



A Beginner's Guide to

Raw Chocolate Heaven

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Welcome to Danny Bridgeman's Raw Chocolate e-book

My philosophy is very simple...

When you get it right, homemade chocolate is tasty *and* nutritious.

This e-book is the result of many delicious hours spent in our family kitchen. My goal is to design, prepare and share chocolate treats that are genuinely good for you. Most of these recipes are fairly easy, requiring little effort or equipment but bringing lots of lasting pleasure.

All measurements are approximate, feel free to experiment. One rule...keep the sweetener very low. Those following a low sugar diet could add stevia in place of coconut palm sugar or date paste.

Raw cacao is powerful...it's actually about the most nutrient dense food on the planet. For some, it can be too much of a stimulant. If this is your experience, try substituting it with carob and use a little less sweetener. As with all foods, too much of a good thing can lead to over dependency. That is why the recipes integrate a high content of nutrient-rich berries, seeds, nuts and coconut oil. Coconut oil has a myriad of uses and is very healthy. However if you simply don't like the flavour of coconut you could substitute it for cacao butter and just omit the coconut flakes.

For your overall health, these recipes are raw, dairy free, gluten free, soy free and grain free. Unfortunately for people with nut allergies, many do have nuts. Feel free to explore and become creative. Mixing recipes together can be very rewarding.

These recipes are designed to give a prolonged blissful mix of energy and calm.

Prepare slowly, eat slowly, then give lots away!

Take care,

Danny

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Preparation Equipment (Many recipes require virtually no equipment)

A set of American measuring cups
 Food processor and/or hand blender
 A set of measuring spoons
 Silicone moulds and spatula
 Saucepan or frying pan
 9" spring-form cake tin
 Weighing scales



(All the above available from any supermarket or kitchen shop)

Basic Ingredients

You can purchase these products from many local health food stores. Otherwise try *Detox Your World* or *Indigo Herbs* online. It's a long list, so please take time to collect these ingredients. For you, your family and the planet, where possible, please buy organic.



Raw cacao butter
 Raw cacao powder
 Raw cacao liquor (paste)
 Raw cacao nibs
 Coconut oil
 Desiccated coconut (unsweetened)
 Coconut palm sugar
 Raisins, dates and various berries
 Various nuts and seeds
 Nut butters
 Vanilla powder/cinnamon
 Himalayan sea salt



Home-made Date Paste

One of the reasons I took up the joy of making my own chocolate was to reduce the amount of sugar I was consuming. For a myriad of health reasons, sugar (including sugar from fruit) is probably the main food source that we all need to reduce. Store-bought cookies, cakes, chocolates, even so called healthy flapjacks and raw food bars are usually laden with well over 50% sugar. The maximum added sugar you find in this e-book is 20%.

This recipe is about 75% dates and 25% water. Therefore if you chose date paste in place of coconut palm sugar you could add a little extra to account for the water content.

Take 1 packet of organic medjool dates (200g). Remove stones and any pips. Soak dates in about 1/4 cup (60ml) of water for 15 - 20 minutes then use a hand blender to whizz into a delicious caramel-coloured paste. This should keep well in the fridge for a couple of weeks.

For all recipes I have provided an approximate percentage of raw cacao and added sweetener.



Vibrant Fruit, Seed & Nut

40% Cacao

20% Sweetener

Everybody loves a chocolate fruit and nut bar. Well these bite sized delights are a great homemade version.

Ingredients & Method

85g Cacao butter (chopped)
 25g Coconut oil
 70g Cacao powder
 20g Coconut palm sugar or date paste
 Pinch himalayan sea salt
 Pinch of vanilla powder

15g Goji berries
 15g Incan berries
 15g Mulberries
 15g Raisins
 30g Shelled hemp seeds
 30g Sunflower seeds
 30g Cashews (broken or chopped into pieces)
 30g Pecans (broken or chopped into pieces)

Melt the butter and oil in a non-stick pan or bain-marie. Keep the heat very low to melt slowly. Add sweetener, vanilla and salt and whisk in. Then sieve in the cacao powder and stir until blended.

