

ROCKING
RAW!
CHEF 



5-Minute Chocolate Heaven



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Contents

Welcome, Raw Rocker!	4	Quick Chocolate Cake	26
About the Ingredients	6	Chocolate Chip Cookies	29
About the Equipment	9	Chewy Freezer Brownies	32
Recipes		Chocolate Truffles	35
Chocolate Cereal	10	Chocolate Macaroons	38
Rockin' Hot Chocolate	13	Gone-to-Heaven Chocolate Ice Cream	41
30-Second Chocolate Shake	15	Bonus Recipe: Chocolate Chili	44
Chocolate Dipping Sauce	17	Congratulations!	47
Creamy Chocolate Spread	20	Are You Ready for More?	48
Chocolate Banana Cream Pie	23		



Welcome, Raw Rocker!

Thank you for joining me – this is going to be so much fun!

You already know that eating raw food is pretty awesome for your health, looks, and sanity. But **5-Minute Chocolate Heaven** is here to prove that you can have your chocolate and *still* look and feel amazing! Here's what else you'll get out of **5-Minute Chocolate Heaven**:

- ★ **Lots of ridiculously delicious recipes...with everything chocolate!** From ice cream, to cake, to brownies (those were a must), truffles, dipping sauce, and even cereal. And wait until you try the chocolate spread! They're all here, and they've all been tested and approved by both children and non-raw eaters. Win!
- ★ **Five minutes or less!** Yup, you read right: every single recipe takes five minutes or less to prepare.
- ★ **No specialist equipment required.** No dehydrators here! Why not? Because they're expensive and the recipes take forever! Also, fresh food is so much better for you.





If you enjoy **5-Minute Chocolate Heaven**, you might like to move on to my other products afterwards. You can check them out here: www.rockingrawchef.com/shop.

If you have *any* questions about anything to do with raw food, email me right away! barbara@rockingrawchef.com

Here's to rocking your raw food world!

Barbara

Barbara Fernandez, The Rocking Raw Chef



About the Ingredients

Where to find them

The majority of the ingredients used throughout my recipes are easy to find in your local supermarket. There are some ingredients that you'll need to get from a health food store (or from Amazon), but I've tried my best to offer easy-to-find substitutions for as many of them as possible.

How raw are they?

A very small proportion of my ingredients aren't always completely raw.

For example...I'll use jalapeños or chipotles from a jar when I can't find fresh, or mustard or Tabasco sauce that I haven't made myself – even though they've been heat-treated beforehand. These foods are being used sparingly as

condiments, and I still feel just as fantastic! Dried herbs and spices fall into this category too: I use fresh herbs whenever possible, but I have a wide selection of dried herbs and spices that I use daily.

The same goes for maple syrup: while technically not a raw product (it's been heat-treated), it “works” for me as a sweetener and is healthier than agave or other forms of sugar.

Most honey has also been heat-treated, although you can get raw honey. Personally, I wouldn't worry if it's raw if you're only using a little bit. Honey has many health benefits, but you might not want it if you're strictly vegan. More than anything, I would encourage you to try to make sure you're buying honey from a reputable source that treats bees with respect and encourages them to multiply.

The only other product you'll find here that isn't technically 100% raw is cashews: they have been steamed open.



About the Ingredients

I'm all for as much raw as possible, but without being militant, crazed or just plain intolerant. You can read more about my views on that topic [here](#). However, if you would rather be 100% raw, the ingredients mentioned above are usually optional or have substitutes included in the recipe.

Which sweetener to use

There are so many kinds of sweeteners that you can use in raw food recipes! So I thought I'd try to simplify things while making you aware of all of the options available to you.

In my recipes, I mention maple syrup, honey, xylitol, and pitted dates. I use all of them, although xylitol only rarely as it isn't one of my personal favorites.



Many people like xylitol because it has a lower glycemic index than other sweeteners. If you're particularly sensitive to fructose or other sugars, you may prefer it because it

won't "spike" your blood sugar quite as much as other sweeteners. I haven't had a problem with maple syrup or honey, but then I can eat just about anything! And I want to give you all the options so that you can make the most informed choice for yourself. If you do use xylitol, you may need to taste test and add a bit more to the recipe, as it's more subtle than other sweeteners.



Some people use stevia in their recipes. Stevia comes from a plant and the leaves are very sweet. However, you need to get very good-quality stevia to avoid an aftertaste. Personally I'm not a big fan of stevia, but some people love it. It's another low-glycemic sweetener, so you may want to give it a go if you're sensitive to other sugars. It's sold as a white granular powder or as drops, and is very concentrated, so if you're a stevia fan you'll need to experiment with the quantity for my recipes.

About the Ingredients

Some people also use agave nectar, and I myself used to use it. However agave is very high in fructose (70-90%) – higher than regular sugar (50%). Why should you care about fructose? Well, because if you consume high amounts of fructose over a long period of time it can lead to insulin resistance, which basically means that your blood sugar would become chronically high. I prefer maple syrup: although it's been heat-treated, it has a lower glycemic index than regular sugar, tastes amazing, and does have some minerals and antioxidants. It is also very sweet, so you don't need very much.



