



Chocolate is God's Love Made Edible!

Theobroma Cacao, the fruit from which all chocolate derives, is the scientific name for a powerfully nutritious food bestowed upon the earth by God. The word "Theobroma" comes from the Greek and translates to "food of the gods." "Cacao" is the word the Mayans used to describe the tree and its fruit. Although worlds apart from the Greeks, the Mayans and Aztecs were also of the belief that cacao was a "gift from the gods." While chocolate lovers today would agree the name is befitting, the ancients were evidently more aware of the nutritional power infused in cacao by our Creator—powers that modern scientists have just begun to discover.

Cacao contains many important nutrients:

- Magnesium, - raw cacao powder is the richest dietary source of magnesium on earth. Magnesium is an excellent source of energy that not only optimizes our use of oxygen in order to boost energy and burn calories, it also helps to balance brain chemistry, build strong bones, and help regulate blood pressure.
- Polyphenols called flavonoids, with antioxidant properties
- Vitamins: B1, B2, B3, B5, B9, E
- Essential heart-healthy fat: oleic acid the same type of monounsaturated fat that's in olive oil and avocados
- Phenylethylamine- which is also known as the 'love drug' because as well as increasing energy levels, alertness and concentration, it also heightens libido.
- Theobromine - a mild natural stimulant that can help us to burn fat. It also increases our sensation of pleasure by boosting serotonin levels.
- Protein
- Fiber

These nutrients found in raw chocolate have been linked to a number of health benefits:

1) Cacao can lower blood pressure & improve circulation

Flavanoids, theobromine, and other components found in cacao may lower blood pressure and enhance circulation by promoting dilation, strength, and health of blood vessels

2) Cacao can promote cardiovascular function & health

The antioxidant power of flavonoids and essential minerals and vitamins found in cacao can support healthy heart functioning by lowering blood pressure, improving blood flow, lowering LDL (bad) cholesterol, and reducing plaque buildup on artery walls.

3) Cacao can neutralize free radicals

High levels of antioxidants protect the body from a buildup of free radicals from sun exposure, pollution, cigarette smoking, etc., which may damage healthy body tissue giving rise to cancer and cardiovascular disease.

4) Cacao can improve digestion

A sufficient amount of fiber delivered with each serving of cacao supports digestion while cacao stimulates the body's production of digestive enzymes.

5) Cacao can enhance physical and mental well-being

There are many components of cacao including alkaloids, proteins, beta-carotene, leucine, linoleic, lipase, lysine, and theobromine, that all work together to improve physical and mental health. For example, theobromine helps to stimulate the central nervous system, relax smooth muscles, and dilate blood vessels, giving the body a boost of energy; "bliss" chemicals found in cacao help to increase circulation and availability of serotonin and other neurotransmitters in brain, improving mood and combating depression.



Chocolate Buying Tips

Cacao beans can be found at most health food markets including Whole Foods, and online at Amazon, or Navitas Naturals.

Raw cacao can be purchased as whole beans, nibs or powder.

Note: Cacao nibs are cacao beans that have been peeled and crushed, while cacao powder is made from peeled and cold-pressed cacao beans.



Chocolate Health Hierarchy:

The best chocolate of all is raw cacao beans or nibs.

Raw cacao powder is the next best. It does not contain the cocoa butter, but it is still the highest source of antioxidants.

Raw chocolate bars, which are made from varying proportions of raw cacao powder and raw cacao butter, are also excellent choices. They are usually naturally sweetened.

After raw, the next best is unsweetened cocoa powder—the stuff that’s made from roasted nibs. It contains less amounts of antioxidants than raw cacao powder, but it still ranks the highest above any other plant food. Unfortunately, when cacao is roasted it loses its vitamin C and some of the phenylethylamine and fiber. (Beware of cocoa powder that has been treated with alkali. “Alkalized” cocoa, also called “Dutch Processed,” is not a good thing—it is a chemical process that removes acids from the cocoa powder to make it easier to blend with milk. The alkali destroys much of the antioxidants in cocoa, therefore there is much less benefit in consuming it.)

Dark chocolate contains higher amounts of cocoa powder and smaller amounts of cocoa butter than raw cacao nibs. Sugar and vanilla are added, and sometimes soy lecithin is added as an emulsifier. You should make sure the dark chocolate you eat is at least 80% cacao content or higher, and very low sugar, about 5 grams or less per serving.

