



Love Yourself

SILLY WITH CHOCOLATE
20 CHOCOLATE RECIPES FOR YOU

LISACOHENFITNESS.COM

BENEFITS OF CHOCOLATE

Have you ever heard about the benefits of eating chocolate? Do you know that chocolate contains some very important pharmacologically active ingredients that are very good for our health such as anandamide and phenylethylamine? Let's explore some of the benefits!

IMPROVES MOOD

You will be surprised to know that chocolate is a great companion for you when you are in a bad mood because the flavonoids in dark chocolates are the ones that have a positive influence on the stressors in our mind. It immediately helps to reduce anxiety and stress in our body. Besides flavonoids, dark chocolate contains phenylethylamine that works to arouse feelings of being in love. For this reason, chocolate is known as the love drug and sharing them with someone is a great way to show your love for others.

MAINTAINS HEART HEALTH

The antioxidant properties of flavonoids are present in chocolate in rich quantities which helps to prevent the blood from clotting. It also facilitates in protecting the lining of the arteries. Furthermore, the consumption of chocolate doesn't increase the level of cholesterol in the body as the saturated fats present in chocolate is different from the saturated fats present in dairy and meat. Eating dark chocolate at any age can greatly help improve our cardiovascular health, fight against cell damage, and improve circulation.

AIDS WEIGHT LOSS

We know that certain types of sweetened and low-quality chocolates or candies are unhealthy. However, eating high-quality dark chocolate can provide tons of benefits to your body. Weight loss is accelerated by eating dark chocolate. The consumption of dark chocolate stabilizes your blood sugar, reduces cravings, and controls appetite.

RECOMMENDED QUANTITY AND WHAT TYPE OF CHOCOLATE TO EAT

As with any food, quality matters when it comes to health benefits: Where you get your chocolate from, how it was made, what other ingredients (if any) were added to it—all of it matters. Out of all the chocolates, the one that has the most of the benefits to your health is dark chocolate. Godiva brand dark chocolate, or any others labeled as 70% or more dark chocolate are great.

Enjoy your sweet life and recipes!

Love,
Lisa C

Here are your healthy chocolate recipes.

DRINKS

HOT CHOCOLATE WITH SPICES

Serves 1

1 tablespoon coriander seeds
1 whole star anise
1 teaspoon cinnamon
2 cups coconut milk
1/8 cup unsweetened cocoa powder
1 teaspoon rum (optional)
stevia or honey to sweeten to taste

CRUSH SPICES. Combine the coriander, star anise, and cinnamon in a bowl and crush them with a wooden spoon.

WARM COCONUT MILK AND ADD SPICES. Add coconut milk to a small pot over medium heat to warm up for about 3 minutes. Turn it off right before boiling. Add spices and cocoa powder. Let it sit for about 5 minutes. Then, strain the milk to remove spices, add rum, and serve! Sweeten to your taste with honey or stevia.

THE BEST HEALTHY HOT CHOCOLATE

Serves 2

1 1/2 cups almond milk (or coconut milk)
1 tablespoon maple syrup
1 teaspoon organic coconut oil
2 tablespoons of raw almond butter
1/2 teaspoon of vanilla extract
Pinch of sea salt to taste
1 heaping tablespoon cocoa powder

HOT CHOCOLATE. Add all ingredients to your Vitamix or high-speed blender until thick and smooth. If you have a milk frother - froth 1/4 cup of your mixture - pour the rest into a small pot, gently heat until warm - top with froth, sip and enjoy!

WHIPPED CREAM CHOCOLATE COFFEE

Serves 1

1 cup brewed coffee
1/4 cup coconut milk
1-ounce white chocolate
1 tablespoon vanilla extract
dairy or dairy-free whipped cream

WARM INGREDIENTS. Heat coconut milk, coffee, and chocolate in a small pot over medium heat. Melt chocolate but be sure not to allow milk to boil. Turn off heat and let the mixture cool. Add vanilla and stir. Top with whipped cream before serving.

BREAKFASTS

KALE-CHOCO SMOOTHIE

Serves 1

1½ cups dairy-free milk
1 handful kale
1 cup fresh or frozen blueberries
1 tablespoon coconut oil
pinch of cinnamon powder
2 tablespoons raw cacao
1 tablespoon raw, organic honey or 1
teaspoon stevia to taste (optional)

BLEND INGREDIENTS. Add all ingredients to a high-speed blender and blend until smooth.

PUMPKIN PANCAKES

Serves 4 to 6

6 large eggs
¾ cup pure pumpkin purée
2 tablespoons honey
½ cup almond flour
½ cup coconut flour
1½ teaspoons baking powder
1 tablespoon pumpkin pie spice
⅓ cup dairy-free chocolate chips
⅛ teaspoon salt
3 tablespoons coconut oil, divided

Toppings:

1 banana, thinly sliced
⅓ cup pecans, chopped
sprinkling of dairy-free chocolate chips
drizzle of real maple syrup (optional)

PREPARE BATTER. In a large mixing bowl, whisk the eggs, pumpkin purée, and honey until thoroughly combined. In a separate bowl, combine the almond flour, coconut flour, baking powder, pumpkin pie spice,

CHOCO-BERRY SMOOTHIE

Serves 1

1½ cups dairy-free milk
1 banana
½ cup raspberries
1 cup spinach
½ cup blueberries
1 tablespoon cocoa or raw cacao

BLEND INGREDIENTS. Add all ingredients to a high-speed blender and blend until smooth.

chocolate chips, and salt. Add the dry ingredients to the bowl with the egg mixture and gently fold the two together until blended. Heat one tablespoon coconut oil in a large griddle over medium heat.

