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Raw chocolate fruit & nut bars

- 250g raw cacao butter - grated
- 40g coconut sugar – ground to a powder in a small electric grinder
- 150g raw cacao powder
- pinch salt
- dried fruit & nuts of your choice – approx. 150g nuts & 50g fruit (see below)

Preparation:

Line 2 baking trays with parchment paper and set aside *[my trays measure 28x23cm & this quantity makes 2 trays of good thickness chocolate]*

Melt the grated cacao butter in a bowl set over a pan of hot water. Make sure you don't get any water in the butter. *[Initially the cacao butter will look a bit weird but once it is fully melted it will be an even, fluid consistency]*

Pour the melted cacao butter into a bowl & add the ground coconut sugar, cacao powder and salt. Stir together until smooth (I use a whisk) & then pour into the jar of a high speed liquidizer. Blitz until fully combined and smooth. *[I blitz mine for 10-15 seconds then scrape down the sides of the liquidizer with a spatula & repeat 3-4 times]* Make sure you scrape the liquidizer clean at the end so you don't waste any of your chocolate!

That's your raw chocolate made.

- If you don't want any fruit or nuts, just pour the chocolate into your lined trays & leave to set in the fridge.
- To make fruit & nut chocolate, simply chop your fruit & nuts and sprinkle onto the chocolate once you've poured it into the trays *[I like to stir mine in with a fork to cover it in chocolate but you could leave it on top if you prefer]*

I use whatever I have in the larder but here are some of my favourite combinations:

- dried mango with pecans
- dried cranberries with almonds
- raisins with flaked almonds
- dried apricots with raw coconut chips
- to add some crunch, roast ½ cup buckwheat in a medium oven for 5-10 mins until golden, allow to cool then add to chocolate mixture with ½ cup raw cacao nibs along with your choice of nuts and/or dried fruit

Place in a fridge to set. Cut into squares and store in an air-tight container in the fridge – best hidden it at the back away from prying eyes!