



CACAO POWDER & CACAO NIBS

Powerful Superfoods and Tasty, Healthy Ways to Eat Them

Preface

Welcome and thank you for taking the time to read our Cacao Powder and Cacao Nibs Ebook.

We understand your desire to lead a healthier lifestyle and these two products can help you get there.

We sincerely hope that the information we've provided about these two superfoods will open your eyes on how easy it can be to break free from unhealthy diets and reach your fitness goals.

Our mission is to help you realize the magical power these two incredible superfoods and how you can incorporate them into your daily diet.

Read on and have fun!

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Introduction



You've probably heard the term Cacao over and over again. You've probably also heard the numerous health benefits of this Superfood. What you don't know is whether you will get the same benefits when you use Cacao Powder or Cacao Nibs.

Well, that's exactly what we are about to elaborate!

What is the Origin of Cacao Powder and Cacao Nibs

As products of the same plants, the *Theobroma Cacao Tree*, both Cacao Powder and Cacao Nibs have a lot in common.

They are both packed with powerful antioxidants and essential nutrients, not to mention that they both provide the pure flavor of unprocessed chocolate.

Unlike chocolate or cocoa powder, both products are minimally processed, which explains their bitter yet exotic flavor.

But despite their numerous similarities, both Cacao Powder and Cacao Nibs have significantly different applications.

Now:

The origin of both cacao powder and cacao nibs is the same- they both come from cacao beans.

As stated earlier, Cacao is the product of the fruit of the *Theobroma Cacao Tree*.

The *Theobroma Cacao Tree*, which is native to the deep tropical regions of the Americas, particularly in Peru, been cultivated for thousands of years.

Also known as the “Food of the Gods”. Cacao can be traced back to the Maya people who are thought to be the first to cultivate the cacao plant around 400AD. The plant is now widely recognized all over the world as a result of a cross selection that started approximately 35,000 years ago.

Technically, Cacao is derived from the seed pods of the Cacao Tree.

Harvesters crack the seed pods open and take out the seed, which are also referred to as “Cacao Beans.” The beans look more or else similar to Coffee Beans.

Before any sort of processing is performed, the cacao beans are usually fermented and dried. The type of processing that is performed on the fermented and dried beans then determines whether the end product becomes Cacao or Cocoa.

Unlike Cocoa which is derived from roasted cacao beans, Cacao is not roasted. Instead, the beans are Cold-Pressed to separate the cacao butter (which is a

white, fatty substance that possesses a similar taste as white chocolate).

During processing, the temperature is not supposed to exceed 104 degrees Fahrenheit. This is done to preserve the natural antioxidants, enzymes, and other important nutrients.

Once cacao beans have been processed, three main products come out of it- cacao powder, cacao nibs, and cacao butter.

Cacao that is 100% pure has a more intense chocolate flavor and is a little bit bitter compared to regular chocolate. This is primarily because cacao does not undergo extensive processing and thereby retains most of its natural characteristics.

The flavor and bitterness of cacao may vary depending on the growing conditions of the cacao tree- which are sunlight, soil type, rain, temperature, and basically the variety of cacao tree.

It's important to note that there are different variations of cacao, the Criollo, the Forastero, and the hybrid of the two, the Trinitario. Criollo is considered as the best, rarest, and richest of the two. It's praised for its rich, unique flavor and aroma.

Our Cacao Powder and Cacao Nibs are derived from the highest quality variety of cacao, the Criollo variety.

After harvesting, our Criollo cacao beans are then naturally fermented in the fertile soils of Peru at high elevations.

The main reason for fermenting the beans at high elevations is so as to limit moisture, preserve freshness, and lock in the important nutrients. Beans fermented in lower elevations are typically associated with a higher mold content, which degrades the quality of the end product.

Cacao Powder and Cacao Nibs- What are the Main Differences Between the Two?

Now:

Whether you choose to buy Cacao Powder or Cacao Nibs, you will still enjoy the same incredible health benefits of this superfood as both have undergone minimal processing.

However, your decision to purchase either product will solely depend on how you plan to incorporate the cacao superfood into your daily life.

Both have subtly different flavors, aromas, and textures, and of course, applications.

That said:

Let's discuss the main differences between the two.

Cacao Powder - What is it and What Health Benefits Does It Offer?



As we've earlier discussed, both cacao nibs and powder are made by fermenting and drying cacao beans. No roasting is involved.

To make cacao powder, the beans are first ground down to extract cacao butter. Once butter is extracted, the beans are then fermented and dried, and ground to temperatures of no more than 40 degrees Celsius.

The resulting product is a fine, dark, and semi-sweet cacao powder.

Because raw cacao is characterized by a very bitter taste, the fermentation process helps to reduce the bitterness while also enhancing the powder's flavor.

