

# *A Slice of Raw Chocolate Indulgence*



No bake indulgent chocolate slices and pies  
Free of sugar, gluten and dairy

**Raw Food & Joyful Eating with Tansy**

**[www.withtansy.com](http://www.withtansy.com)**

---

## Introducing you to indulgent raw desserts

Indulgent desserts, I believe, are the best introduction to raw foods. Desserts are a great place to start as they are where our worst offenders hide, such as refined sugar, refined carbohydrates, gluten and dairy. We know these ingredients aren't great for our health or weight, that they are just empty calories. Yet our urge for a sweet, chocolatey, creamy dessert outweighs our desire for health. With raw food desserts you don't ever have to miss out again, and can improve your health at the same time! You can literally have your cake and eat it too.

These recipes are not everyday foods, which is the approach I take with my workshops and raw food program, but are recipes that will convince even the most sceptical that raw foods can be delicious. I hope through trying these recipes and introducing them to others, it increases your curiosity into raw foods. The intention in all my work is to inspire people to eat more raw foods. If you only ever make the shift to raw indulgent desserts you will have made a huge shift in your health. Your body will thank you. You may notice a change in your hunger levels, your cravings, your blood sugar energy spikes or mood. You will become more aware of how your body responds to foods, particularly sugar, and you may find yourself making a natural shift in the way you eat.

You may notice differences in your health and mood, but you will soon realise how surprisingly simple and quick raw desserts are to make. There is no waiting for a recipe to cook in the oven. No uncertainty if it is going to taste great or be too dry when it's cooked. You can taste recipes as you are preparing them and easily adjust to your liking.

I have developed these recipes so they are incredibly easy, using the one base and one topping for all recipes. Very soon you will become a master of these recipes and it will just be a matter of deciding which filling you'd like or whether to make a chocolate slice or pie – oh life is so tough!



*Treat your taste buds  
& your body*

**Disclaimer:** In no way does this e-book constitute medical advice. If you suffer from a medical condition or have a medical reason for not eating sugar, gluten or dairy, please consult your health professional for the best dietary protocol. NB. The recipes in this book are not suitable for people with nut allergies.

---

## Why Chocolate?

Chocolate is synonymous with love, relaxation and indulgence. Yet our love of chocolate runs deeper than pure pleasure. Chocolate actually supports our heart, relaxes our muscles<sup>1</sup> and releases the same chemicals<sup>2</sup> in the body that are released when we are in love or tenderly touched.



The benefits of chocolate come from the raw cacao (pronounced “ka-cow”) bean. The cacao tree originates in the Amazonian jungle and was known as ‘food of the gods’ due to its taste and health benefits. Raw cacao powder is cold pressed and unprocessed – as nature intended.

Unfortunately much of the commercial chocolate available is not so loving on our bodies. Much of it is filled with nutrient depleting refined sugars, homogenised vegetable fats, pasteurised and powdered milk, and in some cases artificial flavours and colours. Commercial chocolate (coco or cocoa), may have some of the same affects as the raw cacao bean, yet they are nutritionally depleting, leaving our bodies feeling empty and looking for more nourishment; which generally translates to more chocolate! This leads to feelings of guilt and shame – dissolving what feelings of love and satisfaction you may have felt.

With raw chocolate you can enjoy chocolate without the guilt and all the love. Raw chocolate is becoming more and more accessible to buy, yet is so easy to make yourself and is delicious when made fresh and adjusted to your own chocolate loving taste buds. Raw chocolate is so much easier to make than purchasing a pre-made chocolate bar and melting it down to make a chocolate slice or cake. So the recipes in this book will not only save you time, but may save your health.

Some people are concerned with calories and fat content of chocolate. The recipes in this book are indulgent, and not everyday foods. However, because they are wholefoods that our body easily recognises, are dense in nutrients and super rich, we can satisfy our chocolate urges with far less than conventional chocolate. With time you find yourself eating less and having less cravings, and being more in tune with your body’s signals. With this increased body awareness comes proper nourishment and lower likelihood of overindulgence.

