

HEALTH BY CHOCOLATE

RADICAL NEW RECIPES

**From temptation...to sensation...to salvation.
Turn up your taste buds, tune up your heart,
transform your mind and tease your libido
with these delightful healthy chocolate recipes!**

SECTION #1 - Chocolate Tonics & Beverages, Smoothies & Icy Treats - pg. 35

Calming Chocolate Tonic

Creamy Cashew Chocolate Milk or Frosty

Malted Calci-yum Rich Chocolate Smoothie

Nutty Chocolate Banana Buds

Natural Ice Cream

Chocolate Cherry Fountain Drink

Knickerbocker Glory Parfait

SECTION #2 - Puddings & Pies, Sauces & Spreads - pg. 51

Instant Chocolate Pudding or Pie Filling

Quick Creamy Chocolate Avocado Custard

Rich Chocolate Mousse

Nutty-Ella Chocolate Spread

Orange Chocolate Meltdown Fondue or Dipping Sauce

Pineapple Banana Pecan Divinity

Baked Strawberry Puddles

Raspberry Crème Cups

Passion in a Pan

SECTION #3 - Fillings, Frostings, Glazes & Syrup - pg. 71

Juicy Fruit Glaze/Sauce

Simple Chocolate Syrup

Cashew Coconut Cream

Chocolate Crème Frosting

Caramel Frosting

Silky Whipped Creamy Topping

Tofu Maple Cake Icing

SECTION #4 - Cakes & Cookies, Bars & Bonbons - pg. 75

Sweet-More Bars

Dark Chocolate Macaroons

Cocoa Millet Chews

Macadamia Nut Truffles

No-Bake Chocolate Drops

Crunchy Munchie Chocolate Chip Cookies

Raspberry Chocolate Oat Bars

Healthy Turtle Bonbons

Triple Omega Energy Balls

Sesame Ginger Black Ball Bliss

Coconut Almond Joy Bars

Chocolate Cheezecake

Chocolate Ginger Pecan Pie

Double Double Chocolate Fudge Brownies

Black Forest Cherry Torte

Cranberry Nut Chocolate Chip Muffins

Spicy Chocolate Gingerbread Cake

Orange Chocolate Cake with Zesty Crème Frosting

Celebration Mandala

In response to the growing numbers of people who have food allergies or food sensitivities, the following symbols have been included in each recipe to allow for easy identification. ALL recipes in HEALTH by CHOCOLATE are Egg and Dairy Free.

SYMBOLS

The symbols on each recipe page identify the following:

The “V” on the end means Variation (eg. GFV =gluten free variation)

GF = gluten free

WF = wheat free

NF = nut free

SF = soy free

RW = raw (or mostly raw food) ingredients

Note: Always check the ingredient list of melting chocolate: (chocolate chips, bars, drops, chunked, or shaved chocolate) for soy lecithin (soy), or nut oils (nuts), or grain sweeteners (gluten), if you have a severe allergy or celiac disease.

Caution: Always use your own judgement when preparing these recipes if allergies are a concern. Symbols are provided as a guideline for easy access, and while great care was taken with the symbol labeling, the author is not responsible for any error that may have occurred. Some of these recipes contain nuts, which can be potential allergens. Advise people to whom you serve them that they contain nuts, as they may be unsuspecting due to the creamy nature of some of the recipes.