And unlike conventional cocoa powders which are ground at extreme temperatures of up to 300 degrees Fahrenheit and even chemically processed, the beneficial, living enzymes and nutritional benefits in cacao powder are preserved through cold-pressing the beans.

Consuming both chocolate and cocoa powder may offer you a few beneficial antioxidants, but cacao powder is the real deal here. You're bound to get more health benefits with cocoa powder.

Given the numerous health benefits of cacao powder, it's highly advisable to incorporate this form of superfood in your daily diet. You can add it to your smoothies, sprinkle it over your bowl of fruits, add them to your homemade granola bars, and so much more.

That being said, let's have a look at the numerous health benefits of cacao powder.

Cacao Powder Health Benefits

The health benefits of cacao powder have been known for many decades but never proven until now.

In fact, it's suggested that indigenous people have been using cacao for more than 3000 years. Through extensive research, modern science has finally revealed the numerous beneficial chemicals within cacao. It's now being considered as one of the most powerful superfoods on earth and it's for so many reasons.

According to research, raw cacao powder contains more than 300 beneficial chemical compounds, with antioxidants taking up a large part. It's also been found to contain large amounts of nutrients such as vitamins, minerals, amino acids, and phytonutrients.

All the more reason to incorporate cacao powder in your daily diet.

So how can consuming cacao powder benefit your health? Well, here are the most incredible, proven health benefits of cacao powder.

1. Cacao Powder Can Reduce your Risk of Heart Disease, Reduce Inflammation, and Promote Good Heart Health

Cacao powder has time and again been linked to heart health benefits including lowering blood pressure, reducing blood cholesterol and increasing the good form of cholesterol (HDL), reducing inflammation, improving vascular function in patients with congestive heart failure, and improving overall heart health.

All these benefits are as a result of the high flavonoidS content in cacao powder.

Cacao powder is a powerhouse of antioxidants, particularly flavanoids. As matter of fact, a study comparing the flavanoids content of cacao with several foods like black tea, fruits, and vegetables found interesting results. According to the study which was published by the American Heart Association, cacao contains almost eight times the antioxidant capacity as black tea.

The superfood was reported to possess an Oxygen Radical Absorbance Capacity (ORAC) value of 95,000, which is quite impressive.

As far as the benefits are concerned, the flavonoids in cacao powder inhibit the

pro-inflammatory enzymes in your body, meaning that they help reduce inflammation in your body, resulting in overall healthy cardiovascular system.

The flavanoids found in cacao powder have also been found to increase the bioavailability of nitric oxide, a beneficial compound that relaxes blood vessels. When your blood vessels are relaxed, your heart has less work pumping it from inside it. This reduces the risk of blood pressure, stroke, and other heart diseases.

Relaxed blood vessels also ensure that there is an unimpaired, rich blood flow to the heart tissues and muscles, reducing the risk of heart disease.

Other than that, consuming cacao powder may also raise the good cholesterol in your blood.

A cup of cacao drink every day could possibly lower your risk of cardiovascular disease and greatly enhance heart health.

2. Packed with Magnesium for a Health Heart and Brain

Mineral deficiency is a prevalent problem worldwide. For one reason or the other, most people are not able to meet their daily magnesium requirement through food. It's not unusual to find a majority of people reaching out for magnesium-based supplementations.

The good news is that a hot drink of cacao everyday can provide your body with the magnesium it needs to support a healthy heart, brain, and biochemical reactions in the body

Raw cacao powder is one of the richest sources of plant-based magnesium. It helps maintain a steady heartbeat and normal blood pressure, reducing your risk of heart disease, stroke, and other cardiovascular diseases.

Given the fact that the highest levels of magnesium in your whole body are in the heart, it makes sense why increasing your magnesium intake could benefit your heart health a great deal.

Magnesium also very essential for energy production, something that your brain needs to function properly. By turning glucose into energy, the mineral significantly enhances focus, mental clarity and sharpness, and overall good mental health.

3. Cacao Powder Can Mitigate Your Risk of Diabetes

It's no longer a secret that diabetes is one of the most ravaging diseases in the world. In fact, statistics indicate that the number of people with diabetes has significantly risen from 108 million in 1980 to 422 million in 2014.

In the United States, statistics indicate that approximately 30.3 million people are suffering from diabetes. That's about 9.4% of the total population.

Quite frankly, these figures are shocking!

The good news is that using cacao powder has been proven to improve insulin sensitivity, lowering the risk of diabetes. Researchers at the Tufts and L'Aquila Universities found that the flavanoids-rich cacao powder increased the function of the cells that produce insulin, regulated blood glucose levels, and also significantly lowered the risk of high blood pressure.

So whether you're suffering from diabetes or are a healthy person, consuming cacao powder can help reduce your risk of diabetes a great deal.

4. Consuming Cacao Powder Can Help Increase Your Dietary Iron Intake

If you're trying to meet your daily intake of dietary iron, then you might want to consider adding cacao powder to your daily diet.