---

<sup>1</sup> due to the high magnesium content

<sup>2</sup> chocolate can affect the brain and body by:

- increasing levels of **endorphins** released into the brain, which work to lessen pain and decrease stress
- releasing neurotransmitters **serotonin** that has an anti-depressant response in the brain
- releasing neurotransmitters **phenylethylamine** (‘chocolate amphetamine’ or ‘love drug’) that leads to feelings of excitement and alertness by creating changes in blood pressure and blood-sugar levels
- creating feelings of wellbeing due to the lipid **anandamide** that causes the production of dopamine
- increasing alertness due **theobromine** that acts as a stimulant similar to caffeine

---

## Getting started making raw chocolate slices and pies

These recipes are super easy to make and I have kept it simple by providing only one recipe for the base and topping for all slices and pies.

Most of the ingredients required for the recipes in this book can be stored in the pantry or fridge at all times. I suggest that you stock up on at least the base and topping ingredients and then choose the filling recipe as the mood strikes. The basic ingredients to have in kitchen at all times are:

- cacao powder
- coconut oil
- agave nectar or maple syrup
- nuts
- desiccated coconut
- medjool dates
- vanilla extract
- lemons

All of the recipes in this book can be made with either a:

- high-powered blender;
- food processor; or
- Thermomix

As I have a Thermomix I have made specific instructions for Thermomix, whilst you may have to experiment a little with the settings on your blender or food processor to get the same results.

### Substitute with carob

If you find that chocolate gives you too much of a lift, substitute the cacao powder with carob powder. You may have to reduce the amounts of sweeteners added as carob powder is less bitter than cacao.





## Base

1 cup desiccated or shredded coconut (50g)  
1 cup nuts of your choice<sup>3</sup> (110g)  
6 pitted medjool dates<sup>4</sup>  
1 tablespoon lemon juice  
1 teaspoon vanilla extract  
2 teaspoons filtered water (more if required)  
Pinch Himalayan or sea salt

Chocolate base: add ¼ cup (20g) raw cacao powder

Process all ingredients in a food processor adding additional water if it does not stick together (test this by pressing the mixture between your fingers). Process in Thermomix on speed 6 for 10 seconds, add more water if necessary and combine for a few more seconds. Be careful not to add too much water or it will be too soft and sticky.

If you want a smooth pastry, grind the nuts and coconut to achieve a flour type consistency before adding and combining the other ingredients.

Line a 20cm x 20cm pan or 20cm round flan dish with baking paper or cling wrap and press mixture into the base only or up the sides of the dish for a pie.

## Chocolate Sauce

½ cup coconut oil (100g)  
½ cup cacao powder (50g)  
½ cup agave nectar or maple syrup (50g)

Melt coconut oil (in Thermomix at 37°C or in bowl submersed in hot water) and then combine with cacao powder and agave nectar. Adjust sweetness if necessary.

Other serving suggestions:

Use as a dipping sauce for strawberries, figs, pears, orange segments or other fruits



Pour over other raw desserts such as raw ice cream or a banana split



<sup>3</sup> Brazil nuts, almonds, walnuts, pecans, hazelnuts

<sup>4</sup> If your medjool dates are particularly dry, or your food processor is not extremely powerful you may need to soak them in filtered water for up to 20 minutes

---

### Everyday Chocolate Slice

Double batch of the base recipe (with cacao power)

½ cup goji berries (45g)

½ cup cranberries (45g)

Combine the goji berries and cranberries into the base recipe and press into a square dish, as per base instructions. Or you can choose to roll into balls instead.



### Chocolate brownie

Double batch of the base recipe (with cacao power)

One batch of chocolate sauce

Pour chocolate sauce over the base and refrigerate until firm. Cut into squares. Serve straight from the fridge.



