

RECIPES FOR CHOCOLATIANS

(not to be confused with “chocoholics.”)

Dark chocolate has many health benefits:

- The word “cocoa” comes from “kakawa,” which means “God food” to the Olmec people who lived between 1500 and 500BC in what is now Central America.
- It is a high energy food in small volume and without large amounts of caffeine. (A cup of coffee has 137 milligrams; a serving of chocolate has 7 milligrams.) The small amount of caffeine increases resistance to fatigue and intellectual activity.
- A large analysis of 150,000 men and women in the US, Europe and Australia, reported chocolate consumption associated with a 21% lower risk of stroke, 29% lower risk of developing heart disease and 45% lower risk of dying of heart disease.
- It contains carbohydrates, fats, and vegetable proteins.
- Chocolate also contains large quantities of potassium and magnesium, some calcium and sodium, and vitamins A1, B1, B2, D, and E.
- It contains Theobromine (stimulates the central nervous system); phenylethylamine (chemically similar to amphetamines, acting as a psycho-stimulant); tryptophan (an essential amino acid that increases production of serotonin, a natural stress-reducer); endorphins (mood elevators and pain reducers); phenols (reduces risk of coronary heart disease); catechins (antioxidants that may help protect the body against cardiovascular disease and possibly cancer).
- Frequent consumption of small quantities of dark chocolate is linked to lower body mass index (study published in the Journal Internal Medicine).
- Research suggests the antioxidants in the cocoa plant called flavanols could cause blood vessels to dilate reducing blood pressure and allowing more oxygen and blood to reach key areas of the brain.
- Research in the Journal of Cosmetic Dermatology suggested that dark chocolate produced with preserved high flavanol levels protected the skin against harmful UV rays.
- Participants in a study published in the journal Physiology & Behavior experienced enhanced visual performance.
- Polyphenols can favorably (though modestly) reduce the risk of cardiovascular disease by lowering bad cholesterol and raising the antioxidant capacity of good cholesterol (American Journal of Clinical Nutrition).

We hope you enjoy the following recipes (see web site) that Mo uses, eating the first one (Mo’s Peanut Butter Chocolates) in fairly large quantities!

MO'S PEANUT BUTTER CHOCOLATES

*Adapted from a truffle recipe of Ghiradelli to help keep your energy clear.
(Can be more easily made without the peanut butter layer or the pecans.)*

Ingredients

6T organic butter, thinly sliced or cut into small pieces

1/3 C. organic heavy whipping cream

1/4 C. maple sugar (*optional*)

2 C. Sunspire Fair Trade Organic 65% cocoa bittersweet chocolate chips.

The package only contains about 1.5 cups. (Other dark chocolate chips may be substituted, but we dowse these as the best choice.)

Toasted pecans*

Creamy peanut butter - "No Stir" is OK and saves some work. *It is important to use only MaraNatha brand or Vermont brand, although the latter has the skins on.*

Paper mini baking cups.

***Toasted Pecans – 5-6T. butter to 2# pecans**

Line a cookie sheet with foil or parchment paper. Place pecans in a bowl with melted butter (or part butter and part grapeseed oil) and mix together to coat pecans. Spread out on cookie sheet. Bake at 300° for 14 minutes. *Turn the oven off and leave door closed for 1 hour.*

Lightly salt. For this recipe, break into pieces with your hands to instill unconditional love

--Heat heavy cream over medium heat until it just starts to simmer.

--Place 40-50 mini cups on a cookie sheet or similar pan. Have more ready if needed.

--Add maple sugar to heavy cream and heat and stir until absorbed and it returns to a simmer.

--Add cut up butter and heat and stir until melted. (Tasting at this time is not recommended due to the difficulty of controlling the urge to get a mug.....)

--Reduce heat to very low and add 2 cups chocolate chips. Stir frequently until melted and creamy. (Chocolate should always be melted slowly.)

--Put about ½ jar of peanut butter into a closeable plastic baggie—snip a small hole in the corner.

--Place about ½ tablespoon of melted chocolate into each mini cup. If chocolate doesn't fill the whole bottom, tap the mini cups on the counter for 3 or 5¹ times so that it does. Return chocolate to low heat while you do the peanut butter layer.