Cacao happens to be one of the richest sources of iron. Like dark chocolate, cacao can help meet your dietary iron intake per day.

Iron is a crucial element for blood production and helps transport oxygen molecules to all of your body tissues. Without this important mineral, you have a higher risk of developing anemia, muscle weakness, increased fatigue, and a hoard of other issues.

So whether you're trying to increase your iron intake following a deficiency or simply want to maintain your normal iron levels, then consuming cacao powder is the way to go.

5. Adding Cacao Powder to Your Diet Can Help Improve Mood Your Mood, Alleviate Anxiety, and Boost Energy Levels

If you're one of those people who love eating dark chocolate because of the

“good feeling” it provides, then you might want to try out cacao powder as well!

Cacao powder has been proven to be a mood elevator and most importantly, an anxiety buster!

The mood elevation and anxiety busting benefits is due to its high levels of serotonin, tyrosine, phenylethylamine, and tryptophan. These are the four scientifically proven bliss chemicals.

The four neurotransmitters are linked to feelings of happiness, good mood, pleasure, wellbeing, and even reduction of anxiety and depression.

The neurotransmitter phenylethylamine in particular is largely responsible for our state of mood and pleasure, and consuming cacao powder will always ensure you're in a good mood! Phenylethylamine is also associated with enhanced mental alertness and acts as a stimulant.

Additionally, cacao powder helps boost energy levels and reduces fatigue.

Other incredible benefits of eating more cacao powder include:

- Reduced risk of tumors and cancerous cells due to its high antioxidants content
- Reduced risk of premature aging due to high antioxidant content
- Improved memory function
- Improves sleep quality
- Promotes good overall health

As you can see, there is more to cacao powder than just the rich flavor, color, and texture. This is a superfood that will keep your body healthy and lower your risk of developing different sorts of diseases.

You can make a hot cup of cacao tea for a healthy boost or simply add it to your cookies or smoothies. If you're a fan of cocoa, you will love cacao powder even more. It's both richer in flavor and nutrients compared to cocoa.

Cacao Nibs- What are They and What are Their Main Health Benefits?



Cacao Nibs are the healthier and yummiest alternative to chocolate chips.

Basically, cacao nibs are formed by fermenting and drying cacao beans. That is, right after the beans have been cold-pressed to separate cacao butter from the rest of the flesh.

The dried beans are then chopped up to form cacao nibs.

The process is quite similar to that of cacao powder, except that cacao nibs are not ground into powder. If you love chocolate chips, you will love cacao nibs even better. They are much better and healthier alternatives for processed chocolate chips.

In other words, cacao nibs are available in their purest form- meaning that they don't contain added sugar and other additives. Plus the fact that they are minimally processed means that they contain the same amount of fibre, fat, and beneficial nutrients that cacao beans have.

Including cacao nibs to your smoothies, cookies, pancakes, pudding, and oatmeal can add an extra crunch and flavor.

Please note that although cacao nibs are more flavorful and healthier compared to chocolate chips, they tend to be slightly bitter and nutty. Of course, fermentation reduces some of the bitterness but you will still taste a little bit of the bitterness.

This shouldn't be a problem because the nibs are super delicious and nutrient-dense.

NB: If you're looking for pure cacao nibs, it's advisable that you go for organic cacao nibs. The same goes for cacao powders. There is a tendency for some manufacturers to add dairy, sugars, and other unhealthy artificial fillers. These are ingredients that you will commonly find in chocolate chips. And as you know, these ingredients are not the healthiest.

That said, consuming cacao nibs can provide numerous health benefits, given the fact that they are loaded with antioxidants. Like cacao powder, cacao nibs are packed with health-friendly nutrients and minerals like antioxidants, iron, magnesium, and fiber.

In fact, cacao nibs are one of the richest sources of dietary fiber, something that a large number of people lack in their diets.

Given the fact that they don't contain added sugar and are packed with dietary fiber, cacao nibs can reduce your risk of numerous diseases like diabetes, heart diseases, stroke, not to mention promote weight loss and slow down aging.

That said, let's have a look at the major health benefits of cacao nibs.

The Incredible Health Benefits of Cacao Nibs

Since they are processed in a similar manner, cacao nibs possess similar benefits as cacao powder. Let's have a look at each one of these benefits.

1. Cacao Nibs Help Prevent Constipation Due to Their High Fiber Content

Nothing can slow down your bowel movements than eating consistently consuming a low fiber diet. In fact, experiencing slow bowel movements on a regular basis increases your risk of constipation and painful hemorrhoids.

You certainly don't want that. Health experts recommend eating lots of fiber-packed foods like fruits each day to prevent constipation.

But did you know that munching on good old cacao nibs is one way to make your bowel movements faster, improve your digestive system, and prevent painful constipation all at once? Well, there you have it!