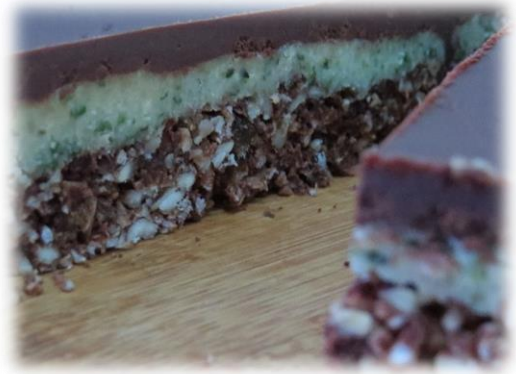
---

### Chocolate Mint Slice

One batch of base (with cacao powder)  
One batch of chocolate sauce

#### Mint Filling

1 cup cashews (130g)  
 $\frac{3}{4}$  cup cacao butter, melted (25g)  
 $\frac{1}{4}$  cup agave nectar or maple syrup (25g)  
 $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{2}$  cup tightly packed mint (10g)  
1 drop mint essential oils (more to taste)



Grind the cashews in a coffee grinder, food processor or Thermomix (speed 7 for 5 seconds), until achieve a flour type consistency. Then blend all ingredients in food processor or high-speed blender until smooth and pour over the base. Place in the fridge to firm-up.

Once firm, pour the chocolate sauce over the filling. Return to the fridge to set for approximately two hours, overnight is best.

Cut into small squares. Store in fridge in an airtight container. Serve straight from the fridge.

### Caramel Slice

One batch of based (omit cacao powder)  
One batch of chocolate sauce

#### Caramel Filling

1 cup raw tahini (120g)  
1 cup maple syrup (250g)  
 $\frac{1}{3}$  cup coconut oil, melted (30g)

Combine all the filling ingredients in a mixing bowl or food processor to ensure no lumps (Thermomix speed 5 for 5-8 seconds). Pour the filling over the base and spread with the back of a spoon. Place in the fridge for two hours to set. Then pour the chocolate sauce over the filling. Return to the fridge to set for another two hours, overnight is best.



Cut into small squares. Store in fridge in an airtight container. Serve straight from the fridge.





### **Goji Ripe Slice**

One batch of base (with cacao powder)

One batch of chocolate sauce

#### **Goji Filling**

1 cup goji berries (soaked in water for 1 hr)

$\frac{1}{3}$  cup coconut oil, melted (30g)

1  $\frac{1}{2}$  cup dried cranberries (165g)

$\frac{1}{2}$  cup desiccated coconut (35g)

Pre-soak the goji berries and drain the soak water (this may be used as a base for smoothies or as a tea). Combine the soaked goji berries, cranberries, desiccated coconut and coconut oil in food processor until finely chopped and crumbly. Add filtered water if needed. Pour the filling over the base and spread with the back of a spoon. Place in the fridge for two hours to set. Then pour the chocolate sauce over the filling. Return to the fridge to set for another two hours, overnight is best.

Cut into small squares. Store in fridge in an airtight container. Serve straight from the fridge.



**Goji berries** are a powerful antioxidant that contains eighteen kinds of amino acids, more beta carotene than carrots, and five hundred times the amount of vitamin C by weight than oranges. Goji berries can help with:

- strengthening immune system
- lowering cholesterol
- burning body fat



## Chocolate Mousse

- 1 tablespoon coconut oil, melted
- ½ cup pitted medjool dates (5 dates or 85g)<sup>5</sup>
- ⅓ cup agave nectar or maple syrup (75g)
- 1 ½ cups avocado (~2 avocados)
- ⅓ cup raw cacao powder (25g)
- 1 tablespoon vanilla extract

Melt the coconut oil (in Thermomix at 37°C or in bowl submersed in hot water), then combine other ingredients in Thermomix/food processor and process until smooth (Thermomix speed 4, 10 seconds). Stop occasionally to scrape down the sides.

Stored in a sealed container in the refrigerator it will keep for 5 days or you can store in freezer (simply let it defrost for 10 minutes before consuming).

When freshly made, the mousse will have a milk chocolate colouration, however once stored in the fridge or freezer it will change to a dark chocolate colour.

