

CHOCOLATE



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A delicious cure for a bad day

Welcome

Welcome to the Vitality Hub Chocolate guide, where we are going to show you how you can eat delicious chocolate everyday and watch your health improve!

Life is short, and we're 100% committed to good health provided by JOYFUL eating and habits.

Starvation, deprivation and dieting just don't belong here. So you're in the right place! In this guide, we're going to provide you with some incredible chocolate recipes that will leave you feeling happy, nourished and complete.

Enjoy!

Why chocolate?

I love chocolate. It's birthday cake memories, my Pa giving me a square of his chocolate after dinner, my first baking fails and victories in the kitchen as a teen. But a health crisis in my early 20's made me reassess the way I was consuming chocolate and more importantly - the types of chocolate I was indulging in.

Chocolate is a divine gift and should be treated that way!

It isn't:

- An emotional crutch
- A distraction from 'work'
- To be eaten mindlessly

Which is the way that some of us have been programmed to eat it, which ends up in a toxic relationship with some foods, thinking that chocolate is 'bad' or 'naughty'.

Cacao has been used for thousands of years in ancient ceremonies by South Americans. It is sacred in some cultures and has been seen as a medicinal plant for some.

And this is where we create magic in the Vitality Hub, we teach you to use cacao instead of the highly processed, sugar laden stuff we are used to so your body can readjust and more easily find vitality and energy with ease in your body.

Cacao has so many incredible body benefits

- Boosts serotonin production
- High amounts of antioxidants, vitamins and minerals
- Helps in maintaining a healthy circulatory system
- Alleviates stress
- It is high in magnesium
- Can help to manage depression
- Reduces appetite and helps aid weight loss
- Helps reduce and regulate PMS symptoms
- Anti ageing

Plus so much more!

So it made so much sense to us in the Vitality Hub to create this eBook to support you in unlocking the magic of this superfood and enjoy feeling incredible.

The gift of health is the best you can give yourself, we're going to show you how to make it even more delicious!

Our Chocolate Challenge

We know that when people want to get healthy, lose weight or improve lifestyle habits, chocolate can be something that gets taken away or is reduced to limited quantities. And, like I said before, deprivation is not our thing!

Our goal here is not to make you a bonafide chocaholic. It's to help you over the next 30 days to adjust your body and taste buds to chocolate that nourishes and supports your body. Through delicious breakfast smoothies, cacao filled snacks and desserts that won't leave you feeling bloated or sleepy.

The challenge? To enjoy a superfood filled chocolate drink or treat each day over the challenge in place of refined sugar, processed foods or sweet pastry treats.

We recommend you take a before and after photo of your body in active wear and your face. Switching our processed foods for super foods can see a fast reduction in inflammation and it's amazing to be able to see it for yourself through photos.

When you've completed your 30 days, post your before and after photos in our Vitality Hub Facebook Page ([Click Here](#)) plus a testimonial to go in the chance to win a free 60 pack of our JP+ Complete Protein worth \$280. Winner will be drawn 30 April 2021 in our Facebook Page.

Why we recommend

JP+ VEGAN COMPLETE

PLANT BASED PROTEIN

Every serve contains 13.5g of plant protein from pea, chickpea, brown rice and water washed non GMO soy. It is HIGH BIOLOGICAL plant protein, meaning your body can absorb it to be used. It is a smooth taste and mixes well.

DIETARY FIBRE + A BLEND OF SPROUTS

Each serving of our complete contains 7.7g. of fibre which is great for stabilising your blood sugar and creating a healthy digestive system. It is packed full of concentrated micro nutrients promoting good health and adding key nutrients into your diet.

FREE FROM

The Vitality Hub JP+ Complete is family friendly, free from GLUTEN, DAIRY, AND GMO'S. It has no added artificial colours or flavours and is the best of mother nature.

LOW GI + ADDED NUTRIENTS

JP+ Complete has a low GI rating with the carbohydrates coming from amaranth, quinoa and millet - a balanced energy source and essential amino acids. It also contains yucca powder, pomegranate, spirulina, mushroom powder.

1 - MAKE TIME FOR MEALS.

This seems glaringly obvious, but it's not at all! When you look at your schedule or virtual calendar, it's full of appointments, work and social outings. But one of the most enjoyable and life giving things we can do is preparing and eating food. So imagine if you blocked out time for it.

To make a smoothie bowl that you decorated so beautifully, took the time to carefully create. Eating it would be a much more satisfying experience because of the time, you couldn't just gobble it down after all that!

And creating a beautiful meal for your family that you dished out and presented on the dining table. What a treat that would be for all involved.

2 - SLOW DOWN

When you decide to treat your tastebuds to your chocolate delight, make sure you're fully present. One reason so many overeat sweets is because they don't enjoy it enough the first time! It's gobbled down and suddenly you're wanting the experience again. Put your phone away, get rid of distractions, sit down and eat only when you're calm. If the kids are running around and stressing you out, put the food down! You can eat it once they're sorted.

3 - TAKE BREAKS

If you eat one of your amazing chocolate creations from this eBook and immediately feel you could do another, take a break! Wait 20 mins between and then if you're still keen, go for it! But give your body time to have the food hit your stomach and make sure you're having water in between to make sure you're not really just dehydrated!

CHOCOLATE RECIPES



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SMOOTHIES AND SMOOTHIE BOWLS

SMOOTHIES

BUILDING YOUR PERFECT *Smoothie*



CHOOSE YOUR BASE

- Almond Milk
- Coconut Milk
- Oat Milk
- Coconut Water
- Rice Milk
- Filtered Water

CHOOSE YOUR FRUIT

- Berries
- Frozen Banana
- Apple
- Mango
- Citrus

CHOOSE YOUR VEG

- Baby spinach
- Silverbeet
- Kale
- Frozen Zucchini
- Frozen Cauliflower
- Peas

CHOOSE YOUR SUPERFOOD BOOSTERS

- JP+ Complete Protein
- Raw Cacao Powder
- Maca Powder
- Nut Butter
- Chia Seeds
- Avocado
- JP+ Capsules



Chocolate Thickshake

INGREDIENTS

- 1 scoop of sachet Chocolate Complete
- 1 tbsp raw cacao powder
- 1 frozen banana
- 6 ice cubes
- 2 pitted dates
- 1 cup coconut or almond milk
- 1 tbs peanut butter

METHOD

Add all ingredients to a blender and blend until combined, it should be a nice thick consistency. If too thick, add a dash more milk.

Grate some chocolate over the top if you're feeling extra indulgent!

Cherry Ripe Smoothie

INGREDIENTS

- 1 sachet chocolate complete protein powder
- 1 cup frozen cherries
- 1/2 cup frozen coconut flesh (you could use flesh from a fresh coconut too)
- 1-2 cups coconut quench milk
- Ice

METHOD

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency.