Lastly, add all fruit, seeds and nuts. (If you don't have berries, just add extra raisins or chopped dates. The suggested nuts can be replaced with your own favourite).

Place dollops of the mix into a silicone mould and freeze for 20/30 minutes.

Next, why not get creative with chili powder, cinnamon, fruit zests or natural oil essences?



Warm Chocolate Fudge Sauce/Truffles

50% Cacao

10% Sweetener

This healthy dark chocolate fudge sauce is so versatile. Once melted, you can pour it over homemade banana ice cream, straight into silicone moulds, stir into power shakes or use for dipping fruit!

Also, after about 20 minutes in the fridge it will harden enough to roll into ball-shaped truffles. These can then be rolled in grated cacao liquor or powder. Best left in freezer.

Ingredients

100g Cacao liquor (well chopped)
40g Coconut oil
40g Shelled hemp seeds
20g Coconut palm sugar or date paste
1/4 tsp Vanilla powder

Method

Using a saucepan, slowly melt the cacao liquor with coconut oil.

Then add hemp, sweetener and vanilla. Whisk up and use as above.



Instant Chocolate Fudge

50% Cacao

17% Sweetener

This is about the easiest and tastiest fudge on the planet. Recipe works well doubled.

Ingredients

170g Cashew or almond butter
(If possible, try to find a raw version)
1/4 cup (20g) Cacao powder
2 tbs (15g) Cacao liquor (grated)
2 tbs (15g) Milled linseed
1/3 cup (50g) Date paste
3 tbs (30g) Coconut oil
(easier to mix at room temp)
Pinch of vanilla powder

Method

Add all ingredients to a bowl and mix with 2 spoons. Can then be placed into any shaped silicone mould and left in freezer.

You can also line a tupperware with greaseproof paper and pour the whole mix in. Set in fridge, remove from container and slice to any shape.



The Perfect 10 (Nut & seed cluster)

30% Cacao

20% Sweetener

These clusters open up the opportunity for some creative flair. You can also use any equal quantity and the recipe will work.

Ingredients & Method

Using a saucepan and keeping heat to lowest setting, gently melt:

30g Cacao butter (1/4 cup when loosely chopped)
30g Cacao liquor (1/4 cup when loosely chopped)
30g (3 tbs) Coconut oil

Next stir in:

30g (5 tbs) Cacao powder
30g (4 tbs) Coconut palm sugar or date paste
30g (3 tbs) Raisins, goji berries or mulberries

Lastly, stir in any 4 of the following:

30g (3 tbs) Shelled hemp seeds
30g (3 tbs) Sunflower seeds
30g (1/2 cup) Unsweetened desiccated coconut flakes
30g (1/4 cup) Pecans, cashews or any raw nut (broken into small pieces)
30g (3 tbs) Cacao nibs
30g (1/4c) Milled Linseed
30g (3 tbs) Tahini

Mix all together and either spoon into medium-sized silicone moulds, mini paper muffin cases or as dollops on a teflon sheet. Freeze, then best enjoyed 5 minutes out of freezer.



Shiny Tahini Balls

20% Cacao

20% Sweetener

These truffle-type chocolate tahini balls require hardly any equipment and like the instant choc fudge are deceptively low in cacao. For those who find chocolate keeps them awake, these can even be enjoyed later in the day.

Ingredients & Method

40g Date paste
40g Cacao Powder
40g Coconut butter
40g Shelled hemp seeds
40g Tahini

Place all ingredients in a bowl and mix well with a fork. (For a messy but fun variation, forget the spoons and use your hands)! If making in a cold climate, best leave the coconut oil in a warm area to help with mixing.

Once integrated, take a portion and roll into the palms of your hands. If the mixture is too wet, you might need to place it in the fridge for 10 minutes or add a little extra cacao powder.

