



Frozen Joys



Gluten-free, Dairy-free (optional)

With my constant exploration of finding and creating great joys in life and in food, without feeling deprived (one of my mottos), I recently came up with this one (inspired by Vani Hari - "Thefoodbabe").

Real chocolate is the cacao plant. So, when you read and hear how you should eat chocolate because it is good for you, "they" (who are they anyhow?) mean that the health comes from the properties of the cacao plant.

I love making my own chocolate, and you'll always find organic cacao powder stocked in my pantry. It is a superfood, after all, as well as are the Gojis and the honey.

I gave birth to these frozen chocolaty treats, but my daughter named them.

- ♥ 1 cup heavy cream (or coconut cream)
- ♥ 4 tbsp. cacao powder
- ♥ 1 ½ tbsp. sustainable honey
- ♥ ½ tsp. vanilla extract
- ♥ 1 cup nuts (raw cashew, salted almonds, raw pecans - a mix or a solo nut - anything goes)
- ♥ ½ cup dry goji berries (and some extra for topping)

1. In a double boiler-pot with water on the stove and a metal or glass bowl on top of the pot - mix and cook the cream with the cacao. Whisk periodically until cohesive, creamy, smooth, and shiny, just like chocolate.
2. Add the honey when the chocolate mix is ready and not as hot. (Note: You don't want to "cook" the honey as you don't want to lose the properties and qualities of a good local, sustainable honey. Keeping it raw is important). Add vanilla extract and whisk well.
3. While making the chocolate, place the nuts of your choice and the goji berries on parchment paper on top of a baking sheet. They will be waiting patiently for their warm blanket of chocolate.
4. Once the chocolate is ready, pour it (with love) on top of the nuts/goji mix. Cover well. You may want to use the whisker to cover and blend the nuts with the chocolate. Bring it all together.
5. Top with the extra goji berries for color and beauty.
6. Place in the freezer until hard.
7. Once you have one big frozen "slab" of Frozen Joy, break gently (with hands) into small Joys. Place in a sealed container and keep frozen.