

THE
**CACAO
LOVERS**
COOKBOOK



ENJOY
DELICIOUS
GUILT-FREE
CHOCOLATE
RECIPES



IRISE ORGANICS

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ALMOND BUTTER CUP SMOOTHIE

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 smoothie	YIELD: 1 smoothie
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- 1 scoop protein powder
- 1 scoop of Cacao Bliss
- 5 ice cubes
- 1 tbsp. almond butter
- 1 tsp. cinnamon
- ½ cup unsweetened almond milk

1. Add all ingredients to a blender and blend until smooth. Add more liquids as needed to get to the desired consistency. Enjoy!

CACAO BLISS COFFEE

PREP: 5 minutes	COOK: 10 minutes	SERVING: 1 cup	YIELD: 1 cup
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- 1 cup hot brewed organic coffee
- 1 scoop Cacao Bliss
- ¼ - ½ cup warm almond milk or 1 tbsp. organic cream

1. Blend all ingredients together for 15 seconds and enjoy your healthy, frothy, delicious latte!





CACAO BLISS CANDY BAR

PREP: 2 minutes

COOK: 15 minutes

SERVING: 2 squares

YIELD: 12 squares

2-3 scoops Cacao Bliss
½ cup dark chocolate chips
½ cup coconut oil

1. Melt ingredients together in a double boiler until runny, then pour into chocolate molds or a silicone ice cube tray.

2. Place in freezer for 10 minutes or until hardened. Store in a cool, dark place in airtight container.



CACAO BLISS FUDGESICLES

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 fudgesicle	YIELD: 6 fudgesicles
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1 cup lite coconut milk
½ banana
3 tbsp. almond butter
½ tsp. vanilla
2 ½ tbsp. Cacao Bliss

1. Add all ingredients into a high-speed blender. Blend until well combined and no lumps remain.
2. Pour the mixture into ice pop molds, leaving about a ¼-inch space at the top. Place the mold covering on top, and gently slide a wooden stick into each opening. Freeze at least 4 hours or overnight.
3. To serve, run the molds under hot water just enough to loosen the fudgesicles and enjoy.

CACAO BLISS ICE CREAM

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 scoop	YIELD: 4 servings
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3 frozen bananas (pre-sliced before freezing)
¼ tsp. pure vanilla extract
1-2 tbsp. Cacao Bliss
¼ cup unsweetened almond milk

1. Add all ingredients into a blender or a food processor, blend until you achieve a soft-serve texture.
2. You can serve immediately, or transfer to a container and freeze an additional 30 minutes. Enjoy!





CACAO BLISS MINI PIES

PREP: 25 minutes

COOK: 3 hours

SERVING: 1 mini pie

YIELD: 8 servings

CRUST:

*2 cups raw pecans
1 cup old fashioned rolled oats
4 tbsp. unsalted butter, melted
2 tbsp. coconut sugar
½ tsp. sea salt*

FILLING:

*2 13 oz cans coconut milk
¼ cup maple syrup
⅔ cup Cacao Bliss
½ tsp. vanilla extract*

TOPPINGS (OPTIONAL):

*Fresh cherries (shown in photo)
Shredded coconut flakes
Fresh berries or fruit
Dark chocolate chips*

1. Preheat oven to 350°F.
2. Toast pecans and oats on a baking sheet until golden, about 10 minutes. Remove from oven and cool.
3. Process pecans, oats, butter, coconut sugar and salt in a food processor until finely ground. Divide mixture evenly into 8 mini pie plates. Place in freezer for 15 minutes. Then bake on a baking sheet until set, about 20 minutes. Cool on a rack when finished.
4. For the filling, scoop out just the white coconut cream and leave the clear liquid in the can and put into a large mixing bowl. Use a whisk to break up any large chunks. Once coconut cream is mixed and is a thick, creamy consistency, add maple syrup, Cacao Bliss and vanilla. Gently mix with the whisk until fully combined.
5. Make sure pie crusts have cooled completely after baking. Then pour chocolate coconut filling into the pie crusts. Spread filling evenly and place in the refrigerator for at least 2 hours to set.
6. Add your favorite toppings before eating and enjoy!



CACAO BUNDT CAKE

PREP: 10 minutes

COOK: 50 minutes

SERVING: 1 slice

YIELD: 12 servings

CAKE:

2 cups almond flour
1 cup Cacao Bliss
1 tsp. sea salt
1 tsp. baking powder
2 tsp. baking soda
¼ cup coconut sugar
¼ cup pure maple syrup
2 cups plain Greek yogurt
1 cup melted grass-fed butter
5 free range eggs
1 tsp. pure vanilla extract
2 cups cacao nibs or dark chocolate chips (70% or higher)

GANACHE:

6 oz. dark chocolate
½ cup coconut milk
¼ tsp. vanilla extract

1. Preheat oven to 350°F (175°C).
2. Grease a 10 inch bundt pan with unrefined coconut oil. In a large bowl, stir together dry ingredients. Make a well in the center and pour in honey or maple syrup, Greek yogurt, melted butter, eggs and vanilla extract. Beat on low speed until blended.
3. Scrape bowl, and beat 4 minutes on medium speed. Blend in chocolate chips. Pour batter into prepared pan.
4. Bake in preheated oven for 50 to 55 minutes. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
5. When cake is completely cooled, make the ganache by heating the coconut milk over medium heat on the stove until bubbles appear around the edge. Pour over the dark chocolate in a separate bowl. Let rest for 5 minutes, then gently stir for a few minutes until glossy. Incorporate the vanilla. Pour over the top of the cake. Enjoy!



