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Superfood
PEANUT BUTTER CUPS

INGREDIENTS:
1 cup organic unrefined coconut oil | 1/2 cup Cacao Bliss | 2 tsp vanilla extract | 1/4 cup raw peanut or almond butter

DIRECTIONS:
Mix the first 3 ingredients in a saucepan over low heat. Pour 1 Tbsp of mixture in the bottom of each muffin tin or cupcake liner. Freeze for 20 minutes. Top each with 1 tsp raw peanut butter or almond butter. Pour the remaining chocolate sauce over the top of each peanut butter cup and freeze until ready to eat.

Enjoy!

Prep Time: 30 min.  
Cook Time: 5 min.  
Servings: 2 cups per serving
Superfood
CACAO BLISS BALLS

INGREDIENTS:
1/2 cup organifi complete protein | 1.5 cups raw oats | 1/4 cup Cacao Bliss | 1/2 cup peanut butter or almond butter | 2 tsp vanilla extract | 1 tsp sea salt | 2 Tbsp raw honey | splash of unsweetened almond milk

DIRECTIONS:
Mix together all ingredients, except honey and almond milk. Once thoroughly mixed, add honey and a splash of almond milk and stir until you are able to roll into golfball sized balls. Store balls in the fridge for a quick, yummy treat. Enjoy 2 balls per serving.
Sensual
WARRIOR SMOOTHIE

**INGREDIENTS:**

- 1 scoop Cacao Bliss
- 1 peeled banana
- 2 Tbsp hemp seeds (or 1 scoop of chocolate protein)
- 1 cup water or coconut water (can substitute coconut milk for creamier texture)
- 1 tsp maca powder (optional)
- handful of ice

**DIRECTIONS:**

Blend all together in a blender. Enjoy!
Sacred
HOT CHOCOLATE

INGREDIENTS:
1/2 cup boiling water | 1/4 cup unsweetened almond or coconut milk | 1 tsp coconut oil | 1 scoop Cacao Bliss | optional: 1 tsp raw honey, 100% maple syrup or stevia | mint leaves (optional)

DIRECTIONS:
Whisk together or blend for a more frothy brew. Add 1-2 mint leaves for a refreshing addition. Enjoy!
Rich CACAO BITES

INGREDIENTS:
1/4 cup dates | 1/2 cup raw oats | 1/4 cup raisins | 1/4 cup mixed nuts (raw and unsalted) | 2 scoops of Cacao Bliss | 1 tsp cinnamon | 1 scoop of chocolate protein powder (optional) | 1/2 cup unsweetened shredded coconut

DIRECTIONS:
Mix all ingredients in a blender or food processor. While blending, add some water if needed for a sticky consistency. Take out small heaps with a tablespoon and roll balls with your hands, then, roll in raw unsweetened shredded coconut. Store in the fridge for at least one hour, in an open container, so that excessive moisture can escape. Freeze these and eat as cold yummy treat or a great after dinner snack.

Prep Time 20 min.  
Cook Time N/A  
Servings 2 balls per serving
Mint Chocolate
CHIP SMOOTHIE

INGREDIENTS:

1 scoop protein powder | 2 scoops Cacao Bliss | 1/2 frozen banana (or 1/2 regular banana plus handful of ice) | handful of mint leaves | 1/2 cup unsweetened almond or coconut milk | 1/2 cup water

DIRECTIONS:

Blend together and Enjoy!
Healthy
DECADENT BROWNIES

INGREDIENTS:

- 2 free range eggs
- 1 tsp vanilla
- 2 Tbsp grass-fed butter (softened)
- 1/4 cup coconut sugar
- 1/2 cup brown rice flour
- 3/4 cup Cacao Bliss
- 1/4 cup chopped raw nuts (optional). I love pecans or walnuts in this recipe!