Pitted dates are a fantastic sweetener too, and many raw foodies prefer them because they're the most "natural" of sweeteners, and they add a nice creamy texture to dishes when blended. If you'd prefer to use dates for recipes that require liquid sweeteners, you can make a "date paste" by blending dates with water (you may have to experiment with quantities though).





About the Equipment

I'm all about simplicity and speed. You only need basic equipment for all of my recipes:

- ✓ A knife and cutting board
- ✓ A blender or hand blender
- ✓ A food processor or the chopper attachment from your hand blender

If you're making meals for four people (or more), do yourself a favor and invest in a food processor. You'll be glad you did! Using the chopper attachment on your hand blender works great, but you'd have to prepare the recipe in batches as the food won't all fit in one go. Food processors are very inexpensive. You and your time (and your sanity) are worth it!






Chocolate Cereal



OK this is kind of embarrassing. This recipe took me about 2 minutes. Crazy! Well, maybe 3 minutes. Anyway, it's fast... and good!

The fun bit is when you pour in your chosen nut or oat milk...!

 **Makes 2 cups/240g of great breakfast cereal, to serve 4 as a light yet decadent breakfast, or 2 as a hearty breakfast.**





Chocolate Cereal

You will need

- 🎵 2 glass bowls or pans for the bain-marie (see photos and tips)

Ingredients

- ★ 2 cups/240g mixed nuts, seeds, and dried fruit (see tips)
- ★ 2 heaped tablespoons coconut oil (melt if solid – see pictures)
- ★ 2 tablespoons raw cacao powder (available [here](#) if you need it – see tips below) or raw carob powder (available [here](#) if you need it)
- ★ 2 tablespoons maple syrup, xylitol, or honey
- ★ 2 tablespoon cacao nibs (optional, for extra chocolatey crunch – see tips)

How you do it

- 🔥 Put the coconut butter in your bain-marie, covering it (this will make it melt in minutes).
- 🔥 While it's melting, mix the nuts/seeds/dried fruit in a large bowl.
- 🔥 Pour the melted coconut butter over the nut/seed/fruit mixture and stir to coat everything evenly. Then sprinkle the raw cacao powder over the top and mix in. Voila, it's ready to eat!





Chocolate Cereal

Rocking Raw Chef tips

- i You can use a mixture of pumpkin seeds, pecans, raisins, and coconut chips. Or sunflower seeds, cranberries, walnuts and raisins. Or use soaked oat groats (the whole oat grains, available [here](#)) and/or soaked buckwheat (available [here](#)) instead of nuts.
- i This recipe also doubles as a delicious dessert topping, or as a base for a cream pie.
- i Cacao nibs are chopped pieces of cacao beans. They are sooooo good! You can add them to any cereal, trail mix, smoothie, or dessert – you’ll be glad you did! You can get them [here](#) if you want them.
- i Raw cacao powder is sometimes referred to as raw chocolate powder. Just so you don’t get confused!
- i If you aren’t worried about the sauce being 100% raw, you can use ordinary cocoa powder instead of the raw cacao powder.

- i How to melt coconut butter in a bain-marie: put one glass bowl (or pan) inside a bigger one which has very hot water in it. To melt it faster, put a lid on top. That’s it! And you don’t need to worry about the food not being raw: a bain-marie will heat up your ingredients very gently - and the food won’t get too hot.





Rockin' Hot Chocolate



Real hot chocolate, ready in five minutes and oh so good for you! You'll think you've died and gone to heaven – and so will your friends and family, who won't have a clue how healthy it really is!

Unroasted cacao has all kinds of benefits: it's loaded with antioxidants and is good for your brain, your bones, your teeth, your lungs, and your mood (among other things). What more could you want from something this delicious?

 **Makes enough for 4 cups.**





Rockin' Hot Chocolate

You will need

- 🎵 A blender or hand blender

Ingredients

- ★ ½ cup/70g cashews, soaked overnight and then drained
- ★ 4 cups/960ml very warm water
- ★ 4 tablespoons maple syrup, honey, or xylitol
- ★ 4 tablespoons raw cacao powder, raw carob powder, or a combination of both
- ★ 1 teaspoon vanilla extract or ½ teaspoon vanilla powder

How you do it

- 🔪 Put your soaked cashews in your blender with the very warm water. Blend well to get a quick “milk.” Add the rest of the ingredients, blend again, and you’re done!
- 🔪 Serve in clear mugs so everyone can see how beautiful it is!

Rocking Raw Chef tips

- 📌 If you don’t want to soak cashews overnight, you can substitute the cashews and warm water with 2 cups/480ml of water and 2 cups/480ml of almond or other nut milk. Blend with the remaining ingredients and heat gently, until it’s hot but not boiling.
- 📌 You could use 4 cups/960ml of nut milk and no water for a heavier version – but it will be very filling!
- 📌 You could also try coconut milk for a totally “nutty” experience!



30-Second Chocolate Shake



This is another of those recipes that's so easy it's almost embarrassing...I make this whenever one of us needs a bit of indulgence, which means I usually make it for myself!

I've given you lots of options for the milk, because they all work and it depends on what you like (see tips).

Cacao is said to be good for the brain, so you're not only indulging yourself – you're getting a brain boost too!