Cacao nibs are loaded with natural dietary fiber. This is all because its available in its almost natural form. Unlike processed chocolate chips, a single ounce of cacao nibs will provide you with a whopping 9 grams of fiber!

Without a doubt, regular consumption of cacao nibs won't just improve your health and reduce your risk of diseases- it will also keeps things regular down there!

2. Cacao Nibs Will Prevent Skin Damage and Combat Premature Aging

Aging serums, botox, and cosmetic facial surgery may help reduce the appearance of wrinkles, fine lines, and aging spots on your face, but the problem is, you have to keep using them over and over again to maintain your appearance.

Beauty comes from the inside, so they say.

This has been tested and proven- one of the best ways to prevent skin damage, which also causes premature skin aging, is consuming foods that are rich in antioxidants. Simple.

Antioxidants work at the cellular level to fight the skin damaging free radicals. ey safely interact with harmful free radicals and terminate their chain reaction before crucial molecules are damaged.

By protecting your skin cells from damage at the cellular level, antioxidants help counter premature aging of skin.

Like cacao powder, cacao nibs are packed with antioxidants that help protect your cells against free radical damage. Even better, cacao nibs contain 4 times more antioxidants than dark chocolate!

It's time to achieve that radiant, glowing, and youthful glow you have always desired!

3. Cacao Nibs Have Heart Protective Benefits

There is no doubt that the high antioxidants and magnesium content in cacao nibs can protect your heart tissue and muscle from potential damage and prevent the occurrence of heart disease.

The nibs are packed with flavanoids, a type of anti-inflammatory antioxidants which protect your heart and arteries. The antioxidants also enhance circulation, prevent blood clots, lower blood pressure, reduce the risk of stroke, lower cholesterol and increase good blood cholesterol levels.

As a matter of fact, not many drugs or supplements can protect your heart the way cacao does. All the more reason to sneak these delicious nibs into your cookies, smoothies, and other foods/drinks.

4. Cacao Nibs is Packed with Magnesium, Iron, and Potassium

These three minerals are some of the most important when it comes to proper body function.

Cacao nibs contain high amounts of magnesium- higher than most plant-based sources. Magnesium stabilizes blood sugar, improves insulin sensitivity, naturally lowers blood pressure, increases energy levels, promotes proper muscle function- just to mention a few out of the 300 functions performed by this wondrous mineral.

Looking to naturally increase your daily magnesium intake without popping pills? Well, you have cacao nibs to make that happen!

5. Cacao Nibs are Rich in Potassium

Potassium is one of those minerals whose main function is to keep your cardiovascular and nervous systems healthy and functioning properly. The

mineral also regulates water balance in the body as well as the acid balance in your blood and tissues.

Potassium also plays a vital role in the transmission of electrical impulses in the heart, not to mention enhancing muscle function.

Potassium basically lowers your risk of all sorts of diseases, making it one of the most vital nutrients that your body cannot afford to be deficient in.

Luckily, munching on the flavorful cacao nibs on a regular basis is one way to ensure that your potassium levels are at an all time normal.

6. Reduce your Risk of Anemia with Cacao Nibs

Like cacao powder, cacao nibs are packed with one of the most crucial minerals in your body- Iron.

Iron deficiency is something that you wouldn't want to have. From increased fatigue, reduced energy levels, to increased risk of anemia, iron is something that you want to include in your diet on a daily basis. Iron consumption is even more important in women, pregnant mothers, as well as vegetarians.

Forget chocolate chips and dark chocolate- the amount of iron in cacao nibs is way higher compared that that of chocolate.

There is no better way to boost your iron intake that with a few cacao nibs everyday!

7. Cacao Nibs are Packed with Mood Enhancing Compounds

You are probably aware that eating dark chocolate can enhance your mood and even lessen your anxiety and depression. And that's because chocolate is contains a few mood enhancing neurotransmitters.

However, considering that chocolate is extremely processed compared to cacao nibs, what better way to enhance your mood and reduce your anxiety than with cacao nibs?

With cacao nibs, you get to feel good all day long while absorbing all the goodness of these incredible superfoods!

Other amazing benefits of cacao nibs include:

- Improves cognitive function and boost brain health
- Boosts metabolism, promoting fat burning

Cacao Powder and Cacao Nibs Recipes

There are so many ways to incorporate cacao powder and cacao nibs into your diet every day. These are two incredible superfoods that you can include in literally anything- from baked goods to fruit smoothies without feeling guilty!

And given the fact that these two cacao products are completely natural and chock-full of beneficial nutrients, you have every reason to make them a part of your healthy regime.

That said:

Let's take a look at some of the most delicious and healthiest cacao powder and cacao nibs that will change your life forever!

Below is a comprehensive list of 10 amazing cacao powder and 10 cacao nibs recipes.

