NuTrishUs Chocolate

E-Book

ThriveWithTrish.com

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ALL ABOUT RAW CACAO

In its most natural form, raw cacao is the highest source of antioxidants than any other food (40 times more than blueberries). Antioxidants keep your immune system strong and help your body look and feel younger as you get older. It contains nutrients that increase levels of serotonin and tryptophan (feel-good hormones) and it has the highest plant-based source of iron, (7.3 mg per 100 grams versus 2.5mg per 100 grams of beef or lamb). These are two reasons why women crave chocolate right before menstruation. The high magnesium content in raw cacao maintains healthy nerve and muscle function, rebuilds bone, aids in enzyme production to improve digestion, improves sleep, and helps turn food into energy for better brain functioning and mental clarity.

Raw Cacao is the Ultimate Superfood!

FUN FACT

To get the full health benefits of raw cacao, you need to buy at least 70% dark chocolate.

NUTRISHUS CHOCOLATE SAUCE

Makes 4 cups

- 1/2 cup coconut oil
- 1/2 cup maple syrup
- 1/2 cup raw cacao powder
- 1/2 cup. unsweetened Sunbutter

1. Place all ingredients in a pot on low heat and whisk continuously until well combined and creamy.
2. Use as you wish. Generously.
3. Be creative with how you use it and promise it will bring you so much **JOY**!

This is basically an all-purpose chocolate sauce that can be used for **ANYTHING**! From fruit to waffles and pancakes to cake frosting to Nice Cream syrup to hot chocolate.

BONUS NUTRISHUS HOT CHOCOLATE RECIPE

Heat a cup of coconut milk, add a 1/4 cup of NuTrishUs Chocolate Sauce, mix well, froth with an immersion blender, and add a little extra cacao and/or cinnamon on top.

FUN FACT

This can be refrigerated for 2 weeks but it will have to be reheated because the coconut oil will cause it to solidify.

ALL ABOUT HEALTHY FATS

Did you know that your brain is composed of 60% fat? YUP! **Fat is the new superfood so don't be afraid of it.** Healthy fat is integral for your body's optimal functioning and healing. Healthy fats help to reduce the effects of anxiety, depression, and ADD/ADHD. They are vital for smooth communication of your entire nervous system and they aid in the prevention of degenerative neurological diseases like MS, dementia, and Alzheimer's.

One morning my boys asked for chocolate milkshakes for breakfast. I wanted to give them something that included a lot of nutritional goodness that would nourish their bodies AND their brains. TA-DA! The Brain-Boosting Chocolate Smoothie is born. This beautiful smoothie has protein to sustain energy, potassium and magnesium for strong bones and muscles, and healthy fats for a healthy brain.

BRAIN-BOOSTING CHOCOLATE SMOOTHIE

Makes 1 Large Serving

- 1 1/2 cups unsweetened, non-dairy milk of your choice (almond, coconut, cashew, oat, etc.)
- ·1 ripe frozen banana
- ·1 tbsp. unsweetened almond butter
- ·1/4-1/2 of an avocado
- ·1/4 cup hemp hearts
- ·1 tsp. cinnamon
- ·1 tbsp. raw cacao powder
- ·1 tbsp. coconut oil
- 1 tbsp. sunflower seed butter (other types of nut butter work too!)

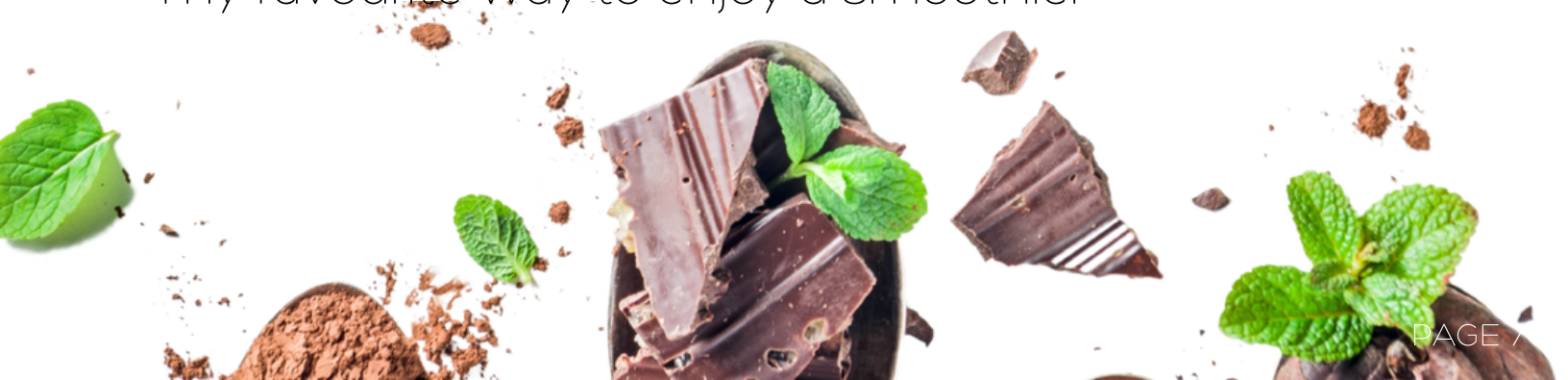
Add all ingredients to a high-speed blender like a Vitamix, blend until smooth and creamy. ENJOY!