 **Serves 2 to accompany fresh fruit or other breakfast, or 1 as a breakfast on its own.**





30-Second Chocolate Shake

You will need

- 🎵 A good blender or hand blender

Ingredients

- ★ 2 cups/480ml almond milk (or use store-bought...which isn't raw, but it's still healthier than cow's milk. You can use other milk alternatives too – see tips)
- ★ 2 tablespoons maple syrup, honey, or xylitol
- ★ 3 tablespoons raw cacao powder, or raw carob powder, or 1 of each (my preference)
- ★ ½ teaspoon vanilla extract or ¼ teaspoon vanilla powder

How you do it

- 🌀 Blend all ingredients and serve.

Rocking Raw Chef tips

- ℹ Alternatives to nut milk would be: 2 handfuls of soaked almonds/cashews or 1 tablespoon of almond butter/tahini with 2 cups/480ml water; or 2 cups/480ml hemp milk.
- ℹ Hemp milk is made in the exact same way and has the same uses, although it has a very different taste. It is lighter (less fat content) than nut milk and not as sweet. You can buy hemp seeds whole or shelled. If using whole seeds, you do need to strain the milk and throw away the husks (the pulp) as they cannot be eaten. Shelled hemp seeds will enable you to make quick hemp milk without straining, and the seeds can also be eaten straight from the packet to top salads or soups. They're delicious!
- ℹ You can add a banana or a chopped, cored pear (fresh or frozen) for extra "goodness." If you want an extra-thick shake, add a handful of ice cubes to replace half the water. Yum!



Chocolate Dipping Sauce



My teenage son raves about my fudge sauce to anyone who'll listen, and he gets it out for all visitors to indulge in.

Most chocolate dipping sauces contain lots of white sugar as well as full-fat dairy cream, which are very hard on the digestive system – not to mention the waistline! Many manufacturers also add hydrogenized vegetable oil to preserve their product's shelf-life, which doesn't do your arteries, your skin or your overall health any favors!

🍴 Makes 2 cups/480ml of chocolate dipping sauce, which will serve 4 people as a dip for dessert with fresh fruit.

📌 You may want to make more though, as it will keep for weeks in a cool place when stored in a clean glass jar – and it's great to have on hand for a quick dessert if people pop by unexpectedly.



Chocolate Dipping Sauce

You will need

- 🎵 A blender or hand blender

Ingredients

- ★ 1½ cups/360ml maple syrup
- ★ ⅓ cup/80ml olive oil
- ★ ¼ cup/30g raw carob powder (available [here](#) if you need it)
- ★ ¼ cup/30g raw cacao powder (available [here](#) if you need it – see tips)
- ★ 1 tablespoon vanilla extract or ½ tablespoon vanilla powder
- ★ 4 cups/480g sliced fruit for serving (bananas, strawberries, pineapple, pears, orange sections)
- ★ Toothpicks for dipping and eating (optional)
- ★ Sprigs of mint for garnish (optional)

How you do it

- 🔪 Combine everything except the sliced fruit in a blender or hand blender, and pour out into individual ramekins or other small dishes. Put a ramekin in the center of each plate.
- 🔪 Arrange 1 cup/120g of sliced fruit on each plate around the dipping sauce and put in a few toothpicks for dipping if you don't want to use your fingers.
- 🔪 Garnish with sprigs of mint and voila! A very fancy yet deliciously healthy dessert – perfect for parties and special occasions!

