

CAREFREE CANDIES

*Your Guide to Healthy
Homemade Indulgences*



**EASY MAKEOVERS OF YOUR CANDY SHOP
FAVORITES INCLUDING DELICIOUS BARKS,
BRITTLES, TOFFEES, TRUFFLES, FUDGES & MORE!**

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CAREFREE CANDIES™

Your Guide to Healthy, Homemade Indulgences

By Kelley Herring & the Editors of Healing Gourmet®

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You're reading this book because you're a candy lover. *Who isn't, right?*

In fact, even supermodels, elite athletes and health gurus snack on a Snickers® or have a Twix® fix every once in a while. Just check the tabloids!

But we ALL know how bad candy is for our health.

It's loaded with sugar. It's made with unhealthy fats (including the heart-stopping trans fat). And it's typically riddled with preservatives, artificial colors, fake flavors and other "chemical" ingredients. Not to mention that most candy provides no real nutrients.

The good news is that you can make candy that is rich in healthy fats, high in protein and low in sugar. In fact, the candies you're going to learn how to make in this book are not just "not bad for you"... they are really good for you.



And you can easily make them right in your own home!

As you'll see, these sweet treats taste just as good (if not better) than the ones that tempt you in the checkout line or call your name at the movie theater. They're the classic candies that bring you back to a simpler time and place.

And you don't have to be a trained chocolatier or a professional taffy puller to create your own sensational candies. In fact, whether you're a novice in the kitchen or an experienced cook, looking to try your hand at candy-making, the tips, instructions and easy-to-follow recipes in this book will provide you with everything you need to know.

So, caramel cravers, nougat noshers and chocoholics rejoice!

We've put candy back on the menu – and you can indulge... care free!

Chocolate Wishes and Caramel Dreams,

Kelley Herring

CEO & Editor in Chief
Healing Gourmet

Table of Contents

The Art & Science of Candy Making	7
Sweeteners: Sugar & Beyond	7
The Raw Deal on Raw Sweeteners	7
Artificial Sweeteners: Just Say NO to Chemical Candies.....	8
Sucralose: Tastes Like Sugar, Made from Chlorine!	8
Aspartame (and Neotame): The Neurotoxins in Your Treats.....	9
All of the Sweetness of Sugar (Without the Sour Effects)	10
Erythritol: The “Almost Sugar” (And a Sweet Antioxidant Too!).....	10
Stevia: The Super-Sweet Superfood	11
Coconut Sugar / Coconut Palm Sugar	12
Coconut Nectar: A Healthy Swap for Agave	13
Cocoa: The World’s Most Delicious Superfood	13
Choosing Chocolate: From Bean to Bar	15
Working with Chocolate	16
Melting 101: Adding Just Enough Heat	17
Melting Chocolate with a Double Boiler (or a Make-Shift Double Boiler).....	17
Melting Chocolate with Liquids	18
Tempering: Making Beautiful Chocolates	18
Nuts: The Crunch that Trims Your Tummy & Protects Your Ticker	19
Coconut: The Tahitian Secret for Glowing Skin (and a Trim Tummy!)	20
Pastured Butter: Golden Goodness with a Cell-Protecting “Superfat”	20
Cinnamon, Spice & Naughty Candies Made Nice!.....	21
BASIC CANDIES	22
Easy Dark Chocolate Bars & Chunks	23
Paleo Dark Chocolate Bars & Chunks & Chunks.....	24
Creamy Milk Chocolate Bars & Chunks.....	25
Alpine White Chocolate	26
SPECIAL FEATURE: Creating Artisanal Chocolate Bars.....	27
Dark Chocolate with Candied Orange Peel	27
Dark Chocolate with Cinnamon & Coconut	27
Milk Chocolate with Dried Organic Cherries	27

Dark Chocolate with Candied Ginger	27
White Chocolate with Macadamia Nuts	27
Milk Chocolate with Toasted Hazelnuts	27
“No Pudge” Hot Fudge	28
Goosey Golden Caramel	29
Fluffy Whipped Topping	30
Vegan Whipped Topping	31
CANDY SHOP FAVORITES	32
Paleo Coconut-Almond Bark	33
Chocolate Almond Crunch Clusters	34
Holiday Peppermint Bark	35
Cinnamon Pecan Brittle	36
Gingerbread Fudge	37
Basic Nut-Coated Truffles	39
Kahlua Truffles	40
Chocolate-Covered Cherry Truffles	41
SPECIAL FEATURE: Creating Handcrafted Truffles	42
Balsamic Chocolate Truffles	42
Pistachio-Mint Chocolate Truffles	42
Dark Chocolate Blueberry Truffles	42
Almond Joy Truffles	42
Classic Pecan Brittle	43
Pistachio Pralines	44
COPYCAT CANDIES	45
Mini Peanut Butter Cups	46
Homemade Peanut Butter Cups	47
Classic Peanut Butter Cups	48
Chocolate Peppermint Meltaways	49
Peppermint Patties	50
Chocolate-Mint Patties	51
Instant-Freeze Chocolate Sauce	52
Butter Lover’s English Toffee	53
SPECIAL FEATURE: Gourmet Toffee Variations	54
Fleur de Sel Toffee	54

Chocolate Almond Buttercrunch Toffee	54
White Chocolate Pistachio Toffee	54
White Chocolate Macadamia & Coconut Toffee.....	54
Chocolate-Coconut Candy Bars	55
Dark Choco-Coco Candies	56
Joyous Almond Candy Bars	57
Chocolate Covered Raisins	59
Chocolate Hazelnut Spread	60
Chocolate Buttercrunch Bar	61
Million Dollar Bar	63
Chocolate-Covered Caramel-Cookie Bar	65
Peanutty Caramel Candy Bar	67
America’s Favorite Candy Bar	69
SUPERFOOD SWEETS	71
Paleo Candy Bars	72
Superfood Chocolate Candy.....	73
Raw Chocolate Hazelnut Truffles	74
Chia Protein Truffles	75
Raw Chocolate Macaroons	76
Raw White Chocolate Candies	77
Macadamia-Goji Superfood Protein Fudge	78
APPENDIX	79
METRIC CONVERSIONS	79

The Art & Science of Candy Making

There is an art and a science to making beautiful, delicious and healthy candy. And it begins with understanding the basic ingredients.

Unfortunately, many of the ingredients used by the candy industry wreak havoc on your health. But that doesn't mean candy has to be made with sugar, corn syrup, hydrogenated oils, chemical preservatives and artificial flavors.

In fact, many of the basic ingredients in candy, including cocoa, nuts, coconut and coconut oil are very healthy foods to consume. You can use these ingredients to create delicious treats your whole family will love.

But let's get started with the taste that makes candy so crave-able... *Sweetness!*

Sweeteners: Sugar & Beyond

Sugar is found in nearly every kind of candy... and it's one ingredient that we should all avoid or eat a lot less of. That's because sugar:

- Spikes blood sugar and insulin levels
- Alters your hormones and metabolism
- Encourages weight gain
- Promotes diabetes
- Promotes heart disease
- Accelerates aging
- Damages your memory
- Causes digestive dysfunction
- Promotes yeast infections
- Destroys your vision
- Lowers immunity
- And much more.

Unfortunately, the harmful effects of sugar have been downplayed for many years. What's more, there's a lot of misinformation regarding sweeteners and how they affect your health.

The Raw Deal on Raw Sweeteners

One culinary trend that is especially misleading is that "raw sugars" – like honey and agave – are healthy.

They're not. In fact, research shows that raw sugar can have even more harmful effects than table sugar. And the reason? *Fructose*.

Research shows that people who consume the most fructose (as opposed to other forms of sugar including sucrose, dextrose and glucose) are more likely to put on weight around the abdomen. This 'intra-abdominal' or 'visceral' fat is the most dangerous and is closely linked to diabetes and heart disease.

In fact, excess consumption of fructose also increases:

- The risk of abnormal blood clotting and high blood pressure
- Insulin resistance and the risk of type 2 diabetes
- LDL (“bad”) cholesterol levels and total triglycerides

Dr. Richard Johnson, professor of medicine at the University of Colorado, is an expert on the effects of fructose in the body. In fact, he runs the kidney division at the University and is in charge of transplantation and research on blood pressure. Dr. Johnson has seen the effects of fructose in the lab and on the operating table. He says:

“...if you take two animals and you feed one fructose and the other one the exact same number of calories, but as dextrose or glucose, it is only the fructose-fed animal that will develop obesity, insulin resistance, fatty liver, high triglycerides, signs of inflammation, vascular disease, and high blood pressure.”

And to think that the average person is consuming 70 grams of fructose per day!

For optimum health, you should keep your total grams of sugar to less than 30 per day. And of that no more than 15 grams should come from fructose.

To achieve this, avoid anything containing “added sugars”, “corn syrup” or “high fructose corn syrup”. But you also need to avoid many common so-called healthy and “raw” foods that are fructose bombs too. Here’s a list of seemingly healthy foods with their fructose content:

- **Medjool Dates** (2 medium): 15 grams fructose
- **Raisins** (¼ cup): 12 grams fructose
- **Dried Figs** (¼ cup.): 9 grams fructose
- **Orange Juice** (8 ounces): 25 grams fructose
- **Agave Nectar** (1 Tbsp): up to 16 grams fructose
- **Honey** (1 Tbsp): 9 grams fructose

But what about artificial sweeteners? They have no calories, and no impact on blood sugar, so they’re safe... right? Not so fast...

Artificial Sweeteners: Just Say NO to Chemical Candies

While artificial sweeteners – like sucralose, aspartame, neotame and ace-K – are calorie free, research shows they have a negative impact on metabolism and blood sugar, not to mention your brain.

Sucralose: Tastes Like Sugar, Made from Chlorine!

One study of diabetic patients using sucralose showed a statistically significant increase in A1C. This is a marker of long-term blood glucose levels. It is used to assess glycemic control in diabetic patients. According to the FDA, when this marker increases, it indicates a “*lessening of control of diabetes*”.

Research on rats, mice and rabbits has also shown that sucralose can cause concerns that range from shrunken thymus glands (up to 40% shrinkage) and reduced growth rate, to fertility and pregnancy problems.

What's more, these chemicals act like endocrine disruptors. That means they upset the delicate balance of hormones in the body and have a negative effect on metabolism.

If you have been a "low-carber" you're probably familiar with sucralose (Splenda®). And while this chemical sweetener performs well in recipes, you should be aware of the potential health hazards that it (and other artificial sweeteners) pose.

We have included the chart below for comparison purposes only.

PRODUCT	ERYTHRITOL	XYLITOL	STEVIA	TRUVIA	SPLENDA
Sweetness (compared to sugar)	70% as sweet	90% as sweet	300X sweeter	2x sweeter	8x sweeter
All Natural	Yes	Yes	Yes	Yes	No
Zero calorie	Yes	No	Yes	Yes	Yes
Zero glycemic	Yes	No	Yes	Yes	No
Easy to digest	Yes	No	Yes	Yes	No

Aspartame (and Neotame): The Neurotoxins in Your Treats

Now that you know about some of the dangers of sucralose, let's take a look at another popular artificial sweetener: aspartame.

While there are two amino acids that comprise 90% of aspartame (aspartic acid and phenylalanine) the remaining 10% is a methyl-ester bond. Within hours of ingestion these bonds break down and *methanol* – or wood alcohol – is released from the aspartame.

What's wrong with methanol? It is converted into *formaldehyde* (embalming fluid) which causes damage to brain cells and the central nervous system. This compound is especially harmful to brain function as it is able to cross the blood-brain barrier.

To date, the FDA recognizes over 92 different side effects associated with aspartame.

For health's sake, we encourage you to clear your cabinets of sucralose, aspartame and all other artificial sweeteners. You simply don't need these products any more. With the latest and safest products now available, you can enjoy sweet flavors without souring your health.

All of the Sweetness of Sugar (Without the Sour Effects)

Avoiding sugar is important to your health. But these sweet molecules play specific roles in the candy-making process. Without sugar you wouldn't have "gooey" caramel or the crunchy "snap" of a piece of toffee...

Or would you?

Actually, you can recreate the delicious effects of sugar using several new alternative sweeteners that don't have the detrimental effects. That's right – you can get all of the sweetness, without the consequences!

So, let's take a look at the all-natural, low-glycemic sweeteners you'll be using in your *Carefree Candies Kitchen*.

Erythritol: The "Almost Sugar"

"It bakes, dissolves, browns, even candies just like sugar. I had pecan pralines made with this stuff and they were just as crunchy, candied and decadent as any my friends from Louisiana have ever made for me. But these won't spike my blood sugar or give me cavities! And there's no bitter aftertaste. You can't even tell this isn't sugar."

Nora Simmons
Managing Editor of the Nutrition
Business Journal

Erythritol: The "Almost Sugar" (And a Sweet Antioxidant Too!)

Erythritol is a "sugar alcohol." That means part of its molecular structure is like sugar... and part is like alcohol. And while many people have never heard of this healthy sweetener, we've all consumed it.

In fact, erythritol is found in fruits like pears, grapes and melon. It is also found in fermented foods and beverages, like wine, sake and beer. And it's even found in human tissue and fluids. That means that erythritol is easily "recognized" by the body and the likelihood of allergies is very low.

Erythritol is also produced by way of fermentation. In other words, it is a natural product produced by natural means. But the greatest benefits of this natural sweetener is that it tastes and performs very much like sugar... except it has a glycemic index of zero and zero calories.

Studies show that erythritol has no effect on blood sugar or insulin levels and is safe for diabetics.

Better yet, new research shows that it has "**strong antioxidant activity.**" In fact, a recent study published in the journal *Nutrition* found that erythritol guarded against free radical damage in cells and also helped to protect against the vascular damage that occurs in diabetes.

The researchers said:

"The protective effects of erythritol need not be restricted to diabetes. Its unique free radical scavenging properties could be beneficial in other chronic disorders in which oxygen radicals are responsible for tissue damage."

Unlike sugar, which causes oxidative damage, erythritol actually protects cells from the ravages of free radicals! In fact, just take a look at this comparison chart:

Which Sweetener Would You Rather Use?	
Erythritol	Sugar
No effect on blood sugar	Raises blood sugar
No Calories	High Calories
No effect on weight	Promotes weight gain
Prevents free radicals	Promotes free radicals
Protects blood vessels	Damages blood vessels
Prevents tooth decay	Causes tooth decay
No effect on bone density	Decreases bone density

Erythritol can be used cup for cup in recipes just like sugar, and provides about 70% of the sweetness.



QUICK CANDY TIP: You can help erythritol dissolve in recipes and even boost the sweetness by powdering it in a blender or Magic Bullet. The powdered version also doubles as “powdered sugar” which can be used as a garnish or for other purposes.



ALLERGEN ALERT: Erythritol can be derived from a number of foods, including sugar. However, most commercial erythritol is derived from corn. This could be a problem for those with a corn allergy. If you have an issue with corn, look for **Wholesome Sweeteners Zero** for a non-GMO, sugar-cane derived erythritol.

Stevia: The Super-Sweet Superfood

Stevia is a super-sweet herb native to Paraguay. It is up to 300X sweeter than sugar, with no calories and a glycemic index of zero.

Because of this intense sweetness, stevia must be used sparingly. In fact, we rarely use stevia as the sole sweetener in our recipes. We usually combine it with other products to boost the sweetness without adding calories or glycemic value.

Some people say that stevia has a bitter aftertaste. This can be true if you add too much. Others say that the brand makes a big difference. If you’ve never used stevia before, you may have to experiment with different brands and the amount you use to achieve the results you like.

The form of stevia – powdered or liquid – is also an important factor. In powder form, stevia comes in two varieties: “pure stevia extract” or a “stevia blend”.

- With **pure stevia extract**, there are no fillers – only pure stevia. Because a little goes such a long way, an extra 1/8 tsp. in a recipe can make what was once nicely sweet... into something that is *way too sweet*. Pure stevia extract should be used very sparingly. You'll find ¼ to ¾ tsp is the common range for most recipes – but you should always add the amount that is right for your taste.
- **Stevia blends** give you a little more leeway because the stevia is combined with a carrier. The other ingredients are usually maltodextrin, inulin or erythritol. You should avoid stevia blends made with maltodextrin. This ingredient is almost always GMO and it has an EXTREMELY high glycemic value (50% higher than glucose!).
- **Liquid stevia concentrate** is another option. This gives you much more control over the amount added and the resulting sweetness, because it can be added by the drop. You'll find that you have several choices of carriers and flavors here as well. The carriers for liquid stevia are typically alcohol, water or glycerin. And the flavors range from vanilla to chocolate.

In our testing, we used stevia extract, stevia blends and liquid stevia, made by **NuStevia**, **SweetLeaf** and **Now**.

While most forms of stevia can be used interchangeably, it's important to note that there is a conversion. Please use the table below as a guide.

SUGAR AMOUNT	EQUIVALENT STEVIA POWDER EXTRACT	EQUIVALENT STEVIA LIQUID CONCENTRATE
1 cup	1 tsp.	1 tsp.
1 Tbsp.	¼ tsp.	5-10 drops
1 tsp.	1 pinch	2-6 drops

NOTE: The stevia amounts in these recipes are a guide. Always sweeten candies to your own taste.

Coconut Sugar / Coconut Palm Sugar

Coconut sugar (also called coconut palm sugar) is made from the evaporated sap of the coconut flower. It tastes similar to brown sugar, with a more complex “caramel” flavor.

However, unlike the 60-65 glycemic index of brown sugar or table sugar, coconut sugar ranks a low 35. It also contains vitamins, amino acids and essential minerals – including potassium and magnesium – and was found to help maintain blood sugar levels in clinical studies.