CACAO COFFEE POPS

PREP: 5 minutes

COOK: Overnight

SERVING: 1 popsicle

YIELD: 6 popsicles

1 cup light coconut milk
2 ½ tbsp. Cacao Bliss
½ tbsp. pure maple syrup
¼ cup cold brew organic coffee
½ banana

1. Combine all ingredients in a high-speed blender.
2. Pour the mixture into ice pop molds, leaving about a ¼-inch space at the top. Place the mold covering on top, and gently slide a wooden stick into each opening. Freeze overnight.
3. To serve, run the molds under hot water just enough to loosen the pops and enjoy.



CACAO COOKIE DOUGH TRUFFLES

PREP: 10 minutes

COOK: 20 minutes

SERVING: 1 truffle

YIELD: 8 truffles

FOR TRUFFLES:

1 tbsp. unsweetened almond milk
2 tbsp. melted coconut oil
3 tbsp. coconut sugar
1 tsp. vanilla extract
½ cup packed almond flour
2 tbsp. coconut flour
⅛ tsp. sea salt
1 ½ tbsp. dark chocolate chips

FOR CHOCOLATE COATING:

⅓ cup dark chocolate chips
2 tbsp. Cacao Bliss
2 tsp. coconut oil

1. In a medium bowl mix together almond milk, melted coconut oil, vanilla and coconut sugar. In a small bowl mix together almond flour, coconut flour and salt.
2. Slowly add the flour mixture to the wet ingredients. Mix well until a cookie dough consistency forms.
3. Fold chocolate chips into the cookie dough.
4. Roll cookie dough into 1 tbsp. sized balls, place on parchment lined baking sheet and freeze for 10 minutes.
5. After 10 minutes, melt the chocolate chips and coconut oil in a small saucepan over very low heat, stirring frequently. You can also microwave the chocolate in a small microwave safe bowl in 20 second increments until melted. Quickly use a fork to dip each cookie dough ball into chocolate, making sure to coat evenly. Transfer back to parchment lined baking sheet and sprinkle with a little coarse sea salt if desired.
6. Immediately place baking sheet back in freezer for 20 minutes. Makes 8 cookie dough truffles. Keep in freezer until ready to eat.



CACAO DONUTS

PREP: 10 minutes	COOK: 12 minutes	SERVING: 1 donut	YIELD: 6 donuts
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FOR DONUTS:

1 cup coconut flour
 2 scoops Cacao Bliss
 ½ cup coconut sugar
 1 tbsp. baking powder
 ½ tsp. baking soda
 ½ tsp. Himalayan salt
 3 free range eggs
 1 tbsp. pure vanilla extract
 ½ cup melted grass-fed butter
 ⅓ cup 100% pure maple syrup
 Donut pan

FROSTING INGREDIENTS:

1 can coconut milk
 1-2 scoops Cacao Bliss

1. Preheat oven 350°F. Mix the dry ingredients, except the coconut sugar in a large bowl. In a separate bowl, mix melted butter, maple syrup, coconut sugar, vanilla, and eggs.
 2. Combine both bowls and mix well until thick dough forms. Press dough into donut pan sprayed with coconut oil. Fill about 3/4 of the way.
 3. Bake for 10-16 minutes.
 4. For the frosting, whisk canned coconut milk and Cacao Bliss together until smooth and creamy. Feel free to add about 1/4-1/2 of a teaspoon of pure maple extract to the frosting for a fantastic flavor.
 5. Dip cooled donuts into the frosting. Top with shredded coconut, chopped nuts or dark chocolate (70% or higher cacao) chips/chunks.
 6. Enjoy a delicious and healthy donut any time of day! Pair with a mug of Cacao Bliss for an extra special treat!
- Store in the refrigerator in a covered container.



CACAO OVERNIGHT OATS

PREP: 5 minutes	COOK: Overnight	SERVING: 1 cup	YIELD: 2 servings
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- 1 cup raw oats
- ½ cup plain Greek yogurt
- ½ cup almond milk
- 1 scoop Cacao Bliss
- 1 tsp. coconut sugar
- 1 tbsp. chia seeds (optional)
- ⅛ tsp. vanilla extract

1. Mix all ingredients together in a jar or container with a lid and leave overnight (or at least 6 hours) in the fridge.
2. Top with chia seeds, coconut flakes, cacao nibs, or fresh fruit. Enjoy!

CACAO SMOOTHIE BOWL

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 bowl	YIELD: 1 serving
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- 1 frozen sliced banana
- 1 cup ice
- 1 scoop Cacao Bliss
- 1 cup fresh spinach
- ½ cup plain Greek yogurt or almond milk

OPTIONAL TOPPINGS:

Bananas, berries, homemade granola
coconut flakes, cacao nibs, raw nuts

1. Place all ingredients into a high powered blender. Blend until smooth or depending on what consistency you want, blend less.

