

## Cacao

- **Rich in Antioxidants:** Raw cacao is high in flavonoids, antioxidants that combat free radicals in the body. These compounds help reduce inflammation and protect against oxidative stress, supporting heart health and improving nitric oxide levels in the blood.
- **Anti-asthmatic:** Cacao contains both theobromine and theophylline. As an alkaloid, theobromine dilates blood vessels and acts as a mild diuretic. Theophylline relaxes the muscles around the airways, making it easier to breathe.
- **Protein:** Cacao contains plant-based protein, essential for tissue repair and muscle building.
- **High in Magnesium:** This superfood is a top plant-based source of magnesium, an essential mineral for muscle and nerve function as well as bone health.
- **Iron:** Cacao powder provides a plant-based source of iron, helping prevent anemia and boosting energy levels.
- **Fiber:** With a significant amount of fiber, raw cacao aids digestion.
- **Vitamins:** Cacao offers small amounts of vitamins A, C, and E, contributing to strong immunity.

## Coconut Oil

- **Good for Gut:** The capric & lauric acids in coconut oil are easy to digest and improve gut health by balancing insulin reactions and by taking the strain off the pancreas. It destroys candida albicans and yeast infections.
- **Good for the Heart:** Coconut oil increases the HDL (*good cholesterol*) to lower the risk of heart disease.
- **Good for the Kidneys:** Coconut oil can clear up kidney infections by disrupting bacteria's lipid coating.
- **Good for Bones:** Coconut oil increases calcium absorption in the gut--increasing bone volume and structure and decreasing bone loss.
- **Fights Arthritis:** the anti-oxidants in coconut oil reduce inflammation.
- **Fights Alzheimer's:** Coconut oil enhances cognitive function--containing neuro-protective, anti-fungal, anti-inflammatory medium chain triglycerides & fatty acids.
- **Fights Cancer:** The lauric acid (*monolaurin*) in coconut oil creates a hostile environment for viruses, often triggering cancer apoptosis--*cell death. (Many diseases are caused by overgrowth of bad bacteria, fungi, viruses and parasites.)*

# 3 Healthy 'Chocolate'\* Recipes

\*CHOCOLATE is cacao seeds that have been highly processed, fermented, roasted and made less bitter with processed sugar and milk solids.

RAW (*unprocessed*) CACAO SEED POWDER is used in these 3 recipes and is sweetened with honey.



by Grandma Ginger  
<[2-acres.com/Ginger](http://2-acres.com/Ginger)>

CACAO & HONEY contain POWERFUL nutrients and should be eaten slowly and in moderation & not on an empty stomach. (*See Proverbs 25:16*)

### 1) Cacao Nut Bars *(no cooking)*

1/2 cup coconut oil

1 cup cacao powder

1/4 cup honey

1 cup chopped nuts

*(walnuts are 'brain food')*

Melt the oil slightly in a pan and stir in powder, honey and nuts. Then pour into either an oiled ice-cube tray or a silicon candy mold and refrigerate for at least an hour. Finally, pop out the candy 'bars' and put in small bags & refrigerate or freeze.

*(Coconut oil starts liquifying at about 75 degrees F, so, if kept in the freezer, it will melt slower in your fingers.)*

### Cacao vs. Cocoa

#### **BEFORE roasting: CACAO**

refers to the raw pods harvested from the Cacao Tree--cracked open to remove the bean (seeds) and ground into powder.

#### **AFTER roasting: COCOA**

refers to the product created after the beans (seeds) are fermented, ground into powder and ROASTED--destroying some nutrients.

### Coconut Oil

Virgin or Extra-Virgin is the least **refined**--it's not bleached and deodorized *(which destroys antioxidants)*.

### Honey (Raw)

Minimally-processed honey contains antioxidants, such as flavonoids and phenolic acids. Darker varieties tend to offer more.

### 2) Cacao-Avocado Cake

3 or 4 small ripe avocados

4 eggs

1 cup honey

1 1/2 teaspoons vanilla

1 cup cacao powder

1 cup almond *(for gluten-free)*

or *(freshly-ground)* wheat flour

3/4 teaspoon *(non-aluminum)*

baking soda

1/2 teaspoon salt

Blend peeled and pitted ripe avocados, eggs, honey and vanilla. Then add cacao powder, flour, baking soda and salt.

Pour onto oiled 9" cake pan *(or press parchment paper in pan)*. Bake at 350° F for about 30 minutes. Makes 1 small cake.

To add a frosting--after it cools completely-- blend 1 avocado, 1/4 cup honey, 1/4 cup cacao powder and 1 tablespoon coconut oil and apply to top. Keep refrigerated or frozen.

### Avocados

Avocados are rich in fiber, vitamin K, vitamin E, vitamin C, many B vitamins, magnesium, manganese, copper and potassium.

### Eggs ('Certified Humane' is best)

contain about 6 grams of protein, vitamins A, D, E & B12, choline and **lecithin** *(anti-oxidant, anti-bacterial, anti-inflammatory)*.

### 3) Cacao-Sweet Potato Fudge Cookies

1 1/2 cups cooked & peeled sweet potatoes

2 tablespoons maple syrup

1/2 cup coconut oil

1 large egg

2 teaspoons vanilla

1 cup cacao powder

1 cup date sugar

1 teaspoon baking powder

1/2 teaspoon salt

1 cup pecans or walnuts

Blend wet ingredients, then add dry ingredients. Drop onto parchment paper *(underside damp to secure paper)* cookie sheet.

Bake 15 minutes at 350° F. Makes 3 dozen cookies.

### Sweet Potatoes

Sweet potatoes contain antioxidant phytochemicals, carotenoids, ascorbate, antioxidant fiber, and resistant starch--which can impede the progression of some forms of cancer cells. They also contain lutein, anthocyanins and beta-carotene to improve eye health.

### Date Sugar & Maple Syrup

are whole food sweeteners that contain beneficial nutrients, minerals and antioxidants. Read the label & avoid additives.

**Salt** Himalayan Pink or Celtic Sea contains **up to 84** minerals--as opposed to table salt *(which contains additives & only 2 or 3 minerals (sodium, chloride, iodine))*.