

## Raw Chocolate

1. Place  $\frac{1}{2}$  cup of cacao powder in a bowl
2. Pour  $\frac{1}{4}$  cup of coconut oil into the bowl and mix until smooth, runny & shiny. Add more coconut oil if needed to ensure the mixture is runny.
3. Add 2 table spoons of honey and mix well
4. You can now add flavouring if desired
5. Pour into moulds and place in freezer
6. ENJOY A CHOCOLATE AFTER COMPLETING EACH EXERCISE

## Protein balls

1. Place  $\frac{1}{2}$  cup of protein powder of choice into a food processor
2. Place  $\frac{1}{2}$  cup of peanut butter into food processor
3. Place  $\frac{1}{2}$  cup honey into processor
4. Mix together
5. Add  $\frac{1}{4}$  cup oats & mix again
6. If desired you can now sultanas or slivered almonds and flavouring
7. Mix thoroughly
8. Spoon some mixture into palm of hand and roll into a ball
9. Roll ball in some coconut and place in a container to refrigerate
10. Continue with rest of mixture
11. Refrigerate overnight and enjoy 1 per day for a snack