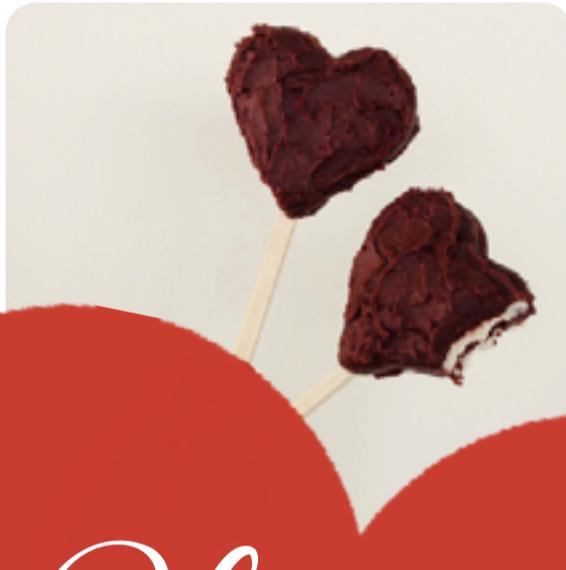


Valentine's

Desserts you will love



9 Chocolate
Raw Food
Recipes



Raw Food Magazine

9 Raw Food Recipes for Valentine's Day

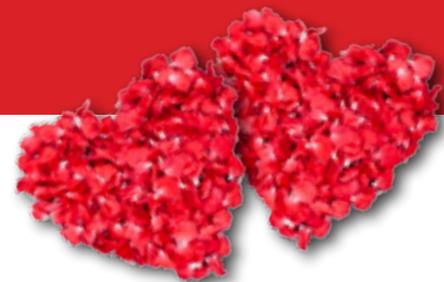


Valentine's Day is a time to connect with those you love and eat the most amazing treats ever!

To celebrate, we wanted to share some of our favorite raw recipes and highlight the amazing chefs who created them.

From romantic recipes for two, cookies for kids, and heart-shaped treats to share, there is a delicious something here for everyone you love.

You are welcome to share this with everyone!



RAW ROSEWATER SUGAR COOKIES

Yields 24+ cookies

Ingredients:

Cookie dough:

- 2 1/2 cups raw cashew flour
- 1 cup coconut flakes, shredded
- 1/2 tsp sea salt
- 2/3 cup raw vanilla infused agave nectar
- 1/2 cup beet juice
- 1/4 cup psyllium husk powder
- 1-2 teaspoons rose water (optional)
- 1/2 teaspoons vanilla extract

Frosting:

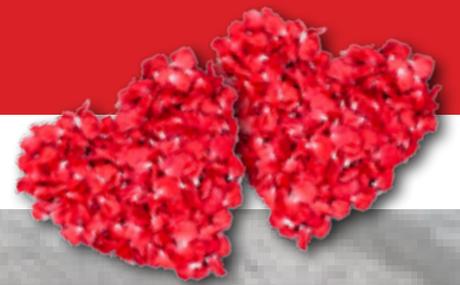
- Yields 2 1/2 cups (divided)
- 1 cups cashews, soaked for 2+ hours
- 3/4 cups thick coconut milk, fresh or canned
- 1/4 cup maple syrup
- 1 tablespoon vanilla
- 1/8 teaspoon sea salt
- 1/2 cup coconut oil, melted
- 2 tablespoon lecithin powder or liquid
- 2 tablespoon raw cacao powder (for chocolate half)



By *Amie Sue Oldfather*

Graduate of the Living Light Culinary institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.

NouveauRaw.com



DIRECTIONS

Sugar cookies:

In a food processor, fitted with the "S" blade, break down the cashews, and coconut into a flour – individually.

Now combine the flours, coconut, salt, agave, beet juice, psyllium, rose water, and vanilla. Process until it starts sticking together and forms a ball.

Wrap the dough in plastic wrap and place in the freezer for approximately 40 minutes or until chilled through. This step is very important. If you attempt to skip it you will find the dough too sticky to deal with. You could also place the dough in the fridge overnight if you wanted to do this in phases.

Once chilled, line your surface with plastic wrap and place the chilled dough ball in the center. Cover with another piece of plastic and start to roll the dough out to about 1/4 inch thick. Remove the top plastic piece and using cookie cutters, cut out your shapes and transfer them to the mesh sheet that comes along with your dehydrator.

