

# **Raw Oat Chocolate**

## **Ingredients:**

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

## **Preparation:**

1. With a stone mill set to fairly fine, mill the oats to a fine powder.
2. Add the oat flour and cacao powder and mix until a uniform consistency is reached.
3. Melt the coconut oil and honey in a double boiler.

Note: Do not boil the water as this will damage all the raw enzymes and nutrients.

4. Add all the ingredients and mix thoroughly.
5. With a teaspoon, place the chocolate paste in a silicone ice cube holder, compacting and flattening it, or pour the chocolate mousse in baking tray with a layer of waxed paper, and pre-cut it with an egg-lifter.
6. Cool down in the deep freeze for 30 minutes and remove or break it into blocks.
7. Keep the chocolates in the deep freeze as it preserves and lasts longer.

Enjoy it &



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