

LITTLE BOOK OF

CHOCOHOLIC TREATS

5 easy peasy, naturally sweet recipes
for the health-conscious chocoholic



TRAINING FOR CHOCOLATE



CHOCOHOLIC:

“a person who is addicted to, or very fond of chocolate”.

Yep, it's a thing. It's definitely my thing and quite possibly, it's yours too. Which is why I've prepared this 'Little Book of Chocoholic Treats' for you.

Five of my favourite healthier chocolate recipes all in one place. Plus a super easy bonus recipe for plain dark chocolate that you can use for all sorts of other chocolate-based delights.

So now, every time you get that chocolate craving, you can have a cleaner, more nutritious, antioxidant-rich version on hand to indulge that sweet sweet tooth. It's totally OK to eat chocolate every damn day. Just make sure it's the good stuff.

I hope you enjoy these little chocoholic recipes as much as I do.

Don't forget, I'm always adding new recipes to the site, so keep your eye on trainingforchocolate.com for more chocolatey yumminess.

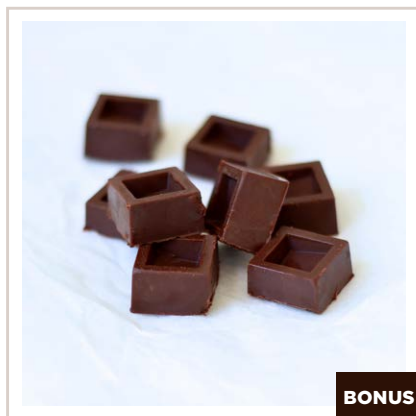
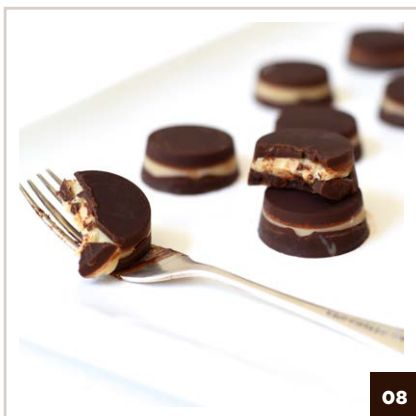
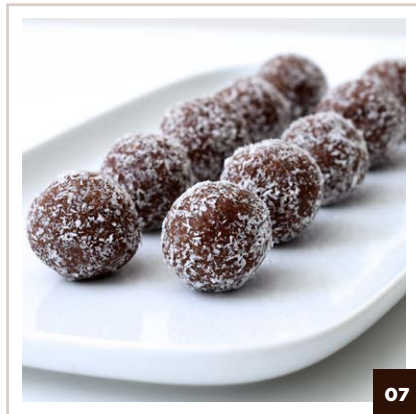
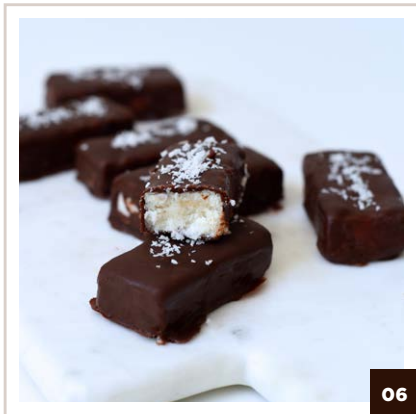
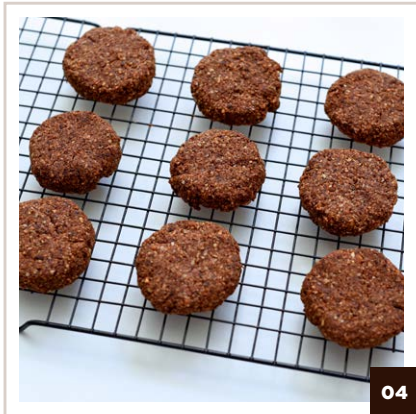
Love and cacao,



Victoria

Chief Chocoholic
Training for Chocolate

PS. Show me your snaps! Share your pics of these chocolate treats on Instagram and tag me ([@trainingforchocolate](https://www.instagram.com/trainingforchocolate)) so I can drool over your yummy creations.



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NOTES:

All of the recipes here use real food, no nasties, no refined sugar. Some are also nut-free, gluten free, or dairy free. So I'm 100% convinced there'll be something for everyone and 100% convinced you're going to love it.