Mint Slice Smoothie

INGREDIENTS

- 1 scoop chocolate complete protein powder
- 1 tbsp raw cacao
- 1 handful baby spinach
- 1 frozen banana
- handful of fresh mint leaves
- 1 cup almond milk/handful of ice

METHOD

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency

Choc Peanut Butter Smoothie Bowl

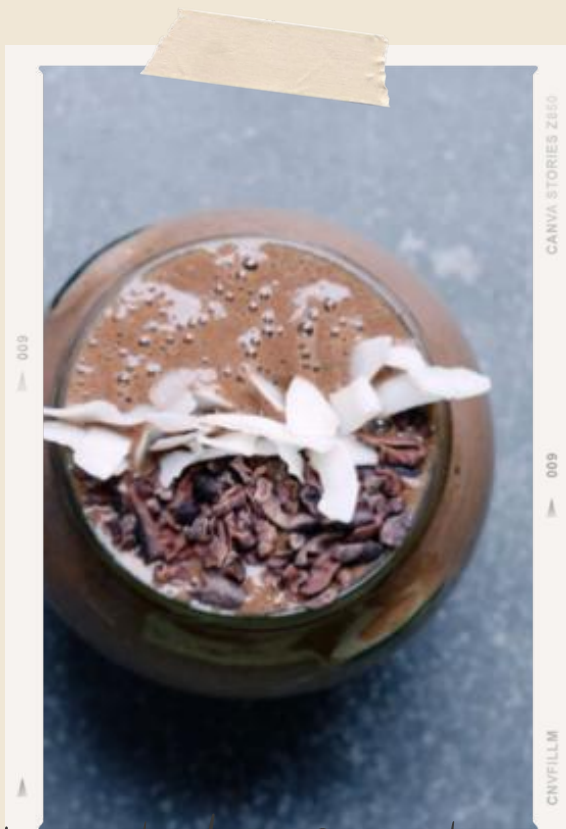
INGREDIENTS

- 1 sachet chocolate complete
- 2 frozen bananas
- 1 tbs organic peanut butter
- 1/2 cup coconut milk Suggested toppings
- vegan granola
- shredded coconut
- chia seeds
- cacao nibs

METHOD

Add all ingredients to a high powered blender and blitz until smooth.

Pour into a bowl and decorate with your choice of toppings.



Chocolate Overload Smoothie

INGREDIENTS

- 1 tbs Flaxseeds
- 1/2 frozen banana
- 1 tbs raw cacao powder
- 1 tbs almond butter
- 1 scoop Chocolate Complete Powder
- 1 handful spinach
- 1 cup almond or coconut milk
- 2 each of your fruit, vegetable and berry capsules - whole

METHOD

Soak flaxseeds in almond or coconut milk for 10 mins (or overnight if you're that organised!).

Add all ingredients to a high powered blender and blend until thick and smooth.

Top with coconut flakes and cacao nibs if desired.

Choc Raspberry Bowl

SMOOTHIES

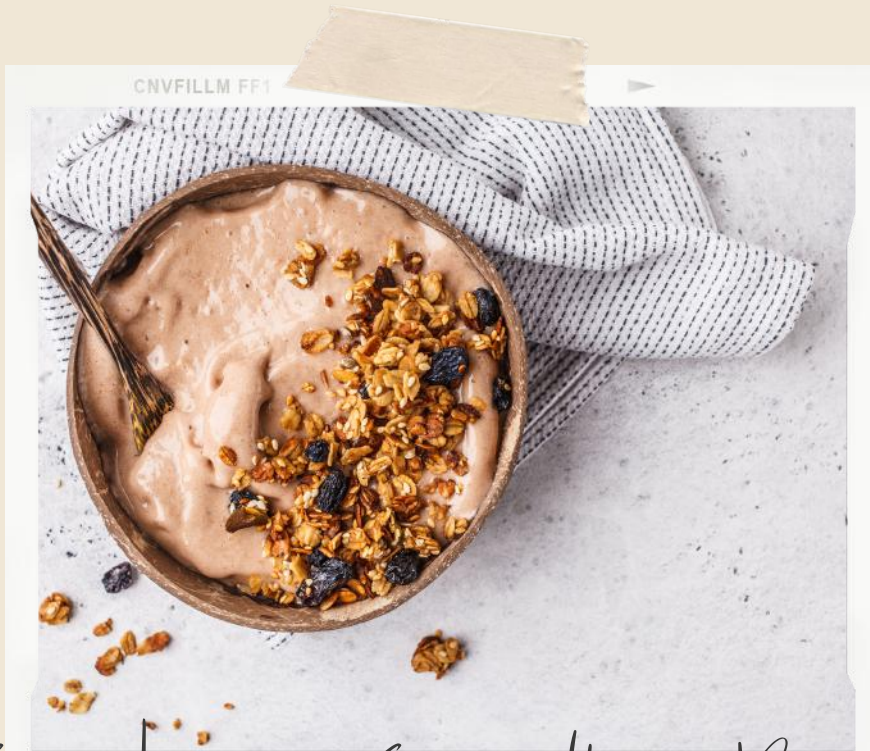
INGREDIENTS	METHOD
<ul style="list-style-type: none">• 1 cup diced frozen zucchini or banana• 1/2 cup frozen raspberries• 1 sachet or scoop Complete Protein• 2 tbs raw cacao powder• 1 tsp vanilla extract• coconut or almond milk	<p>Add all ingredients to a blender. Start with 1/4 cup plant milk and increase until you get your desired thickness.</p>

Easy Choc Smoothie

INGREDIENTS	METHOD
<ul style="list-style-type: none">• 1 frozen banana• Ice cubes• 1 scoop or sachet Chocolate Complete• 1 cup coconut milk	<p>Add all ingredients to a high powered blender and blitz to combine.</p>

Ange's Choccie Goodness

INGREDIENTS	METHOD
<ul style="list-style-type: none">• 1/2 frozen banana• 1 cup coconut or almond milk• 1 medjool date• 1 tbs raw cacao powder• 1 tsp maca powder• JP capsules (you can blend these!)• 1 tbs coconut oil	<p>Add all ingredients to a high powered blender and blitz to combine.</p>



Snickers Smoothie Bowl

INGREDIENTS

- 1 scoop chocolate complete protein powder
- 1 cup almond milk
- 1 frozen banana
- Handful of ice
- 1 tbsp natural peanut butter
- 1 tsp maca powder
- 1/2 frozen zucchini
- cinnamon

TOPPINGS

- Hemp seeds
- Nuts
- Cacao nibs
- Paleo granola
- Peanut butter
- Pana organic cashew caramel

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.

Add in all other ingredients and blend until smooth.

It should be thick and creamy. Scoop out into a bowl.

Decorate with a small amount of 2-3 toppings of choice to decorate.

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HOT DRINKS

Complete Hot Chocolate

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 1 sachet or scoop Chocolate Complete • Boiling water • Dash of almond or coconut milk 	<p>Place the Chocolate Complete in a mug and add a dash of hot water.</p> <p>Mix until a paste forms.</p> <p>Add more hot water to half way and top with mylk of choice.</p>

Choco-holics Hot Choccy

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 1 cup coconut milk • 1 sachet or scoop Chocolate Complete • 1 tbs raw cacao powder • small dash maple syrup (optional) 	<p>Heat all ingredients together in a small saucepan over a medium heat, whisking occasionally.</p> <p>Serve in a mug.</p>

