

Raw Chocolate Recipe

Ingredients:

60g Raw Cacao Butter
50g Raw Cacao Powder
2-3 tsp Sweet Freedom

Method

1. All utensils must also be dry or the chocolate will separate. Wash your silicone mould before it's first use and then dry it thoroughly.

2. Place a clean bowl over a saucepan of hot water (bain marie). Ensure the bottom of the bowl does not touch the water & no water goes inside the bowl.

3. Add half the cacao butter from the bag (60g) to the bowl & allow to melt slowly. Don't keep the water boiling, turn the heat off and just give it a quick blast every so often if necessary.

4. Once melted, add half the cacao powder from the bag (50g) & stir in thoroughly with a balloon whisk or fork, until it starts to slightly thicken. The chocolate should be runny & easy to pour.

5. Add 2 tsp of Sweet Freedom & stir in very thoroughly. It will thicken as you add the Sweet Freedom.

6. Taste it and if you prefer it sweeter, add more 1/2 tsp at a time, mixing thoroughly and tasting after each.

7. When the mixture suits your taste, pour gently into the mould using a jug or spoon.

8. Place it in the fridge to set for an hour or more (or in the freezer if you can't wait that long).

Any remaining chocolate is the chocolatier's treat!



Caring for your chocolates

Your raw chocolates will keep best stored in an airtight box in the fridge.

Other variations

To give your raw chocolates a creamy coconut dimension, try adding 1-2 tsp of virgin coconut oil to your chocolate mix in step 3.

Perhaps add a few drops of essential oil at some stage, orange or peppermint work well.

Explore the history of cacao

Cacao has a long history of being consumed by Mayans & Aztecs dating back to 1900BC. The beans of the cacao tree were used in ceremonies, made in to drinks & even used as a currency in ancient times.

"Discovered" by the Spanish in the 16th century, cacao has spread around the globe.

You can read more about the history of cacao on our blog www.elementsforlife.co.uk/blog



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If you've enjoyed your raw chocolate experience you can re-stock your kit via our website www.elementsforlife.co.uk. We also have a growing selection of easy to follow raw chocolate recipes.

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amazing raw chocolate

Warning! You could be about to have a fantastic day!

You are about to experience **raw chocolate**, which unlike conventional chocolate is **packed full of nutrients**.

The **Ecuadorian Arriba raw cacao** in this kit has been minimally processed retaining its goodness. Raw chocolate is also **less bitter** than normal, as the beans haven't been roasted.

Dairy, gluten and wheat free, no refined sugar, with nothing artificial.

sourcing quality ingredients

passion for cacao