SMOOTHIE TIPS

- You can easily double this recipe to make two servings! This goes for any smoothie recipe.
- Make sure to **chew your smoothie** to activate the enzymes in your saliva and signal your brain to start the digestion process. At least 10 chews per sip.
- Bananas have the most nutritional value and are the sweetest when they are fully ripe which makes them perfect for naturally sweetening smoothies. Look for bananas that are all yellow with some brown spots.

RECOMMENDATION

- Buy an extra bunch of bananas for freezing. Let them fully ripen, peel them and break them into 4 or 5 small pieces. Then place them in a freezer bag or freezer-safe container and place them in the freezer. This will ensure you always have frozen bananas on hand. They also make smoothies cold & creamy which is my favourite way to enjoy a smoothie!



ALL ABOUT CHIA

Chia is one of the best plant-based sources of omega-3, essential fatty acids which are absolutely necessary for brain health and gut health. These omega-3's also protect your heart, thyroid gland, and your skin.

Chia also has cancer-fighting benefits which prevent the replication of cancer cells and reduce the risk of hormone-related cancers in both men and women.

CHIA SEEDS CONTAIN

- 2 times the protein of any other seed or grain
- 5 times the calcium of milk
- 2 times the amount of potassium as bananas
- 3 times more iron than spinach

CHIA FACT

Chia seeds absorb a lot of liquid, so allow the seeds to fully absorb the liquid prior to consuming, otherwise, it will absorb the water in your body which can cause dehydration! If you use them in a smoothie, add extra liquid and allow it to sit for 20 minutes before consumption!

CHOCOLATE CHIA PUDDING

Makes 1 Serving

- 1/4 cup chia seeds
- 1/2 tsp. cinnamon
- 1 tbsp. raw cacao
- 1 tbsp. maple syrup
- 1 cup unsweetened coconut milk (or other dairy-free milk)

OPTIONAL TOPPINGS

- fresh berries
- raw nuts and/or seeds
- goji berries
- bee pollen
- hemp hearts

1. Mix all ingredients well and sit for 10 minutes.
2. Mix again and refrigerate in an air-tight glass container overnight. If you want to consume on the same day (which is what usually happens to me), let it sit for a minimum of 20 minutes to absorb all liquid.
3. Add any optional toppings if desired

RECIPE TIP

This is a great make-ahead recipe. It will keep in the fridge for 3-4 days. It is perfect to make at night and eat in the morning or as a grab & go snack.

SUN BUTTER CUPS

Makes 12 Cups

Obsessed with Reese peanut butter cups? I was too. Now I am obsessed with these! If you are feeling sick of almond & peanut butter, try sunflower seed butter for some newness in your life. These can be made with any nut or seed butter, so let yourself get creative!

- 1 cup of NuTrishUs Chocolate Sauce
- 1/2 cup unsweetened sunflower seed butter
- pinch of sea salt

1. Line a muffin tin with paper or silicone baking cups.
2. Pour 1 tablespoon of NuTrishUs Chocolate Sauce into the bottom of each one.
3. Place in the freezer for 15 minutes until the chocolate is hardened.
4. Remove from freezer and pour 1 tablespoon of sunflower butter into each cup & sprinkle with a pinch of sea salt.
5. Pour another tablespoon (or more) of the chocolate sauce over top of each cup & place back in the freezer for 30 minutes to fully harden.
6. Remove from the freezer and eat as many at you want! Or keep them in the freezer until your next chocolate craving.

ALL ABOUT HAZELNUTS

So let me tell y'all a little about the star of the show...
HAZELNUTS!

HAZELNUTS CONTAIN

- EFAs --> vital for brain health & combats depression
- Antioxidants --> helps to fight cancer
- Vitamin E --> promotes healthy skin and nails
- Magnesium --> supports the nervous system to help reduce stress and anxiety
- B vitamins --> improve energy levels

Hazelnuts for the Win!

FUN FACT

There's nothing I love more than a quick and easy dessert that doesn't involve baking and is full of chocolate! You can replace the hazelnuts in the next recipe with any other nut of your choice and they will still be super yummy but in my opinion, hazelnuts are what take these to the next level.

NUTRISHUS HAZELNUT BLISS BALLS

Makes approx. 24 Balls

- 1/2 cup pitted dates
- 1/2 cup hazelnuts
- ·1 tbsp. raw cacao powder
- ·1 tsp. cinnamon
- ·1 tbsp. hemp hearts
- ·2 tbsp. coconut oil
- ·1/2 cup unsweetened shredded coconut (or almond flour)

1. Mix all ingredients, except coconut, in a food processor until they form a sticky dough.
2. Refrigerate the dough for an hour (if you have time). This will make it easier to handle.
3. Roll teaspoon-sized portions into balls with the palms of your hand.
4. Place the shredded coconut in a shallow bowl and roll each ball in it to coat the outside.

RECIPE TIP

Keep refrigerated in a sealed airtight container for up to 5 days... but trust me they won't last that long

CHOCOLATE BANANA NICE CREAM

Makes 2 Servings

This is called Nice Cream because it is way nicer to your body than regular ice cream (no dairy in this recipe), it is so easy to make AND because it is a decadent treat that is NuTrishUs for your body.

- 3 overripe frozen bananas
- 1/2 cup unsweetened almond or coconut milk
- 1/2 tsp cinnamon
- 1 tbsp. raw cacao powder

Blend in a high-speed blender like a Vitamix until smooth and creamy. This is going to be THICK, so you will need to use some elbow grease!

Have Questions?

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Thank You!