



Raw Chocolate  
& Dessert  
Recipes



**FUNKY FOREST**  
— Health & Wellbeing —



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— Health & wellbeing —



**B**eing a nutritionist as well as a huge foodie, the inevitable question when it comes to raw desserts, is this: **Are raw desserts actually healthy for you?**

Whilst it would be easy to answer this with a yes/no answer, the reality is, every dessert should be judged differently and common sense really does prevail.

As with all raw foods, just because something is “raw”, does not necessarily mean it is “healthy,” or that you can eat them without regard.

Yes, sometimes you can have lighter desserts for breakfast in the case of chia puddings, goodie balls or bars, but I wouldn't necessarily feel healthiest starting my day off with some of the heavier and sweeter desserts.

Personally, my diet consists largely of fruit, vegetables (raw and cooked), seeds, nuts and algae (seaweeds etc), with the first two (fruit and vegetables) taking up the large majority of my daily consumption. Most desserts contain dehydrated (water removed) ingredients, sugars (agave, dates etc) and sometimes a hell of a lot of nuts.

I don't know about you, but when I eat a lot of sugar, nuts and not much water, my body doesn't tend to agree with me! So the short of it is, I enjoy my raw desserts as I enjoy my standard diet desserts – **IN MODERATION.**

On the upside the points that set raw desserts apart from standard desserts for me is:

- I require a lot less to satisfy my sweet craving – most raw cakes and tarts are so mineral-rich (and just plain rich!) that a slice is usually a third of what you would consume in a standard dessert like a cheesecake or a custard tart.
- I don't get that sugar rush or guilt ridden aftermath
- The ingredients are whole foods and contain no chemicals or unheard of numbers, so I know exactly what is in my dessert
- Not needing to use refined cane sugar. Enough said.

In short, enjoy your raw desserts, using them as a pleasure not a food to turn to when bored or emotional! Be mindful whilst eating, and use the highest quality ingredients possible.

To delicious raw desserts always!

Casey Conroy

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Funky Forest Health & Wellbeing



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Chunky Monkey Banana Ice Cream	U.S.A.	Whole vanilla bean, Pecans
Praline Lushbombs	France	Edible gold powder / leaf
Aussie Jaffa Goodie Balls	Australia / New Zealand	Fresh orange wedges, Marigolds, Candied orange peel
Quetzalcoatl's Coconut Rough	Mexico	Iced red chilli flowers, Cinnamon scrolls
Raw Chocolate Pudding	Brazil	Kiwifruit slice
Raw Cherry Ripe	Australia	Fresh cherries, Chopped pistachios
Chatuchak Chia Coconut Pudding	Thailand	Candied ginger, Shredded & Baked ginger, Lime wedge

All recipes are vegan, gluten-free, dairy-free, wheat-free, and contain no refined sugar.



## HOW TO USE THESE RECIPES

While we have included approximate serving sizes, keep in mind that you may adjust recipes to suit your tastebuds, natural cravings, or natural variation in appetite that day! Please also note that none of these recipes call for dehydration, extensive soaking, or sprouting. This is to underscore the fact that these processes are unnecessary in a practical life-force generating diet for the busy woman/man, and certainly not necessary to create beautiful raw desserts!

These dishes are all created with your busy schedule in mind. They also require minimal kitchen appliances.

You should have a good set of knives, a solid wooden chopping block, and we highly recommend purchasing a good blender or food processor, which comes in handy when preparing a lot raw ice creams, which require blending ice and frozen fruit effortlessly. However, you will find that some recipes here that do not require any special equipment.



There is only minimal use of raw fats in these recipes. While raw fats are good and important on many levels, most raw food recipes call for too much plant-based fat. Even the best fats should be used carefully, as they are very dense and difficult to break down. This is especially true for women, who have a hard time breaking down fats in general. Women should also be especially careful of raw recipes and restaurants that use large amounts of coconut or nut butters.

On that note, be sure to store your fats properly. Raw nuts should be kept refrigerated. Coconut oil should be kept cool, and stored away from the light (keeping a pantry away from the oven is usually a good bet).



Avocados should never be too soft, as this means the fat content is probably rancid—and rancid fats, in addition to being difficult to digest, can give you a debilitating headache and/or stomach-ache.



