

## **RECIPE – RAW CHOCOLATE HEAVEN**



Almond 'milk', and a chocolate variation can be used as a recovery shake for protein, especially if made with coconut water instead of water. Raw chocolate cake is also great for energy or recovery, before or after running, although it needs plenty of time to digest because of the nuts.

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### **Almond 'Milk'**

- 1 cup Almonds (soaked over night)**
- 3 cups Spring Water, or Coconut Water**
- 1 tablespoon Agave Syrup**
- ½ tsp Vanilla or Almond Extract**
- Pinch Himalayan Crystal Salt / Celtic Sea Salt**

Drain and rinse the almonds. Place all ingredients in a high speed blender. Blend for one minute, or until the mixture turns milky white. Strain using a fine sieve or nut milk bag.

### **Chocolate 'Milk'**

- Add to strained Almond 'Milk' as above**
- 2 tablespoon raw Cacao Powder**
- ½ tablespoon Maca Powder**
- 1 tablespoon Agave Syrup**

Blend together well and serve.

### **Raw Chocolate Cake**

- 2 cups Almonds (ground)**
- 1 cup Walnuts (ground)**

**2 cups Desiccated Coconut**  
**½ cup Raw Cacao Powder**  
**Pinch Himalayan Crystal Salt**  
**1 cup Dates (soaked over night)**  
**¼ cup Date-soak Water**  
**2 tablespoons Coconut Butter (melted)**  
**2 tablespoon Agave syrup**  
**1 teaspoon Vanilla extract**

Mix dry ingredients together. Blend dates and date water in a high speed blender until a paste is formed. It is best to have dates at room temperature rather than straight from the fridge to stop the coconut butter from setting. Mix in other wet ingredients. Add wet ingredients to dry. Mix well, place into 8" spring form cake tin.

### Raw Chocolate Icing

**½ cup Coconut Butter (melted)**  
**¼ cup Raw Cacao Powder (sieved)**  
**Pinch Himalayan Crystal Salt**  
**2 tabelspoon Agave Syrup**  
**½ teaspoon Vanilla Extract**

Add Cacao powder to coconut butter, salt and vanilla then last of all stir in agave syrup. Mix well. Pour on top of cake and freeze for 15 minutes to set.

## About the Ingredients

### About Raw Cacao

You can find raw cacao in many health food stores and online, sold as whole beans, nibs or powder. Native to the America's; the Andes, the Amazon, and the basins of South America, it is also grown in Africa, Indonesia and Malaysia, and is imported world wide. Originally named Theobroma which means "food of the Gods", it is the number one Superfood.

Cacao is especially good for runners as it is packed full of antioxidants and nutrients, but also contains the natural stimulant theobromine, which gives you a boost of energy before heading out the door. Theobromine stimulates the central nervous system, dilates the blood vessels and relaxes smooth muscles. Cacao is also very high in magnesium, which aids bone strength, prevents muscle cramps and improves heart health. It also contains iron, copper, calcium, chromium, manganese, zinc, sulphur, phosphorus, vitamins A, B, C and E, amino acids, and omega 6 fatty acids.

Raw Cacao also contains phenylethylamine, which controls the ability to focus attention and stay alert, epicatechin, a flavenoid beneficial for cardiovascular health. It is also said to improve blood flow and learning and memory capacity. When Cacao is cooked, it loses its flavenoid content and a lot the health benefits are lost. Cacao also contains anandamide and serotonin, known as the 'happy hormone', as well as tryptophan, a natural anti depressant amino acid, which can make you feel a lot more positive about those miles ahead!

### About Maca

Maca can be found in some health food stores and online. It originates from a root vegetable, but is generally sold in powder form which is great for adding to cakes and smoothies. It typically grows in the Peruvian Andes over 400m above sea level, it has been used in the diet of this region for centuries. It is said that Incan Warriors would consume the vegetable prior to battle to increase their vigour and strength. It is also said to increase stamina and libido, and especially beneficial for women as it regulates hormones.

It is a popular food supplement with athletes. It is made up of over 50% carbohydrate providing energy. It also contains protein, calcium, iron and magnesium which are all vital for active people. Maca also contains Vitamic C, B1 and B2.

### **Coconut Butter**

Coconut butter is considered to be one of the healthier forms of fat. Although a saturated fat, it is a medium chain triglyceride which is essential for cellular health and can help to prevent high cholesterol and heart disease. As opposed to the unhealthy long chain saturated fats found in animal fats and dairy products. Coconut butter is also one of the only fats that does not become denatured when heated so is the safest and healthiest fats/oils to use in cooking.

Coconut butter has received bad press in the past for dieters who have been told to avoid all saturated fats. The long chain saturated fats almost always go straight to fat storage on the body, however the medium chain fatty acids in coconut butter are burned as an instant energy source, which is perfect before a long run or workout. Coconut butter also helps to stimulate the metabolism aiding weight loss in the long run, as long as a healthy balanced amount is consumed.

Coconut butter is also anti fungal, helping to keep the digestive flora in balance and assisting with Candida Albicans overgrowth. It is also extremely beneficial used topically to treat skin conditions, such as fungal infections, eczema and psoriasis. It is also a great moisturiser.