2. Pour into bowl and top with toppings of choice.





CACAO TRUFFLES

PREP: 20 minutes	COOK: none	SERVING: 2 truffles	YIELD: 12 truffles
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*½ cup chocolate chips (at least
70% Cacao)
1 tbsp. almond butter
¼ cup plain Greek yogurt
⅓ cup Cacao Bliss*

1. Melt chocolate chips in microwave at 20 minute intervals or use a double boiler on your stove top.
2. While the chocolate is still warm, stir in almond butter and mix until well combined.
3. Carefully fold in Greek yogurt, mix well and refrigerate for about 15 minutes or until mixture begins to harden.
4. Scoop 1 tbsp. at a time and form truffle balls. Roll in Cacao Bliss and refrigerate until ready to serve.



CHOCOLATE ALMOND BARK

PREP: 10 minutes

COOK: 10 minutes

SERVING: 1-2 pieces

YIELD: 16 pieces

1 cup blanched almonds
1 tbsp. + ½ tsp. coconut oil
(measured while solid)
1 tsp. vanilla extract
½ cup dark chocolate chips
1 scoop Cacao Bliss
1 tsp. flaked sea salt, for topping

1. Preheat oven to 350°F.
2. Line a cookie sheet with parchment paper and place almonds so they are flat and spread out.
3. Bake for 8 - 10 minutes, checking often, until toasty brown but not burnt.
4. In a saucepan or double boiler, add coconut oil, chocolate chips, Cacao Bliss, and vanilla.
5. Stir on low heat until completely melted (be careful not to burn). Add in almonds and stir to combine.
6. Line an 8X8 baking dish with parchment paper and pour in the chocolate mixture. Use a rubber spatula to flatten out the chocolate evenly into the dish.
7. Sprinkle with sea salt flakes. Feel free to omit if you don't like a salty sweet combination.
8. Refrigerate for an hour, or until set. Store in the fridge or freezer. Enjoy!



CHOCOLATE AVOCADO DREAM SMOOTHIE

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 smoothie	YIELD: 2 servings
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1 cup unsweetened almond milk
1 scoop Cacao Bliss
1 ripe banana
1 small avocado
1 cup ice

1. Blend ingredients together for a smooth chocolate shake. Enjoy half now and the other half later or share with a loved one!

CHOCOLATE PUDDING

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1/2 cup	YIELD: 2 servings
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2 scoops chocolate protein powder
1 cup plain Greek yogurt
2 tsp. Cacao Bliss
1 packet of natural stevia (1 tsp.)
1/4 cup blueberries (optional topping)

1. Place all ingredients into a high powered blender. Blend until smooth or depending on what consistency you want, blend less. Pour into bowl and top with toppings of choice.





CHOCOLATE BANANA MUFFINS

PREP: 10 minutes	COOK: 20 minutes	SERVING: 1 muffin	YIELD: 12 muffins
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3 large, very ripe bananas
½ cup coconut sugar
1 large free range egg
⅓ cup unsweetened applesauce
½ cup almond flour
½ cup Cacao Bliss
½ tsp. baking soda
½ tsp. baking powder
¾ tsp. salt
1 cup dark chocolate chips (70% Cacao), plus more for topping

1. Preheat the oven to 375°F (190°C).
2. Line a muffin tin with baking cups. Set aside. In a large bowl, mash the bananas with a fork. Mash them very well- no big lumps. You should have about 1 and ½ cups.
3. Stir in the sugar, egg, and applesauce. Sift the flour, Cacao Bliss powder, salt, baking soda and baking powder into the wet ingredients. Mix lightly to combine.
4. Fold in chocolate chips. The batter will be slightly chunky. Do not over mix. Divide the batter between the 12 muffin cups-fill them all the way to the top.
5. Bake for 18-20 minutes or until a toothpick inserted into the middle comes out clean. Allow muffins to cool for 3 min. then transfer to a wire rack to cool completely.
6. Muffins stay fresh in an airtight container in the refrigerator for up to 5 days. Muffins freeze well up to 3 months, thaw in the refrigerator and warm up to your liking.



CHOCOLATE COVERED BANANAS

PREP: 2 minutes	COOK: 5 minutes	SERVING: ½ banana	YIELD: 4 servings
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2 bananas, halved
 1 cup peanut butter
 ½ cup coconut oil
 4 scoops Cacao Bliss

TOPPING IDEAS:

Nuts, sprinkles, cacao nibs,
 unsweetened coconut flakes

1. Heat coconut oil and cacao bliss on medium low until melted and smooth.
2. Cut bananas in half and place on skewers. Spread peanut butter on bananas. Dip in chocolate, then sprinkle toppings of choice on top.
3. Lay flat on parchment paper and freeze. Keep in freezer until ready to enjoy!