How To Add Cacao to Your Healthy Diet

There are many ways that cacao can be a part of a healthy diet. Here are some ways to add cacao nibs, raw cacao powder or unsweetened cocoa powder to your foods:

- Blend cacao nibs or powder into smoothies
- Add whole beans or nibs to granola and trail mixes
- Add nibs or powder to oatmeal or yogurt
- Mix powder with nut milk to make chocolate milk or hot cocoa
- Add powder to your favorite protein drink
- Use cacao nibs to replace chocolate chips in frozen yogurt, pancakes, muffins, cookies, etc.
- Combine powder with honey or coconut nectar to make a chocolate syrup to use for dipping
- Add powder to chili or soups for a touch of chocolate



Chocolate & Sweet Potato Oatmeal!

- 1/4 cup oats
- 3/4 cup finely grated sweet potato
- 1 tbsp chia seeds
- 1 cup milk (Whole, Almond, Coconut)
- Pinch of salt
- 1 tbsp maple syrup
- 1 tsp pure vanilla extract
- 1/4 cup water
- 1 tbsp + 1 tsp cocoa powder
- 1/4-1/2 tsp ground cinnamon
- 70%+ Dark chocolate, shaved (with a vegetable peeler)

In a medium sized pot, stir together the oats, milk, chia seeds, and salt. Bring to a boil and reduce heat to medium. Now stir in the grated sweet potato and the 1/4 cup of water. Cook on medium, stirring often, for a few more minutes.

Stir in the cocoa powder and cinnamon, being sure to get out any clumps. When the mixture has thickened up nicely, stir in the vanilla and maple syrup and remove from heat. Pour into a bowl and top with a bit of dark chocolate or your desired toppings..

Hormone Balance Chocolate Milk

Ingredients with a purpose:

Almond milk: Loaded with magnesium. Clinically magnesium is shown to relieve premenstrual/hormonal mood changes.

Cacao powder: Helps combat moodiness, promote calmness, and relax tense muscles

Maca powder: Known for promoting women's health and balancing out hormones. Maca is also energizing.

Matcha tea: Helps to enhance your mood. Packed with antioxidants and high in magnesium)



- 1 1/2 cups almond milk
- 1 tablespoon cacao powder
- 1-2 teaspoons maca powder
- 1/4-1/2 tablespoon matcha tea
- 1/2 tablespoon pure maple syrup or honey (optional)

Nutrious and delicious add-ons:

- 1/2 peeled then frozen banana
- 1 tablespoon peanut butter
- 1/2 cup crushed ice (for a more frothy beverage)
- 2 tablespoons organic yogurt (for a more thick beverage)

Place all ingredients and blend until smooth. Adjust as desired.



God's Love is in the wholesome natural foods He designed our bodies to have. These chocolate truffles are powered by that love—they're loaded with protein, beneficial fat, fiber, and of course all the antioxidant power of cacao. AND they're sugar-free.

Love-Powered Chocolate Truffles

- 1/4 cup virgin coconut oil
- 2 ounces unsweetened baking chocolate, chopped into small pieces
- 1 teaspoon stevia clear liquid (vanilla or chocolate flavors work well here)
- 1 teaspoon pure vanilla extract (this can be omitted if using flavored stevia)
- 1/4 cup whey protein powder or vegan protein powder
- 2 tablespoons unsweetened cocoa powder (or unsweetened raw cacao powder)
- 1/2 cup natural peanut butter or almond butter
- 1/2 cup raw almonds, finely chopped (other nuts such as cashews, pecans, etc. can also be used)
- 1/4 cup dried unsweetened shredded coconut
- 1/4 cup finely chopped raisins or dates
- 2 tablespoons raw cacao nibs (optional)
- 1 scoop green superfood powder (optional)
- 32 (1-inch) mini paper cupcake liners

Prepare the paper cupcake liners by placing them in the cups of a mini muffin pan or onto cookie sheet, baking dish or other large flat container.

Place the coconut oil in a small saucepan over the lowest setting on the stove top. Allow it to warm to liquid. Add the chopped chocolate to the melted coconut oil and stir with a rubber spatula. Allow the chocolate to slowly melt, stirring frequently. This will take only a few minutes. Add in the peanut butter and stir to mix thoroughly, allowing the mixture to become a smooth thick liquid. Add in the stevia and vanilla extract (if using) and stir to combine. Turn off the heat and set the pan aside.

In a large mixing bowl, combine the protein powder, cocoa powder, shredded coconut, chopped almonds, chopped raisins or dates and green superfood (if using). Stir to mix all together. Transfer the melted chocolate/peanut butter mixture to the bowl, using the rubber spatula to scrape out the saucepan.

Stir the mixture thoroughly to combine, scraping the sides of the bowl to make sure you have a good blend of all ingredients.

