



## inspired recipe

### Raw Chocolate, by Anna Middleton

What is raw chocolate? Raw simply means uncooked and unprocessed. Although food cooked over 104°F (40°C) still contains minerals and vitamins, the enzymes within it are destroyed and essential fats are damaged. Enzymes affect crucial chemical processes in our bodies including those which provide energy and aid digestion. Essential fats contribute towards weight loss, help to balance hormones and improve mental clarity.

Cacao beans, in their raw natural state, are full of healthy minerals, vitamins, antioxidants, protein and essential fats. Unfortunately, most chocolate contains cacao from beans which have been processed at high temperatures, destroying nutrients. They are then mixed with unhealthy ingredients such as sugar, milk and soy. In contrast, raw chocolate contains essential fats, natural sugars, mineral salt and cacao, all of which provide the body with goodness without the damaging effects of harmful fats and sugars.

Recipe makes 15 x 10g Chocolates

50g cacao butter.  
40g cacao powder, sieved  
Pinch of Himalayan pink salt  
35ml agave syrup or raw honey  
25g lucuma, sieved  
Seeds from 1 vanilla pod, or a few drops of vanilla extract

Gently melt the cacao butter by placing over a bowl of boiling water. Once melted, stir in cacao powder, agave, or honey, lucuma, vanilla & salt. Taste for sweetness. Pour into moulds and leave in fridge overnight. Chocolates will pop out easily and won't last long!

#### variations

Mix in one of the following: 50g chopped almonds/50g soaked goji berries or raisins/50g desiccated or flaked coconut



For further info about ingredients or chocolate workshops contact:  
[www.annamiddleton.com](http://www.annamiddleton.com) 