Because coconut sugar does contain calories and “sugars” (60 calories and 16 grams of sugar per tablespoon) the best way to use it is in combination with erythritol and/or stevia. That way you only need a small amount to “round out” the taste and add a caramel-like flavor to your homemade treats... without adding a significant glycemic impact to the finished recipe.

Try *Navitas Naturals Organic Palm Sugar* or *Big Tree Farms Organic Palm Sugar*.

Coconut Nectar: A Healthy Swap for Agave

Coconut nectar is a sweet, syrupy liquid that is also derived from the sap of coconut blossoms. Like *coconut sugar*, the nectar also contains vitamins, minerals, amino acids and other nutrients. It too has a glycemic index of just 35 – among the lowest of any sweeteners.

More important, perhaps, are the low levels of fructose found in coconut nectar and coconut sugar. Natural coconut blossom sap is only 1.5% fructose. As this sap is dried and thickened, the fructose content increases to approximately 10% of the finished product.

There is simply no comparison to the 50% to 90% fructose levels found in agave nectar. In fact, the fructose content in some agave nectar products is higher than high-fructose corn syrup!

Try *Coconut Secret Raw Coconut Nectar*.



QUICK CANDY TIP: To boost and round out the sweetness in any of our candy recipes, add a small amount of coconut nectar or coconut sugar. But remember – it does contain sugar and calories, so go easy!



STOCKING YOUR CANDY KITCHEN: We've created a *Carefree Candies Favorites List* at Amazon that contains all of the ingredients and tools you need to make the recipes in this book. Check it out by clicking [here](#) or enter the address below:

http://www.amazon.com/gp/registry/wishlist/1F5SJZJZFHZ3V/ref=cm_sw_su_w

Cocoa: The World's Most Delicious Superfood

After sugar, chocolate is probably the most common candy ingredient... and arguably the most-loved! In fact, over three billion pounds of this decadent delight are enjoyed each year worldwide.

And the great news is that chocolate is loaded with powerful antioxidants that slow aging and promote health. Studies show that cocoa may:

- **Protect Your Memory:** A natural compound found in cocoa, called epicatechin, has been shown to enhance memory.
- **Promote Heart Health:** The flavonoids in cocoa can help relax blood vessels, reduce blood pressure, improve circulation, lower “bad” cholesterol and reduce the risk of heart attacks and stroke.
- **Guard against Toxins:** As a potent antioxidant, cocoa can repair the damage caused by free radicals and may reduce the risk of certain cancers.

- **Boost Your Mood:** Cocoa can increase the levels of certain neurotransmitters that promote a sense of well-being. In fact, the same brain chemical that is released when we experience deep feelings of love (called phenylethylamine) is also found in chocolate!
- **Mineralize the Body:** Cocoa is also rich in a wide variety of essential minerals, including magnesium, sulfur, calcium, iron, zinc, copper, potassium and manganese. Most important of these may be magnesium – a mineral that helps build strong bones and protects the heart.
- **Beautify the Body:** Cocoa is also rich in the beauty mineral sulfur, which helps to build strong nails and hair, promotes supple skin and detoxifies the liver.

The best measure of a food's antioxidant power is called the Oxygen Radical Absorbance Capacity (ORAC). Foods with a higher ORAC score have a greater ability to fight *free radicals*. These are the molecules largely responsible for aging and disease.

Researchers at the USDA Nutrient Data Laboratory measured the ORAC of various foods. Raw broccoli, for example, has an ORAC score of 1,362. That's pretty good, but not nearly as high as blueberries. With a score of 6,552, blueberries rank near the top of all fruits and vegetables.

But even blueberries can't hold a candle to cocoa. With an **ORAC score of 80,933 the antioxidant power of cocoa powder is simply off the charts!**

Of course, the added sugars, artificial sweeteners, trans fats and preservatives found in most commercial candies negate these benefits. And it's not just the "junk" you have to watch out for.

Even organic chocolates aren't as healthy as they're cracked up to be.

The reason? Dutch processing.

Commercial chocolates (yes, even many organic ones!) use "Dutch-processed" cocoa. By treating the cocoa with chemical alkalizing agents, some of cocoa's natural bitterness is removed – along with half of its antioxidant power... and much of its *flavonoids* too.

And that's a really bad thing when it comes to your health.

You see, flavonoids are a special group of molecules with a wide range of health-promoting benefits. These potent little nutrients have been found to help prevent clogged arteries, promote healthy blood pressure and even protect your memory!

If this good news doesn't lift your mood, have a bite of (homemade) chocolate. Rich, organic, natural cocoa is also full of "good mood compounds" which boost the neurotransmitters that promote feelings of euphoria while diminishing anxiety.

Avoid buying cocoa powder that says "Dutch-processed" on the label. Look for products that say organic "natural" cocoa or that indicated that the product is "non-Dutched."

Choosing Chocolate: From Bean to Bar

Now that you know how good it can be for your health to indulge in chocolate, let's take a look at the right kind to buy, the basic forms and how to properly perform the most common chocolate tasks.

And let's start with the question many chocolate lovers are dying to know:

How does a cocoa bean turn into a chocolate bar?

The transformation from bean to bar is a long process that begins with the fruit (cacao beans) of the tropical tree *Theobroma cacao*. Cacao pods grow from the flowers on the tree's stem and branches. Each pod holds approximately 50 cacao beans. When ripe, the beans are harvested from the pods, scooped out and allowed to ferment.

After fermentation, the beans are dried and roasted or cold-pressed and ground. The results? **Cocoa butter** - a smooth, solid fat that is used in both food and cosmetics. **Chocolate liquor** is also produced. This is a grainy liquid that comes from ground cacao nibs.

These two elements (sometimes along with sweeteners, creams and other ingredients) are then combined in varying amounts to create the products we know and love in the wide world of chocolate.

Let's take a look:

Raw Cacao Powder: This is relatively new to the food scene, but the concept is ancient. Cacao powder is simply cold-pressed cacao. The process maintains living enzymes in the cacao and removes the fat (cacao butter). With the fat removed, cacao powder becomes *hydroscopic* – meaning it dissolves easily in liquids. Cacao powder can be used to make chocolate by mixing it with cacao butter and sweetener. Try **Navitas Naturals Raw Chocolate Powder (Cacao Powder)**

Cocoa Powder: An unsweetened powder made from pulverized, partially defatted chocolate liquor. Cocoa powder has a rich chocolate taste and is available in two forms: **“Dutch-processed” (alkalized)** or **natural** varieties. As you learned earlier, Dutch processing removes much of cocoa's antioxidant value. That's why it's important to choose organic, natural cocoa powder. You'll find this variety is light brown in color, with an intense chocolate flavor. Try **Dagoba Organic Cocoa Powder**.

Unsweetened Chocolate: This is most commonly known as **“baking chocolate”** or **“bitter”** chocolate. It is pure chocolate liquor – made simply from ground cocoa beans. Take a whiff, and you'll think it's a chocolate bar. But take a bite and you'll find this chocolate bites you back! While unsweetened chocolate it looks and smells just like chocolate, it is very bitter. It is meant to be combined with sweeteners and creams. The great thing about baking chocolate is that it is the base for most other forms of chocolate (excluding white chocolate). Try **Dagoba Organic Baking Chocolate (100% Cacao)**

Dark Chocolate: This popular form of commercial chocolate contains chocolate liquor, sugar, cocoa butter, vanilla and lecithin (an emulsifier typically derived from soy). As you can see, there are no milk solid ingredients in dark chocolate – but be sure to check the label if you have a dairy allergy.

Dark chocolate can range from 30% (a very sweet dark) to 70-80%+ for extremely dark bars. Bittersweet chocolate and semi-sweet chocolate are also considered “dark chocolate”. Try **Dagoba Organic Eclipse Bar** (87% cacao content).



Bittersweet Chocolate: Bittersweet chocolate bars typically contain at least 50% chocolate liquor, with some as high as 70-80%. Because the amount of sugar in bittersweet chocolate is not regulated, one manufacturer’s “bittersweet” bar may be sweeter than another’s “semi-sweet” bar.



Semi-Sweet Chocolate: Popularized by chocolate chip cookies, semi-sweet chocolate contains at least 35% cocoa solids. It is typically darker than sweet dark chocolate, but sweeter than bittersweet, although it varies by brand. Try **Dagoba Organic Semi-Sweet Chocolate**.

Milk Chocolate: Much sweeter than dark chocolate, and with a lighter color, milk chocolate is the typical “candy bar” chocolate. Along with cocoa butter and chocolate liquor, milk chocolate contains either condensed milk or dry milk solids. You’ll learn how to make your own milk chocolate (even dairy-free milk chocolate) in the recipes section below.

White Chocolate: While true white chocolate does contain cocoa butter, it doesn’t contain chocolate liquor or any other cocoa products. Hence, it has a mild almost vanilla-like flavor. Many commercial “white chocolate” products contain vegetable fats (often hydrogenated) instead of cocoa butter. And even real white chocolate is typically loaded with sugar. Making your own is the best way to go. Try **Navitas Naturals Cacao Butter** and see our *Homemade White Chocolate* recipe to learn how.

Working with Chocolate

Working with chocolate can be a lot of fun. But it takes a little skill to prevent burning, scorching, seizing and other undesirable effects.

The best way to ensure that your chocolate comes out perfect every time is to follow a few simple rules and learn how to properly melt and temper it.

So you might be thinking, *Can’t I just melt chocolate... like butter?*

Not exactly...

You see, since chocolate’s melting point is just below human body temperature, its texture (from solid to creamy liquid) and flavor gradually change in the mouth. While its low melting point makes it very easy to melt... it is also very easy to burn.

In fact, if heated beyond 200°F (95°C) over an open flame, your chocolate will scorch. This will leave your sweet treats tasting more like charcoal than chocolate!

Excess heat also damages the beneficial oils in chocolate and generates harmful compounds. So don’t burn your chocolate!

Melting 101: Adding Just Enough Heat

There are a few fundamental guidelines to melt chocolate successfully:

- **Chop it uniformly.** Make sure you chop the chocolate into uniform pieces to ensure even melting. Do not try to melt a whole bar or block.
- **Avoid all contact with water!** When chocolate comes into contact with water (even a few drops) it seizes. Be sure that your workspace, tools and bowls are dry.
- **Go slow and low.** When chocolate is overheated, it becomes lumpy or grainy. Melt slowly over *very low heat*.
- **Use a rubber spatula.** Stir frequently with a rubber spatula – not a wooden or metal spoon.
- **Stir frequently.** Because chocolate retains its shape when melted, the only way to know if it is actually melted is to stir it.

Melting chocolate can be accomplished in a microwave or over a hot-water bath. However, using a microwave devitalizes foods and reduces nutrients. Therefore we recommend the traditional method... the double boiler!

Melting Chocolate with a Double Boiler (or a Make-Shift Double Boiler)

A double boiler is a simple, yet specialized set of pans. It includes a saucepan that holds hot water and a bowl that fits securely over the saucepan. The benefit of a double boiler is that it allows chocolate to be heated over indirect heat. This reduces the risk of overheating or burning the chocolate.

If you don't have a double boiler, you can also use any metal or glass bowl that fits snugly over the top of a saucepan. Using a double boiler is easy.

1. **Fill the saucepan with water.** Add enough water to provide some heat, but not so much that the bottom of the chocolate bowl is floating in or touching the water.
2. **Heat the saucepan over low heat.** Bring water in the saucepan to a simmer, not a boil.
3. **Turn off the stove and add the chocolate.** If you are melting more than one pound of chocolate, begin with 1/3 of your final quantity and melt in batches. Be sure to wait until the chocolate in the bowl is melted before adding more un-melted chocolate.
4. **Melt and stir with a rubber spatula.** Let the chocolate begin to melt, while stirring gently. When most of the chocolate is melted, move the bowl to counter. Stir continuously until your chocolate is shiny, smooth, and completely melted.

Melting Chocolate with Liquids

Now that you know how to melt chocolate alone, let's learn about how to melt chocolate with liquids – like milk, cream and coconut cream.

Melting chocolate with liquids is more forgiving, because it speeds melting time and helps to prevent overheating. With that said, there are a few things to keep in mind when you melt chocolate with liquid ingredients:

- **Add sufficient liquid.** Chocolate should never be melted with very small amounts of liquid – it can get clumpy. To prevent this, be sure use at least one tablespoon of liquid for every two ounces of chocolate.
- **Add more liquids for dark.** Because of their density, dark chocolates may require more liquid than the 1-to-2 guideline. Be ready to add more liquid if necessary.
- **Don't go cold.** Cold liquids should never be added to melted chocolate, This can cause the chocolate to seize. Make sure that liquids are warm (not boiling) when you add them to chocolate.

Now let's learn how you can make chocolates like a professional...

Tempering: Making Beautiful Chocolates

Tempered chocolate is smooth, with a glossy finish and a satisfying “snap.” It is beautiful to look at and delicious to enjoy.

And while the recipes in this book don't require tempering, if you want to add a shiny chocolate “shell” to *Kahlua Truffles*, *Chocolate Covered Cherry Truffles* or the other truffles in the book, you need to follow these five easy steps for tempering your dipped chocolates.

STEP 1: Chop your chocolate block. Use at least one pound of chocolate. It is much easier to temper (and retain the temper) when you have a larger amount of chocolate. If this is more than you need, you can always save the extra for later use. Always use block or bar chocolate, not chocolate chips. Most chips have additives that prevent them from melting fully at high temperatures, so they will not temper properly.

STEP 2: Melt 2/3 of your chocolate. Place two-thirds of your chopped chocolate in the top of a double boiler that is set over simmering water. Clip an instant-read thermometer to the side of the boiler to monitor the chocolate's temperature.

Using a rubber spatula, stir gently and steadily as the chocolate melts. Bring the chocolate to 115 degrees Fahrenheit (46 C) for dark chocolate or 110 degrees Fahrenheit (43 C) for milk or white chocolate. DO NOT EXCEED THESE TEMPS!

When the chocolate reaches the right temperature, remove it from the heat, dry the bottom of the double boiler, and set it on a heat-proof surface.

STEP 3: Add the remaining chopped chocolate. Stir to incorporate. The warm chocolate will melt the chopped chocolate and the newly-added chocolate will bring down the temperature.

STEP 4: Cool the chocolate. Once the chocolate falls below 84 degrees F (29 C), remove any un-melted chunks. Cool and save these for another use.

STEP 5: Reheat the chocolate briefly. Return the bowl to the double boiler over warm water for 5-10 seconds. Remove and stir, and repeat, until the temperature reaches 88-89 degrees F (31 C), or 87 F (30 C) for milk and white chocolate. Do not leave the chocolate over the hot water, or allow it to exceed 91 degrees.

Ta-dah! Your chocolate is now tempered!

Did you do it right? Simply spread a spoonful over waxed paper and allow it to cool. If the chocolate is shiny and smooth, it was properly tempered. If it is dull or streaky, it has not been tempered correctly.

To use tempered chocolate (for dipping those truffles!), you must keep it warm... but not hot. The 85-88 F degree range is ideal for dark chocolate (86 degrees for milk and white chocolate). To maintain the temperature, keep it over a pan of warm water or a heating pad. Be sure to stir often so the chocolate keeps a uniform temperature throughout.

Now that you know all about chocolate's health benefits and how to work with it in your candy, this brings us to the next candy shop ingredient with superfood powers...

Nuts: The Crunch that Trims Your Tummy & Protects Your Ticker

Once shunned for their high fat content, we now know that nuts provide a wide variety of health benefits to crunch cravers. In fact, enjoying nuts can:

- **Promote Weight Loss:** Research published in the *American Journal of Clinical Nutrition* shows that people who enjoy nuts as part of a weight loss program lose more weight than people who follow a low fat diet.
- **Keep You Feeling Full Longer:** Studies show that eating as little as 70 calories from nuts can help prevent over eating by stimulating a hormone called CCK – also known as the “I’m full” hormone.
- **Melt Belly Fat:** According to a study published in the *International Journal of Obesity*, overweight people who ate almonds enjoyed a 56% greater reduction in fat mass compared to those who abstained.
- **Boost Heart Health:** Research published in the *American Journal of Clinical Nutrition* found that the monounsaturated fats from nuts offers more heart-health benefits than a diet low in fat. Studies also show that nut eaters have lower LDL cholesterol and triglyceride levels.

And speaking of nuts, you might think I’m crazy when I share the next healthy ingredient...

Coconut: The Tahitian Secret for Glowing Skin (and a Trim Tummy!)

Not that long ago, coconut oil got a bad rap for the amount of saturated fat it contains. It was even called an “artery clogger” by some. But nothing could be further from the truth!

In fact, virgin coconut oil actually helps protect heart cells from damage. It also supports the immune system, improves thyroid function and can even boost your metabolism. Enjoying coconut oil can help:

- **Torch More Calories:** Coconut oil is rich in *medium chain fatty acids* (MCFAs). These unique fats are burned immediately for energy – instead of being stored as body fat! It’s no wonder this healthy fat is known by fitness enthusiasts as the “tropical fat burner.”
- **Rejuvenate Skin and Hair:** Coconut oil guards against the ravages of free radicals (those wrinkle-causing nasties!) much like vitamin E. It can also repair damaged skin, strengthen connective tissue and keep cells moisturized – from the inside out. Did I mention that Victoria’s Secret Supermodel Miranda Kerr swears by coconut oil and enjoys several teaspoons daily? I’ll have what she’s having!
- **Trim Your Tummy:** If you have a little muffin top, enjoy more coconut-oil rich treats. Research in the journal *Lipids* found that consuming coconut oil can help fight belly fat and reduce the size of your waistline. Researchers believe the special fats in coconut oil actually down-regulate genes that promote fat storage.

