

Chocolate – HOLD the refined sugar!

I really enjoy the taste of chocolate. The cocoa in chocolate gives it the antioxidant benefits, however most chocolate contains refined sugar so if it is a 70% cocoa then it is pretty much going to be a 30% sugar content.

Generally small amounts in moderation is a good rule of thumb, however for some trying to reduce sugar from their diet a dilemma exists on how to get the deliciousness of chocolate and the antioxidant benefits of cocoa without the added sugar. Here are two recipes that you might like to try, one uses rice malt and the other honey or maple syrup.

My Raspberry Ripple

Source: “I Quit Sugar” (2013)



Ingredients

1/3 cup of frozen raspberries
1/3 cup shredded coconut (or coconut flakes for a chunkier version)
1/3 cup coconut oil
80g salted butter
2 tablespoons raw cocoa powder or cocoa
2-3 tablespoons rice malt syrup

Method

Line a dinner plate or baking tray with baking paper (a dinner plate is ideal as the slight indent creates a good shape). Scatter the berries and coconut on the plate or baking tray.

Melt the oil and butter in a saucepan or in the microwave (the oil take longer to melt, so add the butter a little after), then stir in the cocoa powder and syrup. Pour over the berries and pop into the freezer for 30 minutes until firm. To serve, either break into shards or cut into wedges.

Note: be sure to use salted butter in this recipe – it gives it a lovely kick.

The best nut butter chocolate

Source: [“My Petite Kitchen Cookbook” \(2014\)](#)

Ingredients

175g (6oz/1/2 cup) honey, or 125ml (1/2 cup) maple syrup
250ml (1 cup) extra virgin olive oil
125g (1/2 cup) nut butter
55g (1/2 cup) good quality unsweetened cocoa powder
Line a 20 x 24cm slice tin with baking paper and set aside.

Method

Melt the honey, coconut oil and nut butter together in a small saucepan over very low heat. Add the cocoa and a pinch of sea salt, then whisk until smooth.

Carefully pour into the slice tin, then place in the freezer for 1-2 hours to set.

When the mixture has set, remove it from the tin, transfer to a flat surface and carefully peel off the baking paper. Using your hands, break the mixture into bite-sized pieces.

Transfer to an airtight container. The chocolate will keep in the fridge for up to 2 weeks, or in the freezer for up to 1 month.