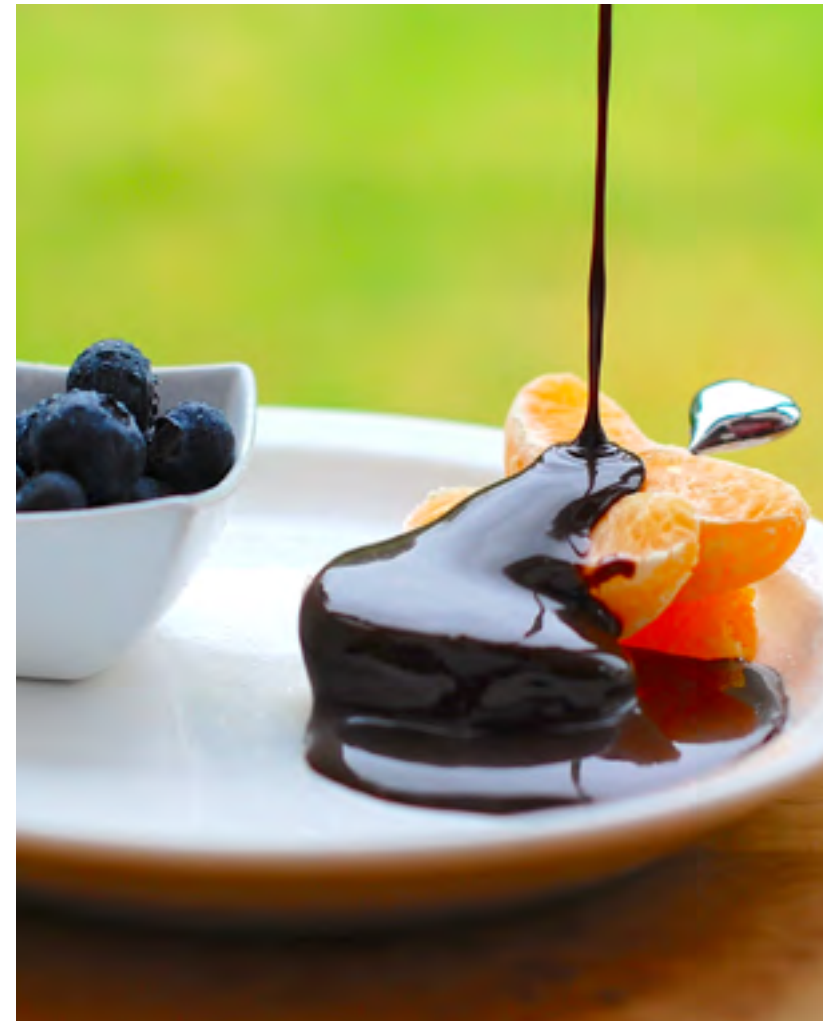




Chocolate Dipping Sauce

Rocking Raw Chef tips

- i You can use whatever fruit you like, so try different combos and see what you like best.
- i Raw cacao powder is also referred to as raw chocolate powder, although technically it's actually ground cacao beans.
- i This sauce is also delicious over raw ice cream – top with nuts and bananas too for a raw banana split!
- i Use the “blender leftovers”: pour in some nut, seed, or hemp milk for a quick chocolate milk.
- i If you aren't worried about the sauce being 100% raw, you can use ½ cup/60g of ordinary cocoa powder instead of the raw cacao powder – it will still be way healthier than store-bought chocolate syrup!





Creamy Chocolate Spread



Boy I love this! Nothing like Nutella – much better, if I do say so myself!

This super-creamy spread tastes great spread on sliced bananas, raw sweet bread or cookies, or as a frosting for raw cake.

 **Makes 1 cup/240ml of spread, to serve 4 as a dessert with raw cake or sliced fruit.**





Creamy Chocolate Spread

You will need

- ♪ A good blender or hand blender
- ♪ Two glass bowls or pans for the bain-marie

Ingredients

- ★ ½ cup/70g cashews, soaked for at least 2 hours and drained (soak overnight if using a hand blender)
- ★ 3 tablespoons maple syrup, honey, or xylitol
- ★ 3 tablespoons raw cacao powder or carob powder
- ★ 2 tablespoons coconut butter
- ★ ½ teaspoon vanilla extract or ¼ teaspoon vanilla powder
- ★ Pinch of sea salt
- ★ 3 tablespoons water (for blending – see tips)

How you do it

- ✂ Put the coconut butter to melt if it's solid, using a bain-marie (see instructions in Chocolate Cereal recipe).
- ✂ Put the rest of the ingredients in your blender or hand blender. Pour in the melted coconut butter, blend, and voila! Gorgeous creamy chocolate spread!





Creamy Chocolate Spread

Rocking Raw Chef tips

- i** I've put 3 tablespoons of water for blending, but you may need more – it depends on your blender/hand blender. The mixture should be liquid but thick. Check the consistency and if you need more water, add an extra tablespoon.
- i** You can eat it immediately as a liquid dipping sauce, or refrigerate it: when the coconut oil solidifies, it will be a semi-solid chocolate spread. When you scoop it out, it will look like ice cream...and taste divine!
- i** Your chocolate spread will keep for weeks in the refrigerator in a glass jar.
- i** This spread also makes a healthy sweet spread for children to go on sprouted bread or in a small jar with sliced fruit on the side.

- i** It's great to pack as a quick dessert "to go" because it keeps well in a small jar – it will just become soft if it warms up...making it just as delicious, and even easier to spread!



Chocolate Banana Cream Pie



My mom used to make this pie with chocolate pudding and bananas. I've wanted a raw version for years!

Bring on the chocolate!

 **Makes one 8"/20cm pie.**





Chocolate Banana Cream Pie

You will need

- ♪ A good blender or hand blender
- ♪ A food processor, coffee grinder, or the chopper attachment of your hand blender (optional – for the crust)

Ingredients for the pie crust (optional – see tips)

- ★ ½ cup/60g almonds, ground
- ★ ½ cup/60g oat groats, ground
- ★ 2 tablespoons raw cacao powder or carob powder
- ★ Pinch of salt
- ★ 2 tablespoons maple syrup, honey, xylitol, OR 6 pitted dates plus 2 tablespoons water (soak dates in the water if not soft)

Ingredients for the filling

- ★ 6 large ripe bananas or 8 avocados (or a combination of both)
- ★ ¼ cup/60ml maple syrup, honey, or xylitol, or 4 pitted dates (soak if not soft)
- ★ 2 tablespoons coconut butter
- ★ ½ cup/70g cashews, soaked overnight and drained, or 1 extra avocado
- ★ ¼ cup/30g raw cacao powder or carob powder
- ★ ½ teaspoon vanilla extract or ¼ teaspoon vanilla powder
- ★ Pinch of salt



Chocolate Banana Cream Pie

How you do it

- ✂️ Combine all the crust ingredients in a food processor or a bowl, and press into the bottom of a glass pie dish.
- ✂️ Combine the filling ingredients in your blender and pour over the crust.
- ✂️ Pop into the freezer until the pie is set. You can serve it directly from the freezer.