COOK PANCAKES. When the griddle is hot, spoon 2 to 3 tablespoons per pancake and cook for 3 minutes on the first side, then flip and cook for another 2 to 3 minutes on the other side. Repeat this process with remaining coconut oil and pancake batter.

TOP PANCAKES AND SERVE. To serve, stack 2 to 3 pancakes per serving and top with sliced bananas, pecans, chocolate chips, and a drizzle of maple syrup, if desired. Enjoy!

BANANA-CHOCO SANDWICH

Serves 1

1 apple
2 tablespoons almond butter
1 banana, thinly sliced
1 tablespoon cacao

PREPARE APPLE SLICES. Thinly slice the apple crosswise in round slices and remove the seeds and core with a paring knife.

ASSEMBLE SANDWICHES. Spread an apple slice with 1 tablespoon of almond butter and top with banana slices and another apple slice. Sprinkle with cacao powder. Repeat with remaining apple slices.

RAW AVOCADO PUDDING

Serves 2

1 avocado
1 cup dairy-free milk
1 zucchini, chopped
1 tablespoon raw cacao powder
1 tablespoon raw honey or 1 teaspoon stevia

COMBINE INGREDIENTS. Using a food processor or high-power blender, combine all ingredients until smooth. Cool in refrigerator, then enjoy!

CHOCO CHIA PUDDING

Serves 1

¼ cup chia seeds
½ banana
1 cup dairy-free milk
1 tablespoon raw cacao powder

COMBINE PUDDING. Place the chia seeds in a bowl. Combine the milk, raw cacao, and banana in a blender until smooth. Pour the mixture over the chia seeds and let stand for at least 15 minutes before serving.

BREAKFAST QUINOA CHOCO BOWL

Serves 2

1 cup quinoa
2 cups water
1 tablespoon coconut oil
1 to 2 tablespoons coconut sugar or 2 teaspoons stevia
½ cup berries, any variety
drizzle of coconut milk
2 tablespoons raw cacao or cocoa
2 tablespoons raw cacao nibs or dairy-free chocolate chips

COOK QUINOA. Cook quinoa according to package directions.

DRESS UP QUINOA. While still warm, add coconut oil. It will melt as you mix it around. Then, add coconut sugar/stevia and cacao/cocoa. Add berries of your choice and a drizzle of coconut milk. Top with raw nibs or dairy-free chocolate chips.

PROTEIN BALLS

CHOCO PROTEIN BALLS

Makes 6 balls

1 tablespoon almond flour
8 ounces peanut butter
2 teaspoons cacao powder
1 teaspoon chocolate powder
2 tablespoons chocolate protein powder
4 ounces ground hazelnuts, divided
½ cup whole hazelnuts

COMBINE INGREDIENTS. Combine almond flour with peanut butter, cacao, chocolate, protein powder, and 2 ounces of ground hazelnuts. Mix well and allow mixture to sit for 30 minutes.

FORM BALLS. Form small balls out of the mixture, putting 1 whole hazelnut inside each ball. Roll the balls over ground hazelnuts and serve.

CHOCOLATE-MINT PROTEIN BALLS

Makes 8 balls

1 cup rolled oats
½ cup unsweetened coconut flakes
½ cup sunflower seed butter
½ cup ground flax seeds
½ cup cacao nibs
⅓ cup honey
1 tablespoon chia seeds
1 teaspoon mint extract

COMBINE INGREDIENTS. Combine all ingredients in a mixing bowl. Stir until well incorporated. Cover and refrigerate for about 30 minutes.

FORM BALLS. When the dough is ready, remove from the refrigerator and spoon into balls. Store in an airtight container in the refrigerator for up to two weeks.

DESSERTS

CHOCOLATE CHERRIES

Serves 2

10 ounces dark chocolate
2 cups fresh cherries

MELT CHOCOLATE. Melt chocolate in $\frac{1}{2}$ cup of hot water. Set aside.

PREPARE CHERRIES. Wash and clean the cherries. Remove the seeds.

COAT CHERRIES IN CHOCOLATE. Submerge the cherries in the heated chocolate to coat. Allow the cherries to cool and then put them in the refrigerator for 30 minutes before serving.

CHOCO STUFFED STRAWBERRIES

Serves 6

1½ pounds large strawberries
8 ounces dairy or dairy-free cream cheese, softened
4 tablespoons raw cacao
3 tablespoons honey (preferably local)
1 teaspoon vanilla extract
 $\frac{1}{3}$ cup almonds, crushed

PREPARE STRAWBERRIES. Remove the top of each strawberry, reserving as much of the strawberry as possible. Remove the center of each berry with a small paring knife to create a pocket and set aside.