A word of caution: all coconut oil is NOT created equal! Most commercial coconut oils are bleached refined, and deodorized. And many coconut oils found in commercial candies are hydrogenated. That means they contain deadly trans fat.

To get the benefits, you need to enjoy virgin coconut oil.

And since we’re dishing the skinny on fats, here’s another yummy one to add to your fudge – that won’t make you pudge...

Pastured Butter: Golden Goodness with a Cell-Protecting “Superfat”

What could be better than the taste of REAL butter? Unlike butter produced from conventionally-raised dairy cows, pastured butter is rich in vitamins and a source of omega3 fatty acids. It has a rich flavor and a warm golden hue.

And it has something else too: *conjugated linolenic acid (CLA)*.

CLA is a healthy fat with a host of benefits. In fact, research shows CLA can:

- **Boost Cellular Health:** Studies show that as little as half a percent of CLA in the diet could reduce tumors (including breast, colon, skin, lung and stomach tumors) by over 50 percent!

- **Combat Insulin Resistance:** CLA's actions mimic the effects of some synthetic diabetic drugs. And studies show that CLA can improve insulin action and reduce blood sugar levels. More effective insulin action and lower blood sugar means less fat storage. Which is why CLA can...
- **Improve Body Composition:** Human studies show that CLA has been beneficial in reducing body fat and increasing lean body mass. And we all know that more muscle and less fat is the key to a better looking body! CLA can even reduce belly fat, specifically.

CLA also shows promise for boosting heart health, reducing inflammation, strengthening immunity and promoting strong bones.

Don't forget that the nutritional content of the cow's diet has a significant effect on the CLA content. In fact, a study published in the *Journal of Animal Science* found that butter from cows raised on grass had anywhere from 300 to 500 percent greater levels of CLA than that from cows raised on grain!

If you don't have access to local grass-fed dairy farm, we recommend Kerrygold butter. It's made by an Irish dairy whose cows are strictly pastured. You will immediately notice the rich yellow color, the lower melting point, and the sweet heavenly taste.

(Can't do dairy? You'll be happy to know that 28 of the recipes you find below are dairy free)

Cinnamon, Spice & Naughty Candies Made Nice!

Now that you've learned how the right ingredients in candy can actually benefit your health, here's something else that will delight you. You can pack even more nutritional power, crave-worthy flavor and tantalizing texture into your candies by using these delicious superfood ingredients:

- **Cinnamon & Spices:** Spices are the richest sources of antioxidants known. Just a teaspoon provides many times the antioxidant power of blueberries. Sprinkle cinnamon, clove and nutmeg into truffles, fudges, toffees and caramels for flavor... and divine cellular protection.
- **Chia:** This ancient super-seed is known to increase stamina and energy. It's also loaded with omega-3 fats and a good source of protein. Chia adds a subtle "pop" to candies, when used in whole seed form, or a rich, nutty texture when ground.
- **Whey Protein:** Considered by nutrition gurus as the "supreme" protein, whey boosts glutathione (your body's master antioxidant and detoxifier) as well as human growth hormone. This potent anti-aging ingredient has a myriad of health benefits in your superfood candies... and adds structure to candy fillings, fudges and truffles too!
- **Maca:** Often called "Peruvian ginseng," this root has long been used to enhance energy and boost stamina. Maca is also believed to be an aphrodisiac that boosts sexual performance and fertility. This "super-root" can also give candies and other treats a malty, nutty flavor.
- **Goji Berries:** While most dried fruits (like dates and figs) are loaded with sugar, the goji berry is packed with amino acids and trace minerals. In fact, gojis contain 19 amino acids and 21 trace minerals, not to mention an excellent source of vitamins A and C. These "red diamonds" add nutrient-rich "chewiness" to homemade candies.

BASIC CANDIES

How to Make Homemade Chocolate, White Chocolate, Hot Fudge Sauce, Caramel, Whipped Topping and More!

Easy Dark Chocolate Bars & Chunks

This super-simple treat is perfect for getting your daily dose of dark chocolate. Keep a stack of bars in your fridge to satisfy cravings or add chunks to cookies, muffins and your other favorite low glycemic baked goods.

Yield: 4 ounces (8 servings of ½ ounce each)

Active Time: 15 minutes

Total Time: 1 hour

Preferences: Gluten Free, Dairy Free, Vegan

Ingredients

- 3 oz. *Dagoba Organic Eclipse Bar* (87% cacao content)
- 3 Tbsp. erythritol, powdered
- 1/8 tsp. stevia extract

Tools

- Heavy bottom saucepan or double boiler
- Chocolate mold (for bars)

Preparation

1. Chop chocolate bar and add powdered erythritol.
2. Add chocolate and erythritol to a double boiler or a metal bowl over a pot of gently simmering water (don't allow the bowl to touch the water).
3. Stir gently with a rubber spatula until melted.
4. Mix in stevia.
5. For Chunks: Pour chocolate mixture onto a sheet pan lined with unbleached parchment paper. Transfer to freezer to set for 10 minutes. Chop into chunks and store in an airtight container or zip top bag.
6. For Bars: Pour chocolate mixture into chocolate bar mold. Transfer to freezer to set for 1 hour or until solid. Store in an airtight container or zip top bag.

Nutrition Information per Serving

70 calories, 7 g total fat, 4 g saturated fat, 0 g trans fat, 3.5 g monounsaturated fats, 0 g polyunsaturated fats, 105 mg cholesterol, 143 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g sugars, 1 g protein

Paleo Dark Chocolate Bars & Chunks & Chunks

Using just four ingredients, these rich chocolate bars take only five minutes to whip up. If you want chocolate that is more solid, swap the coconut oil for cocoa butter or palm shortening.

Yield: 4 ounces (8 servings of ½ ounce each)

Active Time: 5 minutes

Total Time: 15 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo

Ingredients

- 4 Tbsp. virgin coconut oil, melted*
- 10 drops **NuNaturals Vanilla Stevia** (to taste)
- 2 Tbsp. **Native Forest Organic Classic Coconut Milk**
- 9 Tbsp. organic, natural unsweetened cocoa powder

Tools

- Medium bowl
- Chocolate mold (for bars)

Preparation

1. In a medium bowl, combine coconut oil with stevia drops. Stir well to combine.
2. Whisk in cocoa powder and coconut milk. Stir well, until thick.
3. Pour mixture into candy molds, a small square glass container or onto an 8x8 pan lined with parchment.
4. Transfer to freezer to set. Store in the refrigerator or freezer.

NOTE: For bars that are more solid at room temperature, use cocoa butter or palm shortening in place of the coconut oil.

Nutrition Information per Serving

79 calories, 8.4 g total fat, 7 g saturated fat, 0 g trans fat, 0.66 g monounsaturated fats, 0.15 g polyunsaturated fats, 0 mg cholesterol, 2.7 mg sodium, 3.3 g carbohydrate, 1.9 g fiber, 0.16 g sugars, 1.1 g protein

Creamy Milk Chocolate Bars & Chunks

Do you love the lighter side of chocolate? Whip up this creamy treat for the familiar flavor of milk chocolate. Add almonds for a healthy riff on a Hershey's with Almonds®.

Yield: 8 ounces (16 servings of ½ oz. each)

Active Time: 20 minutes

Total Time: 1 hour

Preferences: Gluten Free

Ingredients

- 4 oz. *Dagoba Unsweetened Organic Baking Chocolate*
- 4 Tbsp. *Organic Valley Powdered Organic Milk*
- 6 Tbsp. erythritol, powdered
- 1/8 tsp. stevia extract (to taste)
- 1 Tbsp. *Spectrum Organic Palm Shortening*

Tools

- Heavy bottom saucepan or double boiler
- Chocolate mold (for bars)

Preparation

1. Roughly chop chocolate. Place in a double boiler or a medium saucepan over low heat.
2. Add shortening. Stir until chocolate is smooth.
3. Mix in erythritol and stevia, stirring to incorporate.
4. For Chunks: Pour into a sheet pan lined with unbleached parchment paper. Smooth to about 1/4" thickness. Transfer to freezer for 30 minutes. Remove and chop into chunks.
5. For Bars: Pour chocolate mixture into chocolate bar mold. Transfer to freezer to set for 1 hour or until solid.
6. Store in an airtight container or zip top bag.

Nutrition Information per Serving

49 calories, 4.6 g total fat, 2.9 g saturated fat, 0 g trans fat, 0.31 g monounsaturated fats, 0.13 g polyunsaturated fats, 0.5 mg cholesterol, 0 mg sodium, 2.8 g carbohydrate, 1.2 g fiber, 1 g sugars, 1.8 g protein

Alpine White Chocolate

This silky-smooth chocolate is perfect for making artisanal bars or your favorite white chocolate macadamia nut cookies. Swap Nestlé's White Morsels® in all of your recipes for this sugar-free, chemical-free, guilt-free indulgence.

Yield: 4 oz (8 servings of ½ oz. each)

Active Time: 30 minutes

Total Time: 4 hours

Preferences: Gluten Free

Ingredients

- 2 oz. **Navitas Naturals Cacao Butter**
- 6 packets **Sweetleaf Stevia** (to taste)
- 2 oz. powdered coconut milk (try [Wilderness Family Naturals](#))*
- 1 pinch finely ground **Celtic Sea Salt**

Tools

- Heavy bottom saucepan or double boiler
- Chocolate mold (for bars)

Preparation

1. Combine the sweetener, coconut milk powder and salt in a small bowl.
2. Chop up the cocoa butter into small pieces.
3. Add the cocoa butter to a double boiler. Stirring until melted.
4. Add the sweetener, powdered coconut milk, and salt. Stir well.
5. Scrape the mixture into a blender or Magic Bullet and blend until smooth.
6. Pour the chocolate into mold. Tap it on the counter to remove air bubbles.
7. Refrigerate for 4 hours.

Nutrition Information per Serving

75 calories, 8.6 g total fat, 5.4 g saturated fat, 0 g trans fat, 0.07 g monounsaturated fats, 0.02 g polyunsaturated fats, 0 mg cholesterol, 0.98 mg sodium, 0.21 g carbohydrate, 0 g fiber, 0 g sugars, 0.15 g protein

NOTE: Coconut milk powder contains *caseinate* and is not suitable for those with dairy allergy. Opt for rice milk powder, if this applies.

Compare to Nestle's Tollhouse White Morsels

INGREDIENTS: Sugar, Palm Kernel Oil, Lactose, Whey (Milk), Milkfat, Nonfat Milk, Sodium Caseinate (Milk), Buttermilk Solids, Hydrogenated Palm Oil, Soy Lecithin, Artificial Flavors, and Natural Flavors.

NUTRITION PER SERVING (1 Tbsp./14 g/ or ½ oz)

70 calories, 4 g fat, 9 g carbohydrate, 0 fiber, 7 sugar, 0 protein



SPECIAL FEATURE: Creating Artisanal Chocolate Bars

Don't want to pay \$5 an ounce for gourmet chocolates? It's easy to make your own! Using our basic dark chocolate, milk chocolate and white chocolate recipes, you can make handmade gourmet chocolates in your own kitchen for just a few dollars. Best of all, they're low glycemic, rich in antioxidants and free from preservatives.



Dark Chocolate with Candied Orange Peel

Follow instructions for dark chocolate. Pour melted chocolate into mold or onto parchment-lined cookie sheet. Let set 30 seconds. Top with ¼ ounce organic candied orange peel or citrus peel of choice.

Dark Chocolate with Cinnamon & Coconut

Follow instructions for dark chocolate to step 4. After adding stevia, stir in 1 tsp. organic cinnamon. Pour onto parchment-lined cookie sheet or into molds. Let set 30 seconds. Sprinkle with 1 ounce shredded unsweetened coconut.

Milk Chocolate with Dried Organic Cherries

Follow instructions for milk chocolate. Pour onto parchment-lined cookie sheet or into molds. Let set 30 seconds. Sprinkle with 1 ounce roughly chopped unsweetened cherries.

Dark Chocolate with Candied Ginger

Follow instructions for dark chocolate. Pour melted chocolate into mold or onto parchment-lined cookie sheet. Let set 30 seconds. Top with ¼ ounce finely chopped candied ginger.

White Chocolate with Macadamia Nuts

Follow instructions for white chocolate. After pouring into chocolate mold, sprinkle with 1 ounce roughly chopped macadamia nuts.

Milk Chocolate with Toasted Hazelnuts

Follow instructions for milk chocolate. Pour onto parchment-lined cookie sheet or into molds. Let set 30 seconds. Sprinkle with 2 ounces roughly chopped toasted hazelnuts.



GET CREATIVE! Try adding cacao nibs, peppermint extract, coffee beans... the sky's the limit!

“No Pudge” Hot Fudge

This gooey and dripping-ly delicious, sugar-free fudge sauce is the perfect complement to your favorite ice cream. Keep a batch in the fridge to add rich flavor to milkshakes and smoothies too.

Yield: 1 cup (16 servings of 1 Tbsp. each)

Active Time: 10 minutes

Total Time: 10 minutes

Preferences: Gluten Free, Dairy Free, Vegan*, Paleo*

Ingredients

- 2 Tbsp. organic virgin coconut oil
- 1 oz. ***Dagoba Unsweetened Organic Baking Chocolate***
- 10 Tbsp. organic heavy cream or coconut milk*
- ¼ cup erythritol*, powdered
- ½ tsp. stevia (to taste)

Tools

- Heavy bottom saucepan or double boiler

Preparation

1. Place the oil and chocolate in a double boiler.
2. Stir until melted. Do not overcook – the chocolate will scorch.
3. Add the cream and the sweetener.
4. Stir until smooth.
5. Store in an airtight container in the refrigerator.

***PALEO & VEGAN OPTION:** Use powdered coconut sugar in place of erythritol and coconut milk instead of heavy cream.

Nutrition Information Per Serving

42 calories, 4.7 g total fat, 3.9 g saturated fat, 0 g trans fat, 0.19 g monounsaturated fats, 0.05 g polyunsaturated fats, 0 mg cholesterol, 1.2 mg sodium, 0.7 g carbohydrate, 0.31 g fiber, 0 g sugars, 0.44 g protein

Compare to Hershey’s Hot Fudge Topping

INGREDIENTS: High Fructose Corn Syrup; Sweetened Condensed Skim Milk (Skim Milk And Sugar); Corn Syrup; Water; Partially Hydrogenated Coconut Oil; Cocoa; Nonfat Milk; Contains 2% Or Less Of: Cocoa Processed With Alkali; Salt; Sodium Citrate; Disodium Phosphate; Mono- And Diglycerides; Whey (Milk); Potassium Sorbate (Preservative); Vanillin, Artificial Flavor; Polysorbate 60

NUTRITION PER SERVING (37 g)

120 calories, 4 g fat, 20 carbohydrate, 1 fiber, 17 sugars, 2 protein



Goey Golden Caramel

Buttery, golden caramel... that's all-natural and sugar-free? Oh yes! This recipe is perfect for topping ice cream or creating the *caramel-icious* recipes you'll find in the book.

Yield: 1 cup (16 servings of 1 Tbsp. each)

Active Time: 20 minutes

Total Time: 20 minutes

Preferences: Gluten Free

Ingredients

- 2 cups organic erythritol
- 1/2 cup organic heavy whipping cream
- 2 Tbsp. **Kerrygold Irish Butter**
- 1 pinch finely ground **Celtic Sea Salt**

Tools

- Heavy bottom saucepan or double boiler
- Ice cube tray (for caramel squares)

Preparation

1. Place all ingredients in a medium saucepan over medium-high heat.
2. Cook for 10 minutes, stirring occasionally, until the mixture begins to thicken. If your sauce is too thin continue cooking several more minutes. If your sauce becomes too thick, add more cream and bring the mixture back to a boil until cream is incorporated.
3. To make caramel squares (used for other candies in the book) scoop into the wells of an ice cube tray and freeze until ready to use.
4. For general use, pour into an airtight container and refrigerate.

Nutrition Information Per Serving

38 calories, 4.1 g total fat, 2.6 g saturated fat, 0 g trans fat, 0.79 g monounsaturated fats, 0.1 g polyunsaturated fats, 15.2 mg cholesterol, 11 mg sodium, 0.21 g carbohydrate, 0 g fiber, 0.01 g sugars, 0.15 g protein

Compare To Brach's Milk Maid Caramels®

INGREDIENTS: Corn Syrup, Sugar, Nonfat Milk, Partially Hydrogenated Cottonseed and/or Soybean Oil, Whey, Calcium Carbonate, Salt, Artificial and Natural Flavors, Lipolyzed Butter Fat, Molasses, Modified Corn Starch, Cocoa, Egg Whites, Soy Protein, Butter, Maple Syrup, Yellow #6, Yellow #5, Red #40, Blue #1, Red #3, Lecithin

NUTRITION PER SERVING (4 pieces/39 g)

150 calories, 4 g fat, 25 carbohydrate, 0 fiber, 15 sugars, 2 protein



Fluffy Whipped Topping

Are you a fool for Cool Whip®? Trade in the chemical-laden version for a creamy, wholesome dollop that's sugar free and adds just 10 calories per fluffy tablespoon!

Yield: 1 cup (16 servings of 1 Tbsp. each)

Active Time: 10 minutes

Total Time: 10 minutes

Preferences: Gluten Free

Ingredients

- 1 cup organic whole milk, cold
- 1 1/2 Tbsp. erythritol, powdered
- 4-6 drops stevia
- 1 tsp. vanilla extract
- 1 tsp. xanthan gum

Tools

- Stand Mixer

Preparation

1. Add all ingredients to the bowl of a stand mixer.
2. Using the wire whip attachment, whip on medium speed for 2 minutes
3. Turn speed to medium high (speed 6 or 8) and mix for another 6 minutes, or until it reaches desired consistency.