Simple Hot Cacao Mix

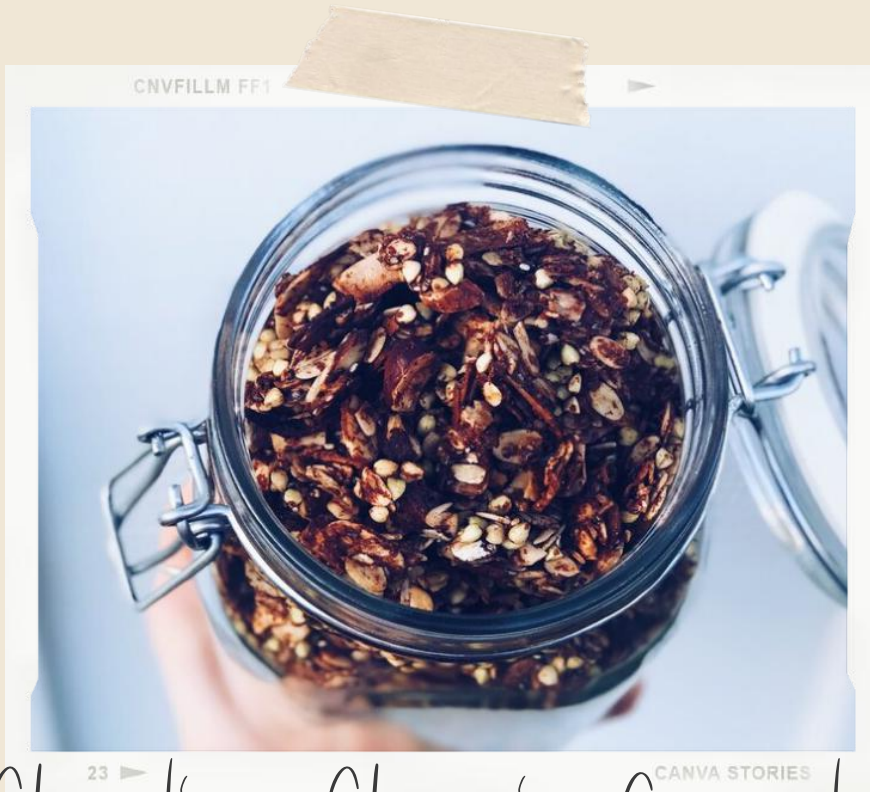
INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 3 1/2 cups Monk Fruit Sweetener • 2 1/4 cups raw cacao powder • 1 tsp himalayan salt 	<p>Combine all ingredients in a blender to combine well.</p> <p>To serve - use 1 table spoon Hot Cacao Mix with 1 cup warmed coconut or almond milk</p>

CHOCOLATE RECIPES



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BREAKFAST



Charlie's Choccie Granola

INGREDIENTS

Dry Ingredients

- 2 cups oats (can be wholegrain/rolled/gluten free)
- 3/4 cup sliced almonds
- 1 heaped cup chopped hazelnuts
- 1 1/2 cups buckwheat
- 1 1/2 cups coconut chips
- 1/4 cup chia seeds
- 1/4 cup pumpkin seeds
- 1/4 cup cacao nibs
- 1/4 cup coconut sugar
- 1/2 tsp fine pink himalayan salt
- 1/2 cup goji berries

Wet Ingredients

- 1 tsp vanilla extract/powder
- 1/3 cup coconut oil
- 1/4 cup maple syrup
- 1/2 cup cacao
- 2 tbs peanut butter



Charlie's Choccie Granola

METHOD

Preheat the oven to 180 degrees on fan heat

Measure and place all dry ingredients in a big bowl, except for the goji berries (you will add these later)

Add the wet ingredients into a pot and heat over low heat till all melted

Pour the wet ingredients into the dry ingredient bowl

Mix together until combined and all the dry ingredients have been covered with chocolate

Spread the mixture at about a 3cm depth on an oven tray - press down, this really helps with clusters

OPTIONAL: Sprinkle with a little bit of coconut sugar

Cook in the oven for 15 minutes or until golden

Leave to cool for at least 15 minutes so the clusters remain stuck together

Mix through goji berries

Keep in an airtight container or jar

Enjoy but not all at once!

Choc Raspberry Oats

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 1/2 cup rolled oats • 1 scoop or sachet Chocolate Complete • 1 tsp raw cacao powder • 2 tbs coconut flour • 1 tsp vanilla extract • 3/4 cup water • 1 tbs maple syrup • raspberries to top 	<p>Stir all ingredients together in a mixing bowl.</p> <p>Divide into two jars and refrigerate overnight.</p> <p>Add extra fruit on top to serve.</p>

Complete Pancakes

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 1/2 cup coconut milk • 2 eggs • 3 tbs oats or quinoa flakes • 1 sachet vanilla or chocolate complete powder 	<p>Place all ingredients in a high powered blender until smooth. Heat pan over medium to high heat and melt 1/2 tsp coconut oil. Cook 2 tbs batter until bubbling and cooked on one side. Flip and cook until browned.</p>

Choc Coconut Granola

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 1 cup walnuts, roughly chopped • 1 cup almonds, roughly chopped • 1 cup shredded coconut • 1/4 cup plain buckwheat • 3 tablespoons cacao powder • 1/4 cup coconut oil • 1/4 cup coconut nectar or rice malt syrup 	<p>Preheat your oven to 100°C and line a tray with baking paper.</p> <p>Stir together all ingredients in a bowl and spread out mixture on your tray.</p> <p>Bake for 35 minutes, mixing halfway through cooking.</p> <p>Let cool on the bench for at least half an hour, then scoop into a jar or airtight container.</p>



Choc Chip Pancakes

INGREDIENTS

- 1 sachet or scoop Vanilla Complete
- 1.5 cups oats
- 3 eggs
- 3 tsp baking powder
- 1/2 cup coconut yogurt
- 1/2 tsp vanilla powder or extract
- Dash of maple syrup
- 1/2 cup vegan chocolate chips

METHOD

Add Complete, oats and baking powder into a blender and blend all into a flour.

Add eggs, coconut yogurt, vanilla and maple syrup and blend to combine.

Pour into a bowl and stir through chocolate chips.

Cook in batches and serve with a drizzle of maple syrup and some shaved chocolate on top!

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Choc Orange Bliss Balls

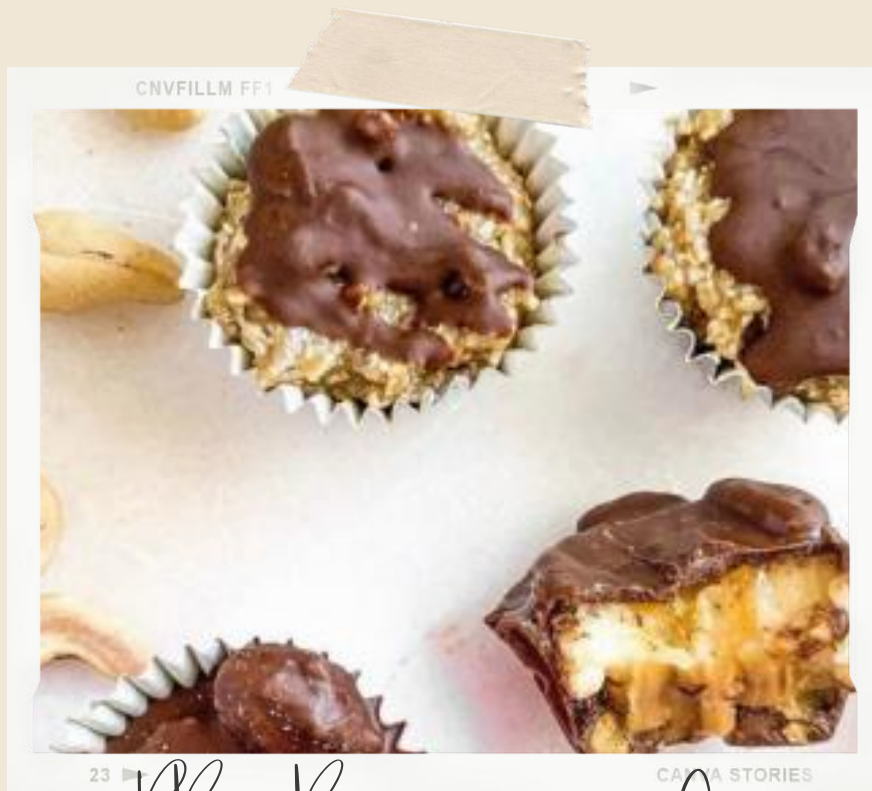
INGREDIENTS

- 1 cup medjool dates - pitted
- 2 scoops of chocolate complete protein powder
- 2 tbsp raw cacao powder
- Zest from 2 oranges
- Juice from one orange
- 2 tbsp almond butter
- 2 tbsp coconut oil
- 1 cup almond meal
- 1/2 cup desiccated coconut

METHOD

Place all of the ingredients into a food processor or a thermomix and blend until combines and sticky. You may need to pulse at the start until it starts to come together.