Rocking Raw Chef tips

- ℹ️ Don't waste the "blender leftovers"! Pour a bit of nut milk or hot water into the bottom of your blender and blend for a delicious chocolate drink!
- ℹ️ You can use any combination of nuts or fruit/nuts for your crust. I happen to like a light crust without too many nuts – hence the ground oats. You could even make your crust nut-free by using all ground oats and no almonds. You could also toss a few handfuls of nuts, seeds, and dried fruit into your food processor, process well and then use that. Simple!
- ℹ️ You could top each slice with some cacao nibs and/or sliced banana just before serving.



Quick Chocolate Cake



This chocolate cake is fast, easy, super healthy, and delicious.

I don't make it too sweet because I like to add fun things on the top – like fresh fruit or cacao nibs. It's also great topped with nut cream or Creamy Chocolate Spread.

 **Makes one large cake to serve 8-10 people.**





Quick Chocolate Cake

You will need

- ♪ A blender or hand blender
- ♪ A food processor, coffee grinder, or the chopper attachment of your hand blender (unless you buy your ingredients ground – see tips)

Ingredients

- ★ 1 cup/120g raisins, sultanas, or goji berries, soaked in ½ cup/120ml warm water
- ★ 1 cup/80g flax seeds, ground
- ★ 1 cup/60g dried coconut, ground
- ★ 1/3 cup/35g raw cacao powder or carob powder
- ★ ½ cup/40g cacao nibs (optional, for extra chocolatey crunch)
- ★ 1/3 cup/80ml maple syrup, honey, or xylitol
- ★ ½ teaspoon vanilla extract or ¼ teaspoon vanilla powder
- ★ Pinch of sea salt (yes – this makes a difference!)

Ingredients for decorating (optional)

- ★ 1 handful of soaked goji berries
- ★ ¼ cup/20g extra cacao nibs
- ★ Fresh fruit (strawberries, other berries, or bananas)

How you do it

- ✂ Put the raisins, sultanas, or gojis to soak in the warm water in your blender jug while you get everything else out.
- ✂ Mix the dry ingredients in a large bowl. Then put the sweetener and vanilla into the blender jug and blend with the fruit. Pour the result over the dry ingredients and mix well.



Quick Chocolate Cake



- 🔥 You should now have a nice sticky dough. Taste it and add more sweetener if you like, or more cacao powder. Form into a cake shape with your hands (get an enthusiastic child to help you if necessary) and put it on a plate. Decorate with soaked goji berries and extra cacao nibs (if using).
- 🔥 Eat it as it is if you like it gooey and can't wait! Otherwise, cover it with plastic wrap and pop in the refrigerator. It will firm up and become like a cake. Magical!

Rocking Raw Chef tips

- 📌 Feel free to experiment with more or less coconut, flax, and ground almonds. The important thing is the ratio of dry ingredients to moist ones. The dough should be thick enough to hold together but still moist and sticky.
- 📌 This cake goes very well with any kind of nut cream or non-dairy ice cream, or even a fruit sorbet. In a pinch, you can quickly blend a handful of soaked cashews with some water and a banana for a very quick sweet cream to pour over each slice of cake.



Chocolate Chip Cookies



I love chocolate chip cookies, so I was veeeeery happy when I discovered how to make them super healthy!

The “dough” (which of course you can eat) is beautiful. The ground nuts and cacao nibs make it look like chocolate cereal – and as these are nuts and grains, you could definitely have some of these for a very filling breakfast!

Feel free to push others out of the way so that you can lick the bowl.

Just make sure you do a big batch of these, as they do get eaten very quickly!

 **Makes one 8”/20 cm square tray of cookies.**





Chocolate Chip Cookies

You will need

- 🎵 A food processor, coffee grinder, or the chopper attachment of your hand blender

Ingredients

- ★ 1 ½ cups/210g cashews, ground (see tips)
- ★ ¾ cup/90g oat groats, ground (see tips)
- ★ ¼ cup/60ml maple syrup, honey, or other liquid sweetener
- ★ 1½ teaspoons vanilla extract or ¾ teaspoon vanilla powder
- ★ ⅓ cup/70g coconut oil, melted in a bain-marie (see Chocolate Cereal recipe)
- ★ 3-4 tablespoons cacao nibs (or coarsely grind/chop some pieces of raw chocolate)
- ★ Pinch of salt

How you do it

- 🔪 First put the coconut oil in a bain-marie (see Chocolate Cereal recipe) to melt while you get out the rest of the ingredients (not necessary if you live in a warm climate, in which case it will probably already be liquid).
- 🔪 Combine the remaining ingredients in a large bowl. When the coconut oil has melted, add it in and mix well.
- 🔪 Form cookies with a spoon or cookie cutter (or make “toll-house cookies” – see tips).
- 🔪 Put your cookies on a plate in the refrigerator (for chewy cookies) or in the freezer (for hard cookies). That’s it!