Nutrition Information Per Serving

10 calories, 0.5 g total fat, 0.28 g saturated fat, 0 g trans fat, 0.12 g monounsaturated fats, 0.03 g polyunsaturated fats, 1.5 mg cholesterol, 6.3 mg sodium, 0.83 g carbohydrate, 0.11 g fiber, 0.83 g sugars, 0.49 g protein

Compare to Kraft Cool Whip®

INGREDIENTS: Water, hydrogenated vegetable oil, high fructose corn syrup, corn syrup, skim milk, light cream and less than 2% sodium caseinate (a milk derivative), natural and artificial flavor, xanthan and guar gums, polysorbate 60, sorbitan monostearate and beta carotene (as a coloring).

NUTRITION PER SERVING (2 Tbsp./9.1 g)

25 calories, 1.5 g fat, 2 g carbohydrate, 0 fiber, 2 sugar, 0 protein



Vegan Whipped Topping

Whip up a fluffy batch of this dairy-free topping. It's perfect spooned over Paleo Poundcake with Strawberries (found in our companion book, [Guilt-Free Desserts](#)) or to crown your favorite milkshake.

Yield: 2 cups (32 servings of 1 Tbsp. each)

Active Time: 15 minutes

Total Time: 4 hours

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 2 (14-ounce) cans **Native Forest Coconut Milk**
- 1/3 cup erythritol, powdered

Tools

- Stand mixer

Directions

1. Chill coconut milk in refrigerator for at least 4 hours.
2. Prepare your stand-up mixer with the whisk attachment.
3. Remove chilled coconut milk from refrigerator, but do NOT shake. Open coconut milk using a can opener and carefully scoop the top, thick layer of coconut cream off (the remaining coconut liquid is not used in this recipe, but it's delicious, so don't discard it).
4. Place coconut cream in the mixing bowl and add powdered erythritol.
5. Whip on high until smooth and thick, about 30 seconds. Do not overmix—mixture will break and become thin.
6. Use whipped cream immediately or refrigerate up to 4 hours prior to use.

***PALEO OPTION:** Use powdered coconut sugar in place of erythritol

Nutrition Information Per Serving

44 calories, 4.4 g total fat, 3.5 g saturated fat, 0 g trans fat, 0 g monounsaturated fats, 0 g polyunsaturated fats, 0 mg cholesterol, 10.5 mg sodium, 1.8 g carbohydrate, 0 g fiber, 0.44 g sugars, 0 g protein

CANDY SHOP FAVORITES
**Candy Shop Favorites Including Delicious Barks,
Brittles, Toffees, Truffles & Fudges**

Paleo Coconut-Almond Bark

Reach for this decadent treat to satisfy your cravings fast! It's packed with antioxidants and healthy fats (not sugar) to keep your blood sugar stable and your metabolism revved.

Yield: 12 servings

Active Time: 15 minutes

Total Time: 2 hours

Preferences: Gluten Free, Dairy Free, Vegan, Paleo

Ingredients

- 1 ½ cups *Dagoba Organic Semi-Sweet Chocolate Chips* or *Paleo Dark Chocolate Bars & Chunks*
- ½ cup whole almonds (lightly toasted or raw)
- ¼ cup unsweetened shredded coconut

Tools

- Cookie sheet
- Parchment paper
- Offset spatula

Preparation

1. Preheat oven to 350 degrees F.
2. On a baking sheet, spread coconut in a single layer. Transfer to oven and bake 6 minutes or just until golden.
3. In a small saucepan or double boiler, melt chocolate over very low heat.
4. Pour chocolate into an unbleached parchment paper lined 8x8 inch baking dish.
5. Scatter almonds and 3 Tbsp. of coconut over chocolate.
6. Using an offset spatula spread the mixture evenly to ½ inch thickness.
7. Sprinkle remaining coconut on top of mixture.
8. Transfer to refrigerator and let chill for 2 hours to set.
9. Remove chocolate from pan and place on cutting board.
10. Cut into squares and serve.
11. Store in a sealed container in the refrigerator.

Nutrition Information per Serving

79 calories 6 g total fat, 2.6 g saturated fat, 0 g trans fat, 1.9 g monounsaturated fats, 1 g polyunsaturated fats, 0 mg cholesterol, 1 mg sodium, 6 g carbohydrate, 1.5 g fiber, 4 g sugars, 2 g protein

Chocolate Almond Crunch Clusters

This simple and delicious chocolate-shop favorite can be made in minutes and is the perfect "grab-and-go" treat.

Yield: 30 clusters

Active Time: 15 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 3.5 oz. *Dagoba Organic Eclipse Bar* (87% cacao content) or *Paleo Dark Chocolate Bars & Chunks*
- 5 Tbsp. organic heavy cream or *Native Forest Coconut Milk*
- 1/3 cup erythritol, powdered
- 1/16 tsp. pure stevia extract
- 1 cup raw almonds

Tools

- Heavy-bottom saucepan
- Cookie sheet lined with unbleached parchment paper

Preparation

1. Chop chocolate and combine with erythritol and cream or coconut milk in a heavy-bottomed saucepan.
2. Heat over very low heat to melt.
3. Stir in stevia to taste.
4. Place almonds on baking sheet in clusters of two or three. Spoon warm chocolate sauce over the clusters of nuts.
5. Transfer to refrigerator to set.

***PALEO OPTION:** Use powdered coconut sugar in place of erythritol.

Nutrition Information Per Serving

53 calories 4.8 g total fat, 1.8 g saturated fat, 0 g trans fat, 1.7 g monounsaturated fats, 0.61 g polyunsaturated fats, 3.4 mg cholesterol, 1 mg sodium, 2.2 g carbohydrate, 1 g fiber, 0.65 g sugars, 1.5 g protein

Holiday Peppermint Bark

Rich and creamy, this peppermint infused bark can be whipped up in minutes for impromptu gatherings.

Yield: 8 servings

Active Time: 15 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo

Ingredients

- 1/2 cup **Artisana Coconut Butter**
- 12-15 drops pure peppermint extract
- 8-10 drops stevia
- Optional: crushed candy canes from **CaringCandies**

Tools

- Cookie sheet
- Unbleached parchment paper

Preparation

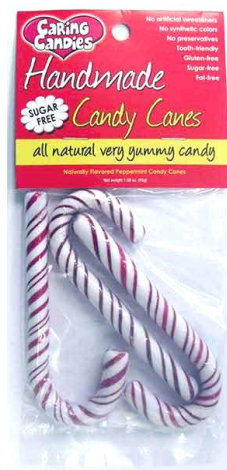
1. Warm the coconut butter in a warm oven for 5 minutes to soften.
2. Pour all ingredients (except candy canes) into a medium mixing bowl. Mix well.
3. Spread onto unbleached parchment paper-lined baking sheet.
4. Transfer to freezer to harden for 10-15 minutes.
5. Break into pieces and serve.
6. Store in a sealed container in the refrigerator.

Nutrition Information Per Serving

93 calories, 9 g total fat, 8 g saturated fat, 0 g trans fat, 0 g monounsaturated fats, 0 g polyunsaturated fats, 0 mg cholesterol, 5 mg sodium, 3.5 g carbohydrate, 2.5 g fiber, 0.95 g sugars, 1 g protein

PRODUCT SPOTLIGHT: CARING CANDIES PEPPERMINT STICKS

Ingredients: Isomalt, Water, Natural Peppermint Flavor, Beetroot Juice Color (from a natural source). Caring Candies is a South African company, and they may not ship internationally from their website. However, they do sell many of their products on Amazon. Simply do a search for “Caring Candies” to see what’s on offer.



Cinnamon Pecan Brittle

Crunchy, buttery brittle gets a big dose of flavor (and antioxidants) with warming cinnamon and chewy soft pecans.

Yield: 8 ounces (8 one-ounce servings)

Active Time: 10 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 2 organic egg whites
- ¼ cup coconut sugar, powdered
- 1 tsp. **Celtic Sea Salt**
- 1 tsp. organic cinnamon
- 2 cups raw pecans

Tools

- Cookie sheet
- Parchment paper

Preparation

1. Pre-heat oven to 300 degrees F.
2. In a large bowl, whisk together egg white, coconut sugar, salt and cinnamon.
3. Add nuts and stir to coat.
4. Pour nut mixture onto a parchment paper lined baking sheet.
5. Bake for 30 minutes, until nuts are golden brown.
6. Cool for 5 minutes, then break apart and serve.
7. Store in an airtight container in the refrigerator.

Nutrition Information per Serving

188 calories 18 g total fat, 1.6 g saturated fat, 0 g trans fat, 10.2 g monounsaturated fats, 5.4 g polyunsaturated fats, 0 mg cholesterol, 18.7 mg sodium, 6.3 g carbohydrate, 2.6 g fiber, 3.6 g sugars, 3.2 g protein

Gingerbread Fudge

The spicy flavor of gingerbread cookies in silky, soft fudge. With just 26 calories per square, you'll get big flavor with little calories.

Yield: 80 squares (1 inch each)

Active Time: 30 minutes

Total Time: 1.5 hours

Preferences: Gluten Free

Ingredients

- 1.5 cups erythritol
- ½ cup organic coconut sugar
- 1/4 cup organic molasses
- 3/4 cup **Native Forest Organic Coconut Milk**
- 1/2 tsp. cream of tartar
- 1 cup **Dagoba Unsweetened Organic Baking Chocolate**, finely chopped
- 2 Tbsp. **Kerrygold Irish Butter**
- 1 tsp. organic vanilla extract
- 1 tsp. cinnamon
- 1/2 tsp. ginger
-
- 1/4 tsp. cloves
- 1/4 tsp. nutmeg
- 1/4 tsp. **Celtic Sea Salt**, fine

Tools

- Heavy-bottom saucepan
- Offset spatula
- 8 x 8 pan lined with unbleached parchment paper
- Non-stick cooking spray
- Candy thermometer
- Wooden spoon or mixer with paddle attachment

Preparation

1. Line an 8x8 pan with unbleached parchment paper and spray with nonstick cooking spray.
2. Combine the erythritol, palm sugar, molasses, coconut milk, salt, and cream of tartar in a medium-large saucepan over medium heat. Stir until the crystals dissolve, and scrape down the sides with a silicone spatula. Insert a candy thermometer.
3. Once the mixture begins to bubble, add the chocolate. Stir until melted.
4. Once the chocolate is melted into the fudge mixture, brush down the sides of the pan with the silicone spatula, and bring the candy to a boil.
5. Continue to cook, without stirring, until it reaches 238 degrees.
6. Remove the fudge from the heat. Take out the candy thermometer.
7. Add in the spices, butter and vanilla, and stir vigorously with a wooden spoon or mixer with paddle attachment.
8. Stir the fudge until it begins to firm up and hold its shape. It will also lose its sheen and lighten in color. (**NOTE:** This will take 10-15 minutes by hand, or approximately 5 minutes if using an electric mixer fitted with a paddle attachment. Watch carefully; using an electric mixer can cause the fudge to become overbeaten)
9. Once the fudge begins to hold its shape and set, scrape into the prepared pan, smoothing the top to create an even layer.
10. Cool at room temperature for 1 hour before cutting. To serve, cut into 1-inch squares.
11. Store in an airtight container at room temperature for up to a week.

Nutrition Information Per Serving

26 calories, 2.2 g total fat, 1.5 g saturated fat, 0 g trans fat, 0 g monounsaturated fats, 0 g polyunsaturated fats, 1 mg cholesterol, 11.2 mg sodium, 2.2 g carbohydrate, 0.52 g fiber, 1.1 g sugars, 0.4 g protein

Give Up Sugar and Keep Your Sweet Tooth Happy!

What if you could satisfy your sweet tooth with a slice (or two!) of the most luxuriously delicious dark chocolate cake, without a care as to how it might affect your health... or your waistline? Now you can!

Wellness Bakeries all-natural **Chocolate Bliss Cake** is packed with protein, full of fiber and brimming with antioxidants and omega-3s.

And because it scores so low on the glycemic index, it is even safe for diabetics. You won't believe a dessert this good can be this good for you!

To learn more about the amazing, functional ingredients in **Chocolate Bliss Cake** and how you can taste it for yourself, read our [Letter to Dessert Lovers...](#)



<< Use coupon code "CANDIES" for a 15% discount on your first order! >>

Basic Nut-Coated Truffles

These tantalizing truffles are completely customizable to any taste or diet preference and make for a beautiful (and delicious!) chocolate gift.

Yield: 12 truffles

Active Time: 30 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free, Paleo*, Vegan*

Ingredients

- 1/2 cup plus 2 tablespoons organic heavy cream*
- 1/8 tsp. ground cardamom (optional)
- Five strips 1-inch-wide orange peel, pith removed (optional)
- 8 oz. **Dagoba Organic Semi-Sweet Chocolate**, finely chopped
- 1/4 cup erythritol, powdered*
- 1/4 cup organic cocoa powder, sifted
- 1/2 cup finely chopped assorted nuts (walnuts, pecans, and pistachios) and toasted, shredded, unsweetened coconut

Tools

- Heavy-bottom saucepan
- 8 x 8 pan lined with unbleached parchment paper
- Fine-mesh sieve

Preparation

1. In a small saucepan, whisk cream and cardamom. Add orange peel and bring just to a simmer. Remove from heat and let stand 15 minutes.
2. Line a baking pan with parchment. Set aside.
3. Return cream mixture to heat and bring to a boil. Place chopped chocolate in a metal bowl. Remove cream mixture from heat. Pour cream through a fine-mesh sieve set over the chocolate (discard solids). Stir chocolate-cream mixture until melted and smooth.
4. Pour chocolate mixture onto the unlined baking pan. Spread in an even layer with an offset spatula. Transfer baking pan to freezer. Chill the chocolate until hardened but malleable (about 15 minutes).
5. Using a tablespoon, scrape enough chocolate from pan to form a roughly shaped 1-inch ball. Be careful not to press too hard against baking pan. Repeat. Transfer balls to the parchment-lined pan; chill truffles in the refrigerator 10 minutes.
6. Place the erythritol, cocoa powder, and chopped nuts in three separate bowls. Roll the truffles in desired coatings.

***PALEO/VEGAN OPTION:** Use full fat coconut milk in place of the heavy cream. Use coconut sugar in place of the erythritol.

Nutrition Information Per Serving

178 calories 18.1 g total fat, 10.6 g saturated fat, 0 g trans fat, 2.9 g monounsaturated fats, 0.9 g polyunsaturated fats, 20.6 mg cholesterol, 6.1 mg sodium, 7.6 g carbohydrate, 4.5 g fiber, 0.44 g sugars, 4.4 g protein

How to Toast Coconut

You can toast coconut in the oven or on the stove top. For oven toasting, spread shredded coconut in a thin layer on a baking sheet. Bake at 300F for about 20 minutes, stirring every 5 minutes to make sure that the coconut browns evenly. For stove top toasting, spread shredded coconut into a skillet and cook over medium heat, stirring frequently, until coconut is golden brown.

Kahlua Truffles

The rich, addictive flavor of coffee, rolled into a truffle! For even more coffee flavor, dip truffles in tempered chocolate and top with an espresso bean.

Yield: 14 truffles

Active Time: 30 minutes

Total Time: 45 minutes

Preferences: Gluten Free

Ingredients

- 8 oz. *Paleo Dark Chocolate Bars & Chunks*
- 3 Tbsp. *Kahlua liquor*
- 2 Tbsp. *Kerrygold Irish Butter*
- 1/2 cup organic cocoa powder

Tools

- Heavy-bottom saucepan
- Melon baller

Preparation

1. Melt the chocolate and butter in a heavy bottom saucepan or over a double boiler.
2. Mix the Kahlua into the chocolate mixture. Beat until smooth.
3. Transfer chocolate-Kahlua mixture to refrigerator to set to semi-soft solid. (NOTE: It should not stick to your hand when you handle it.)
4. Pour cocoa powder onto a plate.
5. Using a melon baller, scoop out chocolate-Kahlua mixture and drop onto the plate of cocoa powder.
6. Roll the truffle in the cocoa powder until the outside is entirely coated. Place completed truffles on clean plate. Repeat with remaining chocolate-Kahlua mixture.
7. Transfer to refrigerator to set for 15 minutes.
8. Store in a sealed container at room temperature.

Nutrition Information Per Serving

108 calories 10.6 g total fat, 7 g saturated fat, 0 g trans fat, 0.14 g monounsaturated fats, 0.02 g polyunsaturated fats, 5.7 mg cholesterol, 10.1 mg sodium, 6.6 g carbohydrate, 3.9 g fiber, 0.98 g sugars, 2.9 g protein

Chocolate-Covered Cherry Truffles

The classic combination of chocolate and cherries gets a twist... with coconut. Give cooled truffles a final "bath" in tempered chocolate for the ultimate chocolate-covered cherry experience.

