

Recipe No. 25/2016

Raw Chocolates

Last year Danielle van der Walt attended Dr Rina Pelse's talk on the food we feed our children and the effects, in conjunction with using the Thermomix. This recipe is an adapted version of one of the recipes we received with the recipes.

Danielle adapted the recipe because she did not have raw cacao butter and searched the Internet to find a substitute.

NB: Suitable for both TM5 and TM31

Makes 300 - 350g of chocolate (Quantity depends on size of chocolate moulds)

Total Preparation time: 5 minutes

Ingredients

200g organic odourless coconut oil
100g organic raw cocoa powder
50g raw honey (may use up to 80g)
Seeds of one vanilla pod



Method

1. Place coconut oil in TM bowl. Blend **2 min/40°C/speed 1**.
2. Add cacao, honey and vanilla. Blend **20 sec/speed 3**. Scrape down sides and blend **20 sec/speed 3**.
3. Scrape down sides once again and blend **20 sec/speed 4**.
4. Pour into silicone chocolate moulds and allow to set in the refrigerator.

Cooks's notes

- Add cinnamon, goji berries or chia seeds.

Danielle van der Walt is a house wife and mommy of two gorgeous hooligans, as she puts it. Danielle has been the proud owner of a Thermomix for a year and a half now. It was a Christmas gift from hubby and she loves cooking and baking! Danielle's husband is a bit of a health and gym fanatic and he always says she corrupts his diet with after dinner sweets! So this recipe is fantastic because it satisfies her sweet tooth and he is happy because it is healthy! These chocolates are delicious and creamy! Thank you Danielle.

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