Serving suggestions:

**Straight up!** Place in small bowls, ramekins or coffee cups and chill for 2 hours before serving



**Top it** with berries of your choice or desiccated coconut or orange, lemon or lime rind



### Flavour it

#### Orange

- 2 tablespoons orange juice
- 1 teaspoon orange rind

#### Mint

- 1 drop mint oil

#### Cinnamon

- 1 teaspoon cinnamon or 1 drop cinnamon oil

**Parfait** with fruits or fruit creams



<sup>5</sup> Medjool dates may require soaking if they are particularly dry or depending on the performance of your food processor.

## Chocolate Cream Pie

One batch of base (with cacao powder)  
Double batch of chocolate mousse

Press base mixture into a pie or tart tin and then fill with the chocolate mousse.

Serving suggestions:



Put a layer of sliced **banana** over the base beneath the chocolate mouse.



Top with fresh berries or berry sauce.

### Berry Sauce

1 cup berries of choice<sup>6</sup>

1 teaspoon lemon juice (optional)

Blend  $\frac{1}{2}$  cup of the berries with the lemon juice. Then mix through the other  $\frac{1}{2}$  cup of whole berries.



Serve with raw vanilla or banana **ice-cream**<sup>7</sup>.

<sup>6</sup>choose a tart berry that will provide a contrast in colour and flavour such as raspberries, strawberries, blackberries.

<sup>7</sup> go to [www.withtansy.com](http://www.withtansy.com) for ice-cream recipe.

---

## Slice and pie storage

The recipes in this booklet will store in the fridge for up to five days or in the freezer for 3 months. Freezing is fine because the high fat content of the slices will reducing rupturing of the cell walls during freezing.

## Using essential oils

Essential oils are a great way to flavour your chocolate sauce or mousse. Imagine ice cream with crackling chocolate mint topping!!

When choosing an essential oil ensure that it is food grade. The best place to find essential oils is the health food store. The most common oils you will find are peppermint and orange. Essential oils add more than a flavour, but have health benefits. If you wish to get more adventurous with using essential oils or would like to make chocolate slices with health benefits you may wish to explore other essential oils. I personally recommend Young Living oils due the impeccable standard of production. To find out more visit [www.youngliving.com.au](http://www.youngliving.com.au) or email me [withtansy@gmail.com](mailto:withtansy@gmail.com)



Oils that taste divine with chocolate are:

- Cinnamon
- Ginger
- Lemon
- Lime
- Orange
- Peppermint
- Spearmint





---

## About Tansy

Tansy is passionate about raw foods. She loves that raw foods are not only good for you, but enable you to enjoy all the foods you love without the guilt often associated with indulging.

Her philosophy is that incorporating more raw foods into your diet is better than not at all, and for this reason she focuses on the steps you can take to make this transition and find the right percentage of raw food that suits your lifestyle and body.

Tansy's normal approach to raw food is to make it as simple, quick and delicious as possible so that it is not a struggle to make a transition into raw foods. The recipes in this e-book are not her everyday raw foods, but are delicious desserts she has made over the years to show others that eating raw food is not eating lettuce and carrots. If you have tried any of these recipes yet, you will now know that this is not boring rabbit food, but a slice of indulgence!



Tansy currently offers raw food workshops throughout South East Queensland and at special request elsewhere throughout Australia. At present she is developing a *Raw Food Program* to help people incorporate more raw foods into their everyday diet, or use raw foods as a short term detox.

If you enjoyed the recipes in this book, head to [www.withtansy.com](http://www.withtansy.com) for more recipes and resources. Make sure to sign up for her newsletter to receive other free resources and be the first to know about additional offers and workshops.

Recipes are also regularly posted on the Facebook page Raw Food & Joyful Eating with Tansy.

---

**w** [www.withtansy.com](http://www.withtansy.com)  
**e** withtansy.com  
**p** 0427 608 843



Raw Food & Joyful Eating with  
Tansy