

# Frozen Antioxidant Dessert

Put 1 cup frozen blueberries in a bowl, drizzle with Raw “Chocolate” Sauce. Enjoy!

This is a fun dessert for hot summer days or evenings. I keep a jar of Raw “Chocolate” Sauce in the fridge to quickly satisfy a craving for sweets. The sauce also makes excellent chocolate covered bananas.

Raw “Chocolate” Sauce by Becky Johnson adapted by Tara Eyre

1 C Maple Syrup  
2 Tbsp Almond Oil  
2 Tbsp Coconut Oil  
½ C. Cacao powder  
1 tsp Vanilla extract  
½ tsp Almond extract

Blend all ingredients in a blender until smooth. Store in a glass container in the fridge. The coconut oil sets up in the fridge, making the “sauce” a little thicker.