Seasoned chefs and novices alike will be able to make every one of these detox dessert recipes. The only difference between the two levels of chefs vis-à-vis the recipes will be confidence. Confidence is an essential ingredient. Enthusiasm and passion must also be infused into every recipe here. These are your detox recipe mantras:

- Absolutely, I can make this!
- I love making these healthy dishes!
- I am nourishing my body and soul with healing food for a beautiful, joyful life!

In preparing cleansing food, you will in no way sacrifice flavour. Here are everyday ingredients that we recommend you keep handy in your kitchen to facilitate the preparation of your favourite detox dessert dishes:

**For sweetness:**

100 percent pure maple syrup  
 Stevia  
 Raw honey  
 Dates  
 Dried fruit  
 Agave nectar  
 Carob syrup

**For earthy bitterness:**

Raw cacao powder  
 Raw cacao nibs

**For acidity/sourness:**

Fresh citrus juice  
 Pomegranate molasses

**For fattiness:**

Raw nuts  
 Raw cacao butter

Extra virgin coconut oil  
 Avocados  
 Young coconuts

**For spice:**

Cinnamon  
 Cardamon  
 Cloves  
 Nutmeg  
 Fresh ginger

**For aroma:**

Organic vanilla essence or extract  
 Rosewater  
 Orange Blossom Water  
 Therapeutic grade Essential oils - Young Living and Doterra are 100% safe to eat brands.  
 Orange, Lemon, Cinnamon and Peppermint essential oils are most useful in raw desserts

In addition to making sure your desserts meet all of your palate's desires, I encourage you to use the freshest, organic produce you can find (when you can get it). Also, whenever possible, use fresh, organic spices. The dried and powdered versions will not give these dishes the desired boldness of flavour.



# ESSENTIAL DETOX APPLIANCES

- **The Breville Fountain Juicer** (or any other juicer of your choice that easily juices green, leafy vegetables and beetroot for exotic natural dessert colourings) I love the Breville because it's easy to use and clean, has a very large mouth, which means you don't have to cut up things like apples and lemons, and, at about \$150 - \$200, it's well priced.

For those who drink raw vegetable juices regularly, are adamant about getting maximum enzymes out of their juice and are ready to take the next step into juicing and a high-raw foods lifestyle, purchasing a **cold-press juicer** such as the **Compact or Oscar** brand cold press juicers is a good idea – they also produce less waste. They retail for \$250 - \$500 but are well worth the investment.

- **Mandolin** - A mandolin is a kitchen appliance which allows you to slice fruits or vegetables very thinly. This is one of my most frequently used food prep item as it enables me to turn fruit and vegetables into gourmet delicacies. After slicing apples into thin layers, I like to stack them and then slice again, creating matchstick pieces or even something akin to apple noodles. You can buy one for about \$30.
- **The Breville Food Processor** - All I can say about this particular blender is that I use it at least two times every day. It will make your detox transition infinitely more enjoyable. Many people ask me why they need this if they already have a blender. You don't really need it unless you want to make any of the ice creams. But once you buy it, you will see how great it is to have on hand for all recipes that require blending.

I use it to make fruit shakes, dressings, soups, and smoothies throughout the day. And I use it at least two or three times a week to make fresh, raw ice creams, mousses and goodie balls (my partner and friends go through a lot of ice cream very quickly!). While not inexpensive at \$450, it is worth every penny (and can also be used as a mega-fast mandolin with the vegetables grater blade – amazing!)



## Dessert Basics

### Basic Raw Chocolate

*Who knew that you could make chocolate healthy? You do, now!  
Use this basic recipe for raw chocolate, dipping sauce and toppings.*

50 g organic cacao butter

4 tbsp raw organic cacao powder

½ tbsp organic extra virgin coconut oil (optional, use to make chocolate softer)

Sweetener: Use one or a combination of the following, to taste:

- 1 tbsp raw honey
- 1 tbsp high quality organic maple syrup
- 1 ½ tbsp raw agave nectar
- 2 tbsp date paste
- 1/8 of a fingernail of stevia powder or 3 drops of liquid stevia

Have 2 bowls ready, one smaller than and nested inside the other (to form a double boiler). Place cacao butter into the smaller bowl. Boil 2 cups of water and carefully pour it into the larger bowl being careful not to let any water get into your cacao butter mix.

