

## HEALTHY, HAPPY & WHOLE

with *Shaunna Leinster*

“Easy recipes that nourish your soul”



### NO-BAKE DATE ALMOND BUTTER CUPS

#### Ingredients

- 2 cups raw chocolate chips
- 1 cup coconut oil
- 1 cup unsalted, organic almond butter
- 8 Medjool dates, roughly chopped
- ½ cup filtered water
- ¼ tsp sea salt

#### Preparation

1. Soak dates in water for one hour and set aside.
2. Line a muffin tin with muffin liners and set aside.
3. Over a double boiler, gently melt the chocolate chips and coconut oil. Pour a small amount into each muffin liner and turn the pan so that the chocolate thinly coats the liner half way up.
4. Place in the fridge for 15-20 minutes, until set. Keep the remaining chocolate warm on the stovetop.
5. Blend soaked dates and water to make a paste. Mix with almond butter and sea salt until fully incorporated.
6. Pour date almond mixture into the chocolate cups from the fridge. Fill the cups  $\frac{3}{4}$  of the way. Pour the remaining chocolate over the date almond mixture until the cups are full.
7. Place the tray in the fridge for a minimum of 1 hour to set.
8. Store in an airtight container in the fridge.

*Yields 12*



## SUPERFOOD CHOCOLATE HAZELNUT SPREAD

### Ingredients

- 2 cups organic hazelnuts
- ½ cup coconut milk (plus more for thinner consistency)
- ¼ cup cacao powder
- ¼ pure maple syrup
- 1 tbsp chia seeds
- 1 tbsp flax meal
- 2 tbsp flax oil
- ½ tsp pure vanilla
- ¼ tsp sea salt

### Preparation

1. Preheat oven to 350°.
2. Toast hazelnuts for 10 minutes. Allow them to cool slightly and then peel them by rubbing them in a clean dishtowel (They don't have to be perfectly peeled, but you want the majority of the skin removed).
3. Place peeled hazelnuts in your high-speed blender and blend on high for 5 minutes until smooth and creamy. You will have to stop your blender and scrape down the sides a few times. This step is very important to achieve a smooth spread!
4. Place the rest of the ingredients in your blender and blend on high for 3-5 minutes, scraping the sides down as you go. You may need to add more coconut milk if you like a runnier consistency.
5. Pour this chocolaty goodness into a mason jar and keep refrigerated for one week.

*Spread on toast, drizzle on ice cream, dip strawberries in it or eat with a spoon. The possibilities are endless!*

## GUILT-FREE HOT CHOCOLATE

### Ingredients

- 2 cups almond milk or coconut milk
- 1 heaping tbsp cacao powder
- ½ tsp arrowroot starch (thickener)
- 1 tbsp pure maple syrup
- Splash of pure vanilla
- Optional add-ins: pinch of sea salt, or a dash of cayenne, or 1 drop peppermint essential oil

### Preparation

Combine all ingredients in a pot and whisk while gently simmering, until hot.

**Serves 2**

### Facts:

- Benefits of pure dark chocolate:
- highest levels of antioxidants (more than blueberries and acai berries)
  - lower risk of heart disease
  - rich in fiber, iron, mag, copper, manganese, zinc, fatty acids,
  - may lower blood pressure
  - lowers oxidized LDL (cholesterol damaged by free radicals)
  - raises HDL (good cholesterol)
  - can improve blood flow and protect against sun damage
  - improve brain function by increasing blood flow to the brain

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