

Mood Foods by Aradhana

Raw Chocolate Mood Foods

by Aradhana Kaur



*Super Happy
Raw Chocolate Mousse*



*Raw Chocolate
Malteaser Shake*

*Nourish your Moods
with Raw Foods & Superfoods*

Do you reach for chocolate or biscuits to soothe your emotions
- and wish you didn't?

Raw chocolate alchemist, raw food chef and teacher Aradhana Kaur
shares 2 quick and tasty raw chocolate recipes to get you feeling back on top.

Instead of reaching for the ice cream or cookie jar, switch to
new recipes that will uplift and nourish your moods.

Mood Foods by Aradhana

Super Happy Raw Chocolate Mousse

*Reaching for a decadent treat to cheer you up?
Try this luxurious chocolate mousse to comfort and uplift you*

Ingredients

2 ripe Avocados, medium
75g Coconut oil, melted
100g Cacao powder
60g coconut sugar, ground to powder
(or 40g coconut sugar, 20g mesquite)
2Tbsp maple syrup
½ tsp Rose tincture OR a drop of 2 of rose oil
½ tsp Suma root powder *
½ tsp Mucuna *

Approx. 6 servings



Method

Melt the coconut oil in a bain marie
Chop the avocado and blitz in the blender
Add all the other ingredients to the blender and blend the mousse until it's velvety smooth

Serve yourself

Serve yourself a big spoonful and enjoy mindfully

Storage

The mousse will keep in the fridge in a covered container for a week or more
NB the mousse will harden when cool and it's still good like this.

A note about the Superfoods

* Suma is a superfood from Brazil. It's an adaptogen which means it brings the body back into balance. It's a feel-good herb.

* Mucuna is an Ayurvedic herb that contains L-dopa, a precursor to dopamine, the brain chemical involved in mood, sexual desire and body movement. Another feel-good herb.

NB you'll still get the comforting mouth-feel from this mousse even if you don't add the superfoods.

Variation

Rose has a *heart-opening* effect so it helps when you're feeling down or closed
Substitute **peppermint** extract (or essence or oil) for a *wide-awake* mousse with a flavour of After Eights

Mood Foods © Aradhana Kaur 2017

High Vibration Raw Chocolate | Raw Food Workshops and 1-to-1's with Aradhana

www.BeautifulHeartRawKitchen.co.uk

Mood Foods by Aradhana

Raw Chocolate Malteaser Shake

*In need of a pick-me-up to boost your day?
Try this malty chocolate shake instead of a coffee*

Ingredients

1 cup Frozen Banana slices
1 cup Koko coconut milk OR Nut milk
2 – 3 Tbsp Cacao powder
OR substitute a tasty raw Carob powder
if your adrenals are challenged
1 Tbsp Almond butter
(use regular almond butter or raw)
1 tsp Maca *
½ tsp Reishi extract *
½ tsp Cordyceps *
½ tsp Mesquite *

Serves 1



Method

Blend all the ingredients in a blender until smooth

Serve yourself

Pour into a glass

Sit down and enjoy the shake and a rest before you start or return to your day

A note about the Superfoods

* Maca root is an adaptagen, which means it brings the body back into balance. Used in powder form, common benefits are increased energy, endurance, libido, fertility, and hormone balancing.

* Reishi extract is a medicinal mushroom superfood. It is alkalising and boosts the immune system. You can use a pinch of reishi in your coffee to counteract the acidity.

* Cordyceps extract is from another medicinal mushroom. It gives an energy boost and supports the adrenal glands. The adrenals manufacture cortisol and deal with our response to stress. If these glands are well nourished we are better able to deal with life's challenges. This is the herb of choice for athletes

* Mesquite has a malty, sweet flavour. Ground from a pod, it contains protein and fibre and is low GI.

NB you'll still get the energy boost from the protein and good fats in the shake, even if you don't add the superfoods.

Mood Foods © Aradhana Kaur 2017

High Vibration Raw Chocolate | Raw Food Workshops and 1-to-1's with Aradhana

www.BeautifulHeartRawKitchen.co.uk

Mood Foods by Aradhana

About Aradhana

Raw Chocolate Alchemist, Raw Food Teacher and Chef



I am a lifelong foodie, longstanding vegetarian, and intuitive chef.

I accepted the invitation into raw food as a spiritual doorway in 2009. For me, it's part of a healthy diet and lifestyle that nurtures intuition and connection, and paves the way to a happy and healthy long life.

I been exploring the balance of raw and cooked food ever since, and how diet affects the body and mind. My [Mood Foods](#) project aims to offer a nourishing solution to emotional eating.

I am a firm believer in the importance of energy and intention during both food preparation and eating, and I prepare food 'with love & mantras'.

I have taught raw food classes at Demuth's Cookery School in Bath for many years. I have also spoken about Mood Foods and emotional eating at Vegfest in London and Bristol, and at RawFest.

I am qualified as a Kundalini Yoga teacher and have also trained in various healing modalities which inform my work.

Currently, I teach raw chocolate and raw cake workshops and 1-to-1's from my home in London, and I make magical raw chocolate.

My gift for raw chocolate alchemy has led me to create a range of [High Vibration Raw Chocolate](#) bars with superfoods, designed for different moods. I have created '**Aradhana's Raw Chocolate Club**' to provide you with a monthly delivery of raw chocolate through your door.

- Website www.BeautifulHeartRawKitchen.co.uk
- Email delicious@beautifulheart.co.uk
- FaceBook Page [BeautifulHeartRawKitchen](#)
- Twitter [@aradhanaraw](#)
- Instagram [@aradhanaraw](#)

Mood Foods © Aradhana Kaur 2017

High Vibration Raw Chocolate | Raw Food Workshops and 1-to-1's with Aradhana
www.BeautifulHeartRawKitchen.co.uk