

real chocolate

melville
NATUROPATHY

Sometimes the reason we crave chocolate is because our body is craving the magnesium that the cacao bean is so full of. Unfortunately, most of us reach for the commercial chocolate which is fairly well devoid of any nutrition, yet chock full of sugar. Try this rich chocolate recipe and see how your cravings change. We had been trying to perfect my chocolate recipe for some time; then a lovely student showed us this:

Ingredients

- 100g Cacao powder (available from health food shops)
- 100g Cocoa butter
- 100ml Agave syrup
- Pinch of salt
- Flavourings:
 - Strawberry puree (makes the chocolate more like a fudge)
 - Dried fruit, finely chopped
 - Any nuts & seeds
 - Goji berries
 - Shredded Coconut
 - 2-3 drops of peppermint essential oil
 - Finely chopped chilli

Method

1. Melt cocoa butter using a double boiler on a slow heat.
2. Remove from heat, add cacao powder, agave and your choice of flavouring.
3. Set in a square container. This chocolate will melt easily, so is best kept in the fridge or freezer.