Stir butter until melted. Add cacao powder 1-2 tablespoons at a time, stirring each one in until smooth. Add remaining ingredients and stir.

To use as a dipping sauce or adjunct to other raw dessert recipes, keep mixture warm while you create your wonderful desserts by covering and placing bowl in a rice cooker, or over a slowly simmering pot of water.

To make a raw chocolate bar, set as is or add nuts, spices, dried fruit, berries, edible essential oils (I recommend Young Living and DoTerra brands ONLY as these are high grade therapeutic oils that are safe to eat), desiccated coconut etc, as desired.

Place chocolate mixture into a small, flat dish and even out the surface, then place in the fridge until firm.



## Date Paste

*A wonderful natural sweetener rich in minerals such as iron, and of course high in fibre. Use in place of or in alliance with honey, agave or stevia.*

1 cup pitted Iranian or Medjool dates  
Hot water

Pour hot water over the dates until just covered, and let the dates soak in a bowl for 5 minutes. In a food processor, blend the dates, adding the leftover date water as needed to make a paste. Use more water to make a runnier paste. Voila – who needs granulated sugar when you have a mineral rich date paste?

You can use the same technique to make pastes out of any dried fruit, including dried apricots, prunes and figs. Truly epic.



## Desserts

### Governor's Chocolate Peppermint Slice

*Serve as part of a splendid English afternoon tea or just as chocolate pick me up. Jolly fine with a cup of herbal Peppermint tea! Serves 4.*

Meat of 2 young green coconuts

2 drops of therapeutic grade Peppermint essential oil (I recommend Young Living or DoTerra brands as they are 100% safe to eat)

1 tbsp raw honey, agave OR maple syrup – more or less to taste

1 batch basic raw chocolate (see recipe), kept warm or made last

Place half the chocolate mixture into a small, flat-bottomed dish and even out the surface forming an approx. 1cm, thick layer. Place in the fridge to set.

Using a food processor blend the coconut meat and honey (or date paste) until smooth and add honey. Blend till it's a nice, creamy and smooth consistency. Add 2 drops of therapeutic grade Peppermint essential oil, up to 4 if you're a really chipper English peppermint lover. Blend for just a few more seconds.

Spread a 1cm thick layer of coconut mixture over the semi-set chocolate layer from the fridge. Finally, sprinkle the top with a fine layer of desiccated coconut, a drizzle of chocolate or a few mint leaves.

Set in the fridge or freezer until hard. Chop into bite-sized pieces with a sharp knife. Jolly good show!



## Lebanese Pistachio-Stuffed Figs

*A delicate yet satisfying dessert that's a delight to all the senses. Serve with edible flowers & raw ice cream for a very grown-up dessert. Serves 4.*



6 large dried organic Turkish figs

½ cup raw pistachios

½ cup raw walnuts

1 tsp orange blossom water and/or rosewater (both available from middle eastern grocers, such as Mt. Lebanon at Nobby Beach, Gold Coast)

1 tsp ground cinnamon

1 batch basic raw chocolate (see recipe), kept warm or made last

In a food processor, place nuts and process until only roughly chopped, not pulverised. Stir orange blossom water and/or rosewater into the nut mixture and set aside. Expand the dried figs gently using your fingers to make space for the filling, opening from the tiny hole at the opposite end of the stem. Stuff the figs with the filling, keeping the hole as small as possible. This recipe only calls for 4 figs – the extra 2 are in case you **stuff up!** *Cue laughter* 😊

Stir the ground cinnamon into your warm raw chocolate mix. One by one, cover each fig with a coating of chocolate and place on a plate, Refrigerate for 1 hour. Serve with rose petals and a sprinkling of crushed pistachios.

**\*Lazy man's version** - Melt a plain raw organic chocolate bar in a double boiler, stir well. Line a tray with wax paper. Dip figs in chocolate and then into chopped pistachio nuts. Refrigerate until chocolate has hardened. Store figs in the refrigerator in an airtight container with waxed paper between layers for up to 1 week. It doesn't get much easier than this!



