



Soaring Free
SUPERFOODS

Potent Chocolates

CHOCOLATE WITH A PURPOSE

RAW CACAO

POTENT PLANT
INFUSED

6 FLAVOURS





Raw chocolate is, in essence, a superfood

In fact, raw cacao is one of the highest antioxidant superfoods known to man, with an ORAC (oxygen radical absorbance capacity) value of around 95,500! Due to the low heat processing of raw cacao, it retains most of its antioxidant capacity and more beneficial nutritional value than its cooked counterpart, cocoa. Its nutritional capacity drops drastically when raw cacao is processed into cocoa, as it loses most of its nutritional value, dropping down to an ORAC of around 26,000. This means that raw cacao is 365% more beneficial and nutrient dense than cooked cocoa.

Cacao vs cocoa

Raw cacao powder (pronounced kuh-kow) is made by cold-pressing unroasted cacao beans. The process keeps the living enzymes in the cacao and removes the fat (cacao butter).

Cocoa (pronounced co-co) looks the same but it's not. Cocoa powder is made by roasting raw cacao at high temperatures. Sadly, roasting changes the molecular structure of the cacao bean, reducing the enzyme content, and lowering the overall nutritional value.



An ORAC value measures a food's antioxidant activity. In other words, it's x-factor and ability to remove free radicals which do damage to our cells and generally accelerates the oxidation process of cells and ageing.

Soaring Free raw organic chocolate vs commercial chocolate

Antioxidants kept intact	Up to 90% antioxidants destroyed
Cold pressed	High heat process
Organic	Laced with chemicals & pesticides
Mycotoxin & allergen free	Possibly contain mycotoxins & allergens
Unprocessed & high nutritional value	Ultra processed & low nutritional value
Low GI	High GI
Sugar free	Contains mostly sugar
Raw, nutrient dense cacao	Made with cooked, low nutrient cocoa
Healthy living enzymes	Reduced enzyme activity

How to make potent chocolates



MELT



MIX



POUR



SPRINKLE



SET

Potent chocolates are raw superfood chocolates **infused with either a functional potent plant or superfood blend to enhance their nutritional potency** and serve a higher purpose in the body, on a deeper, more medicinal level.

Making your own functional chocolate means you can decide exactly what goes into it. No hidden maltodextrin, maltose or hormone-disrupting preservatives. You can make chocolates that serve a purpose, like stress-reducing, calming, CBD ashwagandha chocolate or active endurance cordyceps chocolates.

All you have to do is find the potent plant for your symptom or source of discomfort and mix it into your chocolate base recipe according to the recommended doses.

Here is the base recipe you'll need to make your potent chocolates.

Potent chocolate base



+12 chocolates



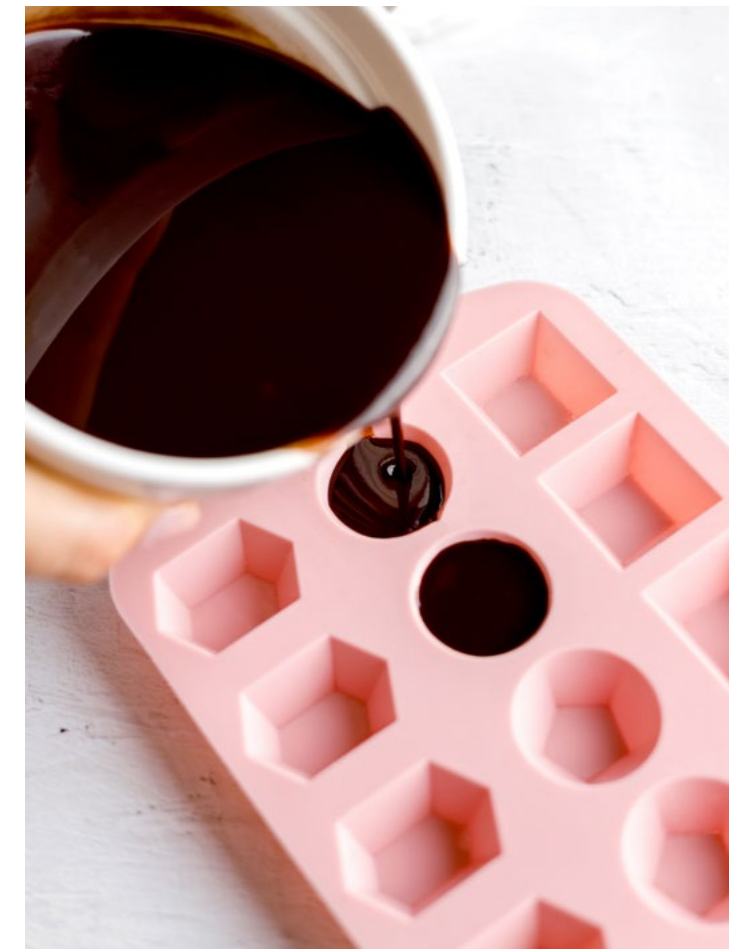
1 C raw cacao butter
½ C raw cacao powder
3 Tbsp coconut blossom nectar or maple syrup
**optional*

