

Raw Chocolate Brownie Dessert

½ cup ground Raw Cacao Nibs
3 heaped tsp Cacao Powder
2/3 cup ground Raw Almonds
2/3 cup ground Raw Sunflower Seeds
+- 2/3 cup ground Dried Raw Coconut

Mix together with Coconut Oil and Honey
A little vanilla is optional
A spoon of Raw Almond Butter is optional
Spread into a small glass dish (will set like chocolate fudge)

Top with Cashew/coconut Whipped Cream

1 cup cashews or a mix of raw cashews and raw macadamia nuts
1 cup fresh coconut milk (simply blend 1 part dried coconut with 3 parts
water in high speed blender)
1/8 – ¼ cup honey or maple syrup
2 Tbsp lemon juice
1 Tbsp vanilla
Raw sea salt
½ cup coconut butter, melted
1 Tbsp lecithin powder

Blend above ingredients, except lecithin, until smooth.
Add lecithin and blend until thoroughly mixed.
Set in refrigerator for about 1 hour.

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