HEAVENLY HOMEMADE CHOCOLATE

Vata ↑*,Pitta ↑*, Kapha ↑*
Makes: about 16 thin squares (multiply the recipe as needed)
Prep Time: 10 minutes

*Chocolate is said to be tridoshicly-increasing, however, we all love chocolate and indulging on occasion and in moderation with this healthy, homemade, whole food version is a very great compromise!

INGREDIENTS
- 1/4 cup cacao powder
- 1/4 cup coconut oil
- 1 teaspoon cinnamon*
- 3/4 teaspoon ginger powder*
- 1/2 teaspoon cardamom*
- 1/16 to 1/8 teaspoon pink Himalayan salt or sea salt
- 1 teaspoon vanilla extract
- 1 tablespoon maple syrup
- 1 tablespoon honey

*All spices can be replaced with 1 to 2 teaspoons of the Ayurvedic Breakfast Spices.

DIRECTIONS
1. Melt the coconut oil in a small pan until it becomes liquid but not overly hot.

2. While heating, place the cacao powder, cinnamon, ginger, cardamom, and salt in a small bowl and blend evenly.

3. After the coconut oil is warm and liquid, take the pan off of the heat. Add in the vanilla extract, maple syrup, and honey. Stir these wet ingredients together evenly.

4. Once blended, add the wet ingredients to the small bowl of dry ingredients. Mix everything together until a thin paste has been formed and there is no dry powder remaining.

5. Pour the liquid chocolate blend into a standard bread pan (about 8-1/2" x 4-1/2"). If only a larger pan is available or if more yield is preferred, this recipe can be multiplied as needed. **NOTE:** If the pan is non-stick, the mixture can go directly into the pan. If the pan is not non-stick, I would recommend to rub a small amount of oil onto the bottom before pouring in the chocolate blend.

6. Spread the chocolate blend evenly until all of the pan has been covered.

7. Place the pan in the freezer for at least one hour to create a solid form.

8. Once the chocolate is at a good texture, take the pan out and cut the chocolate into squares. I enjoy bite size portions, about 1-1/2" x 1-1/2" and often end up with some misshapen ones (that of course taste just as amazing).

9. Once the chocolate has been cut, place them in an airtight jar or container. Store any extra in the freezer to keep a nice solid form. The chocolate will get a bit more sticky when left out at room temperature, especially in warmer temperatures.

10. Enjoy a small bite size treat between meals or as an after lunch (healthy) indulgence. Avoid eating in excess and avoid eating after 2pm, especially for anyone that is sensitive to caffeine, or experiencing sleep issues.

OPTIONAL DOSHIC MODIFICATIONS

Vata:
Since cacao naturally contains a decent amount of caffeine, this recipe can stimulate Vata and disrupt the nervous system. If you are experiencing high Vata symptoms, especially related to hyperactivity, restless mind, and sleep issues, it is recommended to use carob powder or mesquite powder for a tasty and comparable alternative for the cacao. If you are really craving a real chocolate experience however, you can use 2 tablespoons of the cacao powder and 2 tablespoons of the mesquite or carob powder to get an authentic chocolate experience without being too stimulating.

NOTE: If sleep issues are present caffeine should be limited or completely avoided, and only taken before 12pm.

Pitta:
If your Pitta is high and you are experiencing some heat-related issues (e.g. rash, acne, hot flashes, anger, etc), you can cool down this recipe by eliminating the cinnamon and ginger and adding in 1/2 teaspoon of peppermint extract. The honey should be replaced with equal amounts of maple syrup and the salt should be kept to 1/16 teaspoon or less. Since cacao is naturally heating, this recipe should be eaten in moderation, even with the recommendations listed.

Kapha:
To reduce the heaviness of this recipe for Kapha types, it is recommended to add in extra cinnamon and ginger while reducing or eliminating the salt. The maple syrup should be omitted as well. Although this will make it less Kapha provoking, this recipe is still high in oil/fat due to the coconut oil and should be eaten in moderation only.