

Raw Oat Chocolate

Ingredients:

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| 1. Whole Organic Oats: 1 x cup | A |
| 2. Raw Cacao/Carob powder: 2-3 x Tbsp (to taste lighter or darker) | A |
| 3. Raw Butter/Coconut oil: 3 x Tbsp | B |
| 4. Honey: 2-3 x Tbsp (to taste depending on desired sweetness) | B |

Preparation:

1. With a stone mill set to fairly fine, mill the oats to a fine powder.
2. Sift the oat flour if a smooth consistency is desired.
3. Add all the "A" ingredients and mix until a uniform consistency is reached.
4. Melt all the "B" ingredients in a warm bowl placed into another bowl filled with hot water. Note: Do not boil the water as this will damage all the raw enzymes and nutrients.
5. Pour the oat/chocolate powder in the bowl with the molten butter and honey mixture. Mix thoroughly.
6. With a teaspoon, place the chocolate paste in a silicone ice cube holder, compacting and flattening it.
7. Cool down in the deep freeze for 30 minutes and remove.
8. Keep the chocolates in the deep freeze it preserves and keep better.

Enjoy it &



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