DIRECTIONS:

In a bowl, mix together the wet ingredients: eggs, vanilla, and butter. 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 a baking dish greased with unrefined coconut oil. Sprinkle with raw nuts if desired. Bake at 350°F (175°C) for 20 minutes, let cool for 10.
Chocolate Waffles

**INGREDIENTS:**

- 1 serving chocolate protein powder
- 2 free range eggs
- 1/2 cup brown rice flour or oat flour
- 1 tsp Cacao Bliss
- 1 tsp baking powder (optional)
- up to 1 cup water until mixture is correct consistency (not too thin)
- sliced banana (optional)

**DIRECTIONS:**

Mix all dry ingredients together. Mix wet ingredients together. 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. If desired, top waffles with fresh sliced banana and 1 tsp 100% pure maple syrup. If you don’t use Banana’s you may use 1/4 cup of another fruit or nuts.

**Prep Time**

10 min.

**Cook Time**

5-10 min.

**Servings**

1
Chocolate

THIN MINT COOKIES

INGREDIENTS:

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 salt | 1/2 tsp vanilla extract | 1 1/2 tsp peppermint extract | 1 Tbsp honey | 2 free range eggs | 1/4 cup mini dark chocolate chips /nibs (optional)

DIRECTIONS:

Preheat oven to 350°F (175°C). In a double boiler, melt the dark chocolate over a low heat. Add the coconut oil and mix until fully liquified. Set aside to cool. 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. Add the eggs, stir until fully combined, then mix in the chocolate chips. Using a tablespoon, form cookie dough balls and place an inch apart on the prepared baking sheet. Bake for 10 minutes. Allow to cool for 10 minutes on the pan before moving to a cooling rack. Enjoy!

To order Cacao Bliss, go to www.DanetteMay.com/getcacao

Cacao Lovers Cookbook 11
Chocolate STRAWBERRY SKEWERS

Prep Time 5 min.  |  Cook Time 10 min.  |  Servings 1 skewer (5 berries)

INGREDIENTS:
10 fresh strawberries  |  1/4 cup dark chocolate, melted (70% dark chocolate or higher)  |  1 scoop Cacao Bliss  |  2 skewer sticks

DIRECTIONS:
Clean and take off the stems of strawberries. Place 5 on each skewer stick. Melt chocolate in a pan on stove until melted. Add Cacao Bliss and stir. Drizzle half of the chocolate over one of the Strawberry Skewers. Drizzle the other half on the second skewer. Place strawberry skewer sticks in the fridge until chilled. Enjoy one skewer per serving. Amazing treat! Enjoy!

To order Cacao Bliss, go to www.DanetteMay.com/getcacao
Chocolate SMOOTHIE

INGREDIENTS:

1/2 cup spinach or kale leaves | 1 scoop of Cacao Bliss | 1 scoop of Organifi complete chocolate protein | 1/2 large or 1 small peeled banana (you can substitute banana for 1/4 cup frozen/reg. cherries or blueberries) | handful of ice | 1 cup water

DIRECTIONS:

Blend and Enjoy!
Chocolate PUDDING

**INGREDIENTS:**

2 scoops chocolate protein powder | 1 cup plain Greek yogurt | 2 tsp Cacao Bliss | 1 packet of stevia (1 tsp) | 6 raspberries

**DIRECTIONS:**

Mix all ingredients together. Eat half of the recipe and save the rest for later.
Chocolate MUG CAKE

**INGREDIENTS:**
- 3 Tbsp of almond meal
- 3 scoops of Cacao Bliss
- 1 Tbsp of honey
- 1 tsp of vanilla extract
- 1 free range egg
- a few dashes of sea salt
- a few dashes of cinnamon

**DIRECTIONS:**
Mix all together in your favorite microwave safe cup/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!