Chocolate Chip Cookies

Rocking Raw Chef tips

- i Ground cashews, oat groats, and flax seeds all make for excellent flour substitutes and are very easy to make. All you need is a coffee grinder or food processor, and presto – instant “living” flour!
- i If you’re grinding your own nuts and grains, grind 1¼ cups/210g cashews and ½ cup/90g oats for this recipe (grinding increases the volume but not the weight).
- i If you can’t find any raw chocolate or cacao nibs, just use traditional chocolate chips – the rest of the recipe will still be way better for you. (You may want to add less sweetener to the recipe - try half and taste test).
- i An alternative to shaping round cookies is to line a square pan with parchment paper and spread out the dough evenly, as if you were preparing a cake to go in the oven (ha!). Score square cookies with a knife before chilling. You will then have “toll-house cookies” to enjoy at your leisure.

- i These do freeze really well, so they’re great to have on hand for unexpected guests.





Chewy Freezer Brownies



Chewy brownies! And they're so easy to do!

I'm indebted to my friend Maciek for the base of this recipe. Maciek is one of those amazing people who makes great food without even thinking about it (and without writing anything down).

These are chocolatey and delicious – and as they're kept in the freezer, you can make a big batch and always have something to munch on when you get the urge for chocolate.

Plus they're good for you! Perrrrfect!

 **Makes one 8"/20 cm square tray of brownies.**





Chewy Freezer Brownies

You will need

- ♪ A good blender or hand blender
- ♪ A food processor, coffee grinder, or the chopper attachment of your hand blender (unless you buy your ingredients ground)

Ingredients

- ★ 4 pitted dates, in $\frac{1}{3}$ cup/80ml warm water (allow them to soak for a few minutes if not already soft, and reserve the soak water as you'll add that too)
- ★ 1 cup/60g ground coconut (or grind $\frac{1}{2}$ cups/90g cups coconut chips)
- ★ $\frac{3}{4}$ cup/60g ground almonds (or grind $\frac{1}{2}$ cup heaped/60g)
- ★ $\frac{1}{3}$ cup/40g raw cacao powder
- ★ $\frac{1}{4}$ cup/60ml maple syrup, honey, or other liquid sweetener (or more dates – see tips)

How you do it

- ✂ Put the dates to soak in the warm water while you get out the rest of the ingredients.
- ✂ Mix the ground coconut, ground almonds, and cacao powder in a bowl. Blend the dates with the soak water and sweetener. Pour into the bowl and mix everything well.





Chewy Freezer Brownies

- ✂️ You should now have a nice gooey brownie dough! Spread it out evenly in a small square nonstick dish, or a dish lined with nonstick paper, and score square shapes with a knife in the dough (this will make your brownies easier to break apart once they're frozen). It will be a bit messy, and the edges will stick together a bit, but that's OK.
- ✂️ If you can't wait, eat them as they are (it's all raw, after all, ha ha!). Pop the dish in the freezer containing whatever brownies are left, covering with plastic wrap. The brownies will harden quickly and you can take one out to munch on whenever the mood strikes you!

Rocking Raw Chef tips

- 📌 If you want to use all dates instead of maple syrup, you can! Just use double the amount of dates and some extra water (so 8 pitted dates + an extra $\frac{1}{3}$ cup/80ml water – but add the dates first, blend, and add a bit

more of the water only if needed. You want a nice thick mixture).

- 📌 Try to get your coconut without sweetener added. If you can only find sweetened dried coconut, you will need to adjust the amount of sweetener in the recipe, and possibly add a bit more water to get the right consistency (so if you add half the maple syrup (2 tablespoons), add in 2 tablespoons of water).
- 📌 Your brownies will keep for weeks in the freezer - just cover them tightly with the plastic wrap.
- 📌 You could add chunks of nuts to your brownie dough if you wanted to, or dried fruit such as raisins or goji berries.
- 📌 You could also make them extra pretty by topping them with a dusting of ground coconut or ground pistachios.



Chocolate Truffles



These make great gifts at any time of year.

Children love making these too – and as they’re so easy to make, even very small children can get involved.

I use a mixture of raw carob and raw cacao powder, but you could use just one or the other.

 **Makes 20 truffles.**





Chocolate Truffles

You will need

- ♪ A food processor, coffee grinder, or the chopper attachment of your hand blender (only if you're grinding your own almonds)

Ingredients

- ★ ¼ cup/30g cacao butter, melted in a bain-marie (you can use olive oil, but I prefer cacao butter as it's more chocolatey)
- ★ 2½ cups/240g ground almonds (grind 2 cups/240g – see tips)
- ★ ½ cup/60g raw carob powder
- ★ ½ cup/40g scant ground flax seeds (grind ⅓ cup/30g, or use more ground almonds)

- ★ ¼ cup/30g raw cacao powder
- ★ ½ cup/240ml maple syrup, honey, or other liquid sweetener
- ★ Pinch of salt

How you do it

- ✂️ Put the cacao butter into a bain-marie to melt while you get out the rest of the ingredients (see photos in the Chocolate Cereal recipe).
- ✂️ Mix the dry ingredients in a glass bowl. Add the cacao butter and maple syrup and mix well. Form the mixture into small balls, rolling between your hands (more fun!).
- ✂️ Put the truffles onto a serving dish and voila!



