

# rawsome!

Introduce raw food to your family with these kid-tested recipes from gourmet raw chef and mum, *Priscilla Soligo*.

## New Year Carob “Caramel” Chews

These nut-free lollipop-style chews – with soft organic Medjool dates that taste like caramel inside and a hardened carob outside – will definitely be a New Year’s favourite for both little and big kids!

Equipment needed: Vitamix, or high-speed blender  
Makes 25-35 chews

### Ingredients

- 25 Medjool dates, medium to large size, soft and pitted.  
When pitting, be sure not to break the dates in two.
- 25 wooden lollipop/popsicle sticks

For carob dipping sauce:

- 2 ¼ cups cacao butter, grated (This will reduce to 1 ¼ cups when melted.)
- 2 Tbsp coconut nectar (low GI), or honey, or maple syrup
- ½ cup coconut palm sugar (low GI)
- ½ tsp high mineral salt (Celtic, or Pink Himalayan)
- 1 ½ cups cacao powder
- 2 tsp vanilla powder (or 1 tsp vanilla extract)
- ¼ cup desiccated coconut flakes for garnish (optional)



## Method

- Line a tray with baking paper so it's ready for use later on in the recipe.
- Place popsicle sticks inside dates where the pits were removed and mould the dates around the stick into the shape of a broom.
- Bring some water near to boiling (not boiling) and pour into a stainless steel bowl.
- Chop up cacao butter very finely (or use a grater) and put into a smaller stainless steel bowl. Place this smaller bowl of cacao butter into the larger bowl of near-boiling water and leave to stand, stirring occasionally. The temperature inside the cacao butter should not be hot to the touch, but should be warm and melting slowly.
- Pour cacao butter into a dry blender (be sure there is no water residue in the blender, as this will affect the cacao butter) and add all remaining ingredients, except the coconut flakes.
- Blend until well-combined (You may have to take the lid off and use a spatula to help the vortex spin. Be careful not to place it too far inside or the blade will cut it off!)
- Pour out mixture into a glass or stainless steel bowl that isn't too cold for dipping.
- Hold the wooden lollipop/popsicle stick and submerge the date into the mixture. (You may want to use a spatula to make sure the date is completely covered on all sides.) Sprinkle with desiccated coconut for garnish, if you like. Lay out onto prepared tray lined with baking paper and put in the freezer to set.

The chews will store well in a sealed container in the freezer until you're ready to serve them. You can eat them straight out of the freezer for a cool snack, or let them warm up to room temperature if you prefer.

*Note: You can use any leftover sauce for dipping Chocolate Chia Spirulina Chimes. (Recipe on page 76).*





## Chocolate Chia Spirulina Chimes

These delicious chocolate chimes contain chia seeds, which are hydrophilic (hydrating and expanding to approximately 12 times their weight!) as well as being jam-packed with Omega 3s, which are key to healthy brain development in young children. Chia seeds contain more Omega 3 than flax seeds and are easier to digest. Plus, these clever little chimes have hidden algae (spirulina) which contain all eight essential amino acids in the proper ratios for growing brains.

Equipment needed: Food processor

Makes approximately 32 chimes

### Ingredients

- 1 ½ cups Medjool dates, pitted and soft. (If they're not soft enough, you can soak them in water, just enough to cover, for 30 minutes, then drain and use.)
- 2 cups cacao butter, grated (This will reduce to 1 cup when melted.)
- ½ cup coconut nectar (low GI), or maple syrup, or honey
- ½ cup cacao powder
- 3 tsp spirulina powder
- 10 drops rose essence (You could also use vanilla, or any essence you like.)
- 2 tsp vanilla powder (You can omit this if you don't have any on hand.)
- Pinch cayenne (Go easy with this if it's for the kids!)
- 1 tsp high mineral salt (Celtic, or Pink Himalayan)
- ½ cup chia seeds

For carob dipping sauce:

See previous recipe for New Year Carob "Caramel" Chews.

### Method

- Chop up cacao butter very finely (or use a grater) and put into a smaller stainless steel bowl. Place this smaller bowl of cacao butter into the larger
- bowl of near-boiling water and leave to stand, stirring occasionally. The temperature inside the cacao butter should not be hot to the touch, but should be warm and melting slowly.
- In a food processor, combine dates, melted cacao butter and coconut nectar (or syrup or honey), and process until well-incorporated. (Teeny-tiny lumps from the dates are fine. You're looking for a consistency not quite as smooth as silk.)
- Add all remaining ingredients except chia seeds, and process again until combined.
- Add in chia seeds and process/pulse until they're mixed in.
- Pour mixture into a 9" square tin lined with plastic-wrap, or a silicone square (for ease of removal after setting) and place into the freezer for 45 minutes.
- Remove from the freezer and place onto a chopping board. Slice into 16 squares and then slice the squares into triangles.
- Place back into the freezer to set overnight.
- In the morning, either make your

recipe) or warm up any leftover dipping sauce. Dip half of each chime into the sauce. The sauce will set much better if you lay the coated chimes on baking paper and put them back into the freezer to set.

These store well in a sealed glass container in the freezer, but they're so incredibly yummy that they'll likely go fast! These are perfect when taken out of the freezer and left for 10 minutes before eating so that the outer shell is nice and crispy with a softer filling inside.

To learn more about Chef Priscilla and her partner Chef Moy, click [www.rawthenticfood.com](http://www.rawthenticfood.com). Shopping for all things raw? Visit their new online store at [www.rawthenticfoodstore.com](http://www.rawthenticfoodstore.com). Chef Priscilla and Chef Moy both offer raw food classes in Central at The Body Group. Click [www.thebodygroup.com](http://www.thebodygroup.com) to learn more.