Dry at 115 degrees Fahrenheit in the dehydrator for approximately 10-16 hours or until desired dryness is reached. You can also use your oven at the lowest setting with the door slightly ajar.



Frosting:

After soaking the cashews, drain and rinse them well. Set aside.

In a high-speed blender combine in order: coconut milk, maple syrup, vanilla, salt and cashews. By placing the liquids in first, it helps the blades spin more easily. Blend until creamy and you don't feel any grit in the frosting. Depending on the blender, this may take anywhere from 1-5 minutes. While the blender is running and a vortex is in motion, drizzle in the coconut oil. Make sure that it gets well incorporated.

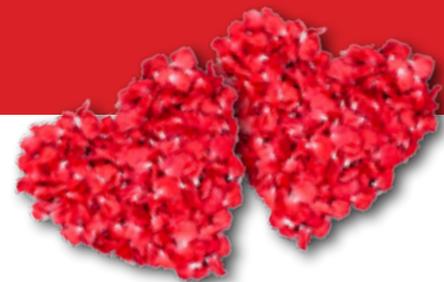
Now add the lecithin and process just until mixed in. Divide the frosting into two batches. Leave 1/2 as a white frosting and add 2 Tbsp of raw cacao to the other half, blend together, to make a milk chocolate frosting.

Place the frosting in an airtight container and place in the fridge for 2-4 hours to firm.

This will keep for 3-5 days.

Now have fun, frost and decorate your cookies and eat!





RAW VEGAN CHOCOLATE MOUSSE

Serves 6

Ingredients

3/4 cup almonds
3 avocados, stone removed
and flesh scooped out
of the skin
Just over 1 cup of cacao
nibs or raw cacao powder
1/4 cup agave nectar or
maple syrup



By *Clémence Moulaert*

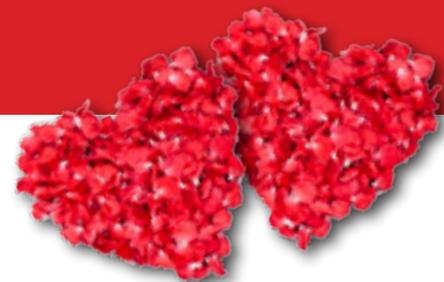
Creator of the blog *The Vegan Cookie Fairy*, Clémence thought embracing a fully plant-based diet was inconceivable if it meant she could no longer indulge in beloved sweets and desserts, so she set out on a mission to recreate them in a way that would suit her vegan lifestyle.

TheVeganCookieFairy.com

DIRECTIONS

Place all ingredients in a high-speed blender and blend until silky smooth. If your blender is not so powerful, add the cacao bit by bit and stop the blender every once in a while to scrape down the sides with a spatula.

Pour into 6 glasses and refrigerate for at least 4 hours (overnight delivers the best results.)



DECADENT CHOCOLATE CUPCAKES WITH RED ICING

Equipment:

- Blender
- Piping bag
- 8 Medium baking cases
- Juicer (optional)



Cupcake Ingredients

- 1 cup almond pulp/meal (what is left after making almond milk)
- 1/2 cup hazelnuts (soaked overnight)
- 2 heaping tablespoons cacao powder
- 10 pitted dates (soaked 1 hour - overnight)
- 1 avocado, meat only
- 2 heaping tablespoons coconut butter/oil
- 2 heaping tablespoons raw honey

DIRECTIONS

In a blender, put all ingredients apart from the first three. Blend until creamy. Use a tamper or just pulse if you have a standard blender.

Add cacao powder and pulse again. Either add in the hazelnuts and almond meal to the blender or fold them in with the blended ingredients manually in a separate bowl.

Tip: you should get a thick dry mousse type of mixture, roll it in your hands, pop into a baking case and gently press it down so it forms a flat surface and looks like a baked muffin.

Transfer to the fridge while preparing the frosting.

