



Superfood Coffee

Ingredients:

- ***Chaga Tea Base** - 1 quart.
- ***Coconut Oil** - 2 teaspoons.
- ***Cashew Butter** - 1 tablespoon.
- ***Cacao Powder** - 1 tablespoon.
- ***Honey** - To Taste.
- ***Stevia** - To Taste.
- ***Sea Salt** - A pinch.
- ***Vanilla Powder or Extract**
-1/2 teaspoon.
- ***Maca Powder** - 1 tablespoon.
- ***Mucuna Powder** - 1 teaspoon.
- ***Ashwagandha Extract** - 1 teaspoon.

Directions:

Start with about a quart of Chaga Mushroom Tea. It's a very healthy tea.

Put the tea in a blender, and add in the above remaining ingredients.

Blend thoroughly, and serve. This is great warm or cold. Enjoy!

Chocolate Fudge:

Ingredients:

- *Raw Chocolate Powder - 2 Tablespoons.
- *Cashew Butter - 1 Tablespoon.
- *Cacao Butter - 3 Tablespoons.
- *Coconut Oil - 1 Tablespoon.
- * Raw Honey - 1 Tablespoon.
- *Maca Powder - 2 Teaspoons.
- *Sea Salt - A pinch.
- *Vanilla Extract - 3 drops. Or vanilla seeds from a pod
- *English Toffee Flavored Stevia Extract - 2 droppers.

You can prepare this recipe on a warm surface so that the coconut products are easier to work with. The top of a warm oven works well to do this.

Take an empty glass pyrex container, (I like to use a 4 cup pyrex measuring cup). Place your cacao butter in the pyrex cup and immerse the cup in a sauce pan of hot water; I prefer to bring my water to a boil; then, remove the heat before I carefully immerse the cup of cacao butter into it. Be sure that the water level in the sauce pan is low enough to now spill out of the sauce pan or into the pyrex cup of cacao butter. Let this set in the sauce pan until the cacao butter completely liquifies.

Mix all of your remaining ingredients in a separate bowl and stir them carefully with a fork; be sure to start slowly as the powders can easily spill; this procedure works well on a warm surface like a stove top which allows the coconut oil and honey to blend quicker. Once this is thoroughly mixed, pour in your liquified cacao butter, and stir that in thoroughly.

Place this mixture into your chocolate molds or into a shallow glass pyrex dish; refrigerate until solid. Serve and enjoy!

Nut Butter Cups

Ingredients:

(for the outside shell):

- *Raw Chocolate Powder - 2 Tablespoons.
- *Cashew Butter - 1 Tablespoon.
- *Cacao Butter - 3 Tablespoons.
- *Coconut Oil - 1 Tablespoon.
- * Raw Honey - 1 Tablespoon.
- *Maca Powder - 2 Teaspoons.
- *Sea Salt - A pinch.
- *Vanilla Extract - 3 drops. Or vanilla seeds from a pod
- *English Toffee Flavored Stevia Extract - 2 droppers.

(for the inside):

- *Almond Butter - 2 Tablespoons.
- *Coconut Oil - 2 Tablespoons.
- *Raw Honey - 1 Tablespoon.
- *Maca Powder - 1 Teaspoon.
- *Sea Salt - A pinch.

Prepare the the outside chocolate shell by following the exact directions for your chocolate fudge on the first page.

Take an empty cup-cake wrapper, and coat the inside of it with the chocolate fudge that you made using a small spoon or a pop-sickle-stick to coat the inside of the cup-cake shell thinly and evenly. Make as many of these chocolate pasted coated shells that you wish, and put them in the freezer. While they are hardening, prepare the filling:

Mix all of the ingredients for the inside of your butter cups in a seprate warm glass container the same way as you prepared the chocolate paste.

Take your hardened shells from the freezer and fill them with your filling so that they are no more than a half inch high. And put them back in the freezer.

Let them harden for a few more minutes, remove them from the freezer, and seal the tops of the nut butter cups with a thin coat of chocolate paste; then, return them to the freezer.

These are better than Reeses, and super healthy!

Enjoy!

Chocolate Coconut Bars

Ingredients:

Ingredients:

(for the outside shell):

- *Raw Chocolate Powder - 2 Tablespoons.
- *Cashew Butter - 1 Tablespoon.
- *Cacao Butter - 3 Tablespoons.
- *Coconut Oil - 1 Tablespoon.
- * Raw Honey - 1 Tablespoon.
- *Maca Powder - 2 Teaspoons.
- *Sea Salt - A pinch.
- *Vanilla Extract - 3 drops. Or vanilla seeds from a pod
- *English Toffee Flavored Stevia Extract - 2 droppers.

(for the inside):

- *Coconut Flakes - 2 cups
- *Coconut oil - 3/4 cup.
- *Raw Honey - 1/4 cup.
- *Sea Salt - A pinch.
- *Vanilla Extract - 3 drops. Or vanilla seeds from a pod
- *English Toffee Flavored Stevia Extract - 2 droppers.

Mix the ingredients for the inside in a shallow glass pyrex dish until all the ingredients are thouroughly mixed; then, spread the mixture flat in the dish with the back of a spoon until it is flat and packed densely. Put this into the refrigerator until solid.

Prepare the the outside chocolate shell by following the exact directions for your chocolate fudge on the first page.

When the refrigerated insides of the coconut bars are solid, cut them into bite size pieces, and dip them into your chocolate sauce, and place them on waxed paper. Then, refrigerate them once more.

These are better than a Mounds Bar, and super healthy! (You can add a raw almond on the top to make an Almond Joy too.)

Enjoy!