

## FATTY DELIGHT

1 tsp. Coconut Oil  
½ scoop protein powder or 2 tbsp. Chia seeds  
1tbsp. Cacao Nibs or Cacao Powder  
Flax, hemp, almond, rice or coconut Milk (unsweetened, organic and without Carrageen)  
Optional: Stevia (especially good with Chocolate Raspberry)  
Adjust the consistency to suit. This recipe is also an excellent dip for your vegetables or a sliced apple.

## CHIA PUDDING

½ cup Chia Seeds  
1.5 cups Flax, hemp, almond, rice or coconut Milk (unsweetened, organic and without Carrageen)  
Dash: Vanilla, sea salt, cinnamon, cacao

## CHOCOLATE AVOCADO PUDDING

1 cup unsweetened Almond/Hemp/Coconut Milk  
1 ripe avocado  
2 tbsp. raw cacao  
2 tbsp. Hemp Seeds  
2 tbsp. Chia Seeds  
Stevia or cinnamon for sweetness

### Optional:

1 scoop Chocolate Protein Powder  
1 scoop Maca Root  
1 scoop Greens Powder (Spirulina, Chlorella, etc.)

Blend all. Adjust consistency to suit. Use fresh berries on top with a sprig of mint to fancy it up. You may also use a small dollop of whipped coconut cream as a topper. Enjoy!

## COCONUT CREAM - WHIPPED

250 ml of Coconut Cream, chilled  
5 drops Stevia  
1 tsp. organic vanilla

Place coconut cream in a mixing bowl. Using a hand mixer or whisk, blend until the cream starts to thicken. Add sweetener and vanilla; blend through. Put bowl in freezer for about 10 minutes, then take out and blend again until cream peaks. Keeps in the fridge for a long time!

## FAT BOMB

Contributed by Melina Keep – more recipes on Instagram – mindfulmelina

½ cup coconut oil (melted)  
½ cup cacao powder  
1 tsp – 1 tbsp. stevia, molasses, maple syrup, or honey

Heat all ingredients on low heat and stir into a smooth consistency. Pour into ice cube tray. Play with additions such as seeds, seed butter, etc. Let sit in freezer for 15-20 minutes.

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