## Chunky Monkey Banana Ice Cream

*This is a truly wicked yet healthy dessert using all natural sugars, and no dairy in sight! Creamy, rich and borderline hallucinogenic! Serves 2.*

5 pitted dates, soaked (if using medjool dates no need for soaking)  
½ cup raw cashews or pecans  
½ tsp organic vanilla essence  
3 large frozen bananas, broken into pieces  
1 tsp ground cinnamon

Using a food processor blend the dates to a smooth paste consistency, then begin adding bananas, vanilla and cinnamon (dates must be blended first otherwise they go rock hard). Add the nuts last and blend briefly to ensure maximal chunkiness. Serve topped with a little warm basic raw chocolate sauce – it will freeze like Ice Magic, but without the ethylene glycol (i.e. antifreeze!)



## Praline Lushbombs

*A creamy praline encapsulating a whole macadamia, covered in a coat of raw dark chocolate. Lady Godiva eat your heart out.*

MAKES APPROX. 12 TRUFFLES

12 dates, pitted  
½ cup macadamia nuts  
1 cup dessicated coconut  
1/3 – ½ cup coconut water (to blend)  
1 teaspoon vanilla extract  
1 teaspoon ground cinnamon  
2 tbsp raw cacao powder  
½ batch basic raw chocolate (see recipe), kept warm or made last

Adding coconut water only as needed, blend dates, dessicated coconut, macadamias, vanilla, cinnamon and cacao powder together in a food processor until uniform (if it's still a little chunky that's okay.)

Using your hands, roll the mixture into little balls and press 1 whole macadamia into each bomb, closing the hole. Coat bombs in warm raw chocolate (dip them into the mixture or place bombs on a flat plate and spoon the mixture over – warning it can get messy, but it's worth it and the mess is half the fun!) Store them in the fridge until set.



## Aussie Jaffa Goodie Balls

*This sweet chocolate-orange combination is part of Australian and New Zealand cultural folklore. No Cadburys patented food chemistry to be found here, just the goodness of the classic flavours in natural form!*

MAKES APPROX. 12 GOODIE BALLS

- 12 dates, pitted
- ½ cup raw almonds
- ½ cup raw cashews
- 2 tbsp dried goji berries
- ½ cup freshly squeezed orange juice or water (to blend)
- 2 drops of therapeutic grade Orange essential oil (I recommend Young Living or DoTerra brands as they are safe to eat)
- 1 teaspoon vanilla extract
- ¼ teaspoon each of ground nutmeg, cinnamon and cloves
- 1 ½ tablespoons raw cacao powder
- ¼ cup raw cacao nibs
- Marigolds, orange blossoms or other edible flowers, to serve

Soak goji berries in enough orange juice to cover them for around 10 minutes. This will add an antioxidant rich superfood and tang to an already explosive goodie ball!

Adding orange juice or water only as needed, blend all ingredients except nibs and flowers together in a food processor until uniform (if it's still a little chunky that's okay.) Using your hands, roll the mixture into little balls and coat them in cacao nibs. Store them in the fridge, and serve on a cute plate with fresh orange wedges, or edible flowers like marigolds. Too right!

Experiment with different dried fruit (e.g. organic unsulfured apricots, figs), nuts (macadamias also work well,) and coatings (as in photo, from left: buckwheat grouts, cacao nibs, dessicated coconut.)

In Dunedin, New Zealand every year a vast sum of Jaffas are raced down Baldwin Street—the World's Steepest Street, as part of the Cadbury Chocolate carnival, which is held in conjunction with the New Zealand International Science Festival.

The initial number of 20,000 Jaffas has now been increased to 30,000 Jaffas.

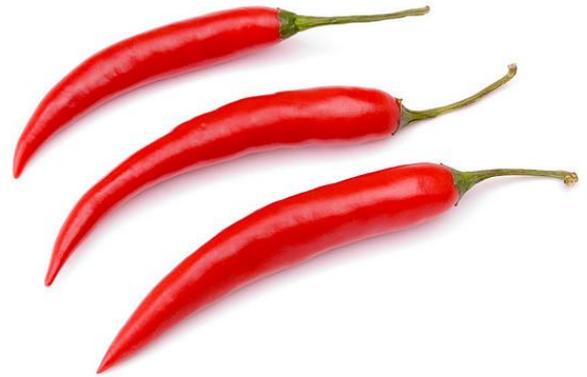




## Quetzalcoatl's Coconut Rough

*Who knew that you could make chocolate healthy? You do, now! Here's a surprisingly fiesty Mexican chocolate to serve alone or with ice cream.*

80 g organic cacao butter  
1 tbsp coconut oil (for a softer, more velvety chocolate)  
5 tbsp raw organic cacao powder  
1 tbsp raw honey (or 1/8 of a fingernail of stevia)  
1 tsp cinnamon powder  
4 drops Young Living orange essential oil  
3 tbsp finely dessicated coconut  
Chilli powder to taste (I use ¼ tsp, but this may be too spicy for some!)