In a small saucepan, gently melt the cacao butter over low heat, stirring continuously with a whisk. Once the cacao butter has melted, turn the heat off and start to mix in the raw cacao and sweetener. Use a whisk to get that lovely smooth texture. The chocolate should be velvety and glossy.



Simply use a silicone ice-cube tray for the chocolate mould and set in the fridge for at least 6 hours, especially if you added a sweetener.

You will use this raw melted chocolate as your base for creating your flavoured potent chocolates.





Adding your superfood blends

Make superfood chocolate truffles

For this chewy superfood chocolate truffle you'll need a premixed superfood blend and nut butter.

SUPERFOODS BLENDS

NOURISH Lucuma Dream Superfood Protein Shake for a creamy blend of 5 nourishing, restorative superfoods

AWAKEN Chocolate Boost Superfood Protein Shake for a chocolate blend of 6 revitalising, energising superfoods

GLOW Berry Delight Superfood Protein Shake for a super berry blend of 7 antioxidant- & vitamin-rich superfoods

HOW TO

To make a superfood filling, simply mix equal parts superfood protein powder with almond butter. *** For the GLOW berry delight protein powder, mix with a little bit of milk until a sticky paste.*

To add the filling, first fill the mould with the melted chocolate halfway and then add a small amount of filling, gently push down and cover again with melted chocolate.



Adding your potent plants

Make functional chocolates with potent plant powders

POTENT PLANTS

MUCUNA for countering depressive tendencies and promoting mood upliftment

ASHWAGANDHA for easing stress, countering anxiety and adaptogenic relief

MACA XPRESSO for adaptogenic support, sexual virility and hormonal balance

HOW TO

For potent chocolates, sprinkle some of the potent plant powders into the mould before pouring in the melted chocolate. Fill halfway, add another dash of the potent plant powder and then fill the mould with chocolate.

Since potent medicinal plants are used for their therapeutic value, the taste might not be so palatable to some, but by adding them to raw chocolates their taste will be masked and their nutritional value will be extra potent.

SOME FLAVOUR PAIRINGS FOR YOUR POTENT CHOCOLATES

Add a dash of one of the following to each chocolate as complementary flavour enhancers

Flavours: salt flakes, cinnamon, vanilla powder, mint extract, rose geranium extract, rose water, maple, cacao nibs, peanut butter or coffee extract

Mucuna + salt flakes & vanilla or mint extract

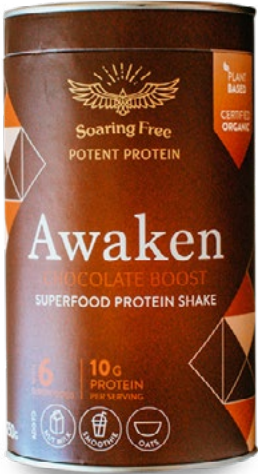
Maca Xpresso + maple & peanut butter or coffee extract & cacao nibs

Ashwagandha + vanilla & cinnamon or rose geranium & maple



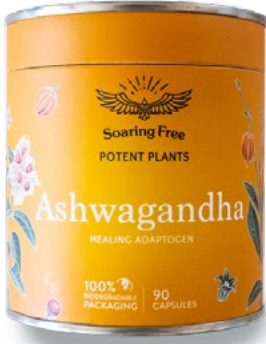


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