CHOCOLATE BROWNIE BATTER SHAKE

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 shake	YIELD: 1 serving
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1 large frozen banana, sliced
 ¼ cup cold brew coffee
 ¾ cup almond or coconut milk
 1 scoop chocolate protein powder
 2 tbsp. Cacao Bliss
 ¼ tsp. vanilla extract
 1 tsp. dark chocolate chips (optional)

1. Blend all ingredients in a high-speed blender.





CHOCOLATE CHOCOLATE CHIP PANCAKES

PREP: 10 minutes

COOK: 15 minutes

SERVING: 2 pancakes

YIELD: 12-14 pancakes

1 cup almond flour
1/3 cup Cacao Bliss
2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. sea salt
1 1/4 cups almond milk
1/4 cup pure maple syrup
2 large eggs
2 tsp. vanilla
3/4 cup mini chocolate chips
(optional)

TOPPING IDEAS:

Fresh fruit, mini chocolate chips, pure maple syrup, natural peanut butter

1. Mix together the flour, cacao bliss, baking powder, baking soda and salt in a large bowl.
2. In a separate bowl, whisk together the milk, maple syrup, eggs and vanilla. Add the wet ingredients to the bowl with the dry ingredients and stir to combine. Don't over mix.
3. Add the mini chocolate chips, and stir gently to incorporate them.
4. Heat a griddle or large saute pan over medium heat. Spray with coconut oil and pour about 1/4 cup of the batter at a time. You'll be able to get 4-5 on a two-burner griddle and 3 in a large skillet at a time.
5. Cook for 3-4 minutes on the first side, until the edges are cooked through and the middle of each pancake is bubbling. (If your stove cooks unevenly, you may want to turn your pan during the cooking time.)
6. Carefully flip each pancake (it will release from the pan easily if it's ready to flip) and cook an additional 1-2 minutes on the other side, until cooked through.
7. Remove cooked pancakes and place on an oven-safe plate and cover with a dish towel. Note: I spray the pan/griddle with coconut oil in between each batch. I also find I need to reduce the heat a little as I continue to cook the pancakes so as not to burn them.
8. Serve with you favorite toppings. Enjoy!



CHOCOLATE MUG CAKE

PREP: 5 minutes	COOK: 1-2 minutes	SERVING: 1 mug cake	YIELD: 1 serving
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3 *tbsp.* of almond meal
 3 scoops of Cacao Bliss
 1 *tbsp.* of raw honey
 1 *tsp.* of vanilla extract
 1 free range egg
 A few dashes of cinnamon

1. Mix all together in your favorite microwave safe cup or mug and cook in the microwave in 30-second increments until done to your liking. Be careful taking it out of the microwave, as it may be very hot, but oh, so good!

CHOCOLATE PARFAIT

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 shake	YIELD: 1 serving
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1 cup plain Greek yogurt
 2 *tsp.* coconut sugar
 4 *tsp.* Cacao Bliss

TOPPING OPTIONS:

Fresh fruit, nuts, chocolate chips, granola

1. In a small bowl, stir together half of the yogurt, coconut sugar, and Cacao Bliss until smooth.
2. Place half of the chocolate yogurt mixture in the bottom of a parfait glass. Layer with half of the plain yogurt.
3. Repeat until you have 2 layers of chocolate and 2 layers of plain yogurt. Top with toppings of your choice. Enjoy!





CHOCOLATE FUDGE BOMBS

PREP: 2 minutes	COOK: 5 minutes	SERVING: 1 banana	YIELD: 4 servings
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½ cup coconut oil
½ cup almond butter
4 scoops Cacao Bliss

1. Heat all ingredients on low until melted together into a smooth, runny mixture. Depending on how large you want the treats to be and what shape, use a regular cupcake pan, mini cupcake pan, or silicone ice cube tray (note: silicone ice cube trays are the easiest way to get perfect square treats every time, and no liners are necessary!)
2. Pour mixture into a pan of choice, filling only ¼ - ⅓ of the way for larger molds. Freeze for 10-15 minutes until hardened. Keep in the freezer when not enjoying!

CHOCOLATE SMOOTHIE

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 smoothie	YIELD: 1 serving
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½ cup spinach or kale leaves
1 scoop of Cacao Bliss
1 scoop of chocolate protein powder
½ large or 1 small peeled banana
Handful of ice
1 cup water

1. Blend all ingredients in a high-speed blender. Enjoy!



To order Cacao Bliss, go to: www.GetCacaoNow.com



CHOCOLATE SILK PIE

PREP: 10 minutes

COOK: 15 minutes

SERVING: 1 slice

YIELD: 8 servings

FOR CRUST:

1 ½ cups almond flour

1 large pasture-raised egg, room temperature

¼ cup melted ghee

¼ tsp. sea salt

FOR FILLING:

2 cups raw cashews, soaked in water 6 hours

½ cup unsweetened canned coconut milk

2 tbsp. melted coconut oil

3 tbsp. pure maple syrup

2 tbsp. Cacao Bliss

2 tsp. vanilla extract

1. Preheat oven to 350°F and lightly grease a 9-inch pie pan with ghee.
2. In a medium mixing bowl, combine all ingredients for the crust and stir well to create a dough.
3. Press the dough evenly into the pie pan. Poke holes in the surface of the crust with a fork and bake for 10-12 minutes. Cool at room temperature for 15 minutes while you prepare the filling.
4. In a food processor, combine all ingredients for the filling and blend until creamy, about three minutes.
5. Pour the filling into the cooled crust and smooth with a spatula. Refrigerate for 2 hours.
6. Slice the pie into 8 slices and serve chilled.

Special thanks to Jennafer Ashley at PaleoHacks (blog.paleohacks.com) for contributing this recipe to share with you!