Red Frosting Ingredients

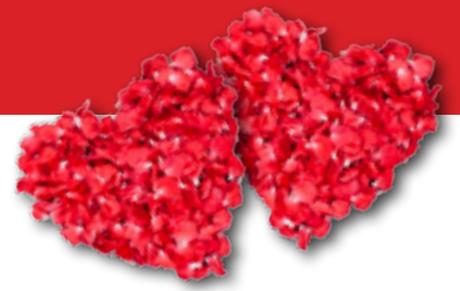
- 1 cup cashews (soaked 1 hr - overnight)
- 10 pitted dates (soaked 1 hr - overnight)
- 2 tablespoons coconut butter/oil
- 1/4 cup beetroot juice
(see tip on next page)



By Tanya Alekseeva

Wellness coach, chef, author, Reiki do Satori master healer and detox expert, Tanya focuses on helping busy individuals achieve their most desired health objectives. Her Amazon No1 Bestselling DVD 'Raw Food 101' & eBooks are available online.

BetterRaw.com



TIP:

To make the red coloring, juice 1 beetroot or, if you don't have a juicer or are like me and want to avoid more cleaning up, just blend enough chopped beetroot (about 2-3) to cover the blade of the blender and then strain.

Put all ingredients into a blender and blend until creamy, either using a tamper or pulsing if you have a standard blender.

If the mixture is too warm from the blade, let it sit to cool down, before piping.

Transfer the mixture into a piping bag with a medium sized nozzle and pipe in a spiral motion inwards.

Transfer into the fridge while preparing the heart shape.

Chocolate Hearts Ingredients

*1/2 cup cacao butter
1/2 cup cacao powder
1/4 cup agave nectar (or less to taste)
Pinch sea salt*



Prepare a board with tin foil or baking paper over it.

Grate Cacao Butter on a grater for easy melting.

Gently melt cacao butter in a double boiler but do not let water boil.

Add powder, stirring well to eliminate clumps.

Add sea salt and agave stirring through.

Transfer all the chocolate into a piping bag with the smallest nozzle. Draw heart shapes with a long end on the foil-covered board, so you can easily stick it into the cupcake later.

Transfer to the fridge for 10 minutes, then firmly press the shapes into each ready cupcake.



RAW CHOCOLATE BOUNTY POPS

Ingredients

Coconut Filling

1/3 cup cashews (soaked overnight)
2 tablespoon coconut milk
1 cup desiccated coconut
2 tablespoon coconut oil
2 tablespoon maple syrup (or agave syrup)

Raw Chocolate

1/4 cup coconut oil (melted)
1 tablespoon maple syrup
(or agave syrup)
1/4 cup raw cacao powder



DIRECTIONS

Coconut Filling

Add cashews to a food processor and process for a minute. With the food processor still running, slowly add the coconut milk until a smooth paste forms. Add remaining ingredients and gently pulse until all combined. Press 1-2 tbsp into heart cookie moulds. Place into an airtight container and put into the freezer to set for 2 hours.

Raw Chocolate

Combine coconut oil with maple syrup. Add raw cacao powder. Whisk with a fork until combined and chocolate mixture is smooth. Set aside.

Assembly

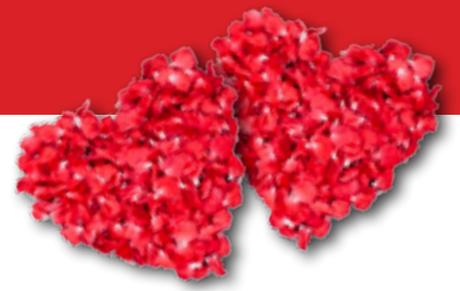
Pull the coconut hearts out of the freezer and dip into the raw chocolate. Serve immediately or keep in the freezer for when you need a "Bounty" fix. Enjoy!



By Karen McLean

I am the creative mind, photographer and the sneaky chef behind Secret Squirrel Food. This site is a collection of my recipes that celebrates the pleasures of eating simple, real, natural and wholesome food.

SecretSquirrelFood.com



RAW CHOCOLATE PEANUT BUTTER MOLTEN LAVA CAKE

Makes 6 individual molten cakes



Ingredients

Cake

- 2 cups raw pecans
(best result if frozen)
- 2/3 cup raw agave
- 1/2 cup raw cacao powder
- 1/2 cup coconut flour

Filling

- 1 tablespoon organic peanut
butter for each cake

Toppings

- Chocolate agave nectar
- Ground dried coconut shavings
for dusting
- Freshly sliced bananas



By *Gretchen Tseng*

I am a Certified Nutrition Specialist with Certification in Plant Based Nutrition through Cornell University. I am passionate about sharing my nutrition knowledge with others and through the years have done so through Veggie Grettie, and have been a Recipe Columnist for One Green Planet, GoodVeg, and Culinary.net, as well as a freelance writer (featured on Crazy Sexy Life), and a Brand Ambassador for NEXT by Athena.

