

Christmas Chocolate Cubes

This recipe calls for good quality powdered chocolate. I use raw cacao powder but if you don't have any, just use the best quality organic cocoa powder you can get.



Raw Cacao vs cocoa powder - Inside a cocoa bean is the 'nib'. The nib is what we eat. Cocoa Powder is made by grinding down the nibs of dried and roasted cocoa beans. Raw Cacao is made by cold-pressing raw cocoa beans. This process keeps the living enzymes in the cocoa. Always choose raw cacao over cocoa powder where possible.

To make approx. 8 cubes of this chocolate you'll need;

- 2 tbsp. coconut oil
- 2 tbsp. raw cacao
- 3 tbsp. dried cranberries
- 1 tbsp. pecans, chopped
- 1 tbsp or mixed nuts for sprinkling over – I used almond slivers and coconut

Melt the oil for 30 secs then turn off the heat. Mix in the raw cacao and make sure it's all mixed in well. Add in the cranberries and chopped pecans and again mix really well.

Pour the chocolate mix into ice cubes trays and sprinkle over with some coconut and almond slivers. Press them down slightly just into the chocolate but so that they're still showing.

Place the trays into the fridge for 90 mins before popping them out. Keep the chocolate squares in a container in the fridge until you're ready for them as they will melt a little in room temperature.

When you feel the need for a little chocolate fix, nip to the fridge and grab a square of this. The bitter chocolate mixed with the sweetness of the cranberries should hit the spot.

See, you CAN be healthy at Xmas!!!! 😊