10 AMAZING **CACAO POWDER** RECIPES

1. BlueBerry Cacao Power Smoothie



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1 cup greens blend (including spinach, kale, and chard mix)
- $\frac{3}{4}$ cup frozen blueberries
- 2 Tbsp raw, organic cacao powder
- 3 pitted dates
- 1 Tbsp chia seeds
- $\frac{3}{4}$ cup unsweetened vanilla almond milk
- Natural sweetened like Maple Syrup or Stevia (optional)

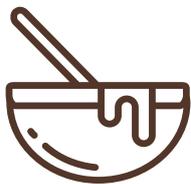
What better way to make your smoothies healthier, more delicious, and quite frankly more appealing than adding some cacao power to it?

That's exactly what this incredible BlueBerry Cacao Power Smoothie is all about. Add this to your daily diet and experience the most magical health boost!

Directions:

- Put all the ingredients into a high power blender and blend until smooth
- Serve and enjoy!

2. Paleo Brownie Balls Snack



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 40g Ground Almonds
- 60g Unhulled Sesame Seeds
- 80g Organic Pecan Nut Pieces
- 60g Black Sesame Seeds
- 120g Organic Medjool Dates
- 4-5 Tbsp Cacao Powder
- 1 Tbsp Lucuma Powder, Organic
- 1-2 Tbsp Almond Butter
- 2-3 Tbsp Maple Syrup

Ditch those sugar laden, gluten-loaded unhealthy snacks and go the Paleo way with these scrumptious Paleo Brownies Ball Snacks. They are pretty quick to make since no baking is required. What a perfect way to eat a healthy combination of raw food snacks?

Directions:

- Extract the stones from the dates
- Blend the dates, pecan nuts, and half the maple syrup together to form a smooth paste
- Transfer the paste into a large bowl
- In the bowl with paste, knead cacao powder, Lucuma powder, sesame seeds, ground almonds, almond butter, and the remaining maple syrup by hand
- Then, roll the mixture into balls, approximately 4cm across
- Refrigerate for about 3 hours

3. Cacao Orange Oat Porridge



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 60g Organic Porridge Oats, Gluten-Free
- 2 tbsp Cacao Powder, Raw Organic
- 20g Candied Orange Peel
- 3 tbsps Coconut Sugar
- ½ tsp Vanilla Paste
- 2-3 tbsp Maple Syrup
- 250ml Rice Milk

Oat porridge can be a little bit bland and boring. How about adding some cacao powder to it and enjoy the rich chocolate flavor it comes with?

Directions:

- Mix the porridge oats with rice milk and stir
- Then, add the cacao powder, coconut sugar, and vanilla paste to the mix
- Bring the mixture to a boil- about 10-15 minutes depending on how thick and soft you want your oat porridge to be
- Stir in the candied orange peel a few minutes towards the end of the cooking
- Serve and drizzle with some maple syrup

4. Vegan Raw Cacao Milkshake



Preparation Time
20 Minutes



Serves 2

Ingredients:

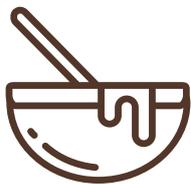
- 1 and ½ tsp cacao powder
- 12 ounces of unsweetened vanilla almond milk
- 1 scrapped vanilla bean
- ¼ cup pitted dates
- 4 ice cubes

How about adding some pure chocolate flavor to your regular power milkshakes? What better way to start your day than with a nutrient-dense, antioxidant-packed milkshake? Drink this during and after your workouts, at work, and give your body the health boost it needs to function right!

Directions:

- Place all the ingredients into a high-speed blender and blend into a super smooth milkshake
- The ice cubes will make the milkshake cold- perfect for after workouts or on a hot afternoon

5. Chia Seeds Chocolate Pudding



Preparation Time
20 Minutes



Serves 2

Ingredients:

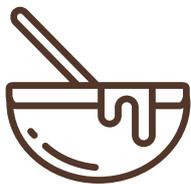
- 2 tbsp Organic Cacao Powder
- 40g Chia Seeds
- 1 handful Black Mulberries
- 1 handful White Mulberries
- 1 tbsp Organic Desiccated Coconut
- 250ml Coconut Milk

Don't you just love the feeling of chocolate pudding melting in your mouth? Well, then you will certainly love this amazing chia seeds chocolate pudding. What's more, it's dairy-free, gluten-free, sugar-free, and egg-free.

Directions:

- Mix all the ingredients in a large bowl, except for the white mulberries and leave a few black mulberries and desiccated coconut for garnishing the pudding
- Cover well and place in the fridge
- Serve

6. Vegan Chocolate Banana Muffins



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1 cup oat flour
- 3 medium-sized ripe bananas
- 1 tsp coffee grounds
- 3 tbsp cacao powder
- ¼ cup almond milk
- 1 tbsp ground flaxseeds
- 1 cup almond flour
- 1 tbsp cooking oil
- 8 large pitted dates
- 1 tsp vanilla extract
- 1 tsp baking soda
- ½ tsp salt

These banana muffins are not only delicious and nutrients-packed, but they are also ultra-moist and super soft! Make these your regular midday snack.