Use the sweetener of your choice - I use pure organic maple syrup, raw organic honey or rice malt syrup. There are advantages and disadvantages of each, so pick your favourite. Oh, and don't forget, that whilst they aren't the dreaded refined white stuff, they are still sugar, so try not to scoff the whole batch of goodies in one sitting. I know, I know, easier said than done.

Also, it's worth mentioning that homemade chocolate, because it doesn't have the added rubbish, doesn't sit well at room temperature for too long. It will melt! So always store in the fridge or freezer, only bringing out when you're ready to eat. Be prepared for chocolatey fingers and enjoy licking every last one of them.

Credits: Photographer - Felicity Dick-Smith / Graphic Designer - Stefo 'On The Farm'

NOT QUITE NUTELLA COOKIES

If you're a fan of chocolate, you'll love these. If you're a fan of hazelnuts, you'll love these. If you're a fan of Nutella, well, I think you know what I'm going to say... A gluten free, dairy free, refined sugar free cookie that's super easy to make and super yummy to eat.

INGREDIENTS

350g bag of hazelnut meal
4 tablespoons raw cacao powder
5 tablespoons melted coconut oil
4 tablespoons pure maple syrup
1 tablespoon vanilla extract
½ teaspoon baking powder

METHOD

Pre-heat your oven to 150 degrees C and line a baking tray with greaseproof paper.

Then simply stir all the ingredients in a bowl until you have a nice wet mixture. If it's too dry, add a little more melted coconut oil until you have a consistency that you can squeeze and shape.

Shape into slightly flattened cookies with your hands, squeeze, squeeze, squeezing the mixture to help the nuts release their natural oils (which will help them stay together and retain their shape whilst cooking).

Place them on the tray carefully.

Bake for about 15 minutes, then cool on the tray for 5 or 10 minutes before transferring to a wire cooling rack.

This makes about 12 big fat deliciously rich cookies. Store in an airtight container.



CHOCOLATE PEANUT BUTTER CUPS

Easy. Delicious. Salty. Bittersweet. Healthy. Rich. And did I mention peanut butter? This recipe makes about 24 mini muffin size Cups. If you have the silicone moulds, you don't even need the paper cases.

INGREDIENTS

1 cup coconut oil
1 cup raw cacao powder
2 tablespoons rice malt syrup
2 tablespoons pure maple syrup
1 ½ teaspoons vanilla extract
Pinch of salt
Peanut butter - make sure it's one of the healthy brands that has no added sugar or nasties

METHOD

Melt the coconut oil in a heat-proof basin over a pan with a little simmering water. When it's all melted, add the other ingredients (apart from the peanut butter) and stir until smooth and runny.

With a teaspoon, put a little of the chocolate mixture in the bottom of each paper case (you don't need to, but for ease, I put mine in a mini muffin tray). I use around two teaspoons' worth (not the measuring teaspoons, the ones you use to eat with). Then transfer to the freezer to set.

When the chocolate has set, bring out the tray and add a little peanut butter to the middle of each one. About half a teaspoon.

Then cover the peanut butter with more chocolate and pop back in the freezer to set. Shouldn't take long, an hour maximum.

And that's it. Store them in the fridge or freezer.





HAPPY HEALTHY BOUNTY BARS

Bounty Bars were always my favourite store-bought treat as a kid. So I was determined to find a guilt-free version now that I'm all grown up. And here they are. Gluten free. Refined sugar free. Dairy Free. Freakin delicious.

INGREDIENTS

For the coconut filling:

A small/medium bag of desiccated coconut (250g)
A 400ml can of coconut cream
2-4 tablespoons rice malt syrup (depending on how sweet you like to go)
4 tablespoons coconut oil

For the chocolate coating:

150g cacao butter, broken into small pieces
¼ cup coconut oil
1 cup cacao powder
1/3 cup maple syrup
pinch salt

METHOD

First, prepare the coconut filling. Mix all the filling ingredients in a pan over a low heat. Then pour into a small slice tin that's been lined with baking paper and flatten. My tin is about 25cm x 15cm.

Pop into the freezer for about four hours. When it's solid, cut it into little Bounty Bar sized rectangles and put back into the freezer for at least an hour. I often leave mine overnight. They need to be really hard and really cold when you're covering with chocolate (or the filling will melt).

For the chocolate, melt the cacao butter with the coconut oil and maple syrup over a low heat. Then add the cacao powder and salt and whisk (or blitz for a minute in the food processor). Set aside to cool a little before using.

Then dunk the coconut rectangles in the chocolate mixture, one at a time, fully coating, and rest on baking paper on a tray. Yes, it gets a little messy.

