

DID YOU KNOW?

Cashews have the lowest fat content of the nut family, and are a good source of many minerals and B vitamins. They are good for muscles and nerves. They spoil quickly, so keep refrigerated.



Tester Comments

“So easy to make and so refreshing.”

“The espresso variation is yummy.”

“Scrumptious, my favourite. Tastes very much like a frosty.”

CREAMY CASHEW CHOCOLATE MILK

More nutritious than commercially pasteurized milks and beverages; nut milks retain their enzymes providing “sparkplug energy”. This family favourite is full of chocolatey richness. You can strain the cashew bits from this recipe or leave them in, creating a funky drink that reminds me of a “bubble tea” concept.

Makes: 3-4 servings

1 cup (250 ml) **raw cashews**
4 Tbsp (60 ml) **maple syrup**
3 Tbsp (45 ml) **cocoa powder**
2½ cups (625 ml) **water** (1 + 1½ cups)

Place cashews, syrup and cocoa powder in a tall glass jar with approximately 1 cup water. Blend well with a hand blender until smooth and creamy, or put ingredients in a blender and process until smooth and creamy.

Add the remaining water and blend well.

Note: If you wish to strain the cashew bits, pour milk through a straining bag or cheesecloth-lined strainer (unnecessary if you like a bit of chewiness in the bottom of your glass).

Serve over ice cubes or refrigerate before serving. Will keep for 2-3 days.

VARIATION

- ▶ **CREAMY CASHEW CHOCOLATE FROSTY**
Using the recipe above add 2 cups (500 ml) ice cubes or for a creamier version, use 2 cups (500 ml) of frozen banana instead of, or as well as, ice cubes. Blend until frosty.
- ▶ **ESPRESSO**
Add 1 tsp (5 ml) ground instant coffee granules.
- ▶ **CHOCOLATE CHAI**
Mix in equal quantities with chai concentrate or sweetened spicy chai tea.

Chocolate is cheaper than therapy,
and you don't need an appointment.

DID YOU KNOW?

Chocolate has long been considered an aphrodisiac, however there is no conclusive scientific evidence. Interestingly, according to a 2006 Redbook survey, 70% of women prefer chocolate over sex. (Globe & Mail, Feb.10th 2007)



Tester Comments

"Wow...this is toooooo good to be true!"

"Oooww yeah!"

"Everything to be loved in this decadent, divine, orgasmic, experience."

PASSION IN A PAN

Yes...this is the healthy version of another popular recipe...and there's nothing less decadent about it. Enjoy the "out of this world" experience, while benefiting from a lot less calories!

Makes: One 9"x 14" cake

Fruit bottom:

3-4 cups

(750-1000 ml)

fresh peaches or strawberries, sliced

(or 2-14 oz cans peaches or pineapple tidbits - reserve juice)

Cake Batter:

1 cup (250 ml)

½ cup (125 ml)

½ tsp (2 ml)

½ tsp (2 ml)

½ tsp (2 ml)

½ cup (75 ml)

whole grain pastry flour

raw sugar (eg. Sucanat™)

baking powder

baking soda

salt

olive oil or melted coconut oil

pure vanilla

1 tsp (5 ml)

¾ cup (150 ml)

fruit juice (or reserved juice from canned fruit)

1 cup (250 ml)

pecans, chopped

pudding:

One of the following pudding recipes - Section 2:

- ▶ **RICH CHOCOLATE MOUSSE**
- ▶ **INSTANT CHOCOLATE PUDDING**
- ▶ **QUICK CREAMY AVOCADO CUSTARD**

Preheat oven to 375°F. Grease the bottom and sides of a 9" x 14" pan. Pour the fruit evenly over the bottom of the pan.

In a large bowl, measure the dry ingredients and stir together. Make a well in the middle and add wet ingredients into the center. Mix until all dry ingredients are moist. Fold in chopped nuts.

Spread the batter evenly over the fruit. Bake for 18-20 minutes until golden brown on top. Cool completely.

Make one of the pudding recipes from Section 2 choices.

Note: RICH CHOCOLATE MOUSSE should be made in advance and allowed to cool completely before spreading on cake, whereas the other two can be made and immediately spread over cooled cake. All are delicious, however Chocolate Mousse is the "richest" (and most decadent) of the three choices.

Spread a thick layer of pudding over cooled cake and decorate, if desired with a layer of dried coconut, fresh strawberries or raspberries, more peaches or any other fruit of your choice, or chopped pieces of a chocolate bar.

VARIATION

- ▶ For an even more decadent dessert, you can also add a layer of SILKY WHIPPED CREAMY TOPPING - Section 2 or commercially purchased Whipped Soy Topping

Chocolate flows in deep dark, sweet waves,
a river to ignite my mind and alert my senses.

DID YOU KNOW?

Raw nuts and dried fruit provide a host of food enzymes, and with ginger as a digestive aid, this healthful “pie-cake” can be enjoyed for celebrations or whenever you want a healthy and decadent treat.



Tester Comments

“This recipe was so simple I read the directions twice to make sure I wasn't missing anything.”

“This was really fast and easy...only 10 minutes. It took me longer to find my cheesecake pan than to prepare it.”

“Great when company drops over, or you need a special dessert fast.”

“This was delicious with tea, not overly sweet.”

CHOCOLATE GINGER PECAN PIE

The ginger version of this is my favourite, but it is great with or without. We get the benefit of the natural sweetness, healthy fat and enzymes in the raw nuts and fruit with enough chocolate to satisfy that desire too.

Makes: 12 pieces

2¼ cups (560 ml)	pecans (reserve ¼ cup whole pecans for garnish)
2 cups (500 ml)	pitted dates (or 1 cup (250 ml) dates and 1 cup (250 ml) raisins)
½ - ¼ cup (125-175 ml)	chocolate chips or carob chips, melted
4-6	large strawberries, sliced (optional)
1-2 Tbsp (15-30 ml)	candied ginger, chopped

In a food processor, grind pecan and date mixture until they form a dough-like mass.

Helpful Hint: Prior to patting the dough mixture into the pan, sprinkle some ground nuts or oat flakes under the pie for easier removal.

Press into a cheesecake pan, pie pan or form with your hands (quickest way) onto a decorative plate.

Melt chocolate - See rules in section ABOUT RECIPES. Mix in the chopped candied ginger or sprinkle over top of pie to decorate. Spread onto pie cake with a knife or the back of a spoon.

Decorate with reserved pecans and fresh strawberries, if desired.

VARIATION

- ▶ Add ½ cup (125 ml) coconut to dough mixture.
- ▶ Substitute dates with other dried fruits.
- ▶ CARMEL PECAN PIE - To make a crust press the basic pie recipe into the bottom of two small or one large pie pan(s). Fill with a layer of CARMEL FROSTING - Section 3 and lay the whole pecans on top.
- ▶ Ginger can be eliminated.

Nine out of ten people like chocolate.

The tenth person always lies...

~John Tullius (1953-)