Have 2 bowls ready, one smaller than and nested inside the other (to form a double boiler). Place cacao butter and coconut oil into the smaller bowl. Boil 2 cups of water and carefully pour it into the larger bowl being careful not to let any water get into your cacao butter mix.

Stir butter until melted. Add cacao powder 1-2 tablespoons at a time, stirring each one in until smooth. Add remaining ingredients and stir. Place chocolate into a small, flat dish and even out the surface, then place in the fridge until firm.

## Raw Chocolate Pudding

MAKES ABOUT 2 CUPS

Meat of 2 coconuts or 1/2 an avocado  
6 soaked dates  
3 tablespoons raw cocoa powder

Blend all the ingredients in a food processor until smooth. Delicious and simple!



## Raw Cherry Ripe

*This recipe adds raspberries to complement the tartness of the dried sour cherries. Truly amazing chocolate, and my personal favourite!*



1 batch basic raw chocolate  
1 tsp cinnamon powder  
¼ cup frozen raspberries  
½ cup organic dried sour cherries, chopped  
1 cup desiccated or shredded coconut  
Juice of ½ a raw beetroot (for an intensely coloured cherry ripe!)

### **For chocolate:**

See Basic Raw Chocolate recipe at the start of this booklet to whip up a base for your cherry ripe. Place chocolate to a depth of up to 1cm into a small, flat dish and even out the surface, then place in the fridge until firm.

### **For the filling:**

In a food processor, blend raspberries until finely chopped. Add dried cherries, 1 tsp beetroot juice and shredded coconut, and blend briefly into an even paste. The paste should not be too runny – if it is, add more coconut.

Spread a 1cm thick layer of cherry-coconut mixture over the set chocolate layer from the fridge. Finally, sprinkle the top with a fine layer of desiccated coconut, or a drizzle of chocolate. If you want a cherry ripe sandwich, add a final 1cm layer of raw chocolate. *Warning this does make it harder to cut, but is more authentic to the original Cherry Ripe!*

Set in the fridge or freezer until hard. Chop into bite-sized pieces with a sharp knife. Enjoy!



## Chatuchak Chia Coconut Pudding

*Serve it cold for an anytime dessert. The lime juice brings it straight from the steamy street markets of Bangkok to your home kitchen! Serves 4.*



- ¼ cup black and white chia seeds
- 4 young green coconuts, water reserved and flesh scooped out
- 2 organic limes
- 2 tsp grated ginger
- 4 tbsp date paste
- 2 drops Young Living Lemon essential oil
- 3 tbsp finely dessicated coconut
- Peeled and thinly shaved fresh ginger, to garnish

Zest the limes and place zest to one side. Juice the rest of the limes. In a bowl, place chia seeds, ¼ cup coconut water and all the lime juice and allow 10 mins for soaking.

In a food processor, place coconut flesh, most of the lime zest, ginger, date paste, a little coconut water and 8 drops lemon essential oil. Blend until smooth, using extra coconut water as needed. Taste and add date paste if you desire more sweetness.

Stir the soaked chia seeds into the coconut mixture until evenly distributed, and place in a bowl in the fridge until ready to serve. Place mixture into small glass bowls. Garnish with lime zest, jasmine flowers and or thinly sliced ginger. You can bake the ginger on low heat in the oven or dehydrate until firm, for crunchy effect!

Alternatively, serve as a parfait with layers of fresh berries and raw granola, for a colourful and pretty dessert!



Thank you for joining me in my kitchen, I hope you had fun and I look forward to hearing about your culinary creations!

Love and raw cacao,

Casey xx

"Stressed spelled backwards is desserts. Coincidence? I think not!"

**Author Unknown**

"We think fast food is equivalent to pornography, nutritionally speaking."

**Steve Elbert**

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas."

**Author Unknown**

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