VeggieGrettie.com



DIRECTIONS

Take the frozen pecans and place them in the food processor. Turn on the processor and process until the nuts become meal. Do not process too long or it will turn into nut butter.

Pour the raw agave into the nuts while processing. The nuts and agave will turn into batter.

Add the raw cacao and process to incorporate. The processor will begin working very hard, you may have to stop and scrape down the bowl.

When well mixed, take the batter out and transfer it to a bowl. Wearing latex-type gloves (to avoid sticking), mix in the coconut flour with your hands.

Line your mini cake molds with saran wrap.

Once mixed well, use a 2 tablespoon ice cream scoop to fill each of the 6 molds. Wrap the remaining cacao batter in plastic wrap and place it as well as the filled molds in the fridge for 30 minutes to harden.

Once hardened take the molds out and wearing gloves press the batter into the molds making a well in the middle. Make sure you spread the cacao mixture as evenly as possible so it dehydrates evenly. Fill the wells with 1 tablespoon of organic peanut butter (or chocolate sauce).

Take the remaining batter that was in plastic wrap out of the fridge and pinch off enough (approximately 1 tablespoon) to make a disc that will cover the bottom of each peanut butter filled mold. Gently press the disc onto the bottom of the filled cakes.

Put the cakes in the fridge for another hour to harden. Keep the cakes in the fridge until 2 hours before you plan on serving them.

2 hours before serving time place the cakes on your dehydrator's mesh tray and dehydrate for 2 hours (Or use your oven's lowest setting, keeping the door slightly ajar.)

When the 2 hours is up you will notice that the cakes are no longer shiny, they will look matte as if they have been cooked. Top each cake with some chocolate sauce, powdered coconut, and sliced bananas. Serve IMMEDIATELY since these cakes are best warm, allowing the peanut butter to ooze out when cut into.





Ingredients

Beet Fudge:

One heaping cup of chopped steamed beets (about 8oz)
1/2 teaspoon liquid stevia
2-3 teaspoons vanilla extract
1/2 cup softened coconut butter + 1 tablespoon (about 5 oz)
*could use coconut oil or make homemade coconut butter
1-2 tablespoons water (I did two) * you could substitute for 1 tablespoon maple syrup

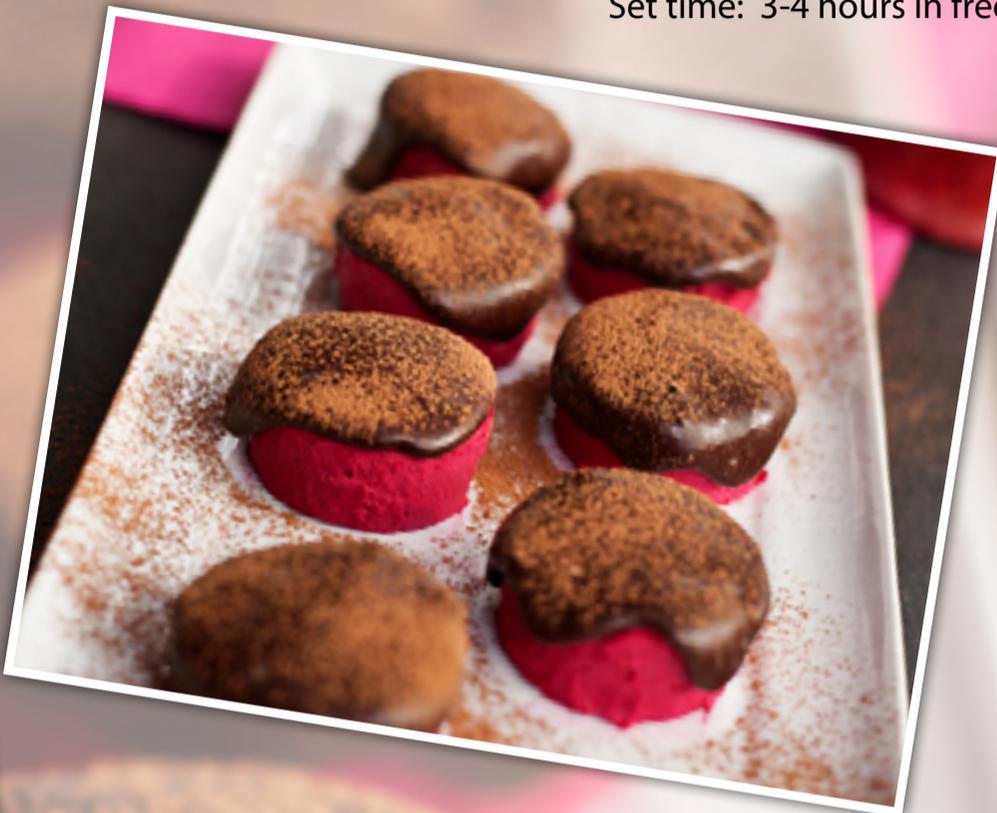
Dark Chocolate Sauce:

6 tablespoons raw cacao powder (1 oz) *could use regular cocoa powder
1/4 cup coconut nectar (could use maple, agave or honey) (3oz)
1/3 cup coconut oil, liquid (around 2 1/4oz)
1 teaspoon vanilla extract

BE MINE CHOCOLATE COVERED VALENTINE BEET FUDGE BITES

Prep time: 5 minutes

Set time: 3-4 hours in freezer



DIRECTIONS

Skin and chop your beets, and steam till tender. Place all ingredients into a high-speed blender. For the coconut butter, soften it first before measuring out 1/2 cup and 1 tablespoon. I added one tablespoon because the 1/2 cup made it just a tad too soft, so adding in that extra tablespoon should help. Blend till smooth and creamy. This works best if all ingredients are at room temperature. Pour into your pan of choice. I used individual cheesecake mold pan. Set in freezer or fridge for 3-5 hours, or till firm to touch. Remove from pan. Or if you used a regular pan you can cut into slices and carefully remove. Make your chocolate sauce by gathering ingredients into a large bowl and stirring well. Drizzle with a spoon the chocolate sauce over your beet fudge pieces.

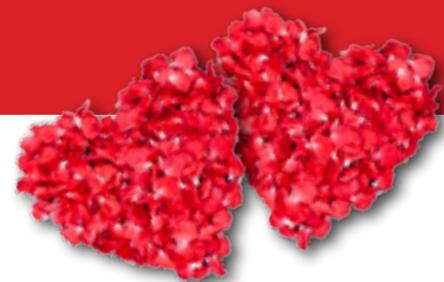
Using coconut nectar made the chocolate sauce really thick and sticky, FYI, but oh sooo good. Highly recommend licking the chocolate sauce bowl when done 😊
If you have any leftovers, store in refrigerator for 5-6 days.



By Lori and Michelle

We are Lori and Michelle founders of Purely Fit Life Club, a fitness and wellness ongoing online program created to fit the lifestyle of busy professionals, moms (and dads), students, and everyone in between. We own and run Purely Twins blog, a trusted source for all things health, recipes, fitness, and happiness.

PurelyTwins.com



PEANUT BUTTER COOKIES

For the Cookies:

Ingredients

1 cup buckwheat groats
1 cup gluten free oats
1 cup almonds
1 cup chunky peanut butter
1 teaspoon salt
2/3 cup maple syrup
1/3 cup coconut oil (melted)
1/3 cup tahini
1 tsp vanilla extract

DIRECTIONS

Turn buckwheat groats, oats and almonds into flour by using a food processor or blender. Combine the dry ingredients in a bowl.

In a separate bowl, combine peanut butter, tahini, maple syrup, coconut oil and vanilla.

Pour the liquid mixture over the dry mixture and stir until combined. Take 2 tablespoonfuls onto baking sheets. Press them down with the back of a fork.

Either place them in the fridge to harden or dehydrate them at 118 degrees Fahrenheit for 6 hours, flipping halfway through. The cooled option is more soft and chewy in texture.

When cooled or dehydrated, dip one half in the dark chocolate and store in a cookie jar or the refrigerator.