Directions:

- Preheat oven up to 350 degrees Fahrenheit
- Blend the bananas, dates, almond milk, coffee, and vanilla in a food processor until creamy
- Add the oat flour, cacao powder, ground flaxseeds, almond flour, baking soda and salt into the food processor and blend
- Place the batter into muffin tins about ¾ way full
- Bake the muffins for around 25 minutes
- Serve cold

7. Sweet Cacao Coconut Swirl



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 100g Desiccated Coconut
- 2-3 tbsp cacao powder
- 100ml rice milk
- 3-4 Medjool dates paste
- 300g fine oatmeal
- 100g coconut oil, virgin

This one is more of a dessert and is even perfect as a tea-time snack!

Directions:

- Put oatmeal, cacao powder, few dessert spoonfuls of rice milk, and medjool dates paste into a large bowl and knead into a dough. Put this dough aside
- In a separate bowl, put t some of the desiccated coconut and coconut oil and stir into a smooth paste
- Next, cover your pastry board with a large sheet of foil and sprinkle over some desiccated coconut
- Divide the cacao dough and roll a part of it on the on the foil sheet
- Spread a little coconut oil at the top of the dough
- The roll the dough together with the foil sheet
- Follow the same steps with the remaining dough and then leave them in the fridge overnight
- In the morning, cut the rolls into small slices of about 1 cm and place them in a serving platter
- Serve with a hot cup of cacao, tea, or coffee

8. No-Bake Salted Chocolate Fudge Protein Bars



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1 cup roasted and salted almonds
- ½ cup walnuts
- ¼ cup cacao powder
- 1 tbsp chia seeds
- ¼ cup vanilla protein powder
- 1 cup pitted Medjool dates
- 1/t tsp salt
- 1 tsp almond milk (or water)

Looking to add more healthy protein packed protein bars for your pre-workouts? Well, why not simply make this protein-packed no-bake salted chocolate fudge and supercharge your workouts?

Directions:

- Soak dates in a bowl of warm water- this will help soften them up
- Blend the softened dates, walnuts, and almonds into a food processor- blend for about 2 minutes to ensure a crumbly mixture
- Add the cacao powder, vanilla protein powder, salt, and chia seeds into the dates mixture and blend until a soft, ball dough is formed
- Place the dough in a pan and pound it until flat and even
- Place in the fridge overnight
- Cut the frozen fudge into about 8 or 10 bars

9. Kefir Raw Cacao and Goji Berry Smoothie



Preparation Time
20 Minutes



Serves 2

Ingredients:

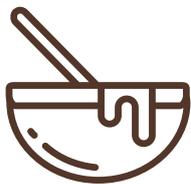
- 1tbsp cacao powder
- 750ml Kefir
- 1tbsp Goji berries
- 2 tsp raw honey

Packed with gut-friendly bacteria and load of other beneficial nutrients, this delicious, creamy Kefir Cacao is exactly what you need to boost your energy, digestive health, and overall health.

Directions:

- Blend all the ingredients to until smooth and creamy
- Serve and enjoy!

10. Gluten-Free Chocolate Cake



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1/3 cup hazelnuts chopped up
- 1/2 cup cacao powder
- 1/2 cup brown rice flour
- 1 and 1/2 cup almond flour
- 3/4 cup almond milk
- 2 free-range eggs
- 1/2 cup melted coconut oil
- 2 tsp vanilla extract
- 1/2 tsp baking soda
- 1 tsp baking powder

Love chocolate cakes? You will love this cacao powder-based chocolate cake even better! It has got an extra crunch not to mention a rich chocolate flavor. This is just the perfect tea-time snack!

Directions:

- Preheat the oven up to 350 degrees Fahrenheit
- Grease your cake pan, around 8-inches round and line with a parchment paper
- In a bowl, whisk the eggs, sugar, vanilla, oil, and milk into a smooth paste
- In the bowl, add the baking powder, baking soda, cacao powder, rice flour, and almond flour and mix well
- Pour the batter mixture into the preheated cake pan and bake for approximately 35 to 40 minutes
- Place the cake in the fridge before serving.

10 AMAZING **CACAO NIBS** RECIPES

Super crunchy, crisps, sweet aroma, and deep chocolate flavor are just but a few words that describe one of nature's most powerful superfoods- cacao nibs.

Fond of chocolate chips but hate the added sugars and dairy? Well, you'll absolutely love the crunchy cacao nibs and the good news is that you can literally add them to all sorts of recipes. They are a perfect addition to most breakfast recipes and make really good tea-time snacks.

They are wonderful in everything- from smoothies, packages, to cheese cakes.

That said, let's have a look at 10 of the most delicious cacao nibs for a healthy boost.