Yield: 20 truffles

Active Time: 10 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free, Paleo

Ingredients

- 1 ¾ cups unsweetened shredded coconut
- 2/3 cup coconut cream
- 2 large organic egg whites
- 1 tsp. organic vanilla extract
- 1 Tbsp. organic cocoa powder
- ¼ tsp. **Celtic Sea Salt**
- 1/2 cup **Bellaviva Unsweetened Organic Dried Bing Cherries**, coarsely chopped

Tools

- Heavy-bottom saucepan
- Jelly roll pan (rimmed baking sheet)
- Unbleached parchment paper

Preparation

1. Heat oven to 300 degrees F.
2. Spread 1 ½ cups of the shredded coconut onto a rimmed baking sheet.
3. Toast for 8-10 minutes, or just until coconut begins to turn golden brown. Set aside.
4. In a medium bowl, whisk together egg whites, coconut cream, cocoa, vanilla, and salt until well combined. Add dried cherries and toasted coconut. Stir until well combined. Cover and refrigerate until thoroughly chilled and firm, at least 2 hours and up to 24 hours.
5. Preheat oven to 300 degrees F.
6. Line a baking sheet with parchment paper. Using damp hands or a melon baller, scoop the batter into 1-inch balls (about the size of a walnut).
7. Place the balls onto the baking sheet. Top each with a pinch of the untoasted coconut.
8. Transfer to oven and bake on the middle shelf of the oven for about 20 minutes. Truffles are done when they are no longer sticky on the outside, but still give when pressed.
9. Let cool and store in the refrigerator.

Nutrition Information per Serving

145 calories 12.3 g total fat, 2.1 g saturated fat, 0 g trans fat, 0.11 g monounsaturated fats, 0.03 g polyunsaturated fats, 0 mg cholesterol, 13.4 mg sodium, 8.2 g carbohydrate, 3.7 g fiber, 3.7 g sugars, 0.64 g protein

SPECIAL FEATURE: Creating Handcrafted Truffles

Truffles make a perfect one-bite dessert for parties and a chic option for tasteful gifting. In addition to the truffle recipes you'll find in the book, consider trying your hand at these decadent variations:

Balsamic Chocolate Truffles

Follow the recipe for *Basic Nut-Coated Truffles*. Add 2 tsp. organic balsamic vinegar to the chocolate-cream mixture in step 3 (omit the cardamom and orange peel). Follow remaining steps as usual and roll in cocoa powder.

Pistachio-Mint Chocolate Truffles

Follow the recipe for *Basic Nut-Coated Truffles*. Add ½ tsp. pure mint extract to strained cream mixture (omit the cardamom and orange peel). Follow remaining steps and roll in finely chopped pistachios.

Dark Chocolate Blueberry Truffles

Follow the recipe for *Basic Nut-Coated Truffles*. Add ½ cup dried unsweetened organic blueberries to strained cream mixture (omit the cardamom and orange peel if you wish). Puree to fully incorporate blueberries. Follow remaining steps and roll in cocoa powder.

Almond Joy Truffles

Follow the recipe for *Basic Nut-Coated Truffles*. Add 1 tsp. pure coconut extract and ¼ tsp. pure vanilla extract to chocolate-cream mixture in step 3 (omit the cardamom and orange peel). Follow remaining steps as usual and roll in a cocoa powder, toasted coconut and chopped sliced almonds.



Classic Pecan Brittle

This classic butter-crunch candy gets a sugar-free makeover. Substitute macadamia nuts, cashews or your favorite nut for a tasty twist on the original.

Yield: 4 ounces (4 servings/1 ounce each)

Active Time: 20 minutes

Total Time: 40 minutes

Preferences: Gluten Free

Ingredients

- 1/2 cup **Kerrygold Irish Butter**, cut into 8 pieces
- 1/2 cup erythritol
- 1 cup chopped pecans, lightly toasted
- 1 tsp. organic vanilla extract

Tools

- Heavy-bottom saucepan
- 8 x 8 pan lined with unbleached parchment paper
- Cooking spray
- Candy thermometer

Preparation

1. Line an 8x8 inch pan with unbleached parchment paper and grease paper or spray with cooking oil.
2. Melt butter in a medium saucepan over low heat.
3. Once the butter has melted, add erythritol. Turn heat up to medium.
4. Stir the butter-erythritol mixture constantly until erythritol crystals have dissolved and the mixture comes to a boil.
5. Gently boil mixture while stirring constantly for 10-15 minutes. It will begin to darken and caramelize. (NOTE: If you are using a candy thermometer, it will register just above 300F when it's finished. Watch it carefully!)
6. Remove from heat, stir in pecans and vanilla.
7. Pour mixture into prepared pan and let cool.
8. Store in an airtight container at room temperature.

Nutrition Information Per Serving

125 calories, 13.3 g total fat, 5.2 g saturated fat, 0 g trans fat, 3.4 g monounsaturated fats, 1.8 g polyunsaturated fats, 26.7 mg cholesterol, 43.4 mg sodium, 1.2 g carbohydrate, 0.8 g fiber, 0.37 g sugars, 0.76 g protein

Pistachio Pralines

These bite-sized treats of buttery goodness are perfect for nut lovers. Experiment with extracts and nut varieties to make your own unique indulgent treats like Maple-Pecan and Coconut-Macadamia.

Yield: 12 ounces (12 servings/1 ounce each)

Active Time: 10 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free*, Vegan*, Paleo*

Ingredients

- 1 cup erythritol, powdered
- 1/4 cup organic heavy whipping cream
- 1 Tbsp. **Kerrygold Butter**
- 2 tsp. **Coconut Secret Raw Coconut Nectar**
- 1 pinch **Celtic Sea Salt**
- 1/2 tsp. organic vanilla extract
- 1 1/2 cups pistachio halves
- 8-10 drops liquid stevia (to taste)

Tools

- Heavy-bottom saucepan
- 8 x 8 pan lined with unbleached parchment paper
- Candy thermometer

Preparation

1. For the pralines, combine erythritol with the cream, butter, coconut nectar and salt in a small saucepan over medium heat.
2. Stir constantly until erythritol dissolves and mixture comes to a boil.
3. Continue to cook until mixture reaches 280F on a candy thermometer and begins to darken. Remove from heat.
4. Stir in vanilla extract and stevia let cool 5 minutes.
5. Stir in pistachios and mix thoroughly, then pour into a parchment lined baking pan.
6. Let cool and harden.

PALEO/DAIRY FREE/VEGAN OPTIONS: Use full fat coconut milk in place of the heavy cream. Use coconut sugar in place of the erythritol. Use palm shortening or coconut oil in place of the butter.

Nutrition Information per Serving

114 calories, 9.6 g total fat, 2.6 g saturated fat, 0 g trans fat, 4.4 g monounsaturated fats, 2.2 g polyunsaturated fats, 9.3 mg cholesterol, 9.6 mg sodium, 5 g carbohydrate, 1.6 g fiber, 1.7 g sugars, 3.3 g protein

COPYCAT CANDIES
Simple & Delicious Recipes to Makeover Your
Candy Aisle Favorites

Mini Peanut Butter Cups

The "cheater's version" of a peanut butter cup, these minis combine peanut or almond butter with the chocolate for a quick stir-and-set treat.

Yield: 16 servings (mini cups)

Active Time: 5 minutes

Total Time: 25 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 6 Tbsp. unsweetened organic cocoa powder
- 3 Tbsp. virgin coconut oil
- 3 Tbsp. *Maranatha Creamy Organic Peanut Butter**
- 1/2 tsp. vanilla extract (optional)
- 4 tsp. coconut sugar
- 1 pinch finely ground *Celtic Sea Salt*
- 8-10 drops *NuNaturals Stevia* (to taste)

Tools

- Heavy-bottom saucepan
- Candy molds

Preparation

1. In a medium saucepan, combine cocoa powder, coconut oil, and nut butter over very low heat. Stir occasionally until mixture is completely liquefied.
2. Remove from heat and stir in salt, vanilla (if using) and coconut sugar. Add stevia to taste.
3. Pour mixture into silicone candy molds, silicone muffins cups, or paper mini muffin liners in a mini muffin pan.
4. Transfer to freezer to set (about 15 minutes).
5. Pop the peanut butter cups out of silicone molds
6. Store them in airtight container in freezer or refrigerator.

***PALEO OPTION:** Replace peanut butter with almond butter, cashew butter or macadamia nut butter.

Nutrition Information Per Serving

47 calories, 4.4 g total fat, 2.6 g saturated fat, 0 g trans fat, 0.24 g monounsaturated fats, 0.06 g polyunsaturated fats, 0 mg cholesterol, 8.7 mg sodium, 2.1 g carbohydrate, 1 g fiber, 0.56 g sugars, 1.1 g protein

COMPARE TO YORK REESE'S PEANUT BUTTER CUPS®

INGREDIENTS: Milk Chocolate (Sugar; Cocoa Butter; Chocolate; Nonfat Milk; Milk Fat; Lactose; Soy Lecithin; PGPR, Emulsifier); Peanuts; Sugar; Dextrose; Salt; TBHQ (Preservative)

NUTRITION PER SERVING (2 cups): 210 calories, 13 g fat, 24 carbohydrate, 1 fiber, 21 sugars, 5 protein



Homemade Peanut Butter Cups

A riff on the classic, the peanut butter filling in this recipe gets structure from a "secret" ingredient.

Yield: 14 servings

Active Time: 30 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Vegan

Ingredients

Chocolate Coating

- 5 oz. *Dagoba Baker's Chocolate*, chopped
- 1/4 cup *Native Forest Organic Coconut Milk*
- 3/4 cup erythritol, powdered
- 1/8 - ¼ tsp. stevia extract (to taste)
- 1/4 tsp. *Celtic Sea Salt*, fine
- 1 tsp. organic vanilla extract

Peanut Butter Filling

- 1/2 cup *Maranatha Creamy Organic Peanut Butter**
- 1 cup almond flour
- 1/8 - ¼ tsp. stevia extract (to taste)
- 1 pinch of finely ground *Celtic Sea Salt*

Tools

- Heavy-bottom saucepan
- Mini-muffin tin sprayed with nonstick spray

Preparation

1. Add coconut milk, baker's chocolate, powdered erythritol, ¼ tsp. stevia extract, ¼ tsp. salt and vanilla to a heavy-bottomed saucepan over very low heat. Stir until melted - the mixture will be fairly thick.
2. While the chocolate is melting, prepare the filling. In a medium bowl, combine almond flour, peanut butter, ¼ tsp stevia and salt. Mix using a spatula or your hands. Adjust sweetness and salt to taste.
3. Using a melon baller or large spoon, scoop heaping tablespoons of the chocolate into the mini muffin tin. Use your thumb to make a well in the center.
4. Using a teaspoon, scoop peanut butter mixture and form ½ inch balls. Push the peanut butter balls onto the chocolate, flattening with your fingers.
5. Transfer to refrigerator and chill for 30 minutes.
6. Remove from fridge. Run hot water over the bottom of the pan to help loosen candies. Using a thin knife, run the blade around the edge of a cup and pop it out.
7. Store peanut butter cups in an airtight container in freezer or refrigerator.

Nutrition Information per Serving

158 calories, 14.6 g total fat, 5 g saturated fat, 0 g trans fat, 2.5 g monounsaturated fats, 0.97 g polyunsaturated fats, 0 mg cholesterol, 24.7 mg sodium, 6.6 g carbohydrate, 3.6 g fiber, 0.7 g sugars, 5.4 g protein

Classic Peanut Butter Cups

The classic peanut butter cup goes sugar-free in this easy recipe. Substitute any nut or seed butter to create your personal favorite.

Yield: 12 peanut butter cups

Active Time: 40 minutes

Total Time: 1.5 hours

Preferences: Gluten Free

Ingredients

Chocolate Coating:

- ¼ cup *Kerrygold Irish Butter*
- 3 oz *Dagoba Baker's Chocolate*, chopped
- 2 Tbsp. erythritol, powdered
- 2 Tbsp. organic cocoa powder
- ½ tsp. organic vanilla extract
- 10-12 drops stevia extract (to taste)

Peanut Butter Filling:

- ½ cup *Maranatha Creamy Organic Peanut Butter*
- 3 Tbsp. erythritol, powdered
- ½ tsp. organic vanilla extract

Tools

- Heavy-bottom saucepan
- Medium peanut butter cup mold or silicon baking cups

Preparation

1. In a heavy-bottomed saucepan or double boiler, melt butter and chocolate over very low heat.
2. Add the 2 Tbsp. powdered erythritol, stirring until smooth. Stir in cocoa powder, ½ tsp. vanilla and stevia. Let cool 5 minutes or until mixture thickens slightly.
3. Using a small spoon, spread chocolate mixture on the bottom and up the sides of twelve candy cups or candy molds. Place on baking sheet and freeze until firm, about 20 minutes.
4. While chocolate hardens, make the peanut butter filling. In a small saucepan, heat the peanut butter over very low heat, stirring. Stir in 3 Tbsp. powdered erythritol and ½ tsp. vanilla extract.
5. Remove chocolate cups from freezer. Using a large spoon, fill cups with peanut butter. Leave enough space to cover with remaining chocolate. Return to freezer for another 15 minutes.
6. Meanwhile, re-warm remaining chocolate over very low heat. Stir until smooth. Remove peanut butter cups from freezer. Spread melted chocolate over peanut butter filling to the sides of each cup.
7. Return to freezer and chill until set, about 20 minutes.
8. Store in an airtight container in the refrigerator.

Nutrition Information Per Serving

135 calories, 12.9 g total fat, 5.6 g saturated fat, 0 g trans fat, 0.04 g monounsaturated fats, 0 g polyunsaturated fats, 13.3 mg cholesterol, 48.5 mg sodium, 4.6 g carbohydrate, 2.5 g fiber, 0.39 g sugars, 3.8 g protein

Chocolate Peppermint Meltaways

Mint and chocolate mingle in this ten-minute treat. Be sure to keep refrigerated (or eat them fast!) to prevent melting.

Yield: 8 patties

Active Time: 10 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo

Ingredients

- 4 Tbsp. filtered water
- 2 Tbsp. **Artisana Coconut Butter**
- 1/8 tsp. pure peppermint extract (to taste)
- 8-10 drops liquid stevia
- 4 Tbsp. virgin coconut oil, melted
- 5 Tbsp. organic cocoa powder
- 10 drops **NuNaturals Vanilla Stevia** (to taste)

Tools

- Candy molds or lined cupcake pan
- Heavy-bottom saucepan or double boiler

Preparation

1. In a small bowl, combine 2 tsp. water, coconut butter, peppermint extract and plain stevia in a small bowl to form a paste.
2. In a separate bowl, combine the melted coconut oil, cocoa powder, 3 Tbsp. water and vanilla stevia. Stir well until smooth and thick.
3. In candy molds or cupcake liners, spread out half of the chocolate.
4. Divide mint filling equally among cups.
5. Cover with the remaining chocolate
6. Freeze until chilled.

Nutrition Information per Serving

94 calories, 9.7 g total fat, 8.3 g saturated fat, 0 g trans fat, 0.55 g monounsaturated fats, 0.14 g polyunsaturated fats, 0 mg cholesterol, 1.9 mg sodium, 3.5 g carbohydrate, 1.7 g fiber, 1.2 g sugars, 0.86 g protein

COMPARE TO YORK PEPPERMINT PATTIES®

INGREDIENTS: Sugar; Corn Syrup; Semisweet Chocolate (Chocolate; Sugar; Cocoa; Milk Fat; Cocoa Butter; Soy Lecithin; Pgpr, Emulsifier; Vanillin, Artificial Flavor) ; Invert Sugar; Egg Whites; Oil Of Peppermint; Milk

NUTRITION PER SERVING (1 patty): 140 calories, 2.5 g fat, 31 carbohydrate, 1 fiber, 25 sugars, 1 protein



Peppermint Patties

Dark chocolate enrobes cool peppermint filling for a rich, refreshing treat.

Yield: 12 patties

Active Time: 10 minutes

Total Time: 40 minutes

Preferences: Gluten Free

Ingredients

- 1 tablespoon *Spectrum Palm Shortening*
- 2 Tbsp. organic ricotta cheese
- 1 tablespoon organic powdered milk
- 3 Tbsp. erythritol, powdered
- 1/8 tsp. pure peppermint extract (to taste)
- 4-6 drops liquid stevia, to taste
- ½ cup *Paleo Dark Chocolate Bars & Chunks*

Tools

- Cookie sheet
- Wax paper
- Heavy-bottom saucepan or double boiler

Preparation

1. In a small bowl, ricotta, erythritol and peppermint extract.
2. Using a hand mixer, beat on high until erythritol is dissolved.
3. Add stevia to taste. Refrigerate.
4. While filling chills, melt the chocolate.
5. Melt chocolate chunks.
6. Line a cookie sheet with wax paper. Using a spoon, spread 2-inch circles of the melted chocolate onto the cookie sheet in a thin even layer.
7. Transfer to freezer and chill for five minutes to set.
8. Remove from freezer and spread mint filling inside the circles. Chill again.
9. Remove from freezer and carefully dip the uncoated side of the candy in the chocolate to cover completely.
10. Refrigerate to firm and store in an airtight container in refrigerator.

Nutrition Information per Serving

54 calories, 4.5 g total fat, 2.7 g saturated fat, 0 g trans fat, 0.52 g monounsaturated fats, 0.18 g polyunsaturated fats, 1.4 mg cholesterol, 2.7 mg sodium, 2.8 g carbohydrate, 0.5 g fiber, 2.2 g sugars, 0.83 g protein

Chocolate-Mint Patties

A dairy-free, vegan version of the candle-aisle favorite.

Yield: 12 patties

Active Time: 10 minutes

Total Time: 40 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 6 Tbsp. organic virgin coconut oil
- 6 Tbsp. **Native Forest Coconut Milk**
- 1 Tbsp. water
- 1/3 cup erythritol, powdered
- 1/2 tsp. stevia extract (to taste)
- 1 Tbsp. organic coconut flour
- 1.5 tsp. mint extract, divided
- 1/4 tsp. **Celtic Sea Salt**
- 4 oz. **Dagoba Chocodrops** or **Paleo Dark Chocolate Bars & Chunks**

Tools

- Mini muffin pan
- Unbleached mini muffin liners
- Heavy-bottom saucepan or double boiler
- Wax paper or unbleached parchment paper

Preparation

1. Line mini muffin pan with unbleached cupcake liners.
2. In a medium bowl, combine coconut oil, 1/3 cup coconut milk, erythritol, stevia, coconut flour, 1 tsp. mint extract and salt.
3. Divide mixture among muffin liners and place in freezer
4. In a saucepan or double boiler, melt chocolate with 1 Tbsp. coconut milk, 1 Tbsp. water and remaining mint. Stir well to combine.
5. Dip frozen coconut mixture into melted chocolate and turn to coat well.
6. Place chocolate-covered coconut pieces onto wax paper and place in freezer.