Try the mixture and adjust it to your taste or it may need a little more liquid (add water if so) or it may need more dry to bring it together more. Wet your hands thoroughly and roll mixture into bite size balls, roll in extra coconut and place in the freezer to set.



PB Banana Cups

INGREDIENTS

- 2 blocks dark organic vegan chocolate
- 1 banana
- 2-3 tbs peanut butter (or any nut butter)
- 2 tbs coconut oil

METHOD

Melt half of the chocolate over the stove with 1 tbs coconut oil. While that is melting, line a mini cupcake tray with patty pans. Spoon about a 1 tsp of melted chocolate into the bottom of each patty pan (enough to cover the base).

Repeat with the second batch.

Lay out each piece of banana and spoon about 1/2 tbs of peanut butter on top, adding as little or as much as you want.

Press each piece of filled banana into the base of the patty pans so that the chocolate on the bottom rises up around the sides of the banana and peanut butter.

Once the second batch of chocolate has melted, spoon about a tbs (or enough to cover the top of the banana) into each patty pan.

Set in the fridge for at least an hour and ENJOY!

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Raw Cookie Dough Balls

INGREDIENTS

- 1 cup organic gluten free oats
- 1 cup raw cashews
- 1 teaspoon organic vanilla extract
- 1 tablespoon coconut oil
- 2 tablespoons rice malt syrup
- 50g Loving Earth Creamy Coconut Mylk Chocolate

METHOD

First, blend together the oats and cashews until they become like a flour or fine meal. Add the vanilla, coconut oil and rice malt and blend again until completely combined.

Chop the chocolate into small squares and stir through.

Roll tablespoon sized balls in your hands and let set in the fridge for an hour.

Vegan Nutella

INGREDIENTS

- 3 tbs raw cacao powder
- 2 tsp vanilla extract
- 1 tbs coconut oil
- 1/2 cup coconut milk
- 1 cup hazelnuts
- 4 tbs maple syrup

METHOD

Blend nuts first until they release oils and become pasty. Add coconut oil and blend again. Add remaining ingredients and blend until creamy.



Easy Avo Mousse

INGREDIENTS

- 2 ripe bananas
- 1/2 ripe avocado
- 1 scoop or sachet Chocolate Complete
- 1/2 tsp cinnamon

METHOD

Add all ingredients into a high powered blender or Thermomix and blend until combined and creamy. Serve with smoothie bowls or with our Cacao Crumble!

Raw Ice Cream

INGREDIENTS

- 2 cups sliced frozen banana
- 1/4 cup raw cacao powder
- 1 tsp vanilla powder or extract
- 1 tbsp coconut milk

METHOD

Add all ingredients to a high powered blender and blend on low to start, working your way to high until all ingredients are combined.
Add a dash more coconut milk if needed.



Yogurt Bark

INGREDIENTS

- 1 cup coconut yogurt
- 2 scoops or sachets Chocolate Complete

TOPPINGS:

- berries
- nuts
- hemp seeds
- cacao nibs

METHOD

Line a baking tray with paper.
Mix together coconut yogurt and chocolate complete well and spread across the baking paper.
Spread toppings over the top and freeze until set. Break into shards to serve.

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Blueberry Ripes

INGREDIENTS

BASE

- 1.5 cups natural almonds
- 8-10 medjool dates
- 3 tablespoons coconut oil
- 1 teaspoon vanilla extract
- 1 punnet fresh blueberries (or frozen if needed)

TOPPING

- 1 cup cacao butter
- 1/2 cup cacao powder
- 1/4-1/2 cup (depending how sweet you like it) rice malt syrup, honey or maple syrup

METHOD

Start by blending the almonds into a meal in a food processor or blender. Add the pitted medjool dates and blend again until combined. Pour in the coconut oil and vanilla and blend, if it's still a little dry, add more coconut oil. Line a tin with some glad-wrap and pour in the base. Spread out evenly but don't push flat just yet. Sprinkle your blueberries (or cherries) over the top and push it all flat with your hands or the back of a large spoon. Place in the freezer while you make the topping. For the cacao topping, place a heatproof bowl over simmering water on the stove. Add the chopped cacao butter and stir until melted completely. Whisk in the cacao powder and add your sweetener of choice. Grab your slice from the freezer and pour the cacao mix over evenly. Let set for at least an hour and chop into bars!

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Raw Caramel Slice

INGREDIENTS

- 1/2 cup almonds
 - 1/2 cup walnuts 8-10 dates
 - 1 tablespoon coconut oil
- CARAMEL
- 8-10 dates
 - 2 tablespoons coconut milk
 - 1 teaspoon maca powder
 - 1 teaspoon vanilla extract
 - 1 tablespoon coconut oil
- TOPPING:
- 1 cup cacao butter
 - 1/2 cup cacao powder
 - 1/4 cup rice malt syrup or maple syrup

METHOD

Line a cupcake baking tray with 12 cupcake paper cases. Blitz almonds and walnuts in a food processor to a bread crumb consistency. Add dates and coconut oil and blend until combined. Scoop one tablespoon of the mixture into the bottom of the case and push down until firm. Once finished, place in the freezer while you make the caramel. Place all ingredients for caramel into a food processor and blend to a paste. Grab your bases out of the freezer and scoop 1 teaspoon of the caramel into each case. Flatten with wet fingers (so mixture doesn't stick) and place back in freezer. To make the chocolate topping, melt cacao butter in a small saucepan over medium low heat and whisk in cacao powder and sweetener until completely combined. Pour chocolate over your bases (1 tablespoon per slice) and place back in the freezer for at least an hour to set!

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Banoffee Caramel Slice

INGREDIENTS

BASE

- 1 cup oats
- 1 cup walnuts
- 2 tbs honey
- 2 tbs nut butter
(I used almond)

CARAMEL

- 2 cups dates
- 1 tbs honey
- 1 banana
- 1 tbs instant coffee
- 2 tbs coconut sugar

- 1 tbs cacao (or chocolate complete protein powder)
- Pinch of salt

TOP

- 1 1/2 blocks dark chocolate
- 1 tbs coconut oil

METHOD

Line a suitable cake tray with baking paper and soak dates in hot water before beginning. **BASE:** Add all the ingredients for the base into a food processor and blend until combined. The texture should be crumbly and stick together when compressed. Transfer the mixture to the lined tray and press down firmly to create a solid base. **CARAMEL:** Remove dates from water and blend in a food processor until broken down slightly. Add rest of the ingredients and blend together until a smooth, thick mixture is formed. Transfer into tray and spread evenly over the base. Store in fridge while preparing top layer. **TOP:** Melt chocolate over stove with oil until smooth. Pour over caramel layer, spreading evenly. Allow slice to set in fridge until hard. Cut up slice when set and ENJOY!

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Best Ever Bliss Balls

INGREDIENTS

- 2 cups almond meal
- 1/2 cup shredded coconut
- 1/2 cup raw cacao powder
- 10 medjool dates, pitted
- 1/2 cup coconut oil
- 1/3 cup honey or rice malt syrup

OPTIONAL EXTRAS

- 1/3 cup chia seeds
- 1/3 cup goji berries
- 1/3 cup cranberries

METHOD

These are my go to chocolate treat. Using almond meal makes them moist and a little less textural, which I like. I make a double batch of these and keep a whole lot in the freezer.

Place the almond meal, shredded coconut and raw cacao powder in a food processor with the pitted medjool dates.

Process until completely combined.

Transfer to a large bowl and stir in coconut oil, honey and any extras.

Roll tablespoon sized balls and set in the fridge overnight or freezer for 1 hour.

