

Chocolate Coconut Rough

Ingredients:

- 1 cup almonds
- ½ cup raw unsalted cashews
- 2 cups pitted dried dates
- ¾ cup dessicated coconut
- ½ cup cacao
- 1/3 cup honey
- ¼ tspn celtic sea salt
- 75gms raw coconut oil



Method:

1. Line a biscuit/lamington tin with baking paper.
2. Place nuts in food processor and grind to a fine meal. Set aside.
3. Place dates, coconut, cacao, salt and honey into food processor on the s blade and chop till all combined.
4. Add nuts and coconut oil and mix thoroughly until all ingredients are well combined.
5. Empty mixture into prepared tin and press down with the back of a spoon to create a flat surface.
6. Refrigerate for 1 hour before cutting into squares using a sharp knife.
7. Keep refrigerated.

Raw Chocolate Mousse

Ingredients:

- 1 cup water or coconut water
- ½ cup raw cacao powder
- ¼ cup almond butter
- ¾ cup dates (soaked and pitted)
- ripe avocado

Method:

1. Blend in food processor until smooth
2. Freeze for 1-2 hours before serving