***PALEO OPTION:** Replace erythritol with coconut sugar.

Nutrition Information per Serving

127 calories, 12.3 g total fat, 9.8 g saturated fat, 0 g trans fat, 0.41 g monounsaturated fats, 0.13 g polyunsaturated fats, 0 mg cholesterol, 4.2 mg sodium, 3.8 g carbohydrate, 0.88 g fiber, 2.5 g sugars, 0.75 g protein

Instant-Freeze Chocolate Sauce

Just like the popular bottled variety, this sauce magically freezes in seconds when it meets ice cream. But unlike Smucker's Magic Shell®, our version is loaded with powerful antioxidants and metabolism-boosting fats - not sugar!

Yield: 16 servings (1 Tbsp. each)

Active Time: 10 minutes

Total Time: 10 minutes

Preferences: Gluten Free, Dairy Free, Vegan

Ingredients

- 6 Tbsp. organic virgin coconut oil
- 6 Tbsp. organic cocoa powder
- 8-10 drops liquid stevia (to taste)
- 4 Tbsp. erythritol, powdered
- 1/4 tsp. **Celtic Sea Salt**

Tools

- Heavy-bottom saucepan or double boiler

Preparation

1. In a small saucepan, melt coconut oil.
2. Stir in cocoa, erythritol, salt and stevia, whisking well to dissolve crystals.
3. Let cool slightly, and then pour over homemade sugar free ice cream.
4. Store in covered container in the refrigerator.

Nutrition Information Per Serving

51 calories, 5.5 g total fat, 4.7 g saturated fat, 0 g trans fat, 0.39 g monounsaturated fats, 0.1 g polyunsaturated fats, 0 mg cholesterol, 0.41 mg sodium, 1.5 g carbohydrate, 0.62 g fiber, 0.51 g sugars, 0.37 g protein

COMPARE TO SMUCKERS MAGIC SHELL®

INGREDIENTS:

Sugar, Sunflower Oil, Coconut Oil, Cocoa, Chocolate, Contains 2% Or Less Of: Cocoa Processed With Alkali, Soy Lecithin, Salt, Vanilla, Milk.

NUTRITION PER SERVING (2 TBPS)

210 calories, 16 g fat, 17 carbohydrate, 16 sugar, 1 protein, 0 fiber



Butter Lover's English Toffee

Do you love the buttery “snap” of English toffee... but not all the sugar? Our version delivers the same rich flavor, with less than two grams of sugar per serving.

Yield: 16 servings

Active Time: 10 minutes

Total Time: 30 minutes

Preferences: Gluten Free

Ingredients

- 1 cup *Kerrygold Irish Butter*
- 2 cups organic erythritol
- 10 drops liquid stevia
- 1 Tbsp. organic vanilla
- 1/2 cup *Homemade Milk Chocolate Chunks* or *Paleo Dark Chocolate Bars & Chunks*

Tools

- Heavy-bottom saucepan or double boiler
- Offset spatula
- Cookie sheet lined with unbleached parchment paper or foil

Preparation

1. In a small saucepan, melt the butter over medium heat. Add the erythritol, stevia and vanilla, whisking well to combine.
2. Cook and stir constantly until mixture turns golden, about 10-15 minutes. If you are using a candy thermometer, it will be just over 300F when it's finished. (NOTE: It is important that you give the toffee time to turn golden but do not overcook - it will burn. When it begins turning golden, test it. Drop a small amount into a cup of cold water. If it gets hard and brittle then it is ready.)
3. When the toffee is ready, pour onto a foil or unbleached-parchment-paper lined cookie sheet. Let set for 5 minutes to cool slightly.
4. Sprinkle the chocolate chips over the toffee and spread using an offset spatula.
5. Chill the cookie sheet in the fridge until the chocolate hardens again. Break into pieces.
6. Store in an air tight container.

Nutrition Information Per Serving

133 calories, 13.2 g total fat, 8.5 g saturated fat, 0 g trans fat, 0 g monounsaturated fats, 0 g polyunsaturated fats, 40 mg cholesterol, 65.1 mg sodium, 2.3 g carbohydrate, 0.38 g fiber, 1.9 g sugars, 0.38 g protein

COMPARE TO HERSHEY'S HEATH BAR®

INGREDIENTS: Milk Chocolate (Sugar; Cocoa Butter; Chocolate; Nonfat Milk; Milk Fat; Lactose; Salt; Soy Lecithin; Vanillin, Artificial Flavor); Sugar; Palm Oil; Dairy Butter (Milk); Almonds (Roasted In Cocoa Butter And/Or Sunflower Oil); Contains 2% Or Less Of: Salt; Artificial Flavor; Soy Lecithin



NUTRITION PER SERVING (1 bar): 210 calories, 13 g fat, 24 carbohydrate, 1 fiber, 24 sugars, 1 protein

SPECIAL FEATURE: Gourmet Toffee Variations

Feeling adventurous? Here are some simple and delicious renditions of our basic toffee that are sure to please. Use the *Homemade English Toffee* recipe on the previous page as a guide.



Fleur de Sel Toffee

After pouring toffee onto cookie sheet, let stand for 30 seconds, then sprinkle with $\frac{3}{4}$ tsp. fleur de sel. Let cool. (Do not move the pan for the first 30 minutes.) Break toffee into pieces.

Chocolate Almond Buttercrunch Toffee

After spreading chocolate over toffee, top with 1 cups (4 ounces) toasted almonds or hazelnuts, chopped between fine and coarse, plus $\frac{1}{4}$ cup organic cacao nibs and $\frac{1}{2}$ tsp. coarse Himalayan pink sea salt.

White Chocolate Pistachio Toffee

Substitute *Homemade White Chocolate* for the milk or dark chocolate chunks. After spreading the melted white chocolate over toffee, top with 1 cup (4 ounces) toasted pistachios, roughly chopped.

White Chocolate Macadamia & Coconut Toffee

Substitute *Homemade White Chocolate* for the milk or dark chocolate chunks. After spreading the melted white chocolate over toffee, top with 1 cup (4 ounces) toasted macadamias, roughly chopped and 1 ounce shredded unsweetened coconut.

Chocolate-Coconut Candy Bars

The addictive combination of chocolate and coconut get a superfood makeover in our healthy take on a Mounds® bar.

Yield: 20 bars

Active Time: 30 minutes

Total Time: 45 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 1 1/2 cups unsweetened shredded coconut
- 6 Tbsp. organic virgin coconut oil
- 1/3 cup **Native Forest Organic Coconut Milk**
- 1/3 cup erythritol
- 8-10 drops stevia extract (to taste)
- 6 oz **Dagoba Organic Eclipse Bar** or **Paleo Dark Chocolate Bars & Chunks**
- 1 pinch **Celtic Sea Salt**

Tools

- Heavy-bottom saucepan
- Cookie sheet lined with unbleached parchment paper or foil
- Toothpicks

Preparation

1. In a medium saucepan, add erythritol and heat over medium heat until liquefied.
2. In a small bowl, mix together coconut oil, coconut milk, coconut, salt, and stevia.
3. Carefully pour hot erythritol into coconut mixture and mix well to form a smooth paste.
4. Scoop tablespoon-sized dollops of the coconut mixture onto a cookie sheet lined with unbleached parchment paper, and shape into flattened logs with your hands.
5. Transfer to freezer and chill for 5 minutes, or until filling is firm and cold.
6. While filling chills, melt the chocolate in medium saucepan over very low heat. Add stevia to taste.
7. Stick toothpicks into cold coconut filling. Carefully dip filling into chocolate, and place dipped chocolate on parchment paper. Remove toothpick. Let chocolate coating harden.

***PALEO OPTION:** Replace erythritol with coconut sugar.

Nutrition Information per Serving

108 calories, 10.8 g total fat, 8.5 g saturated fat, 0 g trans fat, 0.33 g monounsaturated fats, 0.1 g polyunsaturated fats, 0 mg cholesterol, 2.8 mg sodium, 4 g carbohydrate, 1.7 g fiber, 1.6 g sugars, 1.2 g protein



COMPARE TO MOUNDS®

INGREDIENTS: Corn Syrup; Semi-Sweet Chocolate (Chocolate; Sugar; Cocoa; Milk Fat; Cocoa Butter; Soy Lecithin; Pgpr, Emulsifier) ; Coconut; Sugar; Salt; Natural & Artificial Flavor; Hydrolyzed Milk Protein; Sodium Metabisulfite, To Maintain Freshness; Sulfur Dioxide, To Maintain Freshness; Caramel Color; Milk

NUTRITION PER SERVING (1 bar)

230 calories, 13 g fat, 29 carbohydrate, 3 fiber, 21 sugars, 2 protein

Dark Choco-Coco Candies

Another riff on a Mounds®, this super-simple, six-ingredient treat a dark chocolate lover's delight. For a lighter or sweeter version add ¼ cup semi-sweet chocolate chips to melted chocolate.

Yield: 12 bars

Active Time: 15 minutes

Total Time: 1 hour

Preferences: Gluten Free, Dairy Free, Vegan, Paleo

Ingredients

- 3 ounces *Dagoba Unsweetened Organic Baking Chocolate* or *Paleo Dark Chocolate Bars & Chunks*
- 1/4 tsp. *Celtic Sea Salt*, finely ground
- 1 cup unsweetened shredded coconut
- 2 Tbsp. virgin coconut oil, melted
- 3 Tbsp. filtered water
- 20 drops *NuNaturals Vanilla Stevia* (to taste)

Tools

- Heavy-bottom saucepan
- Cookie sheet lined with unbleached parchment paper or foil
- Toothpicks
- Mini muffin tin or silicone mold

Preparation

1. Combine shredded coconut, water, coconut oil, salt and 10 drops of stevia in a food processor. Pulse to form a paste.
2. Scoop out by rounded teaspoons and press firmly into a mini muffin tin or silicone mold. Transfer to freezer for 25 minutes.
3. Meanwhile, melt the chocolate over very low heat with 10 drops of stevia (to taste).
4. Pop the coconut disks out of mold and using a fork or toothpick dip in chocolate and place on a parchment-lined baking sheet.
5. Return to freezer for 20 minutes to set.

Nutrition Information per Serving

117 calories, 12.1 g total fat, 9.9 g saturated fat, 0 g trans fat, 0.39 g monounsaturated fats, 0.1 g polyunsaturated fats, 0 mg cholesterol, 3.4 mg sodium, 4 g carbohydrate, 2.8 g fiber, 0.7 g sugars, 1.6 g protein

Joyous Almond Candy Bars

Are you nuts for chocolate-covered coconut and almonds? We put the “joy” back into this tempting combination. Our all-natural version has just two grams of sugar and 116 calories.

Yield: 20 bars

Active Time: 30 minutes

Total Time: 45 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 1 1/2 cups unsweetened shredded coconut
- 6 Tbsp. organic virgin coconut oil
- 1/3 cup **Native Forest Organic Coconut Milk**
- 1/3 cup erythritol
- 8-10 drops stevia extract (to taste)
- 20 raw almonds
- 6 oz **Dagoba Organic Eclipse Bar** or **Paleo Dark Chocolate Bars & Chunks**
- 1 pinch **Celtic Sea Salt**

Tools

- Heavy-bottom saucepan
- Cookie sheet lined with unbleached parchment paper or foil
- Toothpicks

Preparation

1. In a medium saucepan, add erythritol and heat over medium heat until liquefied.
2. In a small bowl, mix together coconut oil, coconut milk, coconut, salt, and stevia.
3. Carefully pour hot erythritol into coconut mixture and mix well to form a smooth paste.
4. Scoop tablespoon-sized dollops of the coconut mixture onto a cookie sheet lined with unbleached parchment paper, and shape into flattened logs with your hands.
5. Top each log with an almond, pressing the nut gently into the filling.
6. Transfer to freezer and chill for 5 minutes, or until filling is firm and cold.
7. While filling chills, melt the chocolate in medium saucepan over very low heat. Add stevia to taste.
8. Stick toothpicks into cold coconut filling. Carefully dip filling into chocolate, and place dipped chocolate on parchment paper. Remove toothpick. Let chocolate coating harden.

***PALEO OPTION:** Replace erythritol with coconut sugar.

Nutrition Information Per Serving

116 calories, 11.5 g total fat, 8.6 g saturated fat, 0 g trans fat, 0.76 g monounsaturated fats, 0.27 g polyunsaturated fats, 0 mg cholesterol, 2.8 mg sodium, 4.3 g carbohydrate, 1.9 g fiber, 1.7 g sugars, 1.6 g protein

COMPARE TO ALMOND JOY®

INGREDIENTS:

Corn Syrup; Milk Chocolate (Sugar; Cocoa Butter; Chocolate; Milk; Lactose; Milk Fat; Nonfat Milk; Soy Lecithin; Pgpr, Emulsifier) ; Coconut; Sugar; Almonds (Roasted In Cocoa Butter And/Or Sunflower Oil) ; Contains 2% Or Less Of: Partially Hydrogenated Vegetable Oil (Soybean And Palm Oil); Whey (Milk); Cocoa; Salt; Natural And Artificial Flavor ; Chocolate; Soy Lecithin; Hydrolyzed Milk Protein; Sodium Metabisulfite, To Maintain Freshness; Sulfur Dioxide, To Maintain Freshness; Caramel Color



NUTRITION PER SERVING (1 bar)

220 calories, 13 g fat, 26 carbohydrate, 2 fiber, 20 sugars, 2 protein

Chocolate Covered Raisins

The movie theater favorite is loaded with sugar and artificial ingredients. Not to mention confectioner's glaze – an ingredient derived from a type of beetle. Get your friends and family buzzing about our delicious lower-sugar version of this childhood favorite.

Yield: 18 ounces (18 servings of 1 ounce each)

Active Time: 10 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free*, Vegan*, Paleo*

Ingredients

- 6 ounces **Homemade Dark Chocolate Bar** or **Dagoba Eclipse Bar**, chopped into chunks
- 2½ Tbsp. **Kerrygold Butter** or organic virgin coconut oil*
- 1½ cups (12 ounces) organic raisins

Tools

- Heavy-bottom saucepan or double boiler
- Cookie sheet lined with unbleached parchment paper

Directions

1. Cover a baking sheet with parchment paper.
2. Using a small, heavy-bottomed saucepan or a double boiler, melt the chocolate.
3. Stir in butter or coconut oil to incorporate.
4. Add in raisins and mix well to coat.
5. Spread mixture in a single layer on the parchment-lined baking sheet.
6. Freeze until hardened, about 20 minutes.
7. Break apart and serve. Store in a covered container the refrigerator.

Nutrition Information per Serving

103 calories, 5.9 g total fat, 3.8 g saturated fat, 0 g trans fat, 0.01 g monounsaturated fats, 0.01 g polyunsaturated fats, 5.6 mg cholesterol, 10.5 mg sodium, 14 g carbohydrate, 1.8 g fiber, 9.5 g sugars, 1.6 g protein

COMPARE TO RAISINETS®

INGREDIENTS: Milk chocolate (sugar, chocolate, cocoa butter, nonfat milk, milkfat, lactose, soy lecithin, vanillin -- an artificial flavor, natural flavor), raisins, sugar, tapioca dextrin, cocoa processed with alkali, confectioner's glaze.

NUTRITION PER SERVING (1/4 cup or 45 g or ½ box)

190 calories, 8 g fat, 32 carbohydrate, 1 fiber, 27 sugars, 2 protein



Chocolate Hazelnut Spread

The popular chocolate hazelnut spread, Nutella®, packs nearly 11 grams of sugar per tablespoon (not to mention artificial flavors). You can make this all-natural version with less than two grams of sugar in just minutes!

Yield: ~ 2 cups/16 servings of 1 Tbsp. each

Active Time: 15 minutes

Total Time: 30 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- 2 cups raw hazelnuts (240g)
- 1 Tbsp. organic vanilla extract
- 1/4 cup organic cocoa powder
- 1/4 cup erythritol*, powdered
- 8-10 drops liquid stevia (to taste)
- 1/4 tsp **Celtic Sea Salt**
- 1/2 cup **Native Forest Coconut Milk**

Tools

- Cookie sheet
- Food processor or VitaMix

Directions

1. Preheat oven to 400 degrees F.
2. Place hazelnuts on a cookie sheet and roast for 10-14 minutes, just until fragrant and lightly golden.
3. Let hazelnuts cool. Place on a paper towel or kitchen towel and rub together to remove skins.
4. Add skinned nuts to a Vitamix or food processor. Blend until they turn to a nut butter consistency.
5. Add other ingredients and blend again until smooth.

***PALEO OPTION:** Use powdered coconut sugar in place of erythritol

Nutrition Information per Serving

126 calories, 11.7 g total fat, 1.9 g saturated fat, 0 g trans fat, 7.8 g monounsaturated fats, 1.3 g polyunsaturated fats, 0 mg cholesterol, 3.4 mg sodium, 4.6 g carbohydrate, 2.1 g fiber, 1.5 g sugars, 2.8 g protein

COMPARE TO NUTELLA®

INGREDIENTS: Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey (Milk), Lecithin As Emulsifier (Soy), Vanillin: An Artificial Flavor.