Use a small measuring spoon, such as a teaspoon, scoop and fill the paper cupcake liners with the chocolate mixture. Place the pan in the freezer or refrigerator until the truffles harden, about 20 to 30 minutes. Keep these chilled in the freezer or refrigerator until ready to eat.

Note: When chilled, the paper liners will peel off easily and you will have a chocolate delight that resembles a mini Reese's Peanut Butter Cup (without the sugar and trans-fats)! Obviously, you can use any size cupcake liner for these, but you should be mindful not to overindulge.

Makes 28-32 pieces

© 2012 Recipe adapted from *The Science of Skinny* by Dee McCaffrey, CDC.



Quinoa Crunch Chocolate Bark

1/2 cup quinoa

7 ounces dark chocolate (preferably above 70% cacao), chopped

2 tablespoons chia seeds

A few drops of Peppermint stevia (optional)

Rinse quinoa, spread on a rimmed baking dish and let dry overnight. Heat a saucepan over medium-high heat. Once hot, place the quinoa in and gently shake the pan for a few minutes (quinoa should “pop” up).

Place chocolate in a heat-proof bowl set over simmering water stirring constantly until melted. Remove from heat and stir in stevia, chia seeds, and half of quinoa.

Line a rimmed baking sheet with parchment paper or a silpat. Spread the melted chocolate over the sheet and sprinkle remaining quinoa over the top and slightly press down to adhere the quinoa to the chocolate.

Let cool in fridge or freezer, then break apart and store in an airtight container.

Raw Chocolate Fudge

Blend well:

1 250g bag of preferred raw nuts (almonds, cashews or macadamia) SOAKED FROM THE NIGHT BEFORE

8 dates (be sure there is no sugar added as a preservative) – remove stones cup (125 ml) of cold pressed olive oil or 1/4 cup of olive oil and 1/4 cup of coconut oil into a food processor

Then add:

3/4 cup (185 ml) of shredded coconut

1/3 cup (90 ml) of raw chocolate powder

Mix well – Put it in the freezer overnight or 4 hours before serving.

Chocolate Hearts



1/4 cup virgin coconut oil

2 ounces unsweetened baking chocolate, chopped into small pieces

1 teaspoon stevia clear liquid (vanilla or chocolate flavors work well here)

1 teaspoon pure vanilla extract (this can be omitted if using flavored stevia)

2 tablespoons unsweetened raw cacao powder

1/2 cup natural peanut butter or almond butter (optional)

Melt chocolate and coconut oil over low-medium heat. Add peanut butter (if using) until smooth. Remove from heat and add other ingredients. Pour into molds and place in fridge



You won't taste the avocado in this delectable dairy-free mousse, but you'll benefit from its high fiber content, healthy fats, potassium and magnesium.

Choco-cado Mousse

- 4 ripe avocados, peeled and pitted
- 1 cup coconut nectar, raw honey OR 1 teaspoon liquid stevia extract
- 1 tablespoon pure vanilla extract
- 1 cup unsweetened cacao powder
- handful of fresh raspberries or other berries, for garnish (optional)
- 4-6 fresh mint leaves, for garnish (optional)

Place the avocados, sweetener, vanilla, and cacao powder in the bowl of a food processor. Process the mixture until fully blended, stopping to scrape down the sides of the bowl if necessary. The mixture should be smooth, creamy and the color of chocolate with no visible chunks of avocado.

Spoon into dessert cups garnished with fresh berries and mint leaves if desired. You can serve the mousse immediately, however it is recommended you let it cool in the fridge for at least an hour to allow the flavors to meld and the mousse to firm up.

Makes 4 -6 servings

Recipe taken from The Science of Skinny Cookbook: 175 Recipes to Help You Stop Dieting—And Eat for Life! (Da Capo Lifelong Books 2014) by Dee McCaffrey.

Chocolate Crunch Bars



- 1/2 c. coconut oil
- 2 squares unsweetened chocolate
- 1 Tbsp. unsweetened cacao powder
- 1/3 c. peanut butter - creamy or crunchy
- 1/4 c. shredded coconut
- 1/2 - 3/4 c. chopped nuts (I usually use a mix of almonds and macadamia nuts)
- 1 c. Erewhon Crispy Brown Rice
- 1 tsp. organic vanilla
- 1/2 tsp. liquid stevia

In a saucepan over low heat melt coconut oil and chocolate squares. Stir in peanut butter until it's a nice creamy texture. While that is melting, mix remaining ingredients in a small bowl.

Add chocolate and peanut butter mixture and pour into a glass container and place in refrigerator. When solid, cut into bit-sized pieces and place in freezer until solid. Keep frozen.

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