

Go Natural's 3-in-1 anti-aging snack

Why this recipe?

Reason No 1

Cacao nibs are known to have exceptional magnesium content and antioxidant value. These antioxidants are proven to help slow down free radical damage and its effects on the body. Magnesium is the number one mineral that assists and supports healthy heart functioning.

Reason No 2

Chia and flax seeds are a fantastic source of essential fatty acids, fibre and more antioxidants. All these oils and nutrients are essential for a healthy skin, a healthy central nervous system and a happy heart.

Reason No 3

Sesame seeds are a powerhouse of organic minerals, especially calcium, and are an alkaline food that supports bone and general health.

Reason No 4

If **maca**, the ancient Peruvian super food, is used, there is an additional benefit as maca is known to boost your energy, strength and endurance levels.

Ingredients

- 1 tbsp cacao nibs
- 1-2 tsp cacao powder (optional for a darker and creamier blend)
- 1 tsp sesame seeds
- 1 tsp chia seeds
- 1 tsp flax seeds
- 1 tsp mesquite or maca powder (our favourite is mesquite)
- 1 tsp raw honey
- ½ tbsp coconut oil

Preparation

1. Grind the cacao nibs, sesame, chia and flax seeds together in a coffee grinder or Personal Blender. I add the maca or mesquite powder as it helps to prevent clogging of the ground oily seeds.
2. Pour the ground seeds into a small round glass bowl.
3. Add the honey and coconut oil and mix thoroughly with a fork. The mixture will turn into a uniform chocolate mousse.
4. Enjoy with a teaspoon in the presence of your loved ones.

Serves 1 person.

This recipe is designed per person; simply multiply the ingredients by the number of people you want to treat and boost.

Enjoy it &



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