NUTRITION PER SERVING (1 Tbsp.)

100 calories, 5.5 g fat, 11 g carbohydrate, 0.5 g fiber, 10.5 g sugars, 1.5 g protein



Chocolate Buttercrunch Bar

Love biting into the layers of peanutty-crunch and smooth milk chocolate of a Butterfinger®? Our better-for-you version has no trans fat and just six grams of sugar per bar.

Yield: 40 ounces (20 servings of 2 ounces each)

Active Time: 45 minutes

Total Time: 2 hours

Preferences: Gluten Free, Dairy Free, Vegan

Ingredients

- 1/3 cup *Coconut Secret Coconut Syrup*
- 1/3 cup water
- 1 cup erythritol, powdered
- 1 tsp. stevia extract
- 1 cup *Maranatha Creamy Organic Peanut Butter*
- 1 cup *Paleo Dark Chocolate Bars & Chunks*
- 1 tsp. organic virgin coconut oil

Tools

- Heavy-bottomed sauce pan
- Cookie sheet lined with unbleached parchment paper
- Candy thermometer
- Large kitchen knife
- Offset spatula

Instructions

1. In a heavy bottomed sauce pan, add the coconut syrup, water and erythritol over medium-high heat.
2. Stir with a wooden spoon until crystals dissolve. As the mixture heats and bubbles, it will begin to change consistency. Continue stirring to prevent sticking to the pan. Place a candy thermometer in the mixture and monitor the temperature. (NOTE: Be sure the thermometer is not touching the pan – this will give you a false reading).
3. When the temperature reaches 280- 285 degrees quickly - turn off the heat. (NOTE: If the mixture reaches a higher temperature, it will burn!)
4. Very quickly stir in the peanut butter to combine. Immediately pour onto prepared pan. Spread mixture with an offset spatula to approximately one-inch in thickness.
5. Grease your kitchen knife. Score the bars into the desired size. (NOTE: To score, simply press the knife down to make a shallow mark and then lift up.)
6. Allow the candy to cool at room temperature for 1 hour. Once cool, break the candy apart into bars.
7. In a heavy-bottomed saucepan, melt the chocolate and add the coconut oil. Stir to combine.
8. Dip each candy piece in the chocolate. Let the excess chocolate drip off. Place coated candy on a cookie sheet lined with parchment paper. Transfer to freezer.
9. Store in a sealed container either at room temperature or in the refrigerator.

Nutrition Information per Serving

151 calories, 11.8 g total fat, 4.6 g saturated fat, 0 g trans fat, 0.01 g monounsaturated fats, 0 g polyunsaturated fats, 0 mg cholesterol, 33.3 mg sodium, 10.5 g carbohydrate, 2.4 g fiber, 6.3 g sugars, 4.2 g protein

COMPARE TO BUTTERFINGER®

INGREDIENTS: Sugar, Glucose, Peanuts, Hydrogenated Palm Kernel Oil, Cocoa Powder, Modified Milk Ingredients, Molasses, Corn Flakes, Salt, Soya Lecithin, Corn Starch, Artificial Flavour, Tbhq, Citric Acid, Colour.

NUTRITION PER SERVING (1 bar)

280 calories, 10 g fat, 44 g carbohydrate, 1 g fiber, 27 g sugars, 4 g protein



Million Dollar Bar

They call theirs a 100 Grand®, but ours is a million times better. Using all-natural, sugar-free caramel and healthy macadamias, our riff on the 100 Grand® has just one gram of sugar per bar of crunchy, gooey goodness.

Yield: 16 bars

Active Time: 30 minutes

Total Time: 2 hours

Preferences: Gluten Free, Dairy Free, Vegan, Paleo*

Ingredients

- ½ cup *Homemade Caramel*
- 2 Tbsp. organic virgin coconut oil
- 1 oz. *Dagoba Organic Baking Chocolate*
- 10 Tbsp. coconut cream* or heavy cream
- 1/4 cup erythritol*, powdered
- 1 tsp. stevia (to taste)
- 1 ½ cups macadamia nuts, roasted and lightly salted, chopped fine

Tools

- Heavy-bottomed sauce pan or double boiler
- Ice cube tray
- Cookie sheet lined with unbleached parchment paper
- Toothpicks

Preparation

1. Make caramel according to the recipe instructions.
2. Place 2 Tbsp. cooled caramel in each well of the ice cube tray. Transfer to freezer to set.
3. Meanwhile, melt the chocolate coating. Add coconut oil and chocolate to a double boiler or heavy bottomed saucepan over very low heat and melt.
4. Stir in the cream, erythritol and stevia, mixing until smooth. (NOTE: There should be no grainy texture to the mixture. Powdering the erythritol and mixing it well while stirring will ensure it dissolves completely). Now stir in the macadamia nuts.
5. Remove the caramels from the freezer and pop out of the ice cube tray. Using a toothpick, dip each caramel into chocolate macadamia nut mixture, turning to coat well.
6. Place dipped candy on parchment-lined cookie and transfer to fridge to setup (about 1 hour).
7. Store in an airtight container in the refrigerator.

***PALEO OPTION:** Use coconut cream instead of heavy cream and substitute coconut sugar for erythritol.

Nutrition Information Per Serving

226 calories, 24.1 g total fat, 8.1 g saturated fat, 0 g trans fat, 13.9 g monounsaturated fats, 0.48 g polyunsaturated fats, 20.3 mg cholesterol, 4.6 mg sodium, 3.7 g carbohydrate, 2.1 g fiber, 0.97 g sugars, 2.1 g protein

COMPARE TO NESTLÉ 100 GRAND®

INGREDIENTS: Milk Chocolate (Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Lactose, Milkfat, Soy Lecithin, Vanillin-an Artificial Flavor)Corn Syrup, Sugar, High Fructose Corn Syrup, Nonfat Milk, Crisped Rice (Rice Flour, Sugar, Salt, Barley, Malt, traces of Wheat Gluten)Coconut Oil, Butter, Mono- and Diglycerides, Salt, Soy Lecithin, Artificial and Natural Flavor.



NUTRITION PER SERVING (2 bars)

190 calories, 8 g fat, 30 g carbohydrate, 0 g fiber, 22 g sugars, 1 g protein

Chocolate-Covered Caramel-Cookie Bar

Caramel-cookie Twix® bars pack 24 grams of sugar. But our healthy makeover of this candy-store favorite boasts the same chocolate-dipped, gooey, crisp goodness... plus eight grams of protein and less than five grams of sugar.

Yield: 8 bars

Active Time: 1 hour

Total Time: 2 hours

Preferences: Gluten Free, Dairy Free

Ingredients

Cookie Layer

- 1/2 cup *Jay Robb's Vanilla Egg White Protein*
- 3/4 cup almond flour
- 1/4 tsp. non-aluminum baking powder
- 1/4 tsp. *Celtic Sea Salt*
- 1/4 cup organic virgin coconut oil
- 4 Tbsp. erythritol, powdered
- 1/4 tsp. stevia (to taste)
- 1 Tbsp. filtered water

Peanut Butter “Caramel” Layer

- 6 Tbsp. *Maranatha Creamy Organic Peanut Butter*
- 6 Tbsp. *Native Forest Organic Coconut Milk*
- 8-10 drops liquid stevia

Chocolate Coating

- 6 ounces *Paleo Dark Chocolate Bars & Chunks* or *Homemade Milk Chocolate Chunks*

Tools

- Heavy-bottomed sauce pan
- Cookie sheet lined with unbleached parchment paper

Preparation

1. Preheat oven to 375 degrees F.
2. In a medium bowl, stir together egg protein, almond flour, baking powder and salt. Using a pastry blender or fork, cut in the coconut oil to make pea-sized lumps.
3. Stir in water, erythritol and stevia to form a loose dough.
4. Scoop out 2 Tbsp. of dough and roll into a long narrow biscuit. Place on parchment-lined cookie sheet. Repeat with remaining dough.
5. Transfer to oven and bake for 6-8 minutes or until just crisp and lightly golden. Let cool.
6. Meanwhile, make the peanut butter “caramel” layer by mixing the peanut butter, coconut milk and stevia in a small bowl until smooth.
7. Top cookies with peanut butter mixture. Transfer to freezer to set for 30 minutes.
8. Meanwhile, melt the chocolate in a saucepan or double boiler over very low heat.
9. Remove peanut-butter topped cookies from freezer. Using a fork, poke the frozen cookie bar and dip into the melted chocolate. Place on parchment-lined cookie sheet.

10. Return to freezer to set for at least 1 hour.
11. Store in an airtight container in the refrigerator.

Nutrition Information per Serving

270 calories, 23.8 g total fat, 12.2 g saturated fat, 0 g trans fat, 2.9 g monounsaturated fats, 1.1 g polyunsaturated fats, 0 mg cholesterol, 62.8 mg sodium, 11.7 g carbohydrate, 4 g fiber, 4.5 g sugars, 8.4 g protein

COMPARE TO TWIX®

INGREDIENTS: Milk Chocolate (Sugar, Cocoa Butter, Milk Ingredients, Cocoa Mass, Lactose, Soy Lecithin, Polyglycerol Polyricinoleate, Artificial Flavour), Enriched Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Hydrolyzed Palm and Palm Kernel Oil, Corn Syrup, Milk Ingredients, Dextrose, Salt, Cocoa Mass, Sodium Bicarbonate, Soy Lecithin, Soybean Oil, Artificial Flavour.

NUTRITION PER SERVING (2 bars)

250 calories, 12 g fat, 34 g carbohydrate, 1 g fiber, 24 g sugars, 2 g protein



Peanutty Caramel Candy Bar

The popular peanut caramel bar – PayDay® – is packed with corn syrup and additives. Our take on this favorite boasts just a gram of sugar... plus eight grams of protein per chewy-crunchy bar.

Yield: 16 bars

Active Time: 30 minutes

Total Time: 1.5 hours

Preferences: Gluten Free

Ingredients

Caramel layer

- 1 cup *Homemade Caramel*

Nougat Layer

- 4 Tbsp. *Kerrygold Irish Butter*
- 1/4 cup erythritol
- 1 tsp. stevia
- 1/4 cup *Jay Robb's Vanilla Whey Protein*
- 1 cup organic cream cheese
- 1/4 cup *Maranatha Organic Peanut Butter*
- 1 tsp. organic vanilla extract

Peanut Coating

- 1.5 cups organic roasted salted peanuts

Tools

- Heavy-bottomed sauce pan
- Cookie sheet lined with unbleached parchment paper

Preparation

1. To make caramel squares, place 1 Tbsp. caramel into the wells of an ice cube tray and freeze.
2. Meanwhile, add butter, erythritol, stevia and whey protein to a medium saucepan. Bring to a boil and simmer for 5 minutes.
3. Remove from heat. Mix in cream cheese, peanut butter and vanilla to form a nougat-paste.
4. Remove caramels from freezer and pop out of tray.
5. Using your hands, wrap peanut butter nougat around caramels.
6. Roll nougat-wrapped caramel in roasted peanuts.
7. Place on parchment-lined cookie sheet and refrigerate for 1 hour.
8. Store in an airtight container in the refrigerator.

Nutrition Information per Serving

263 calories, 24.1 g total fat, 9.1 g saturated fat, 0 g trans fat, 7.4 g monounsaturated fats, 3.5 g polyunsaturated fats, 40.4 mg cholesterol, 243.1 mg sodium, 6 g carbohydrate, 2 g fiber, 1.1 g sugars, 7.8 g protein

COMPARE TO PAYDAY®

INGREDIENTS: Peanuts; Sugar; Corn Syrup; Nonfat Milk; Palm Oil; Contains 2% Or Less Of: Salt; Carrageenan; Mono & Diglycerides; Egg Whites; Soy Protein

NUTRITION PER SERVING (2 bars)

240 calories, 13 g fat, 27 g carbohydrate, 2 g fiber, 21 g sugars, 7 g protein



America's Favorite Candy Bar

Satisfy your craving for America's number one candy bar – Snickers® – with our better-for-you makeover. Not only is ours free of trans fat and artificial ingredients, it has just one gram of sugar per serving.

Yield: 24 bars

Active Time: 1 hour

Total Time: 3 hours

Preferences: Gluten Free

Ingredients

Caramel Layer

- 1 cup *Homemade Caramel*

Chocolate & Peanut Butter Layer

- 4 oz. *Paleo Dark Chocolate Bars & Chunks*
- 1 cup *Maranatha Creamy Organic Peanut Butter*

Nougat Layer

- 1/4 cup *Kerrygold Irish Butter*
- 1/4 cup erythritol
- 1/8 tsp. stevia (to taste)
- 1/4 cup protein powder (*Jay Robb's Vanilla Egg White Protein* or *Jay Robb's Vanilla Whey Protein*)
- 1 cup organic cream cheese
- 1/4 cup *Maranatha Creamy Organic Peanut Butter*
- 1 tsp. organic vanilla extract
- 1 ½ cups organic roasted salted peanuts

Chocolate Coating Layer

- 8 oz. *Paleo Dark Chocolate Bars & Chunks*

Tools

- Two heavy-bottomed sauce pans
- 8 x 8 cake pan lined with unbleached parchment paper
- Cookie sheet lined with unbleached parchment paper

Preparation

1. Prepare caramel according to recipe instructions. Set aside.
2. Next, prepare chocolate/peanut butter layer. In a heavy bottomed saucepan, melt chocolate and stir in 1 cup peanut butter.
3. Spread half of the mixture onto the parchment-lined cake pan. Transfer to freezer.
4. Meanwhile, make the nougat. In another saucepan, add butter, erythritol, stevia and protein powder. Heat over medium heat for 5 minutes, stirring.
5. Remove from heat. Stir in 1 cup cream cheese, 1/4 c peanut butter, vanilla and peanuts.
6. Remove tray of chocolate from freezer. Pour the nougat over the chocolate layer and return to freezer for 30 minutes to set.

7. Warm caramel so that it has a pourable consistency. Pour over nougat layer. Return to freezer for 1 hour.
8. Cut candy into 24 pieces.
9. Finally, warm remaining chocolate in saucepan over very low heat.
10. Roll each candy piece in melted chocolate.
11. Place on parchment-lined cookie sheet and chill for 1 hour to set.
12. Store in an airtight container in the refrigerator.

Nutrition Information Per Serving

309 calories, 28.9 g total fat, 11.8 g saturated fat, 0 g trans fat, 4.9 g monounsaturated fats, 2.3 g polyunsaturated fats, 26.9 mg cholesterol, 193.6 mg sodium, 9.9 g carbohydrate, 4.9 g fiber, 1 g sugars, 9.8 g protein

COMPARE TO SNICKERS®

INGREDIENTS: Milk Chocolate (Sugar, Cocoa Butter, Chocolate, Skim Milk, Lactose, Milkfat, Soy Lecithin, Artificial Flavor), Peanuts, Corn Syrup, Sugar, Milkfat, Skim Milk, Partially Hydrogenated Soybean Oil, Lactose, Salt, Egg Whites, Chocolate, Artificial Flavor.



NUTRITION PER SERVING (4 minis)

170 calories, 8 g fat, 22 g carbohydrate, 1 g fiber, 18 g sugars, 3 g protein

SUPERFOOD SWEETS

Raw & Paleo Candy Recipes

Paleo Candy Bars

The perfect substitute for an “energy” bar, this Paleo-approved treat can be made in minutes and provides a rich source of healthy fats.

Yield: 8 bars

Active Time: 30 minutes

Total Time: 2 hours

Preferences: Gluten Free, Dairy Free, Vegan, Paleo, Raw

Ingredients

- 3 Tbsp. organic virgin coconut oil
- 1/4 cup raw organic unsweetened cocoa
- 1/2 cup macadamia nuts, ground
- 3/4 cup unsweetened shredded organic coconut
- 8-10 drops stevia (to taste)

Tools

- Heavy-bottomed sauce pan
- Cookie sheet lined with unbleached parchment paper

Instructions

1. Melt the coconut oil in a saucepan over very low heat.
2. Once combined, add the cocoa, nuts and coconut. Mix together and sweeten with stevia to taste.
3. Spoon mixture onto parchment paper-lined baking sheet. Shape into a square.
4. Transfer to refrigerator for 30 minutes to set.
5. Using a sharp knife, cut into 8 bars.
6. Store in an airtight container in the refrigerator.

Nutrition Information Per Serving

182 calories, 18.7 g total fat, 8.7 g saturated fat, 0 g trans fat, 8.8 g monounsaturated fats, 0.34 g polyunsaturated fats, 0 mg cholesterol, 2.8 mg sodium, 5.5 g carbohydrate, 2.8 g fiber, 2.1 g sugars, 1.9 g protein

Superfood Chocolate Candy

These little candies pack a big superfood punch! Keep on hand to satisfy a craving while providing your body with powerful age-defying antioxidants.