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Raw Choc Brownie Bites

INGREDIENTS

- 1 cup walnuts
- 1 cup almonds
- 2 tablespoons cacao powder
- 10 pitted medjool dates
- 2 tablespoons coconut oil
- 1/2 cup fine coconut 50g of 70% dark chocolate - melted

METHOD

Blend nuts and raw cacao in a processor until they form a fine meal.

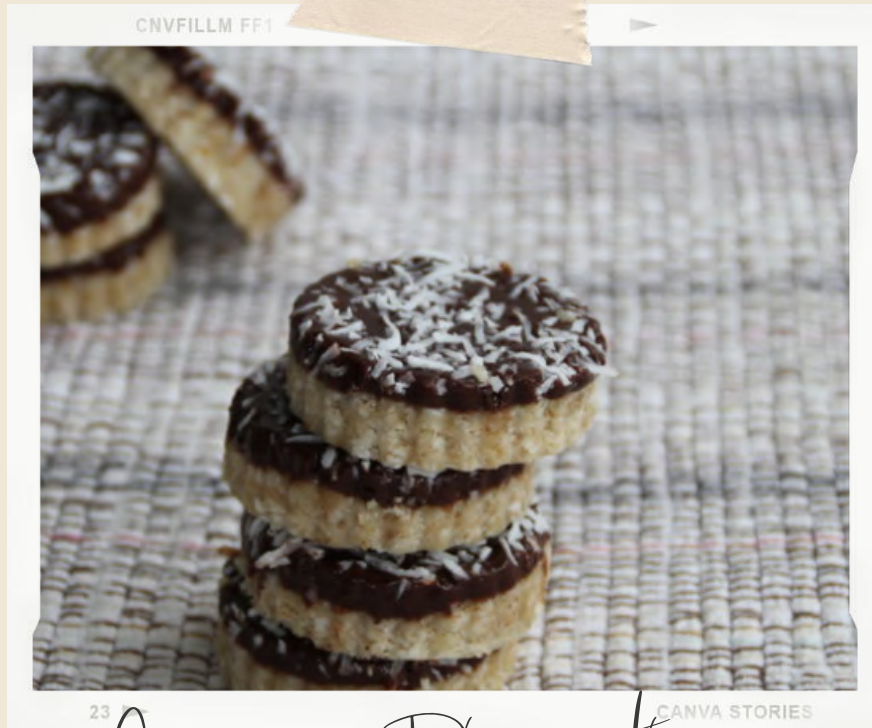
Add pitted dates, coconut oil and fine coconut and blend until completely combined.

Press mixture into a small square lined baking tin and place in the freezer to set for an hour.

Once set, remove from the freezer and use a spatula to top with coconut chocolate butter, as much or as little as you'd like.

I like a thin coating as it's quite rich.

Slice into small squares and grab whenever you need a healthy chocolate hit!



Cacao Digestives

INGREDIENTS

BASE

- 2 cups walnuts
- 2 cups shredded coconut
- 1/4 cup coconut oil
- 1/2 cup rice malt syrup or honey

TOPPING

- 1/4 cup coconut oil
- 1/4 cup coconut milk
- 1/2 cup rice malt syrup or honey
- 1/2 cup raw cacao powder
- shredded coconut to top

METHOD

If baking—preheat oven to 180°C. Place walnuts and coconut in a food processor and blend to a crumb. Stir in coconut oil and sweetener, then press into a lined square baking tin. Place in oven for 20 minutes, keep an eye on it to make sure it doesn't burn. Then let cool. For my raw buddies—place in freezer while you make the delicious topping. For the topping, place a small pot over a low heat. Combine coconut oil, milk and sweetener in the pot and whisk. Once combined, add raw cacao powder and whisk until the mixture thickens slightly and is lump free. Pour hot topping over bars and sprinkle with shredded coconut. Place in fridge to set for a few hours then slice into bars.

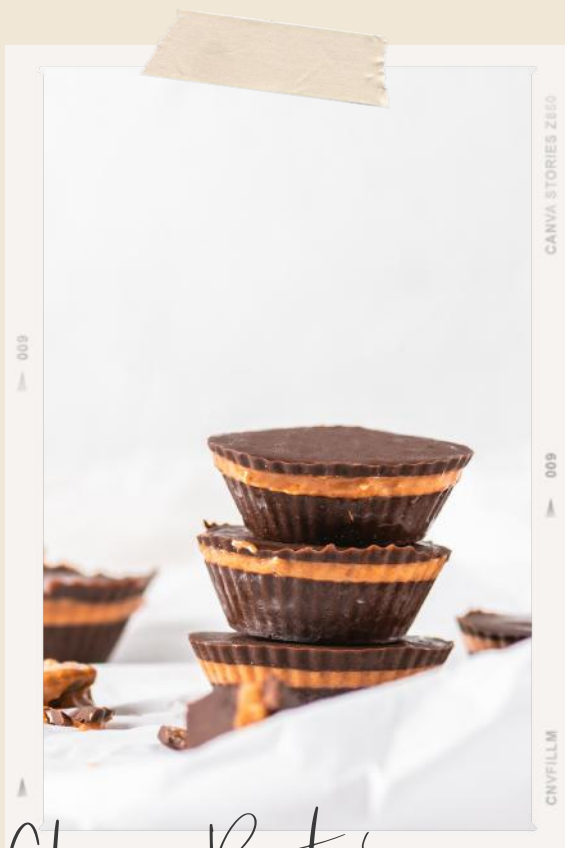
Healthy Snickers Slice

INGREDIENTS

- 1 + 1/2 cups of almond meal
- 1/2 cup rice malt syrup or maple syrup
- 1/2 cup peanut butter
- 1 tbs coconut sugar
- 1/4 cup peanuts
- 80g loving earth dark chocolate

METHOD

Base: Blend almond meal, rice malt syrup, peanut butter and coconut sugar until combined. Press mixture into a lined baking tin. Topping: Melt dark chocolate in a bowl over a saucepan of boiling water until smooth. Sprinkle peanuts over base and pour melted chocolate over. Set in fridge.



Choc Protein
Yogurt

INGREDIENTS

- 1 scoop of sachet Chocolate Complete
- 3 heaped tbs Coconut Yogurt

METHOD

Add all ingredients together in a small bowl and stir to combine. Serve with your favorite toppings!



Crunchy Peanut Butter Bites

INGREDIENTS

BASE

- 1 cup almond meal
- 8 medjool dates—pitted
- 2 tablespoons coconut oil
- 1 tablespoon raw cacao powder

FILLING

- organic crunchy peanut butter

TOPPING

- 100g cacao butter
- 1/4 cup coconut oil
- 1/4 cup maple syrup
- 1/2 cup raw cacao powder
- 1 teaspoon vanilla paste

METHOD

Begin by blitzing all the base ingredients in a blender or food processor. Press the mixture down with your fingertips evenly between 12 mini muffin moulds (I used a muffin baking tray for this).

Scoop one teaspoon of crunchy peanut butter into each base and place into the fridge to set while you make the topping.

To make the topping, melt the cacao butter over a low heat.

Whisk in the remaining ingredients until completely combined.

Take out your bases from the fridge and pour over the topping. Set in the fridge overnight and enjoy!

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Cooley Raw Fudge

INGREDIENTS

- 1 cup raw cashews
- 10 medjool dates, pitted
- 2 tablespoon coconut oil
- 1 teaspoon vanilla

FOR CARAMEL

- 1 tablespoon maca powder

FOR CHOCOLATE

- 1 tablespoon raw cacao powder

METHOD

Soak cashews in hot water for 10 minutes.

Drain and add cashews together with remaining ingredients into a food processor.

Blend for at least a full minute (possibly longer depending on the power of your processor).

The mixture should come together and be smooth and sticky.

Line a loaf tin with baking paper and scrape mixture in.