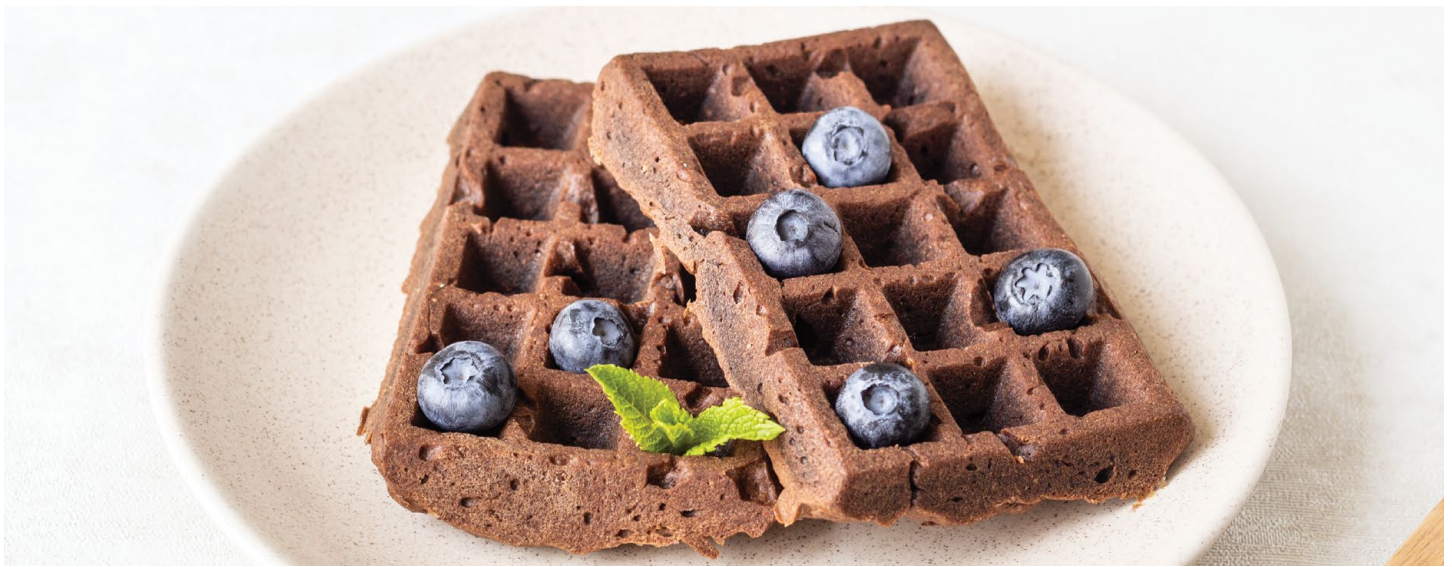


CHOCOLATE THIN MINT COOKIES

PREP: 10 minutes	COOK: 10 minutes	SERVING: 2 cookies	YIELD: 24 cookies
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5 oz. dark chocolate, melted (70% cacao or higher)
 1/3 cup coconut oil
 1 3/4 cup almond flour
 1/4 cup Cacao Bliss
 1 1/2 tsp. baking soda
 1 1/2 tsp. baking powder
 1/4 tsp. sea salt
 1/2 tsp. vanilla extract
 1/2 - 3/4 tsp. peppermint extract
 1 tbsp. raw honey
 2 free range eggs
 1/4 cup mini dark chocolate chips
 (optional)

1. Preheat oven to 350°F (175°C).
2. In a double boiler, melt the dark chocolate over a low heat. Add the coconut oil and mix until fully liquefied. Set aside to cool.
3. In a medium sized bowl, combine the almond flour, Cacao Bliss, baking soda, baking powder, and salt. Add the vanilla and peppermint extracts and honey to the melted chocolate mixture. Mix well and then add to the dry ingredients.
4. Add the eggs, stir until fully combined, then mix in the chocolate chips.
5. Using a tablespoon, form cookie dough balls and place an inch apart on a prepared baking sheet. Bake for 10 minutes.
6. Allow to cool for 10-15 minutes on the pan before moving to a cooling rack. Enjoy!



CHOCOLATE WAFFLES

PREP: 10 minutes	COOK: 10 minutes	SERVING: 1 waffle	YIELD: 1-2 servings
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1 serving chocolate protein powder
 2 free range eggs
 ½ cup brown rice flour
 1 tsp. Cacao Bliss
 1 tsp. baking powder
 Up to 1 cup water
 Handful of blueberries (topping)
 1 tsp. pure maple syrup (topping)

1. Mix all dry ingredients together. Mix wet ingredients, except the water, together. Add up to 1 cup of water, you want the consistency to be not too thick but not too thin.
2. Blend wet and dry ingredients gently (don't over mix). Place mixture on greased hot griddle for pancakes or on a greased hot waffle maker for waffles.
3. If desired, top waffles with fresh blueberries and 1 tsp. pure maple syrup. Enjoy!

CHOCOLATE COVERED STRAWBERRIES

PREP: 5 minutes	COOK: 1 hour	SERVING: 5 strawberries	YIELD: 2 servings
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10 fresh strawberries
 ¼ cup dark chocolate, melted (70% dark chocolate or more)
 1 scoop Cacao Bliss
 1 tsp. coconut oil

1. Wash and hull the strawberries.
2. Melt chocolate in a pan on stove over low heat. Add Cacao Bliss and stir.
3. Dip strawberries in chocolate and place on a parchment lined baking sheet. Refrigerate chocolate strawberries for about an hour or until chocolate hardens. Enjoy this amazing treat!