To order Cacao Bliss, go to www.DanetteMay.com/getcacao
Chocolate
DELIGHT SMOOTHIE

INGREDIENTS:

1/2 cup spinach or kale | 1 scoop Cacao Bliss | 1 Tbsp chia seeds | 1 serving chocolate protein powder | 1/2 large banana or 1 whole small frozen banana | handful of ice | 1 cup of water

DIRECTIONS:

Blend ingredients together and enjoy!
Chocolate BANANA MUFFINS

**INGREDIENTS:**

3 large, very ripe bananas | 1/2 cup coconut sugar | 1 large free range egg | 1/3 cup unsweetened applesauce | 1/2 cup almond flour/brown rice flour | 1/2 cup Cacao Bliss | 1/2 tsp baking soda | 1/2 tsp baking powder | 1 cup dark chocolate chips (70% or higher), plus more for topping

**DIRECTIONS:**

Preheat the oven to 375°F (190°C). 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 1/2 cups. 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. Fold in chocolate chips. The batter will be slightly chunky. Do not overmix. Divide the batter between the 12 muffin cups-fill them all the way to the top. Bake for 18-20 min. at 375 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. Muffins stay fresh in an airtight container at room temperature for up to 5 days. Muffins freeze well up to 3 months, thaw in the refrigerator and warm up to your liking.
Chocolate Avocado
DREAM SMOOTHIE

INGREDIENTS:
1 cup unsweetened almond or coconut milk | 1 scoop Cacao Bliss | 1 ripe banana | 1 small avocado or 1/2 of large avocado | 1 cup ice

DIRECTIONS:
Blend ingredients together for a smooth chocolate shake. Enjoy half now and the other half later!
Cacao BLISS COFFEE

**Prep Time**
10 min.

**Cook Time**
N/A

**Servings**
1

**INGREDIENTS:**

1 cup hot brewed organic coffee or americano | 1 scoop Cacao Bliss | 1/4 - 1/2 cup warm almond, coconut, or oat milk or 1 Tbsp organic cream

**DIRECTIONS:**

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

To order Cacao Bliss, go to www.DanetteMay.com/getcacao
I Am Blissful Cacao

COCONUT BALLS

INGREDIENTS:

- 1/4 cup chia seeds
- 1/4 cup almond butter
- 3 Tbsp protein powder (I used vanilla)
- 3 scoops of Cacao Bliss
- 1/8 tsp sea salt
- 1 Tbsp 100% maple syrup
- 1 Tbsp unrefined coconut oil (melted, but not hot)
- 1/2 cup unsweetened shredded coconut (save half for rolling)
- 1/2 tsp vanilla extract

DIRECTIONS:

Mix all ingredients together, either by hand or in the food processor. Roll the dough into 1” balls and then roll each ball in shredded coconut. 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!
Cacao

BUNDT CAKE

 Prep Time 10 min.  
 Cook Time 50 min.  
 Servings 12

INGREDIENTS:

2 cups almond/brown rice flour | 1 cup Cacao Bliss | 1 tsp sea salt | 1 tsp baking powder | 2 tsp baking soda | 1/4 cup coconut sugar | 1/4 cup raw honey or 100% 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)

DIRECTIONS:

Preheat oven to 350°F (175°C). 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. Scrape bowl, and beat 4 minutes on medium speed. Blend in chocolate chips. Pour batter into prepared pan. 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. Enjoy!

To order Cacao Bliss, go to www.DanetteMay.com/getcacao

Cacao Lovers Cookbook 21
Almond Butter
CUP SMOOTHIE

INGREDIENTS:
1 scoop protein powder | 1 scoop of Cacao Bliss | 5 ice cubes | 1 Tbsp almond butter | 1 tsp cinnamon | 1/2 cup unsweetened almond milk or coconut milk

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

To order Cacao Bliss, go to www.DanetteMay.com/getcacao
Cacao Bliss

ICE CREAM

**INGREDIENTS:**

- 3 frozen bananas (pre-sliced before freezing)
- 1/4 tsp pure vanilla extract
- 1-2 Tbsps Cacao Bliss
- 1/4 cup unsweetened almond or coconut milk
- pinch of salt (optional)

**DIRECTIONS:**

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