Chocolate Truffles

Rocking Raw Chef tips

- i For the ground almonds, you can either use almond pulp left over from making your own almond milk, grind fresh almonds, or use store-bought ground almonds (add ¼ cup/60ml water though if you do this, as store-bought aren't as moist).
- i Grinding nuts and seeds increases their volume, but not their weight. So if you grind 2 cups/240g of almonds, you'll end up with 2½ cups/240g of almond "flour."
- i You can roll your truffles in dried coconut, raw carob powder, ground pistachios, or other ground nuts to make a plate of multicoloured truffles, as I've done in the photo.
- i Truffles keep very well in the refrigerator in a covered container...but they won't last long – they're too tasty!



Chocolate Macarons



I love macarons, and these chocolate ones are gorgeous!

Of course they're much healthier since they are mostly coconut, as you'll see from the recipe.

Plus they keep for quite a while in the fridge or freezer... theoretically, that is, as we eat them pretty quickly in our house!

 **Makes one plate of macarons (about 12 pieces).**





Chocolate Macaroons

You will need

- ♪ A food processor or the chopper attachment of your hand blender (optional: you can mix by hand if you wish)

Ingredients

- ★ ¼ cup/50g coconut oil (melt in a bain-marie if solid – see Chocolate Cereal recipe)
- ★ 2 cups/90g dried coconut (grind 1¾ cups/90g if doing it yourself)
- ★ ½ cup/60g oat groats, ground (or ground almonds or other favorite nut, or just more coconut)
- ★ ¼ cup/30g raw cacao powder or raw carob powder
- ★ ¼ cup/60ml maple syrup

- ★ ½ teaspoon vanilla extract or ¼ teaspoon vanilla powder

- ★ ¼ teaspoon salt

How you do it

- ✂ Melt the coconut oil while you get out the remaining ingredients. Put them in the food processor, pour in the coconut oil, and mix well.
- ✂ Using a large spoon, form macaroons with the mixture, putting them on a tray or plate. Cover with a lid or plastic wrap and keep in the fridge or freezer. Eat as needed!



Chocolate Macarons

Rocking Raw Chef tips

- i** Make sure you use a liquid sweetener for this recipe to get the right consistency. If you want to use dates, make a quick date paste first by blending 4 dates with 4 tablespoons of water and then add to the remaining ingredients.
- i** Play around with the proportions of coconut to ground oats/nuts. The more nuts and less coconut you have, the crunchier the texture, so see what you like.
- i** These are also great in a lunch box provided it's not too warm outside (otherwise they'll just be a mushy chocolate dessert!).
- i** Your macarons will keep for weeks, so they're great to have on hand for unexpected guests.





Gone-to-Heaven Chocolate Ice Cream



I hope you enjoy making this recipe, because your loved ones are going to ask for many repeat performances...

This ice cream tastes like one of those fancy expensive brands, except that it's raw and super healthy!

(I must be honest: while it takes mere minutes to prepare, you won't be able to enjoy the end result within five minutes because the mixture needs time to freeze! It'll be worth it though – I promise! Having said that...if you've got some frozen almond milk on hand and fancy a frozen shake it really can take five minutes – see the tips!)

 **Serves 4 for dessert.**





Gone-to-Heaven Chocolate Ice Cream

You will need

- ♪ A blender or hand blender
- ♪ An ice cream maker (or a bit of patience – see tips)

Ingredients

- ★ 3 cups/720ml chilled almond milk (buy in store or make your own by soaking 1½ cups/210g almonds overnight and blending with 3 cups/720ml water)
- ★ 1½ cups/210g cashews, soaked overnight and then drained
- ★ ⅓ cup/40g raw carob powder
- ★ ½ cup/60g raw cacao powder
- ★ 8 pitted dates, soaked if not soft and then drained (you can soak them with the cashews)
- ★ 1½ teaspoons vanilla extract or ¾ teaspoon vanilla powder
- ★ ½ teaspoon lemon juice
- ★ Pinch of salt
- ★ Handful of cacao nibs for garnish (optional, but reeeeeeally good! See tips)

How you do it

- ✂️ Put everything in the blender and blend well. Chill the mixture in the refrigerator (unless your almond milk was already chilled) and use the ice cream maker according to the manufacturer's instructions.
- ✂️ If you haven't got an ice cream maker, put the mixture in the freezer and stir every hour until frozen (this breaks up the ice crystals). As soon as it's frozen, eat!



Gone-to-Heaven Chocolate Ice Cream

Rocking Raw Chef tips

- ❗ If you want to eat your ice cream sooner rather than later, substitute the 3 cups/720ml almond milk for 1½ cups/360ml almond milk plus 8-10 ice cubes. It will then freeze much faster.
- ❗ Fancy a five-minute chocolate shake instead? Try ¾ cup/180ml almond milk and 15 “almond milk cubes” (frozen almond milk in ice cube trays). Easy!
- ❗ You don’t have to use a mixture of the carob and cacao powders – you can use either one or the other – but I mix them because I like the flavour.
- ❗ Be aware that cacao contains caffeine, so you may not want too much of it!