CREAMY CACAO DARK CHOCOLATE PUDDING

PREP: 2 minutes

COOK: 5 minutes

SERVING: ½ cup

YIELD: 2 servings

½ cup Cacao Bliss
 1 tbsp. coconut oil
 1 cup 85% dark chocolate
 1 tsp. vanilla extract
 1 tsp. coconut sugar
 1 cup unsweetened coconut yogurt

1. Melt the cacao, coconut oil and chocolate together in a double boiler.
2. Stir to combine and turn off the heat. Stir in the vanilla, coconut sugar and coconut yogurt, mixing until smooth.
3. Set in the refrigerator for 10 minutes, then serve with fresh berries!

*Special thanks to my friends at PaleoHacks
 (blog.paleohacks.com) for contributing this recipe written
 by Megan Olson.*

CRUNCHY BLISS BARS

PREP: 5 minutes

COOK: 20 minutes

SERVING: 1 bar

YIELD: 6 thick bars

2 scoops Cacao Bliss
 ½ cup organic coconut oil
 2 tbsp. coconut sugar
 1 cup organic brown rice cereal
 1 tsp. vanilla extract

1. Add melted coconut oil, Cacao Bliss, coconut sugar, and vanilla to a medium sized bowl and mix.
2. Fold in brown rice cereal and pour mixture into a parchment lined 9x5 baking pan. Put it in the freezer for 20 minutes or until the chocolate hardens, then cut into bars. Store in the refrigerator Enjoy!





DARK CHOCOLATE RASPBERRY BARK

PREP: 10 minutes

COOK: 4 hours

SERVING: 1-2 pieces

YIELD: 12 servings

3 ounces dark chocolate bar
¼ cup Cacao Bliss
1 cup coconut cream
5 tbsp. coconut sugar
1 ¼ ounce bag of freeze dried raspberries

1. In a microwavable bowl or on top of a double boiler melt the chocolate. Once melted, stir in the coconut cream, coconut sugar and Cacao Bliss.
2. Open the bag of freeze dried raspberries to let out the air then put the bag on the counter and lightly squish it to break up any big pieces.
3. Spread chocolate mixture on a parchment paper lined baking sheet.
4. Sprinkle the freeze dried raspberries over the top and refrigerate until firm. This will end up the consistency of a truffle, slightly soft but still firm. You can also freeze overnight for a firmer consistency.
5. Cut it into squares or triangles. Store in the refrigerator.



DOUBLE CHOCOLATE BANANA BREAD

PREP: 10 minutes

COOK: 15 minutes

SERVING: 1 slice

YIELD: 12 servings

4 medium ripe bananas
2 large eggs
1 tsp. vanilla extract
¾ cup almond flour
⅓ cup packed coconut flour
⅓ cup Cacao Bliss
½ tsp. baking soda
½ tsp. baking powder
⅓ cup dark chocolate chips

1. Preheat oven to 350°F. Spray an 8x8 inch baking pan with coconut oil and set aside.
2. Add bananas, eggs and vanilla to a blender and blend until smooth.
3. In a large bowl, whisk together almond flour, coconut flour, Cacao Bliss, baking soda, and baking powder.
4. Gently fold in the wet mixture and stir until well combined. Next stir in chocolate chips, reserving a few tbsp.
5. Spread batter evenly into prepared pan and sprinkle remaining chocolate chips on top.
6. Bake for 25-30 minutes or until toothpick comes out clean. Once done baking, transfer pan to a wire rack to cool for 20 minutes before cutting into 12 bars.



FUDGY CACAO COOKIES

PREP: 7 minutes	COOK: 20 minutes	SERVING: 1 cookie	YIELD: 12 cookies
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15 ounce can black beans, rinsed and drained
2 tbsp. melted coconut oil
2 tbsp. almond flour
½ tsp. baking powder
3 tbsp. Cacao Bliss
3 tbsp. coconut sugar
1 tbsp. maple syrup
2 tbsp. lite coconut milk
2 tsp. vanilla extract
¼ cup dark chocolate chips for topping

1. Preheat the oven to 350°F.
2. Put all of the ingredients into a food processor in the order listed (except for the chocolate chips).
3. Process until smooth and well combined (2-3 minutes), scraping down the sides as needed.
4. Using a spoon, scoop the dough out onto a parchment paper lined cookie sheet (I get 12 decent-sized cookies).
5. Top each cookie with a few of the dark chocolate chips.
6. Bake the cookies for 19-21 minutes.
7. Cool completely. This is VERY important, as it allows the cookies to set and hold together upon being picked up, as they have no binder or gluten. Enjoy!



HEALTHY DECADENT BROWNIES

PREP: 5 minutes

COOK: 30 minutes

SERVING: 1 brownie

YIELD: 8 servings

3 free range eggs
1 tsp. vanilla
1/2 cup grass-fed butter (softened)
1/3 cup almond milk
1 1/4 cup coconut sugar
1/2 cup brown rice flour
3/4 cup Cacao Bliss
1 tsp. baking powder
1/4 cup chopped raw nuts (optional)

1. In a bowl, mix together the wet ingredients: eggs, vanilla, almond milk, and butter.

2. In a separate bowl, mix together the dry ingredients (coconut sugar, brown rice flour, Cacao Bliss). Then add the dry ingredients to the wet ingredients. Mix together until smooth and pour batter into an 8X8 baking dish greased with unrefined coconut oil.