To flatten, get another piece of baking paper and press down with your knuckles.

The mixture is sticky so it's not a good idea to use your bare hands.

Set in the fridge for at least one hour, preferably overnight.

Slice into cubes once set and store in the fridge.

Raw Lamington Balls

INGREDIENTS

- 1 cup medjool dates - pitted
- 1 cup desiccated coconut
- 2 tbs raw cacao powder
- 1 tsp vanilla extract
- 1/4 cup coconut oil

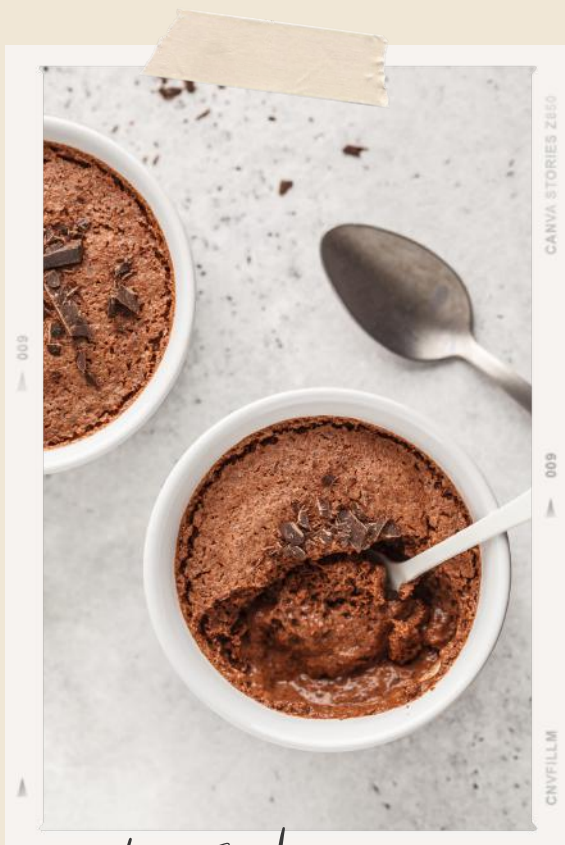
METHOD

Place all ingredients in a high powered blender.

Blend/process until you get your desired consistency, they will be sticky and all the mix should come together.

If it's too dry, add more coconut oil.

Store in the fridge.



Good Fat Chocolate Mousse

INGREDIENTS

- 1 large avocado - pitted and scraped from the skin
- 2 tbs almond butter
- 1/2 tsp vanilla extract
- 1/2 cup rice malt syrup
- 1/4 cup raw cacao powder
- 1/4 cup almond milk
- 1/4 tsp liquid stevia
- 2 tbs coconut oil

METHOD

Place all ingredients in a how powered blender and blitz until completely smooth.

Divide between 4 small serving bowls and set in the fridge for 2 hours.

Top with cacao nibs to serve.

CHOCOLATE RECIPES



THE VITALITY HUB THE VITALITY HUB

BAKED GOODS



Caramelised Banana + Choc Muffins

INGREDIENTS

- 3 mashed bananas (1/2 extra one to top)
- 1/3 cup coconut sugar
- 1 egg
- 1 heaped tbs crunchy peanut butter
- 1 tbs tahini
- 1/4 cup almond/coconut milk
- 1 1/2 cup self raising flour
- 1 tbs maple syrup (extra to top)
- Chocolate
- A dash of each
 - Cinnamon, Nutmeg, Bicarb soda,
 - Vanilla extract

METHOD

Preheat the oven to 180C. Add the 3 mashed bananas to a bowl and mix with coconut sugar and the egg.

Add cinnamon, nutmeg, vanilla, peanut butter and tahini and mix thoroughly. Add plant milk of choice and bicarb soda. Mix and then add flour.

Chop up chocolate into small chunks and add to mixture, gently stirring through.

Grease a cupcake tin and spoon in mixture.

Chop up banana and push a small piece into the top of each muffin, then top with maple syrup.

Bake in the oven for 18-20 mins or until the top of the muffins start to brown.

Remove from oven and let cool before removing from muffin tin.



Choc Chip Muffin Balls

INGREDIENTS

- 3 cups almond meal
- 1 teaspoon baking soda
- 1/2 cup coconut oil
- 1/2 cup maple syrup or rice malt syrup
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup dark chocolate chips

METHOD

Preheat oven to 180°C.

In a large mixing bowl, combine almond meal and baking soda.

Make a well in the centre and add coconut oil, syrup, eggs and vanilla.

Using a whisk, stir the wet ingredients first until combined and then mix in the remainder.

Add in the dark chocolate chips.

Line a mini muffin tray with small cupcake papers and take tablespoon sized amounts of dough and roll into balls with your hands.

Bake for 15-17 minutes and leave to cool in the tray for 10 minutes.



Double Choc Banana Muffins

INGREDIENTS

- 1 Cup whole wheat or Spelt Flour
- 1/4 cup Choc Complete protein or Cacao
- 1 tsp baking powder
- pinch of salt
- 1/4 coconut oil
- 1 cup mashed bananas (about 2 med)
- 1/4 coconut sugar (add more to taste if you would like a little sweeter)
- 1 egg
- 2 tbs coconut yoghurt
- 1 tsp vanilla extract
- large handful of choc chips

METHOD

Preheat oven to 180°C and line a baking tray with 12 muffin cases. Combine flour, cacao powder or protein, baking powder, baking soda and salt into a bowl. In a separate bowl whisk oil, mashed bananas, sugar, egg, yoghurt + vanilla extract. Pour wet ingredients into dry and fold with a spatula until combined. Fold in the chocolate chips and evenly distribute batter between muffin cups. Bake for 18-20 mins or until skewer comes out clean. Place on a cooling rack to cool completely and enjoy!.

This recipe is nut free so perfect for kids lunchboxes.



Coconut Cacao Cookies

INGREDIENTS

- 1 + 1/4 cups almond meal
- 1 teaspoon baking powder
- 1/4 cup cacao powder
- 1/4 cup cacao nibs
- 1 cup shredded coconut
- 1/2 cup coconut nectar or rice malt syrup
- 3 tablespoons melted coconut oil
- 1 egg or vegan egg substitute
- 1/2 teaspoon vanilla powder

METHOD

Preheat your oven to 190°C and line a tray with baking paper.

In a large bowl, sift almond meal, baking powder and raw cacao.

Stir through cacao nibs and shredded coconut.

Whisk remaining wet ingredients in a bowl and add to dry mixture.

Use a large spoon to combine.

Scoop out tablespoon sized mounds onto your baking tray.

Bake for 10-12 minutes, less time for more chewy cookies, more for some crunch!

Let cool for 10 minutes before serving.



Slow Cooker Chocolate Brownies

INGREDIENTS

- 2 cups almond meal
- 1/2 cup raw cacao powder
- 1 tsp gluten free baking powder
- 1/2 cup coconut oil or melted butter
- 3 tbs maple syrup
- 3 eggs
- 1/4 cup coconut milk
- 1/2 cup chopped walnuts
- 80g organic dark chocolate - chopped into chunks
- pinch himalayan sea salt

METHOD

Line slow cooker with baking paper so it reaches halfway up the side. In large bowl combine almond meal, cacao, baking powder and salt. In separate bowl, whisk melted butter or coconut oil, coconut milk and maple syrup. Add eggs and continue whisking till combined. Pour the wet into the dry and mix thoroughly. Stir through walnuts and chocolate chunks. Pour batter into slow cooker and cook on high for 1 hour covered. Remove lid and cook a further 10 mins. Turn off heat and let sit for 10-15, check with a skewer if cooked, it will come out clean if so. Remove by lifting edges of the baking paper. Store in the fridge for 3-4 days or freeze for 4 months.