For the Dark Chocolate:

Ingredients

1/2 cup coconut oil
1/3 cup cacao butter
1/2 cup coconut sugar
2/3 cup raw cacao powder
a pinch of salt
1 teaspoon vanilla extract

DIRECTIONS

Melt the coconut oil and cacao butter. Add the cacao powder, sugar and vanilla. Stir well. Make sure the sugar dissolves. Add more if you want a sweeter note. Finish by slowly mixing in some salt. To make it runnier, just add some warm water or nut milk. To harden the chocolate, place the dipped cookies in the fridge. Leftover chocolate can be stored in the freezer or in the fridge as well.



By *Gina Capitoni*

Foodie. cook. author of 'Hearty-bite' a blog about healthy plant based food made with love.

HeartyBite.blogspot.com



RUSTIC LOVERS CORDIAL GOJI FUDGE

MAKES 12

DIRECTIONS

In a small bowl, soak the dried goji berries in 1/4 cup of water for 30 minutes.

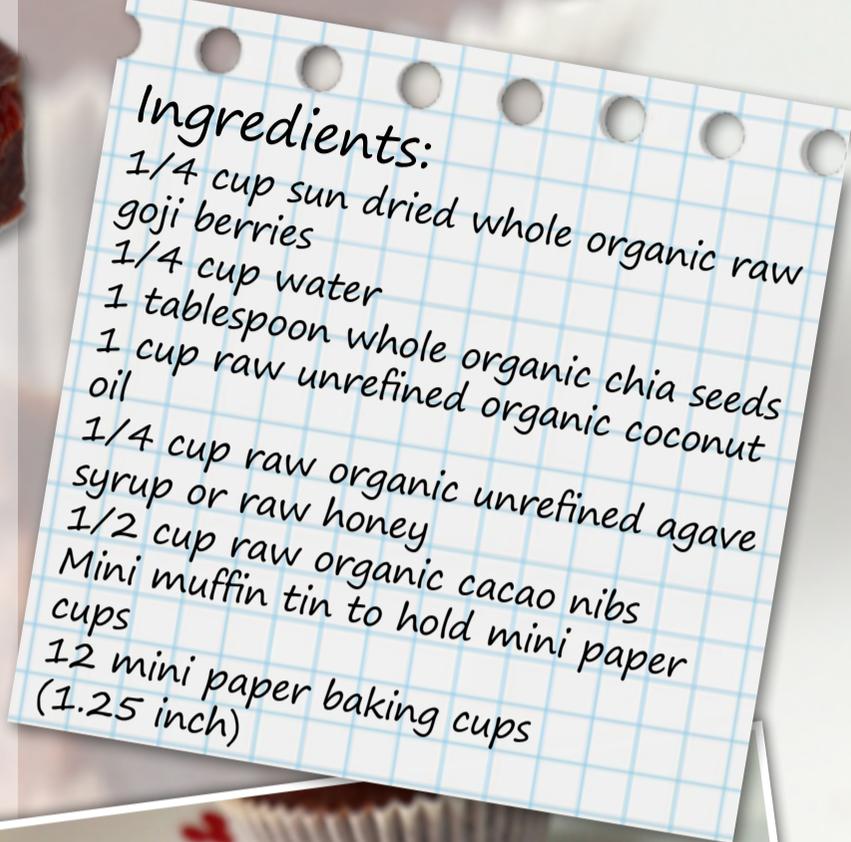
Now grind your chia seeds to a fine powder (I use an old coffee grinder).

In your food processor, pulse the goji berries with the soaking water about 10 times. Do not puree, just rough chop. Add the chia powder to it and stir well, set aside, this is your goji jam.

Gather a large 4 cup Pyrex measuring cup, a small pot that it fits inside, and a calibrated thermometer. Place the Pyrex inside the pot (this is your double boiler) and fill the pot half way up the side of the Pyrex (be sure not to get any water in the Pyrex). On low heat, heat the water to 100 degrees Fahrenheit—use your thermometer to be sure.

In the Pyrex put your coconut oil and heat until completely melted. Grind the cacao nibs to a fine powder. While using a whisk, slowly whisk the agave syrup into the melted coconut oil. Now slowly add the cacao powder while constantly whisking until smooth. Line your muffin tin with the paper cups. Whisk the cacao mix and pour 1 teaspoon of this mix into the bottom of the paper cups.