1. Avocado Cacao Matcha Smoothie



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1 medium-sized avocado, stone removed
- 125 ml coconut milk or coconut water
- 2 and ½ Matcha Green Tea powder
- 2 peeled, frozen, and chopped bananas
- 60g crushed ice
- 1 tsp vanilla extract
- A pinch of salt
- Lime and honey to taste
- 2 tbsp Raw cacao nibs

With this super smoothie, you get to enjoy a lovely silky smooth texture combined with an exceptional chocolate flavor.

Directions:

- Blend the coconut milk/water, Matcha powder, ice, banana, avocado, and vanilla extract in a high-speed food processor or blender
- Add a pinch of salt and some lime and honey and continue blending
- Spoon the smoothie into two bowls and top with raw cacao nibs
- Enjoy!

2. Oatmeal with Cacao Nibs and Chopped Figs



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1.5 cups oats
- 2 tbsp cacao nibs
- 6 dried figs, two sliced, 4 chopped
- Almond milk

How about adding more crunch and chocolate flavor to your morning oats? What you'll get is a load of healthy fiber and health boosting nutrients.

Directions:

- Cook the oats in a $\frac{1}{4}$ cup water in a medium-sized saucepan
- Once the oats are cooked, stir in the chopped figs and cacao nibs for around 3 minutes
- Add some almond milk to taste and top with the sliced figs

3. Cacao Nibs Brownies Bites



Preparation Time
20 Minutes



Serves 2

Ingredients:

- ¼ cup cacao powder
- 2 medium-sized bananas, ripe and chopped
- 1 medium-sized avocado
- 1/cup cacao nibs
- ¼ cup chia seeds
- ½ tsp vanilla extract
- 8 Medjool pitted and chopped dates
- 1 cup old-fashioned oats
- 2 tbsp coconut oil
- Coconut flakes/cacao powder for coating (optional)

If you're one of those people who can't spend an entire day without snacking, then you might want to try these delicious and super nutritious brownies bites with extra chocolate flavor from raw cacao nibs!

Directions:

- In a medium-sized bowl, mash together the avocado, bananas, vanilla extract, and coconut oil with a masher until smooth and creamy
- Next, add the rest of the ingredients until well combined
- Use a small cookie scoop and scoop some dough. Roll the dough into a round shape
- Repeat the same for the rest of the dough
- Coat the balls with some cacao powder or coconut flakes (optional)
- Place the brownies bites into a storage container and chill them in the fridge overnight

4. Cacao Nibs Hazelnuts Cookies



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1/3 cup or 55g cacao nibs
- 100g hazelnuts
- 1 egg, beaten
- 75g hazelnut meal
- 125g softened butter
- 150g all purpose flour, gluten-free
- 2 tsp vanilla extract
- 1 tsp baking powder
- 115g rice malt syrup
- ½ tsp salt

How about ditching sugar-laden cookies and instead opt for these rich chocolate flavor cacao nibs cookies without added sugar? You will absolutely love their crunchy texture and chocolate flavor.

Directions:

- Preheat the oven up to 350 degrees Fahrenheit
- Line two baking trays with a baking paper
- Place the hazelnuts in one of the lined trays and toast for about 5 to 8 minutes until their skin loosens
- Remove the skins and chop the hazelnuts
- Next, mix the butter, vanilla extract, and rice malt syrup and beat thoroughly with an electric mixer
- Add the egg and beat, and then add the hazelnut meal, flour, salt, and baking powder into the mixture
- Next, add the cacao nibs and chopped hazelnuts and combine until well mixed
- Add about a tablespoonful of the mixture to the prepared trays and bake for about 20 minutes
- Allow to cool before serving

5. Coconut and Cacao Nibs Latte



Preparation Time
20 Minutes



Serves **2**

Ingredients:

- ½ cup cacao nibs
- 1 tbsp coconut virgin oil
- ¼ cup unsweetened coconut flakes
- 1 cup hot coconut milk
- ¼ tsp kosher salt
- 2 tbsp organic sugar divided into two

If a morning caffeine kick is something that doesn't augur well with your body, why not try a caffeine-free latte and enjoy the melting chocolate flavor?

Directions:

- Steep the coconut flakes, cacao nibs, 1tbsp sugar and salt in a medium-sized heatproof bowl for around 5 minutes
- Blend the coconut milk together with the steeped mixture, remaining sugar, and coconut oil in a high-speed blender until smooth and frothy
- Strain and serve in mugs

6. Cacao Coconut Date Bars



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 1/cup cacao nibs
- $\frac{3}{4}$ cup cacao powder
- 2 cups Medjool dates, pitted
- 1 cup shredded coconut, unsweetened
- 2 tablespoons agave syrup
- 1 tsp kosher salt
- Nonstick vegetable oil spray
- 2 tbsp water

Love munching on chocolate bars? How about trying a healthier version made with the superfood cacao nibs?

