

# Raw Chocolate

A few years ago, we featured a book that we absolutely loved to help satisfy your chocolate cravings in a healthy way. Back by popular demand as our staff pick is, *Raw Chocolate* by Matthew Kenney and Meredith Baird. This book comes just in time for Valentine's Day! The inside cover tells it all:

“Experience one of the great tastes and textures in the raw food world – raw chocolate. Raw chocolate is expensive to buy, but can be made without a lot of fuss and with great results. And with Cacao beans and health-promoting ingredients like goji berries and maca, raw chocolate is good for you too.

This book features all flavors and types of chocolate: truffles, fudge, buttercups, dipped fruit, smoothies, bonbons and more. Learn to make raw chocolate that is as beautiful as it is delicious with Matthew Kenney and Meredith Baird's *Raw Chocolate*.”

We decided this year to make a couple of the recipes from this book and share what we discovered. One recipe we made is found on page 63, Lemon Basil. It is a delicious coconut flour, lemon, and fresh basil filled chocolate. The filling was slightly dry but full of the fresh flavor of lemon and basil. It was delightful to learn to make a successful chocolate from cocoa butter and cacao and liquid sweetener. We also made the Midnight Chocolate smoothie on 117 which did a masterful way of hiding the fishy flavor of spirulina and presented a rich, dark, double chocolate flavor that wasn't too sweet. These two recipes were sampled by the staff at The School of Natural Healing. All loved the Lemon Basil chocolates and most everyone loved the Midnight Chocolate smoothie. Some of the recipes are simple and some take more time to prepare, but they are made raw, and rich with nutrients and taste!

Cacao comes from the *Theobroma cacao* tree found in deep tropical regions. Cacao is a great source of antioxidants to reduce cellular damage and aging, is a great source of flavonoids which can help assist the circulatory system and health of the brain, and also help increase insulin sensitivity. Cacao and cocoa can get a bad rap due to sugar content which causes inflammation and weight gain to name a couple. Moreover, the overprocessing of the cacao reduces the bioavailability of the plant. This book gives wonderful information and instructions on how you can make chocolates for you and your loved ones, with all the health benefits.

Get your copy of *Raw Chocolate* at a 20% discount through Christopher Publications. Just type CHOCOLATE20 for the coupon code at the checkout. Get one for a friend as well! It's a beautiful book with lovely mouthwatering photos of the delicious recipes.

If you're a chocolate lover but feel like the days of indulgence are over after changing to a healthy way of eating, this book will open up a new avenue of delicious and healthy treats. Enjoy!

*This newsletter is brought to you by the staff of The School of Natural Healing and Christopher Publications. Wishing you success in your natural healing journey for greater health and happiness!*