Yield: 40 candies

Active Time: 20 minutes

Total Time: 45 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo, Raw

Ingredients

- 1 cup organic extra virgin coconut oil
- 1/4 cup organic raw almond butter
- 1/4 cup almond flour
- 4 Tbsp. **Coconut Secret Raw Coconut Nectar**
- 1/4 cup organic unsweetened coconut
- 1/4 cup **Nutiva Hemp Protein Powder**
- ½ tsp. liquid stevia
- 1 Tbsp. organic vanilla
- 1 tsp. organic cinnamon
- 3/4 cup **Navitas Naturals Raw Cacao Powder**
- 1/3 cup **Navitas Naturals Goji Berries**

Tools

- Heavy-bottomed sauce pan
- Ice cube tray *or* mini cupcake pan with liners
- Nonstick spray
- Cookie sheet lined with unbleached parchment paper

Instructions

1. Spray an ice cube tray with nonstick spray or prepare mini cupcake pan with liners.
2. In a heavy bottomed saucepan, melt coconut oil over very low heat. When liquefied, pour oil into medium bowl.
3. Add in almond butter, cinnamon, stevia, and coconut nectar, whisking after each addition. Stir in vanilla, cacao, almond meal, coconut, and hemp protein. The batter should be thin enough to run off of spoon.
4. Spoon mixture into prepared ice cube tray, or cupcake pan. Sprinkle with goji berries.
5. Transfer to freezer and chill 15 minutes.
6. Pop out of ice cube tray (if using) or remove from cupcake pan. Place finished candies in an airtight container and store in the refrigerator.

Nutrition Information per Serving

82 calories, 7.3 g total fat, 5.2 g saturated fat, 0 g trans fat, 1.2 g monounsaturated fats, 0.39 g polyunsaturated fats, 0 mg cholesterol, 6.8 mg sodium, 4.2 g carbohydrate, 1.3 g fiber, 2.1 g sugars, 1.2 g protein

Raw Chocolate Hazelnut Truffles

Do you love Ferrero Rocher's® gold-wrapped chocolate-hazelnut truffles? Our healthy rendition has less than two grams of sugar and provides a rich source of healthy fats.

Yield: 40 truffles

Active Time: 30 minutes

Total Time: 2 hours

Preferences: Gluten Free, Dairy Free, Vegan, Paleo, Raw

Ingredients

- 1 ½ cups raw hazelnuts
- ½ cup raw almonds
- 1 cup shredded organic unsweetened coconut
- 4 Tbsp. **Coconut Secret Raw Coconut Nectar**
- 1/2 cup organic virgin coconut oil, softened
- 3/4 cup **Navitas Naturals Raw Cacao Powder**
- 1/8 tsp. **Navitas Naturals Stevia Powder** (to taste)

Tools

- Heavy-bottomed sauce pan
- Cookie sheet lined with unbleached parchment paper
- Toothpicks

Instructions

1. In a food processor, grind hazelnuts and almonds to a fine powder.
2. In a medium bowl, mix ground nuts, shredded coconut, ¼ cup coconut oil, ¼ cup cacao and 4 Tbsp. coconut nectar. Stir to combine.
3. Roll mixture into 1 inch balls and refrigerate at least an hour.
4. Meanwhile, make the ganache. In a heavy bottomed saucepan, melt ¼ cup coconut oil over *very low heat*. Remove from heat. Stir in ½ cup cacao, mixing well to combine. Sweeten with stevia.
5. Allow ganache to solidify for a few minutes.
6. Remove nut balls from refrigerator. Insert a toothpick in the nut ball and dip into ganache. Place on parchment-lined cookie sheet. Repeat with remaining truffles.
7. Place cookie sheet in refrigerator and let truffles set until ganache is firm (about 30 minutes).
8. Store in an airtight container in the refrigerator.

Nutrition Information Per Serving

82 calories, 7.6 g total fat, 3.4 g saturated fat, 0 g trans fat, 3.1 g monounsaturated fats, 0.68 g polyunsaturated fats, 0 mg cholesterol, 2.8 mg sodium, 3.7 g carbohydrate, 1.4 g fiber, 1.7 g sugars, 1.5 g protein

Chia Protein Truffles

It's a superfood celebration rolled into a bite-sized truffle! In addition to powerful antioxidants, each decadent truffle packs three grams of protein and six grams of healthy fat to help build a lean, sexy physique... deliciously!

Yield: 20 truffles

Active Time: 15 minutes

Total Time: 15 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo, Raw*

Ingredients

- 1/2 cup **Navitas Naturals Chia Seeds**
- 4 Tbsp. tahini
- 4 Tbsp. raw almond butter
- 3 Tbsp. protein powder (try **Vanilla SunWarrior Protein*** or **Jay Robb's Vanilla Whey Protein** or **Jay Robb's Vanilla Egg White Protein**)
- 3 Tbsp. **Navitas Naturals Raw Cacao Powder**
- 1/8 tsp. **Celtic Sea Salt**
- 4 Tbsp. **Coconut Secret Raw Coconut Nectar**
- 1 Tbsp. organic virgin coconut oil
- 1/2 cup shredded unsweetened coconut
- 1/2 tsp. organic vanilla extract

Instructions

1. Divide shredded coconut in half, reserving ¼ cup for rolling.
2. In a medium bowl, mix all of the ingredients (except reserved coconut) together.
3. Roll into 1 ½ inch balls.
4. Roll each ball into the reserved shredded coconut.
5. Refrigerate.

Nutrition Information per Serving

91 calories 5.9 g total fat, 1.7 g saturated fat, 0 g trans fat, 1.9 g monounsaturated fats, 1.1 g polyunsaturated fats, 0 mg cholesterol, 14.8 mg sodium, 7 g carbohydrate, 2.2 g fiber, 2.7 g sugars, 3.3 g protein

Raw Chocolate Macaroons

These ten-minute macaroons are a raw riff on the classic combination of chocolate and coconut. Keep in the refrigerator for a healthy one-bite crave saver.

Yield: 32 macaroons

Active Time: 10 minutes

Active Time: 10 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo, Raw

Ingredients

- 2 cups shredded unsweetened coconut
- ½ cup organic virgin coconut oil
- 4 Tbsp. *Navitas Naturals Raw Cacao Powder*
- 4 Tbsp. *Coconut Secret Raw Coconut Nectar*
- ½ tsp. vanilla powder or extract
- ¼ tsp. *Celtic Sea Salt*

Instructions

1. Add all ingredients to a food processor. Process until combined, scraping down the sides as needed. (NOTE: The mixture will be thick)
2. Scoop dough out with a small melon baller or spoon and roll into a 1 inch ball.
3. Place on parchment-lined cookie sheet.
4. Transfer to refrigerator to chill and set.
5. Store in an airtight container in the refrigerator or freezer.

Nutrition Information per Serving

62 calories 5.3 g total fat, 4.6 g saturated fat, 0 g trans fat, 0.27 g monounsaturated fats, 0.08 g polyunsaturated fats, 0 mg cholesterol, 4.8 mg sodium, 3.5 g carbohydrate, 0.89 g fiber, 1.9 g sugars, 0.48 g protein

Raw White Chocolate Candies

Energizing maca and maple-scented lucuma elevate white chocolate from ordinary... to extraordinary. After pouring into a candy mold, top with raw cacao nibs for an elegant black-and-white contrast.

Yield: 32 candies

Active Time: 10 minutes

Active Time: 10 minutes

Preferences: Gluten Free, Dairy Free, Vegan, Paleo, Raw

Ingredients

- 1 cup *Navitas Naturals Cacao Butter*, chopped
- 6 Tbsp. *Navitas Naturals Lucuma Powder*
- 1 tsp. *Navitas Naturals Raw Maca Powder*
- 1/2 tsp. vanilla powder
- 1 pinch *Celtic Sea Salt*
- 2 tsp. *Coconut Secret Raw Coconut Nectar*

Tools

- Heavy-bottomed sauce pan or double boiler
- Candy molds or ice cube tray

Instructions

1. In a heavy-bottomed saucepan or double boiler, melt the cacao butter just until liquid.
2. Transfer to a medium bowl. Whisk in the lucuma powder, maca, vanilla, salt, and coconut nectar.
3. Pour liquid into candy molds or ice cube tray.
4. Transfer to freezer and chill for 30 minutes.
5. When candies are solid, pop out of the tray or candy mold.
6. Store in an airtight container in the refrigerator.

Nutrition Information per Serving

73 calories 7 g total fat, 4 g saturated fat, 0 g trans fat, 0 g monounsaturated fats, 0 g polyunsaturated fats, 0 mg cholesterol, 1.4 mg sodium, 2.8 g carbohydrate, 0.03 g fiber, 0.68 g sugars, 0.22 g protein

Macadamia-Goji Superfood Protein Fudge

The ultimate good-for-you fudge, this chocolate treat delivers powerful antioxidant protection, plus three grams of protein per serving. Experiment with your favorite nuts and dried fruits to make your own unique recipe.

Yield: 20 squares

Active Time: 15 minutes

Total Time: 3 hours

Preferences: Gluten Free, Dairy Free, Vegan

Ingredients

- $\frac{3}{4}$ cup **Native Forest Coconut Milk**
- 4 oz. **Dagoba Baker's Chocolate, chopped**
- 4 Tbsp. almond butter
- 1 scoop (25 g) protein powder (try **Vanilla SunWarrior Protein** or **Jay Robb's Vanilla Whey Protein** or **Jay Robb's Vanilla Egg White Protein**)
- 2 Tbsp. **Navitas Naturals Goji Berries**, chopped
- $\frac{1}{4}$ cup raw macadamia nuts, chopped
- 2 Tbsp. **Navitas Naturals Chia Seeds**
- 2 Tbsp. organic whole oats (gluten free)
- $\frac{1}{2}$ tsp. organic vanilla extract
- 8-10 drops liquid stevia (to taste)

Tools

- Heavy-bottomed sauce pan
- 8 x 8 pan lined with unbleached parchment paper

Instructions

1. Add the coconut milk and chocolate to a heavy-bottom saucepan. Heat over very low heat to melt, while stirring.
2. When mixture is smooth and chocolate is melted, add nut butter and vanilla, stirring to incorporate.
3. Fold in remaining ingredients, gently mixing to a soft, paste-like consistency. (NOTE: If the mixture seems too thick, add more coconut milk by tablespoon, mixing well after each addition. Keep in mind, the fudge solidifies in the fridge)
4. Spread the mixture into the lined pan and transfer to the refrigerator.
5. Chill for 2 hours or until solid.
6. Cut into squares and store in an airtight container in the refrigerator.

Nutrition Information per Serving

101 calories 8.8 g total fat, 3.7 g saturated fat, 0 g trans fat, 2.9 g monounsaturated fats, 0.45 g polyunsaturated fats, 0 mg cholesterol, 27.9 mg sodium, 5.2 g carbohydrate, 1.8 g fiber, 1.3 g sugars, 3.1 g protein

APPENDIX

METRIC CONVERSIONS

Approximate U.S. Measurement Equivalents

Pinch/dash = 1/16 teaspoon
1/2 teaspoon = 30 drops
1/2 tablespoons = 1 1/2 teaspoons
1 tablespoon = 3 teaspoons = 1/2 fluid ounce
1/8 cup = 2 tablespoons = 1 fluid ounce
1 jigger = 3 tablespoons = 1 1/2 fluid ounces
1/4 cup = 4 tablespoons = 2 fluid ounces
1/3 cup = 5 tablespoons + 1 teaspoon = 2.67 fluid ounces
1/2 cup = 8 tablespoons = 4 fluid ounces
2/3 cup = 10 tablespoons + 2 teaspoons = 5.3 fluid ounces
3/4 cup = 12 tablespoons = 6 fluid ounces
1 cup = 16 tablespoons = 8 fluid ounces = 1/2 pint
1 pint = 2 cups = 16 fluid ounces
1 1/2 pints = 3 cups = 24 fluid ounces
1 quart = 2 pints = 4 cups = 32 fluid ounces
2 quarts = 4 pints = 8 cups = 64 fluid ounces
1 gallon = 4 quarts = 8 pints = 16 cups = 128 fluid ounces

Approximate Metric Volume Equivalents

1/2 teaspoon = 2.5 milliliters
1 teaspoon = 5 milliliters
2 teaspoons = 10 milliliters
1 tablespoon = 15 milliliters
2 tablespoons = 1 fluid ounce = 30 milliliters
1/4 cup = 60 milliliters
1/3 cup = 80 milliliters
1/2 cup = 120 milliliters
2/3 cup = 158 milliliters
3/4 cup = 178 milliliters
1 cup = 240 milliliters
1 1/2 cups = 355 milliliters
2 cups (1 pint) = 480 milliliters
3 cups = 710 milliliters
4 cups (1 quart) = .96 liter (960 milliliters)
4 1/3 cups (1.06 quarts) = 1 liter (1000 milliliters)
4 quarts (1 gallon) = 3.84 liters

Approximate Metric Weight Equivalents

.035 ounce = 1 gram
1/4 ounce = 7 grams
1/2 ounce = 14 grams
3/4 ounce = 21 grams
1 ounce = 28 grams
1 1/2 ounces = 42.5 grams
2 ounces = 57 grams
3 ounces = 85 grams
4 ounces (1/4 pound) = 114 grams
5 ounces = 142 grams
6 ounces = 170 grams
7 ounces = 198 grams
8 ounces (1/2 pound) = 227 grams
16 ounces (1 pound) = 454 grams
2.2 pounds = 1 kilogram (1,000 grams)

Conversions from Volume to Weight

Butter

1 tablespoon = 1/2 ounce = 14 grams
2 tablespoons = 1 ounce = 30 grams
1/4 cup (1/2 stick) = 2 ounces = 57 grams
1/3 cup = 3 ounces = 76 grams
1/2 cup (1 stick) = 4 ounces = 113 grams
2/3 cup = 5 ounces = 150 grams
3/4 cup = 6 ounces = 170 grams
1 cup (2 sticks) = 8 ounces = 227 grams
2 cups (4 sticks) = 16 ounces (1 pound) = 454 grams

Cream (Heavy Or Whipping)

1 tablespoon = 1/2 fluid ounce = 14.5 grams
1/4 cup = 2 2/3 fluid ounces = 58 grams
1/3 cup = 2 3/4 fluid ounces = 77.3 grams
1/2 cup = 4 fluid ounces = 116 grams
2/3 cup = 5 1/2 fluid ounces = 154.6 grams
3/4 cup = 6 1/3 fluid ounces = 174 grams
1 cup = 8 fluid ounces = 232 grams

Half-And-Half And Yogurt

1 tablespoon = 1/2 fluid ounce = 15.1 grams
1/4 cup = 2 1/4 fluid ounces = 60.5 grams
1/3 cup = 2 3/4 fluid ounces = 80.6 grams
1/2 cup = 4 1/4 fluid ounces = 121 grams
2/3 cup = 5 1/2 fluid ounces = 161.2 grams
3/4 cup = 6 1/4 fluid ounces = 181.5 grams
1 cup = 8 1/2 fluid ounces = 242 grams

Almonds

1 cup whole = 6 ounces = 170 grams
1 cup chopped = 5 ounces = 141 grams
1 cup sliced = 3 1/2 ounces = 99 grams
1 cup slivered = 4 1/2 ounces = 128 grams
1 cup ground = 4 ounces = 113 grams
1 pound whole = 2 2/3 cups

Cashews

1 cup whole = 6 ounces = 170 grams
1 cup chopped = 5 ounces = 141 grams
1 pound whole = 2 2/3 cups

Hazelnuts

1 cup whole = 5 1/2 ounces = 156 grams
1 cup chopped = 4 1/2 ounces = 128 grams
1 cup ground = 4 ounces = 113 grams
1 pound whole = 3 cups

Peanuts

1 cup whole = 5 ounces = 141 grams
1 cup chopped = 4 1/2 ounces = 128 grams
1 cup peanut butter = 9 ounces = 255 grams
1 pound whole = 3 1/4 cups

Macadamia nuts

1 cup whole = 5 ounces = 141 grams
1 cup chopped = 4 ounces = 113 grams
1 cup ground = 3 1/2 ounces = 99 grams
1 pound whole = 3 1/4 cups

Pecans

1 cup halves = 3 1/2 ounces = 99 grams
1 cup chopped = 4 1/2 ounces = 128 grams
1 pound halves = 4 1/2 cups

Pistachios

1 cup whole = 4 1/2 ounces = 128 grams
1 cup chopped = 4 ounces = 113 grams
1 cup ground = 3 1/2 ounces = 99 grams
1 pound whole = 3 1/2 cups

Walnuts

1 cup halves = 3 1/2 ounces = 99 grams
1 cup chopped = 4 1/2 ounces = 128 grams
1 cup ground = 4 ounces = 113 grams
1 pound halves = 4 1/2 cups

Granulated Erythritol

1 teaspoon = 1/6 ounce = 4 grams

1 tablespoon = 1/2 ounce = 12 grams
1/4 cup = 1 3/4 ounces = 50 grams
1/3 cup = 2 1/4 ounces = 67 grams
1/2 cup = 3 1/2 ounces = 100 grams
1/3 cup = 4 1/2 ounces = 150 grams
3/4 cup = 5 1/4 ounces = 170 grams
1 cup = 7 ounces = 200 grams
2 cups = 1 pound = 500 grams

Coconut Sugar

1 tablespoon = 1/2 ounce = 14 grams
1/4 cup = 2 ounces = 55 grams
1/3 cup = 2 1/2 ounces = 63 grams
1/2 cup = 4 ounces = 110 grams
2/3 cup = 5 1/2 ounces = 135 grams
3/4 cup = 6 ounces = 150 grams
1 cup = 8 ounces = 220 grams

Coconut Nectar

1 tablespoon = 3/4 fl. ounce = 20.5 grams
1/4 cup = 3 fl. ounces = 82 grams
1/3 cup = 4 fl. ounces = 109.3 grams
1/2 cup = 6 fl. ounces = 164 grams
2/3 cup = 8 fl. ounces = 218.6 grams
3/4 cup = 9 fl. ounces = 246 grams
1 cup = 11 1/2 fl. ounces = 328 grams

Cocoa Powder

1 Tbsp. = 0.26 ounce = 6 grams
1/4 cup = ~1 ounce = 23 grams
1/2 cup = 1 1/2 ounces = 46 grams
1 cup = 3 1/4 ounces = 91 grams