EST 2006

THE INTUITIVE BODY PROGRAMME

Intuitive Nutrition Recipes

Week 4:
Ecstatic Health & Making the Connections

Afternoon Healthy Habits

Chocolate is good for you

Good news for chocolate lovers … chocolate is good for you!
That is when you eat chocolate made from raw cacao.

Chocolate in its natural state, i.e. raw cacao, is a superfood and is extremely healthy for you. In fact, raw cacao is one of the highest antioxidant superfoods known to man!

Why does chocolate make us feel good?

We tend to love chocolate because it **stimulates the brain's feel-good chemicals**, better known as endorphins. Endorphins, together with dopamine, serotonin and oxytocin are feel-good chemicals that are released when we eat chocolate and it makes us feel happy.

Enjoy adding *ecstatic health* chocolate and other sweet treats to your new I*ntuitive Nutrition* routine.

CONTINUE TO BUILD YOUR ROUTINE TO BUILD IMMUNITY AND MASTER YOUR STRESS

Wake up	Nutrify	Breakfast	Mid morning
500ml clean water and 10 spirulina tablets to cleanse	a glass of daily Master Greens to add minerals and vitamins	Chia breakfast bowl to nourish your gut	a cup of matcha tea for enhanced focus and concentration

Mid-afternoon: a brain-boosting *Master Mushroom* latte or a nerve-soothing *Master Adaptogen* golden latte

Enjoy with an Ecstatic Health chocolate or slice of chocolate tart

10 minute chocolate tart

This is a very quick to prepare and delicious coconut chocolate tart, with a superfood and lion's mane 'nut-biscuit' crust.

IN A DOUBLE BOILER

1/4C (60g) melted cacao butter
1C (200g) melted cacao paste

In a double boiler melt the cacao paste and cacao butter separately (cacao butter is added to the base and cacao paste is added to the filling).

IN A MAGIMIX

200g Pecan nuts
50g Brazil nuts
50g hemp seeds
50g Lucuma
2tbs Lions main
2 Tbs Cinnamon
1/2 tsp Salt

Mix the above ingredients together in a food processor.
Add the melted cacao butter and blend until you get a crumbly nut-biscuit-dough consistency. Spread into a quiche dish.

IN A BLENDER

250ml coconut cream
2 Tbs Chaga
1/3 C Coconut nectar

Blend the above ingredients together using a blender:
Then add and blend the melted cacao paste
Pour over the base and set in the freezer for a few hours.

Cut into slices and serve.

Ecstatic Health Chocolates

It is easy and fun to make your own raw chocolates. This base chocolate recipe is intended as a platform for your own chocolate creations. You can play with so many flavour variations the options are endless.

Unlike commercial chocolate that uses trans fats, dairy and sugar, when you prepare chocolate using all superfoods such as raw cacao, honey or coconut nectar – you are creating superfood nutrition with – the food of the gods!

BASE CHOCOLATE RECIPE:

200g cacao paste, melted
100g cacao butter, melted
¼ C C honey or coconut nectar

Melt the cacao paste & butter in a double boiler. Add honey or coconut nectar and stir.

Make chocolates that induce ecstatic states by adding:

2 tsp Green Kratom (in small amounts, as it is quite bitter)
2 tsp Reishi
2 tsp Lion's Mane
2 tsp Mucuna

You could also add:
Matcha

Add flavourings such as
A drop of mint essential oil

Pour into chocolate moulds or ice trays and allow to set in the fridge.

Lucuma coconut ice cream

Version 1

This is a very simple and quick to prepare ice cream recipe. It's a winner every time!
I often make a double or triple batch of this ice-cream mixture and set it in a cake tin to make ice cream cakes for our children's birthday parties.

IN A BLENDER

400ml organic coconut milk
1C cashews
½ C coconut oil, melted
¼C Coconut Blossom Nectar
¼ C Lucuma Powder
1 tsp vanilla extract (optional)

Blend all the ingredients together in a blender until smooth.
Pour into silicone moulds and set in the freezer overnight.
You can top it with chocolate sauce.

Choc chip ice cream

Version 2

IN A BLENDER

400ml organic coconut milk
1/2 C coconut oil
1/4 C Coconut Blossom Nectar
1/4 C Lucuma Powder
1/4 C Cacao Powder
1/4 C Cacao Nibs
1 tsp vanilla extract (optional)

Blend all the ingredients, except the cacao nibs, together in a blender until smooth.
Stir through the cacao nibs. Pour into silicone moulds and set in the freezer overnight.

Soaring Free
SUPERFOODS

superfoods.co.za

@soaringfreesuperfoods