Replace the Pyrex back into your double boiler and keep heated. Place the whole tin level in the freezer for 20 minutes to set up. Remove the tin from the freezer and place on a level surface. Spoon in 1 teaspoon of the goji jam in the center of the cup and slightly flatten out. Whisk the cacao mixture well and pour 1 tablespoon of the cacao mix on top, covering the jam and filling the cup.



By *Joelle Amiot*

Raw Vegan Chef and photographer, Joelle Amiot just released a new book. "live eat learn RAW" is an avant-garde twist on traditional recipes and methods for eating and living raw.

JarOHoney.com

NOTE:

Because there are no added emulsifiers, the cacao mix will separate a little. Use the edge of a paper towel and gently soak up any oil that collects on the sides of the filled cup. When they are completely set, they will have small coconut oil stripes. Don't worry! This is part of them being rustic. Place the whole tin back in the freezer and freeze for 30 minutes. Remove the filled cups and place them in a sealed freezer container, freeze overnight.

When you want to enjoy these, take straight from the freezer, allow them to set for 10 minutes and enjoy!



VANILLA, RASPBERRY & PEPPERMINT CREAM CAKE WITH CACAO TRUFFLES



Ingredients

Truffles:

- 1/2 cup dates
- 1 tablespoon cacao powder
- 2 tablespoons melted coconut oil

Chocolate drizzle:

- 1/2 cup coconut nectar or date paste
- 3/4 cup cacao powder
- 1/3 cup coconut oil or cacao butter, melted

Mix all ingredients until smooth and ridiculously delicious-looking. I highly recommend adding other ingredients like mesquite powder, sea salt, vanilla, or anything else that could take this to another level!

Ingredients

Crust:

- 1/2 cup hemp seeds
- 1/2 oats or almonds
- 1 cup dates

Cream cake:

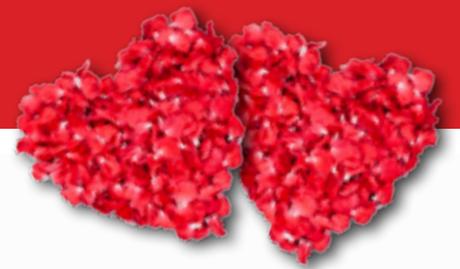
- 2 cups cashews
- 1 tablespoon lemon juice
- 1 cup dates
- 1-2 tablespoons coconut nectar (optional)
- 1 teaspoon vanilla powder
- Pinch of Himalayan salt
- 1/4 cup melted coconut oil
- 1 peeled orange
- Water, as needed (I used about 1 1/2 cups)
- 1 cup raspberries
- 1 cup mint leaves



By *Emily von Euw*

Creator of This Rawsome Vegan Life, a blog dedicated to sharing wholesome, raw, vegan recipes and information about the lifestyle, Emily von Euw has recently released her first cookbook all about raw desserts called Rawsome Vegan Baking.

ThisRawsomeVeganLife.com



DIRECTIONS

To make the crust:

Pulse the hemp seeds and oats or almonds in a food processor until they turn into flour or crumbs. Add the dates and process until it all sticks together somewhat. Press in to the bottom of a lined cake pan (mine is adjustable and was about 7 inches). Put in the fridge.

To make the cream cake:

blend all the ingredients together until smooth, EXCEPT the berries and mint. Take out one third of the mixture and pour onto your crust. Put back in the fridge. Take out half of the remaining mixture in the blender and set aside. Add the raspberries to the blender and blend until you get a smooth pink cream. Spread on top of your first layer and put back in the fridge. Put the remaining mixture (that you set aside a moment ago) back into the blender along with the mint leaves; blend until smooth and green. Spread evenly on top of the pink layer and keep in the fridge for 24-48 hours to let the cake set and flavors develop.

To make the truffles:

Put all the ingredients in your food processor and process until smooth and thick like frosting. Roll into balls and coat in cacao powder. Decorate your cake with these, as well as hemp and pumpkin seeds, if you like. Drizzle with chocolate and slice!





Happy, Valentine's Day

We hope you enjoyed
the chocolate-y goodness!

If you would like to visit us
and share these Valentine's Day desserts
with others, you can do it below.

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