3. Sprinkle with raw nuts if desired. Bake at 350°F (175°C) for 20-25 minutes. Let cool for 10 minutes. Enjoy!



CACAO COCONUT BITES

PREP: 20 minutes	COOK: none	SERVING: 2 balls	YIELD: 12 balls
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- ¼ cup chia seeds*
- ¼ cup almond butter*
- 3 tbsp. protein powder*
- 3 scoops of Cacao Bliss*
- 1 tbsp. pure maple syrup*
- 1 tbsp. unrefined coconut oil, melted*
- ½ cup unsweetened shredded coconut (save half for rolling)*
- ½ tsp. vanilla extract*

1. Mix all ingredients together, either by hand or in a food processor.
2. Roll the dough into 1" balls and then roll each ball in shredded coconut.
3. Place in the refrigerator or freezer to harden. These will keep in a glass container in the refrigerator or freezer for up to a week. Enjoy!

MINT CHOCOLATE CHIP SMOOTHIE

PREP: 5 minutes	COOK: 1 minute	SERVING: 1 smoothie	YIELD: 1 serving
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- 1 scoop protein powder*
- 2 scoops Cacao Bliss*
- ½ frozen banana*
(or ½ regular banana plus handful of ice)
- Handful of mint leaves*
- ½ cup unsweetened coconut milk*
- ½ cup water*

1. Blend together and Enjoy!





NO-BAKE BLISS BROWNIES

PREP: 10 minutes	COOK: 10 minutes	SERVING: 1 brownie	YIELD: 16 brownies
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BROWNIES:

2 cups almond flour
 ½ cup Cacao Bliss
 1 can unsweetened coconut milk
 ⅓ cup grass-fed butter
 1 tsp. pure vanilla extract
 ¾ cup coconut sugar
 ¼ tsp. organic coffee (powdered coffee is optional)
 ¼ cup chopped raw nuts of choice (optional)

FROSTING (OPTIONAL):

⅛ - ¼ cup almond milk
 ½ cup dark chocolate 70% or higher
 1 tbsp. coconut oil

1. For the brownies, sift flour and Cacao Bliss. Mix and set aside.
2. Over low heat, add 1 cup of coconut milk, coconut sugar, grass-fed butter, vanilla, coffee powder (optional). Mix thoroughly until completely dissolved.
3. Add sifted flour and Cacao Bliss mixture. Stir. Gradually add remaining coconut milk.
4. Transfer to an 8X8 pan lined with parchment paper. Spread evenly. Smooth the surface using a spatula.
5. For the frosting, use a double boiler to melt dark chocolate, coconut oil and almond milk over low heat. Stir until chocolate is completely melted.
6. Pour over evenly over the brownies. Sprinkle with chopped nuts (optional). Cover the pan.
7. Chill in the refrigerator overnight. Once chilled, cut into 16 bite-size pieces. Enjoy!



NO-BAKE CACAO CHIP ENERGY BITES

PREP: 2 minutes	COOK: 5 minutes	SERVING: 2 balls	YIELD: 9 balls
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½ cup coconut flour
1-2 scoops Cacao Bliss
1 tbsp. coconut sugar
¼ cup chocolate chips
½ cup coconut milk
2 tbsp. almond butter (optional)

1. Mix all dry ingredients together in large bowl, then add coconut milk.
2. Mix with hands into a dough until sticky. Add 1 tbsp. extra of coconut milk at a time if the mixture is too dry.
3. Form into balls and enjoy! Store in the refrigerator or freezer.

SACRED HOT CHOCOLATE

PREP: 5 minutes	COOK: 1 minute	SERVING: 1 cup	YIELD: 1 serving
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½ cup boiling water
¼ cup unsweetened coconut milk
1 tsp. coconut oil
1 scoop Cacao Bliss
1 tsp. raw honey, pure maple syrup or stevia (optional)

1. Whisk together or blend for a more frothy brew. Enjoy!





NO-BAKE CHERRY CHEESECAKE BARS

PREP: 10 minutes

COOK: 10 minutes

SERVING: 1 bar

YIELD: 10 bars

CRUST:

1 cup pitted medjool dates
 ¾ cup raw almonds
 3 tbsp. Cacao Bliss
 1 tbsp. melted coconut oil

FILLING:

1 ½ cups raw cashews
 ⅓ cup pure maple syrup
 1 tsp. vanilla extract
 ½ cup full fat coconut milk
 1 ½ cups frozen dark sweet cherries, divided
 2 tbsp. fresh lemon juice

FOR THE TOPPING:

2 tbsp. dark chocolate chips
 1 tsp. coconut oil

1. Place cashews in a large bowl and add 3 cups boiling water. Let the cashews soak in the hot water for about 1 hour. Or soak your cashews overnight in room temperature water so they are already ready to go. Be sure to drain the cashews once you are ready to use them.
2. Line an 9x5 inch loaf pan with parchment paper.
3. For the crust, add the dates and almonds to a food processor and process until chunky, then add in Cacao Bliss, and coconut oil. Blend again until mixture slightly clumps together into a ball. Add the mixture to the prepared pan pressing evenly towards the sides.
4. Next make the filling: add cashews, maple syrup, vanilla, coconut milk, lemon juice and 1 cup frozen cherries to a high powered blender; blend until smooth and creamy. Add a few tbsp. of coconut milk to help thin out the consistency if needed.
5. Pour half of the filling mixture over the crust. Add remaining ½ cup frozen cherries over the filling layer. Top with remaining filling and smooth out the top.
6. Make the chocolate sauce topping by adding chocolate chips and coconut oil to a small saucepan and placing over low heat; stir frequently until chocolate chips are completely melted, be careful not to burn. Pour chocolate sauce into a plastic baggie, push towards one corner and snip a small piece of the corner off for a more controlled drizzle.
7. Place in freezer for 4-6 hours to harden. Once ready to serve cut into 10 bars. Enjoy! Bars will keep in freezer for up to 1 month if stored in an air tight container.