Once frozen, these tahini balls can of course be dipped or rolled in thick dark chocolate. Here's a simple recipe:

70g Cacao liquor
20g Coconut oil
10g Date paste or coconut palm sugar

Next...why not get creative and swap the tahini for almond butter?



Dark Chocolate Lemon Creams

35% Cacao

13% Sweetener

These lemon creams are zingy and deliciously refreshing. The recipe takes a bit longer than the ones above, but the result is well worth the wait!

Ingredients & Method

Dark Chocolate Outer

70g Cacao butter (chopped)
 30g Coconut oil
 70g Cacao powder
 30g Coconut palm sugar or date paste
 Pinch himalayan sea salt
 Dash of vanilla powder

Using your hob's lowest setting, slowly melt the cacao butter in a saucepan. To remove any lumps, sieve in the cacao powder and sugar. Stir until integrated, then whisk well.

Pour 1 - 2 tsp of the liquid chocolate into each base of a medium sized silicone mould. The chocolate should only be about 1/3 way up the mould. Freeze for about 20 minutes as you prepare centre.

Lemon Centre

1 cup (125g) Raw cashews (soaked 2 - 3 hours)
 2 tbs (20g) Coconut palm sugar or date paste
 1/2 tsp Vanilla powder
 Zest and juice of 1 lemon (about 25g)
 2 - 3 tbs (30g) water (How much depends on how juicy your lemon is. Start with less water and gradually add more if not blending)

Whizz all ingredients with a hand blender or high powered blender, then pop mix in freezer for about 10 - 15 minutes.

Remove from freezer and add a dollop of lemon filling to each chocolate base. Try to avoid touching the sides or filling too high. Refreeze for 5 - 10 minutes.

Remove from freezer, then fill each mould with chocolate and once again pop in freezer till set. When set, remove chocolates to a tupperware or freezer bag. Best enjoyed a few minutes out of freezer.

For a nut butter variation, mix 160g of your favourite nut butter with 40g of date paste. Mix well and simply add in place of lemon cream.



Double Dipped Chocolate Chunk Cookies

10% Cacao for cookie, 50% for chocolate

11% Sweetener for cookie, 10% for chocolate

These no-bake, no-wheat, non-dairy cookies taste great straight from the freezer.

Ingredients & Method

1 cup (130g) Macadamia nuts (soaked together
 1 cup (130g) Raw cashews (2/3 hours)
 1/3 cup (55g) Coconut palm sugar
 1/3 cup (45g) Shelled hemp seeds
 2 tbs (15g) Milled linseeds
 3 tbs (15g) Desiccated coconut flakes
 1/4 cup (60g) Coconut oil
 1/3 cup (50g) Cacao liquor (well chopped)
 1/2 tsp Vanilla powder
 1/2 - 1 tsp Cinnamon

Drain, rinse and pat dry nuts. Blend well in food processor, then add all other ingredients except cacao liquor.

Re-blend until well integrated. Remove to a mixing bowl then add liquor.

Form into cookie shapes or press into any size silicone moulds (with spare room at the top for chocolate). Freeze for 30 minutes.

These cookies are now great as is, but for extra luxuriousness, why not dip them in chocolate fudge sauce from the second recipe above. Make a full batch, and use any left over for truffles:

100g Cacao liquor
 40g Coconut oil
 40g Shelled hemp seeds
 20g Date paste or coconut palm sugar
 Dash vanilla and salt

If you chose the silicone mould option, simply pour chocolate fudge sauce to fill remaining space and return to freezer. If you made cookies, then 1/2 dip in each one in chocolate, freeze for 10 minutes then go back for a second or third dip!

Thank you for reading this raw chocolate e-book.

I hope that it inspires you to be creative and healthy when making desserts.

Remember to take your time when preparing.

You can even view chocolate-making to be like a meditation.

You stay focused on the task in hand, breathe, relax

and enjoy the long lasting results!

To organise a raw chocolate party at your house or office, please get in touch:

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