MIX CREAM CHEESE FILLING. In a mixing bowl, beat cream cheese, raw cacao, honey, and vanilla until creamy. Transfer cream cheese mixture to a piping bag or a small sandwich bag with a small opening cut in one corner.

STUFF STRAWBERRIES. Fill each strawberry with the cream cheese mixture and sprinkle crushed almonds on top. When finished, place each strawberry on a large serving tray.

REFRIGERATE STUFFED STRAWBERRIES. Cover stuffed strawberries and place in the refrigerator for at least 30 minutes before serving.

WARM FIGS WITH TAHINI AND CHOCOLATE

Serves 2

6 dried figs
1 to 2 tablespoons tahini
dash of cinnamon
1 tablespoon raw cacao powder

PREHEAT OVEN. Preheat your oven to 350 degrees Fahrenheit.

STUFF FIGS. Slice the dried figs down the middle without cutting all the way through. Stuff with tahini, cinnamon, and raw cacao.

WARM FIGS. Bake on a cookie sheet for about 5 minutes. Serve immediately.

MANGO-CHOCO SLUSH

Serves 4

2 ripe mangoes, peeled and cubed (or 2½ cups frozen mango)
¼ cup fresh lime juice
¾ cup fresh orange juice
½ cup water
2 tablespoons raw cacao
8 to 10 large ice cubes

Optional Garnish:

fresh rosemary spears
12 small fresh mango chunks

For Frozen Mango Margaritas:

4 ounces 100% agave tequila

PREPARE GARNISH - OPTIONAL. Prepare garnish by threading mango cubes onto fresh rosemary spears and set aside.

COMBINE INGREDIENTS. Add mangoes, lime juice, orange juice, water, and raw cacao to a blender and pulse to combine. For an adults-only variation, add four ounces of tequila as well.

ADD IN CRUSHED ICE. Add ice and pulse for a few seconds, just until the ice is crushed into small pieces. Do not over-blend.

SERVE. Pour into serving glasses and garnish with rosemary-mango spears. Serve immediately and enjoy!

CHOCOLATE KISS BALLS

Makes 8 to 12 balls

6 tablespoons sunflower butter
4 tablespoons cacao or unsweetened cocoa
2 tablespoons coconut oil
1 tablespoon ground flax seeds, chia seeds, or almond meal
1 scoop pea protein OR hemp protein
15 drops of liquid stevia OR 1 tablespoon honey/agave
pinch of sea salt
6 tablespoons water (as needed)

Coating:

shredded coconut
cacao

COMBINE INGREDIENTS. Combine all the ingredients in a large bowl. Stir and slowly add water until you get the desired consistency.

FORM BALLS. Mold the dough into little balls and place them on a cookie sheet or wax paper. Roll each ball in a bowl of shredded coconut, then dust them with cacao for an extra boost of antioxidants. You can eat them right away or after freezing them for 10 to 15 minutes.

CHEWY CHOCOLATE-COCONUT MACAROONS

Makes 8 to 10 macaroons

2 large egg whites
3 tablespoons honey
½ cup cacao
1 teaspoon pure vanilla extract
1 cup shredded coconut, unsweetened
¼ teaspoon salt

PREHEAT OVEN. Place the top oven rack in the center position and preheat oven to 350 degrees Fahrenheit. Line a large baking sheet with a piece of parchment paper or a Silpat® baking sheet and set aside.

MAKE BATTER. Using a hand mixer, briskly beat the egg whites until stiff peaks form. Gently fold the honey, cacao, vanilla, coconut, and salt into the egg whites with a spatula until thoroughly combined. Do not overwork, but it may require a few folds for the ingredients to start to incorporate with one another.

SCOOP MACAROONS. Scoop heaping tablespoons of the mixture onto the prepared baking sheet, leaving plenty of space in between to prevent overcrowding.

BAKE MACAROONS. Transfer the baking sheet into the oven and bake until the cookies become golden brown on top and around the edges, about 12 to 14 minutes.

COOL AND ENJOY! Remove from oven and cool for 10 to 15 minutes before serving. Enjoy!

CHOCO SORBET

Serves 3 to 4

3 cups frozen strawberries
2 tablespoons raw cacao or cocoa
1 cup coconut water
4 to 5 mint leaves

BLEND INGREDIENTS. Add all the ingredients to a high-speed blender and blend until well incorporated.

CHOCO-RASPBERRY MOUSSE

Serves 2

$\frac{2}{3}$ cup almond or coconut milk
1½ cups frozen raspberries, thawed
3 tablespoons coconut nectar or raw honey
 $\frac{1}{4}$ teaspoon pure vanilla
 $\frac{1}{4}$ cup virgin coconut oil
2 tablespoons raw cacao or cocoa

COMBINE INGREDIENTS. Add all ingredients to a food processor or high-speed blender, except the coconut oil. Process until completely smooth. Then, add the coconut oil and process 30 seconds more.

I hope you enjoy these guiltless
chocolate indulgences in
good health.

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