RICH CACAO BITES

PREP: 2 minutes	COOK: 5 minutes	SERVING: 2 balls	YIELD: 9 balls
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¼ cup dates
½ cup raw oats
¼ cup raisins
¼ cup mixed nuts (unsalted)
2 scoops of Cacao Bliss
1 tsp. cinnamon
1 scoop of chocolate protein powder (optional)
½ cup unsweetened shredded coconut

1. Mix all ingredients in a blender or food processor. While blending, add some water if too sticky.
2. Take out small heaps with a tbsp. and roll balls with your hands, then, roll in raw unsweetened shredded coconut.
3. Store in the fridge for at least one hour, in an open container, so that excessive moisture can escape. Freeze these and enjoy as a decadent snack.

SENSUAL WARRIOR SMOOTHIE

PREP: 5 minutes	COOK: 1 minute	SERVING: 1 smoothie	YIELD: 1 serving
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1 scoop Cacao Bliss
1 banana
1 serving chocolate protein powder
1 cup coconut milk
Handful of ice

1. Blend all together in a blender. Enjoy!





SUPERFOOD CACAO BLISS BITES

PREP: 10 minutes	COOK: none	SERVING: 2 balls	YIELD: 12 balls
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½ cup chocolate protein powder
1 ½ cups raw oats
¼ cup Cacao Bliss
½ cup peanut or almond butter
2 tsp. vanilla extract
1 tsp. sea salt
2 Tbsp. raw honey
1 tbsp. almond milk

1. Mix all ingredients together, except honey and almond milk. Once thoroughly mixed, add honey and almond milk and stir until you are able to roll into golf ball sized balls. Add more almond milk if needed.
2. Store balls in the fridge or freezer for a quick, yummy treat.

SUPERFOOD PEANUT BUTTER CUPS

PREP: 30 minutes	COOK: 5 minutes	SERVING: 1	YIELD: 8 servings
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1 cup organic unrefined coconut oil
½ cup Cacao Bliss
2 tsp. vanilla extract
¼ cup natural peanut or almond butter

1. Mix coconut oil, Cacao Bliss and vanilla in a saucepan over low heat. Line muffin tin with cupcake liners or parchment paper.
2. Pour 1 tbsp. of chocolate mixture in liners. Freeze for 20 minutes. Top each with 1 tsp. peanut or almond butter.
3. Pour the remaining chocolate sauce over the top of each peanut butter cup and freeze until chocolate hardens. Enjoy!



BONUS: LIFESTYLE RECIPES



CACAO BLISS LIP BALM

PREP: 2 minutes	COOK: 25 minutes	SERVING: n/a	YIELD: 4-6 tubes
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2 tbsp. beeswax
1 tsp. coconut oil
2 tbsp. shea butter
1 scoop Cacao Bliss
Small containers or empty
chapstick tubes

1. Heat all ingredients on stove, in a double boiler, until completely melted. Mixture should be runny with no chunks.
2. Let cool for 1-2 minutes then pour mixture into tiny containers or empty chapstick tubes. Let it harden for 15-20 minutes. You can also use as a salve for dry skin, cuticles, etc...enjoy!

CACAO BLISS BODY BUTTER

PREP: 5 minutes	COOK: 2 minutes	SERVING: n/a	YIELD: 12 ounces
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1 scoop protein powder
1 scoop of Cacao Bliss
5 ice cubes
1 tbsp. almond butter
1 tsp. cinnamon
½ cup unsweetened almond milk

1. Add all ingredients to a blender and blend until smooth. Add more liquids as needed to get to the desired consistency.
2. Apply sparingly to skin, rub in gently. Enjoy!





CACAO MOUSSE MASK

PREP: 5 minutes	COOK: 2 minutes	SERVING: 1 face mask	YIELD: 2 face masks
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¼ cup plain Greek yogurt
1 scoop Cacao Bliss
1 egg white
1 tbsp. raw honey

1. Combine all ingredients in a bowl and blend for 1-2 minutes until a smooth, fluffy consistency is reached.
2. Smooth mask onto face and neck and let sit for 10 minutes then rinse off. Mask can be refrigerated up to 3 days.

CACAO COFFEE FACE MASK

PREP: 5 minutes	COOK: 2 minutes	SERVING: n/a	YIELD: 12 ounces
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2 tbsp. freshly ground organic coffee
2 tbsp. Cacao Bliss
3 tbsp. plain Greek yogurt
1 tbsp. raw honey

1. Mix all ingredients together and apply a light coat to face. Let sit for about 15 minutes. Remove with a warm wash cloth.

