



HEALTHY 5

BY

LAURA SUMMLA

Hello lovely,

I am so excited you have joined my community and for my thanks to you I am giving you this free ebooklet with my fave chocolate recipes.

I love chocolate, aka I'm a chocoholic, but all the choccies in the shops are full of refined sugars and they are addictive because I can never stop at one. You know what I mean!

When starting to cook for myself and finding ways to make healthy recipes I discovered a whole range of ways to make guilt free treats that taste delish and you can have it for breakfast, lunch or dinner.

Making food that nourishes body and soul is so vital because we only have one body for this lifetime and we should honour it.

I have put together my fave chocolate recipes. They are all refined sugar, dairy, gluten and guilt free. Win win win. I hope you enjoy and please let me know how you go, your words mean the world to me.

Lots of love,

Laura

RAW CACAO CHEESECAKE

Now, please don't think I have compiled all the recipes I have posted on my blog and just giving it to you now in one booklet. I wanted to add this to all the recipes because I love and I believe it's one of the best ones and I wanted you to have it in one place where you can access it straight away without having to look for it through my recipes on my website.

This is proven to be a big hit in our family and I make this quite often just because...

Here is what you need:

For the crust

1 cup mixed nuts (alternatively you can use 1 cup hazelnut meal to make the whole cake hazelnutty)

¼ cup + 2 Tablespoons raw cacao powder

3 Tablespoons maple syrup

1 teaspoon vanilla extract

1 pinch sea salt

For the filling

2 cups raw cashews, soaked for about 4 hours and rinsed

¼ cup + 2 Tablespoons any nut butter (like hazelnut butter or peanut butter) – I use brazil nut or mixed nut butter

½ cup coconut oil, melted

½ cup maple syrup

½ cup cacao

½ cup water

½ teaspoon salt – rock salt, not table salt

Method

Blend all the crust ingredients together in a food processor until it starts to come together. Press the crust into the bottom of 9 inch springform pan, about half a cm (¼ inch) thick. Set aside while you making the filling.

In a food processor or a blender blend together cashews, maple syrup, water and salt. Mix until totally smooth, scraping down the sides of the processor if necessary. Add cacao, nut butter and coconut oil to the cashew mixture and blend them all together, scraping down again, until mixture is combined.

Spoon the filling on top of the crust. Stick the cheesecake in the freezer until solid all the way through, for about 2 hours.

To make it yummiier I have put raspberries between the crust and the filling. It adds a bit freshness to it. I have used frozen raspberries but you can obviously use fresh ones and be creative and use some other berries like blueberries or mulberries even.



CHOCOLATE MOUSSE

This is like the healthiest mousse you will ever try if you haven't already. It's da bomb!

There's a lot of version out there and I have been trying to, like with all my recipes, to make them as simple as possible. Sometimes I cringe when people say they made something raw the very first time and bought trillion ingredients while they could've made it with a few staple ones.

But, anyhooooo...

Here's what you need:

2 ripe avocado
½ cup of cacao powder
¼ cup coconut nectar
1 teaspoon cinnamon

Method:

Put everything in the food processor and push the button. Combine until it's smooth and creamy. Trust me, it's one of the best choc mousses you'll ever have without the quilts.

CACAO ROUGH BALLS

Perfect snack to have it with you anytime, anywhere. It's filling, nourishing and packed full of nutrients. You can double the batch to make them for later, they'll stay fresh in a container in the fridge for a few weeks.

What you need:

1 cup mixed nuts (not soaked)
½ cup dates
½ cup cacao powder
¼ cup chia seeds (optional)
Desiccated coconut, maca powder or extra chia seeds for rolling

Method:

Add nuts to the food processor first and combine until they are crumbly. Then add dates and let the processor do it's magic until it's all mixed. Add cacao and chia seeds and process until a dough combines. Take a soup or dessertspoon and roll the balls out of the dough. Then dip them in the desiccated coconut, maca powder or chia seeds and voila, enjoy!



CACAO PICK-ME-UP SMOOTHIE

This is perfect for that 3pm sugar and chocolate crave. It only has natural sugars and it will fill you up until dinnertime. It's very peanutty, if you are allergic to nuts use 1-2 tablespoons tahini instead.

What you need:

1 banana
2 medjool dates
2 tbs cacao (or however chocolate you like, can put 1 tbs if you'd like)
¼ cup of roasted peanuts
1.5 cups of nut milk (or any type of milk)

Method

Splash it all up in a blender, enjoy!



HOME MADE CACAO GRANOLA

This is a great alternative as a grain free breakfast option to enjoy with home made nut milk.

What you need:

2 cups of coconut flakes
1 cup of pecans
½ cup of pumpkin seeds
½ cup of sunflower seeds
¼ cup of chia seeds
¼ cup of sesame seeds
1/3 cup of coconut nectar
¼ cup of coconut oil

Method

Preheat oven to 125 C (257 F)
and line 2 baking trays with
baking paper.

Combine all the ingredients in a
mixing bowl. Spread the mixture
evenly on both baking trays.
Bake for 15 minutes, remove
from the oven, turn once and
put back into the oven for
another 15 minutes.

When ready, take them out of
the oven, let cool down on the
trays and put in an airtight
container for up to 4 weeks.

You can also add extra
ingredients like mulberries or goji
berries or any type of dried fruit
to make it more dense.