Directions:

- Coat an 8 by 8 inches baking pan with the oil spray and then line it with parchment
- Blend the cacao nibs, cacao powder, part of the shredded coconut, salt, syrup, and 2 tsp water with a high-speed food processor until smooth
- Scoop the mixture and place it into the prepared baking pan
- Sprinkle the remaining shredded coconut over the mixture
- Cut into bars and serve

7. Cacao Nibs Cashew Nuts Clusters



Preparation Time
20 Minutes



Serves 2

Ingredients:

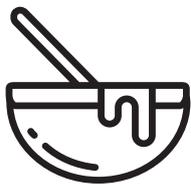
- ¼ cup raw cacao nibs
- 1 cup raw cashew nuts
- 2 tbsp coconut nectar
- 2 tbsp coconut sugar

Sweet, flavorful and crunchy, these cacao nibs cashew nuts clusters will have you asking for more after the first bite! They make excellent midday/tea-time snacks.

Directions:

- Combine all the ingredients in a small-sized bowl and toss them evenly to ensure the nibs and nuts are thoroughly covered in coconut sugar and coconut nectar
- Place the mixture in a dehydrator tray and dehydrate at around 110 degrees for approximately 12 to 16 hours. This will ensure extra crunchiness and prevent the clusters from becoming sticky
- Serve

8. Raw Cacao Matcha Macaroons



Preparation Time
20 Minutes



Serves 2

Ingredients:

- A handful raw cacao nibs
- 2 tbsp matcha green tea powder
- 1 cup shredded coconut
- 1 cup sprouted sunflower seeds
- 3 tbsp agave
- 3 tbsp sesame tahini
- ¼ tsp Himalayan pink crystal salt
- 2 tsp vanilla extract
- 1 cup sprouted sunflower seeds

Here, we have two antioxidants-packed ingredients- matcha and cacao nibs. Clearly, what you have here is a super powerful and magical superfood that will kick your entire system into overdrive.

Directions:

- Process the sunflower seeds and coconut in a food processor till they become breadcrumbs-like
- Add the remaining ingredients into the mixture and combine until they are well mixed
- Shape the mixture into macaroon-esque balls
- Freeze them in the fridge for about 5 minutes
- Serve

9. Cacao Nibs StrawBerry Vegan Waffles



Preparation Time
20 Minutes



Serves 2

Ingredients:

- ¼ cup cacao nibs
- 1.25 cups almond milk
- 2 tbsp flax meal, ground
- 2 cups spelt flour, loose-packed
- ½ tsp cinnamon
- ¼ cup melted coconut oil
- 2 tbsp maple syrup
- ½ tsp vanilla
- 2.5 tsp cinnamon
- 2.5 tsp baking powder
- 1.5 tbsp apple cider vinegar
- Pinch of salt

If you are a vegan who loves waffles but without any dairy or animal products, then you should certainly try this Cacao Nibs StrawBerry Vegan Waffles recipe. They are just the perfect morning treat!

Top with

- Strawberries
- Maple syrup

Directions:

- Preheat waffle pan
- In a medium-sized bowl, mix the coconut oil, vanilla, almond milk, apple cider vinegar, and maple syrup
- In another bowl, mix together the baking powder, flax meal, flour, cacao nibs, cinnamon, and salt
- Next, add the wet mixture to the dry ingredients and mix thoroughly
- Scoop the batter into your waffle maker and bake for at 3 to 4 minutes
- Top with some fresh strawberries and maple syrup
- Serve

10. Mint Cacao Nib Cauliflower Smoothie



Preparation Time
20 Minutes



Serves 2

Ingredients:

- 2 tsp raw cacao nibs
- Handful baby spinach
- 1/3 cup cashew nuts
- 1/4 cup fresh mint leaves
- 1c organic cauliflower
- 1.5c Hemp milk
- 1 serving vanilla protein

Want to add an extra crunch to your green smoothie? Well, this mint cacao nib cauliflower smoothie will have you asking for more. It packs a punch and has all the health boosting nutrients you need to keep your system in order.

Directions:

- Blend all the ingredients except for the cacao nibs in a high-speed food processor for about two minutes
- Transfer into a small bowl and sprinkle the raw cacao nibs
- You can also top with some mints (optional)

Wrapping It Up

Cacao is a must-have inclusion in your daily diet. You can ward off heart diseases, cancer, premature aging, and a load of other health conditions with this incredible superfood.

Yes, it's a little bit expensive compared to regular cocoa, but the benefits it provides are incredibly immense.

Even better, it's easy to eat cacao everyday because it can be prepared in so many ways. And whether you use cacao nibs or cacao powder, you still get the same benefits.

Cacao Powder and Cacao Nibs are two superfood that should always be in your kitchen cabinet.

We hope that the information in this ebook will be of great assistance to you as you try to achieve your set fitness goals.

Good Luck!