Pop them all in the freezer for the chocolate to set. Shouldn't take long. There should be enough chocolate mixture left over to do a double coat of chocolate. Once you've done that second coat, back in the freezer they go to set again. Store in the freezer.

CHOCOLATE AND VANILLA PROTEIN BALLS

When you need a choc hit that packs a protein punch at the same time, you can't go wrong with these super easy protein balls. Perfect for that post-workout treat. Even better with a coffee.

INGREDIENTS

300g raw almonds
60g vanilla protein powder
4 tablespoons raw cacao powder
1 teaspoon of cinnamon
15-20 medjool dates, pitted
1 tablespoon natural vanilla extract
Water (usually 1-2 tablespoons)
Shredded coconut for dusting (or you could dust in cacao powder)

METHOD

Blitz the almonds, protein powder, cacao and cinnamon in your food processor until it's a crumble-like powder.

Then add the dates and the vanilla extract and blitz again. Now add the water, just a teaspoon or so at a time, until the mixture comes together.

Roll into balls (I give mine a bit of a squeeze before rolling, to release the oils from the nuts and help them to retain their shape and roll easily). Then dust in the coconut, or cacao if you like it bitter. Or even leave them nudey rudey, they still taste great naked.

Pop them in an airtight container and store in the fridge. Makes about 15 balls.

A note on protein powder... use the best quality one you can afford (the ones in the supermarket are usually not great). I'm quite particular about my protein powder, I can't bear the yucky aftertaste you get with so many. So make sure you use one that you know you like the taste of, or just leave the protein powder out of this recipe altogether.





NO MESS PEPPERMINT CREAMS

These little patties of choc-mint goodness are gluten free, dairy free and refined sugar free. And I call them 'No Mess' because you're basically just pouring liquid into a silicone muffin mould, layer by layer. So it's not at all fiddly and easy to clean up afterwards. They may not be pretty, but they sure are delicious. This will make around 12 big patties or around 24 mini ones.

INGREDIENTS

For the Chocolate:

- 1 ½ cup cacao butter, broken into small pieces
- ½ cup coconut oil
- ½ cup maple syrup
- 1 cup cacao powder

For the Mint Filling:

- ½ cup cashew butter (or you could soak some cashews overnight and whizz them up to a butter)
- ½ cup coconut oil, melted
- 3 tablespoons rice malt syrup
- 2 tablespoons coconut milk
- 1-2 teaspoons natural peppermint essence

METHOD

First make the chocolate by melting together all the ingredients in a pan over a low heat, stirring.

Then, using roughly half the chocolate liquid, pour a little into the bottom of your muffin moulds.

Pop the muffin tray into the freezer until the chocolate sets. This usually takes anywhere from 5 mins to 30. Set aside the rest of the chocolate for later.

Then make the peppermint filling by blitzing all the ingredients in a food processor until it's nice and smooth.

Pour or spoon this on top of your set chocolate and then put back in the freezer until the filling has hardened too. This will take longer, at least 30 minutes.

When it's set, pour on the rest of the chocolate over the mint cream layer and, you guessed it, back in the freezer until the top layer of chocolate is also set.

Keep them stored in the freezer.

EASY AFTER DINNER DARK CHOCOLATES

These After Dinner Dark Chocolates are a joyous way to end a meal. And they're super rich and dark, which means, in theory, you only need one. In theory, that is. They're easy too and look brilliant when you take them out of the mould, all lovely and glossy. Get them to the table quickly, though, as they start to melt at room temperature, and remember to store them in the freezer.

INGREDIENTS

50g cacao butter (chop it up a little first as it's much slower to melt than coconut oil)
2 tablespoons of coconut oil
2 tablespoons of pure maple syrup
1 cup cacao powder

METHOD

If I'm using a metal mould tray, I started by just rubbing my finger on some coconut oil and then greasing each little chocolate mould with it, so that the chocs come out easily when they're ready. I don't bother if I'm using a silicone chocolate mould, as they just pop out.

Now, get a double boiler/bain marie going on the stove - make sure the bowl doesn't touch the water simmering underneath.

Pop in the cacao butter so it starts to melt then add the coconut oil and the maple syrup.

Stir, stir, stir until it's all melted. (sometimes I add ½ - 1 teaspoon of peppermint too).

Take the bowl off the pan and then add the cacao powder, mixing it well. Then pour/spoon into your moulds. Pop in the freezer to set.

Store in the freezer.