--The next layer is the peanut butter, which theoretically should *not* touch the sides of the paper. (But—hey—who cares if a little peanut butter shows?) Use your baggie as an applicator and apply the peanut butter in counterclockwise (clearing energy) spirals, beginning outside and spiraling into the center of each cup. Top with another layer of chocolate just to cover the peanut butter. Pushing the chocolate out to the edges may be needed. If you run out of chocolate for the top layer, just swirl it around. Sprinkle with toasted pecan pieces. For the best clearing results, use exactly 5 pecan pieces. Refrigerate a couple of hours.

FINISHED CHOCOLATES MUST BE KEPT REFRIGERATED.

¹ These particular numbers help install clearing energy into your chocolates!

Mo's Really Easy Fudge

(Ghirardelli's recipe)

Ingredients

2 cups Sunspire Fair Trade Organic 65% cocoa bittersweet chocolate chips. The package only contains about 1.5 cups. (Or, Ghirardelli 60% Cocoa Chocolate Chips—after all, it's their recipe!)

2 oz. (1/2 bar) Ghirardelli (or other) Unsweetened Chocolate Baking Bar, cut into small pieces

14 oz. can organic sweetened condensed milk

2½ teaspoons pure vanilla extract (optional, since it can affect the energy clarity of some people)

--Line an 8" or 9" square (or 9"x13" for less thick chocolates) pan with waxed paper.

--Place cut up unsweetened chocolate, chocolate chips and condensed milk in a double boiler over hot, *not boiling*, water (Mo uses a bowl sitting on a pot with a couple inches of hot water in it). Keep temperature on LOW heat so water doesn't boil. Chocolate needs to melt slowly. Stir occasionally until chocolate has melted and is smooth and creamy.

--Stir in vanilla extract.

--Spread in prepared pan. Place a sheet of waxed paper over it and flatten the batter out with your hands for a smooth top.

--Refrigerate about 2 hours or until firm. Cut when cool and firm.

(Nuts can be added. Mo found that almonds don't keep too well. She once used macadamia nuts and they were great, but they may make some people go unclear. Sometimes she adds a variety of nuts—pecans, walnuts and/or pistachio—and makes it like a bark.)

Mo's Protein Bars

(Recipe co-created with guidance)

Mix together:

1/2 cup MaraNatha peanut butter (No Stir is great)
1/2 cup honey
1/4 cup sesame seeds
1/4 cup Whey protein
1/2 cup dried cherries
1/2 t. pure vanilla extract (optional)
1 T. molasses

Add: 3-1/3 cups organic crispy rice cereal (like Rice Krispies)

Mix well. Moisten hands and press very firmly into a 13" pan*. Don't worry about crushing the cereal—it installs unconditional love!

Spread over top:

1-1/2 cups melted dark chocolate chips
(Melt chocolate over hot—but not boiling—water.)

Store in refrigerator.

*A glass pan works well—if you keep the chocolate from touching the sides, the whole thing will slide out onto a cutting board. Lining the pan with parchment paper will also allow the protein bars to easily slide out.

Double Chocolate Variation

Omit cherries and use organic cocoa rice cereal

Peanut Butter Chocolate Bars

Ingredients

- ½ cup whole-wheat flour or brown rice flour
- ½ t. baking soda
- ½ t. ground cinnamon
- 1 C. packed light brown sugar or maple sugar
- ½ C. MaraNatha peanut butter
- 2 large eggs
- 2 T. grapeseed oil
- 1 t. pure vanilla extract (optional)
- 1-1/2 C. rolled oats or barley flakes
- ½ C. dry roasted peanuts, cut up
- 1 C. Sunspire Fair Trade Organic 65% cocoa bittersweet chocolate chips, divided

Preparation

1. Preheat oven to 350°. Coat a 13"x9" baking pan with melted butter or spray.
2. In a small bowl, whisk together flour, baking soda, and cinnamon. In a large bowl, beat brown or maple sugar with peanut butter until well combined. Beat in eggs, oil and vanilla. Stir in flour mixture. Add rolled oats or barley flakes, peanuts, and ¾ C. chocolate chips, stirring to combine.
3. Spread evenly in prepared pan. Bake 20-25 minutes, until lightly browned and firm to the touch. Cool completely in pan on wire rack.
4. In a small bowl set in a pan of very hot water, melt remaining ¼ cup chocolate chips, stirring frequently until smooth. With fork, drizzle chocolate over bars in counterclockwise circles to instill clearing energy. Refrigerate until set. Cut into bars.