and almond oil.

Some of my favorite recipes are the Chocolate Covered Macaroons, Toffee Almonds and Chili Lime Popcorn. I have loved everything I have tried and I'm sure you will too.

## Chili Lime Popcorn

4 quarts popped popcorn  
1/3 cup coconut oil  
1/4 cup honey  
a generous sprinkling of chili powder  
lime zest  
salt to taste

Pop popcorn in a pan with sunflower oil, grapeseed oil or olive oil. When done, transfer popcorn to a bowl and while the pan is still hot, add honey and coconut oil and stir until melted (keep heat off for this, the pan will be hot enough). When melted, pour over the popcorn and sprinkle with lime zest, chili powder and salt, and stir to coat. Taste and adjust for salt, chili powder, and lime zest.

Serve right away.

Recipe from Melt In Your Mouth