Bonus Recipe: Chocolate Chili



Chilis and chocolate? Really?

YES! In Mexico this is a celebratory dish, traditionally served at weddings – poured over cooked chicken with rice and tortillas. Very heavy stuff! You can pour it over any of my “rice” recipes – with or without mixed veggies – and not only will it be absolutely delicious, but you’ll still have energy for dancing!

It’s a kind of “chocolate curry,” but you won’t find any curry powder here...just chocolate, chilis, and a sense of heaven!

 **Serves 4 as a main.**





Bonus Recipe: Chocolate Chili

You will need

- ♪ A blender or hand blender
- ♪ A food processor (or the chopper attachment of your hand blender, or a knife and cutting board)

Ingredients for the sauce

- ★ 1 cup/140g almonds, soaked overnight and then drained
- ★ 1/3 cup/40g soft apricots, prunes, or currants
- ★ 1/3 cup/40g sultanas or raisins
- ★ 6 chilis such as ancho, pasilla, or chipotle (soak first if not soft)
- ★ 1/2 cup/50g raw chocolate powder, ground cacao nibs ("nibs" are pieces of cacao beans), or raw carob powder (in order of my personal preference)
- ★ 1/4 cup/60ml maple syrup, honey, or xylitol
- ★ 2 tablespoons flaxseed oil (or hemp or olive oil)

- ★ 3 teaspoons sea salt
- ★ 3/4 teaspoon cinnamon
- ★ 3/4 teaspoon dried cilantro (coriander)
- ★ 2 pinches of ground aniseed (optional)
- ★ 3 cups/720ml filtered water

Ingredients for the rice

- ★ 1/4 cup/60g corn kernels, fresh or thawed frozen
- ★ 1/4 cup/60g peas, fresh or thawed frozen
- ★ 1 small cauliflower head, roughly chopped (about 1 1/2 cups/150g)
- ★ 1/3 cup/15g carrot, roughly chopped
- ★ 1/2 small apple, cored and roughly chopped (optional)
- ★ 1 handful of fresh cilantro (coriander) (about 1/4 cup/5g, or use parsley and add 1 teaspoon ground cilantro)
- ★ 2 tablespoons chopped red onion (about 1/4 of a small one)



Bonus Recipe: Chocolate Chili

- ★ 1 tablespoon hemp, flax, or olive oil
- ★ Dash of lemon juice

Extra ingredients to be served on the side

- ★ 2 cups/150g mixed salad leaves
- ★ Sprinkle of sesame seeds to top the sauce (optional)

How you do it

- 🔪 Process all the rice ingredients in the food processor. Divide among the plates with salad leaves on the side.
- 🔪 For the sauce, blend everything. Heat it gently (it's best served warm), doing the "finger test" to make sure it's warm but not too hot to the touch.
- 🔪 Pour the sauce over your "rice." Sprinkle with sesame seeds if you like, and eat!

Rocking Raw Chef tips

- ℹ You could heat the rice gently as well if you wanted to.
- ℹ You could also add chopped avocado and tomato to the salad leaves or on top of the sauce.
- ℹ You can have the sauce on its own as a starter, too: make half the recipe and serve as a dip with sliced veggies and/or sprouted bread/crackers.
- ℹ Any leftover sauce will keep for between three and five days in the refrigerator. Leftover rice will keep for about two days.
- ℹ Not everyone has access to fresh chilis – I don't. You can soak dried ones, use preserved ones, or as a last resort use 2 teaspoons chili powder: it won't be quite as authentic but it will still be delicious!
- ℹ Serve cooked (usually boiled) chicken or cooked pork on the side for those who wish.



Congratulations!

Congratulations!

- ★ You've now got a wide variety of chocolate goodies at your fingertips. You'll know just what to reach for when a chocolate craving strikes!
- ★ You've learned how to make a gorgeous assortment of chocolate drinks, cereal, cookies, cake, pie...and even chocolate chili!
- ★ You'll always be able to wow everyone with a delicious chocolate treat for any time of day that's super tasty... and yet super good for you. How cool is that?

I hope you've enjoyed it, because I have *loved* creating these recipes for you.

How are your tastebuds? Are they happy?

I sure hope so!

Have fun and let me know how it goes - I can't wait to hear what fun you're having!

rockingrawchef.com



Barbara

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Are You Ready for More?

Now that you're a "rockin' raw chocolate" pro, you may well ask...

So what's next?

Well, first of all...Make these recipes! Eat the result! Share with friends and family! Play around with different ingredients! You get the idea...!

And second of all...got questions? Let me answer them for you!

Got a question? Here's what you do: you email me. I mean it! I reply to every email. No matter what your question, I will do my best to give you a helpful answer. Try me and see!

barbara@rockingrawchef.com

Last but not least, are you ready for more?

Then I've got news for you: there's plenty more where *that* came from!

Your next step along your star-studded path of rockin' raw meals is:

Mix & Match 3-Course Meals - delicious meals in 20 minutes!

Made for you menu planning!

A carefully selected selection of starters, mains and desserts to create delicious 3-course meals that you can share with anyone. All you do is bask in your own glory :-)

For all the juicy details, visit:

www.rockingrawchef.com/mix-and-match-3-course-meals