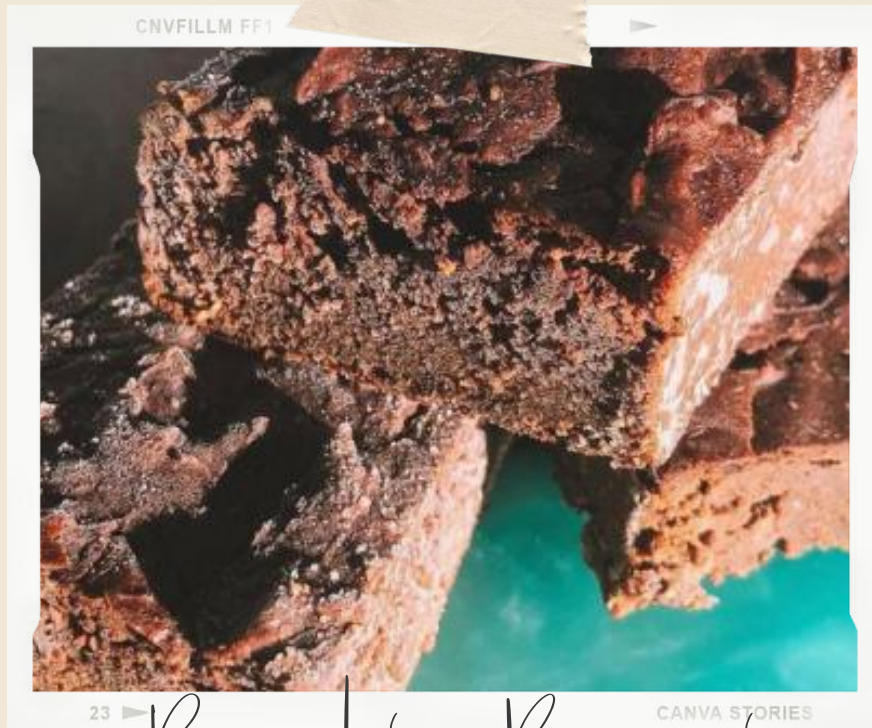
Chocolate Brownies

INGREDIENTS

- 2 eggs
- 1 cup chocolate chips
- 1 cup coconut sugar
- 3/4 cup spelt flour
- 1 tsp vanilla extract
- 6 tbs butter - melted
- 1 tsp baking powder
- 1/4 cup raw cacao powder
- 1 additional cup chocolate chips

METHOD

Preheat the oven to 180 and line a brownie pan with baking paper.
Place chocolate chips into a heat proof bowl and pop over some boiling water to melt, continually stirring.
In a bowl, combine the coconut sugar and melted butter, add in the eggs, vanilla and melted chocolate and stir to combine. To the bowl, add the flour, baking powder, cacao and salt, stir.
Add in the additional chocolate chips if using and fold them through. Pour the batter into the lined tin and bake for 25-30 minutes.
Allow to cool before slicing



Pumpkin Brownies

INGREDIENTS

- 3.5 cups steamed pumpkin
- 2 eggs
- 1 tsp vanilla bean powder
- 1/4 cup maple syrup
- 1/4 cup almond butter
- 1/2 cup cacao powder
- 1/4 cup cacao nibs
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 cup oat flour
- 1/3 cup collagen - plain vanilla or chocolate

METHOD

Mix all ingredients in food processor.
Add to slice tray and bake at 200 for 30 mins.



Choc Chip Cookies

INGREDIENTS

- 1 cup coconut oil - melted
- 1 + 1/4 cup coconut sugar
- 1 egg + 1 egg yolk
- 1 tbs organic oats
- 2 cups spelt flour
- 3/4 tsp himalayan salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 + 1/2 cups vegan chocolate chips

METHOD

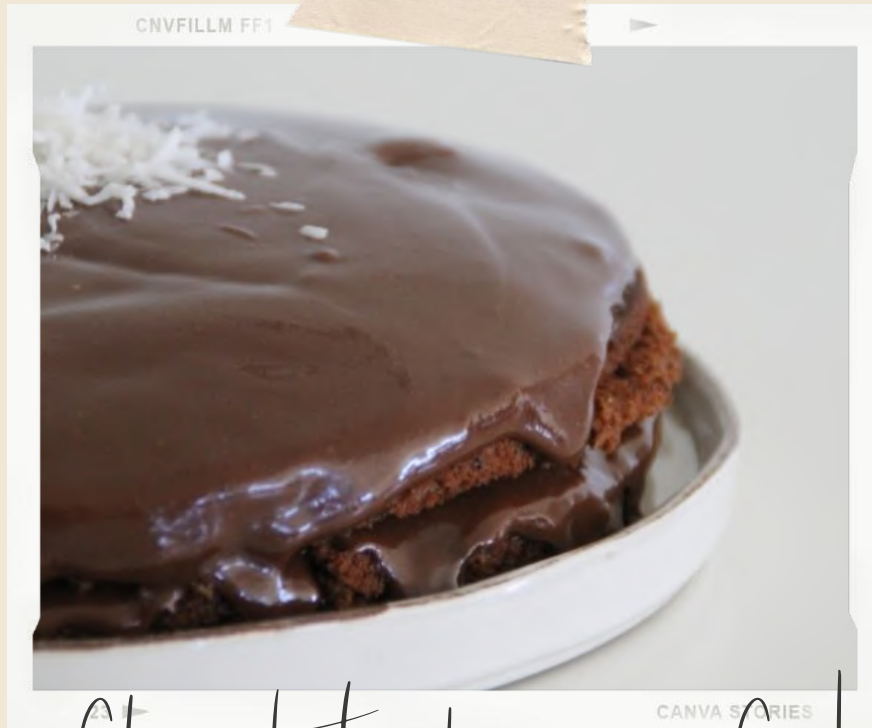
Preheat oven to 160 degrees. Line baking trays with paper.
Add coconut oil and coconut sugar to a blender and blend until creamed. Add eggs and vanilla and blend until combined.
In a bowl, combine oats, flour, salt, baking soda and powder. Once combined, add the wet ingredients in and mix to combine. Add in chocolate chips and stir.
Roll tablespoon sized balls and place on the baking tray, cook for 12-16 minutes.
Allow to cool before eating!

CHOCOLATE RECIPES



THE VITALITY HUB
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CELEBRATIONS



Chocolate Layer Cake

INGREDIENTS

- 2 cups almond meal
- 1/4 cup raw cacao powder
- 1 teaspoon bi-carb soda
- 1/2 teaspoon himalayan pink salt
- 2 eggs
- 2/3 cup maple/rice malt syrup
- 1/3 cup water
- 2 teaspoon vanilla paste

FROSTING

- 100g Loving Earth Mylk Chocolate
- 4 tablespoons coconut oil
- 4 tablespoons maple or rice malt syrup
- 1/2 cup ABC or almond butter

METHOD

Preheat oven to 175°C and grease a 20cm spring form round cake tin with coconut oil and line the base with baking paper. Mix together almond meal, raw cacao, bi-carb soda and salt in a bowl until combined. In a separate bowl, whisk eggs, maple syrup, water and vanilla. Combine the wet ingredients with the dry and stir to combine. Pour half the batter into your pan and bake for 15 minutes. Once cooked and slightly cooled, remove to cool further on a rack and cook the other half of the batter for 15 minutes also. For the frosting, melt the chocolate and coconut oil in a heatproof bowl over simmering water on the stove. Once melted, remove from heat and stir in the syrup. Leave to cool slightly. Add in the ABC butter using a whisk. If the topping is slightly runny, place in the fridge for 15 minutes to harden slightly and then whisk again. Top one half of the cake with the frosting and then place other half on top and cover completely with the remainder of the frosting.

Healthy Buttercream

INGREDIENTS

- 1 cup sugar free chocolate chips
- 1/4 cup coconut milk
- 1/4 cup butter - use coconut oil for vegan
- 1 tsp vanilla
- pinch of salt

METHOD

Heat the chocolate, coconut milk, butter/coconut oil, vanilla and salt in a small saucepan over medium/low heat until totally combined and smooth. Let the mixture cool in the pan for 15 minutes then transfer to the fridge. Stir every 5 minutes for the next 15 minutes.



Bulletproof Chocolate Icecream

INGREDIENTS

- 4 whole eggs
- 4 egg yolks
- 2 tsp vanilla
- 10 drops of lime juice or apple cider vinegar
- 50 grams of coconut oil
- 50 grams of MCT oil
- 100 grams of grass-fed butter (we use KerryGold or WestGold)
- 70 grams of xylitol
- 1/2 cup raw cacao powder

METHOD

Blend everything until completely lump free in a high powered blender or Thermomix.
If churning, pour into churner and let process for around 20 minutes or until thick and creamy!
If not, simply pour into a dish and store in the freezer.



Sweet Potato Brownies

INGREDIENTS

- 3 cups peeled & grated sweet potato
- 2 eggs
- 2 teaspoons vanilla extract
- 1/2 cup coconut oil
- 1/2 cup rice malt syrup
- 2 heaped teaspoons baking powder
- 1 teaspoon bicarb soda
- 3/4 cup raw cacao powder
- 2 tablespoons coconut flour

METHOD

Preheat your oven to 180°C.

Grease and line a square tray with baking paper.

Mix together grated sweet potato, eggs, vanilla extract, coconut oil and rice malt syrup.

Stir in the baking powder and bicarb.

Whisk in the raw cacao powder and finally, add the coconut flour and combine.

Pour into your baking tray and bake for 30 minutes or until a skewer comes out clean ...
ish. I like them gooey!



Chocolate Birthday Cupcakes

INGREDIENTS

- 3/4 cup raw cacao powder
 - 80 grams almond meal
 - 1 1/2 teaspoons GF baking powder
 - 1/4 teaspoon salt
 - 1/2 cup + 1 tablespoon (126 grams) coconut oil, melted
 - 2/3 cup honey or maple syrup
 - 1/2 cup unsweetened applesauce
 - 4 large eggs, room temperature - chia egg if vegan
 - 1 tablespoon vanilla extract
- FROSTING
- 1 cup sugar free chocolate chips
 - 1/4 cup coconut milk
 - 1/4 cup butter - use coconut oil for vegan
 - 1 tsp vanilla
 - pinch of salt



Chocolate Birthday Cupcake

METHOD

Preheat your oven to 175 °C and line a muffin pan.

In a medium mixing bowl, stir together the raw cacao powder, almond meal, baking powder and salt. Set aside.

In a large mixing bowl, stir together the melted coconut oil, honey, applesauce, eggs and vanilla. Add the dry mixture to the wet and stir just until combined.

Pour the batter evenly into the muffin liners, about 3/4 full. Bake for 25-28 minutes.

A toothpick inserted in the middle should come out mostly clean.

While baking, make the frosting. Heat the chocolate, coconut milk, butter/coconut oil, vanilla and salt in a small saucepan over medium/low heat until totally combined and smooth.

Let the mixture cool in the pan for 15 minutes, then transfer to the fridge. Stir every 5 minutes for the next 15 minutes - put a timer on your phone for ease!

If you don't stir every 5 minutes it becomes too hard, this process makes it more like a traditional frosting. You'll know it's ready when it is light like cake frosting.

When the cupcakes are finished, let cool for 5 minutes and then remove to a wire rack to cool completely.

These do not taste very good straight out of the oven. I recommend letting them sit for 2 hours and then frosting.



Christmas Cranberry Slice

INGREDIENTS

- 2 cups raw almonds
- 8 medjool dates, pitted
- 1/4 cup desiccated coconut
- 2 heaped tbs raw cacao powder
- 1/2 cup cranberries
- 1/4 cup pepitas
- 1 cup coconut oil

METHOD

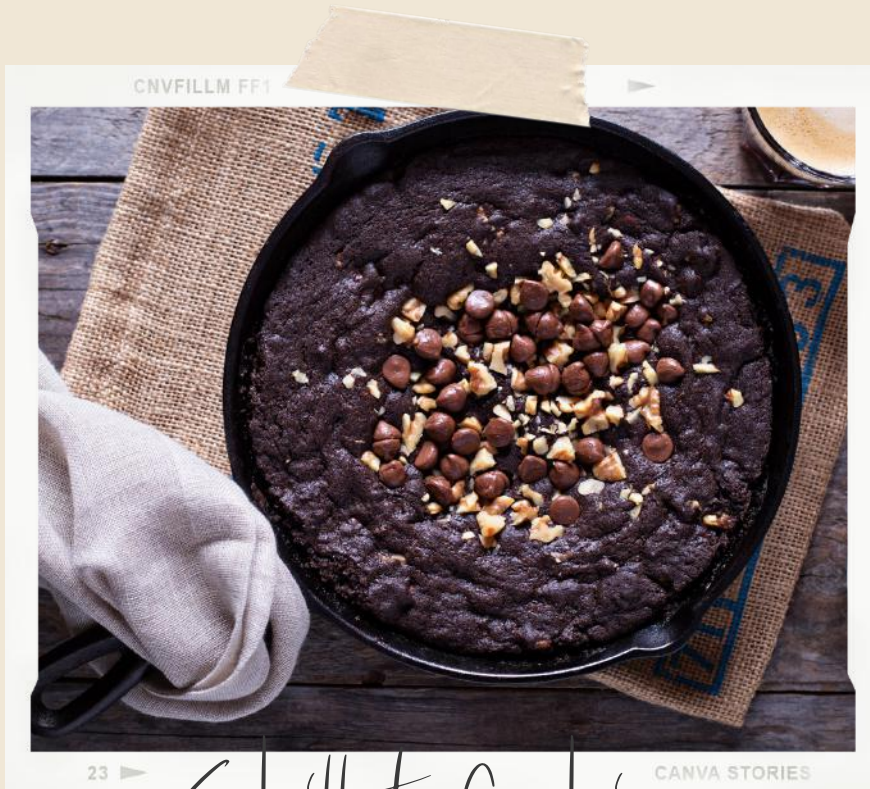
Blitz the almonds in a blender or food processor until they resemble breadcrumbs. Add the pitted medjool dates and blend until completely combined.

Stir through the coconut, cacao powder, cranberries and pepitas then add the coconut all and mix until well combined.

Line a square tin with glad wrap and pour in the mixture.

Press down using wet hands (this stops the mix from sticking to them) and leave in the freezer to set for 1 hour.

Slice into bars and serve! Keep stored in the fridge.



Skillet Cookie

INGREDIENTS

- 1 egg
- 1/2 cup organic butter
- 1/2 cup Lakanto
- 1/4 cup coconut sugar
- 1 tsp vanilla extract
- 1 cup gluten free flour
- 1/3 cup raw cacao powder
- 1/2 tsp baking soda
- 1/4 tsp himalayan salt
- 1/2 cup vegan chocolate chips

METHOD

Preheat oven to 175 degrees and grease a oven proof skillet with coconut oil. Use a hand held mixer to cream butter with lakanto and coconut sugar until fluffy. Add vanilla and egg and mix until combined. Add flour, cacao powder, baking soda and salt and beat with a wooden spoon until a dough forms, add chocolate chips. Add to skilled and sprinkle over chocolate chips, push in. Cook for 18-20 minutes and let cool for 10 minutes on a rack. Top with your favorite Coconut Ice Cream!