



Hormone Balancing Chocolate Recipes


ANNELIE WHITFIELD





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CHOCOLATE WAS MADE FOR WOMEN!

My Top 10 Hormone Balancing Chocolate Recipes!

I feel passionately about women being optimally healthy yet unconsumed by diet dogma and enjoying their right to eat sweet nourishing yummy goodness from time to time. One incredible solution in that apparently dichotomous search for balance is raw cacao. And when blended with adaptogens and superfoods it makes for a beautiful nutritional love story. Let's not rely on coffee and cupcakes to get us through the day, there are healthier ways to get your tasty kicks. So allow me to present Annelie's Top 10 Hormone Balancing Chocolate Recipes.

These recipes are tried, tested and proven. Many are part of the staple of sweet treats enjoyed by my family, and one of the first things sought out by my friends and guests. And I am always only too happy to oblige because I know I'm peddling nutritionally complex delights!

Why Raw Cacao?

Raw cacao is one of the most nutrient dense foods on the planet, with one of the highest concentrations of magnesium, iron, manganese and B vitamins, all of which are much needed nutrients for female health! Then there are all the exciting nutrients like PEA, known as the molecule of joy, which helps to increase the activity of our neurotransmitters. Cacao also contains an abundance of tryptophan, a precursor to serotonin, (women by the way have around 52% less than men). Then of course there is anandamide, known as the bliss chemical-compound found naturally in the brain and your ovarian fluids. Finally, cacao is packed full of flavonoids, precious antioxidants that help keep us young by regulating our cortisol levels. So raw cacao - what's not to like!?



Why Adaptogens?

As a Naturopath I would say that **A**ptogens are probably my most prescribed class of herbs, which never fail to deliver positive results to my patients. They are a special class of herbs that have been used for centuries in Chinese and Ayurvedic healing traditions to help the body adapt to stress and resist fatigue, and they work especially well for women! Herbs such as Siberian Ginseng, or Ashwaganda, each bestow particular qualities on our hormonal health by supporting systemic equilibrium. Oh and yes, did I forget to mention, they blend incredibly well with cacao!

I sincerely hope you tuck in and enjoy the recipes I present to you over the following pages. If you like what you experience in these recipes then please share your thoughts on my instagram - we may even send you a free box of some homemade delights in gratitude!

So let's get started.....and let's start a chocolate revolution together!



@annelieuk

Hold Onto Your Hormones 'Chocolate And Blueberry Protein' Shake

1 SERVING 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk (nut mylk)
1/4 cup Protein Powder (equal to 1 scoop)
1/2 cup Wild Frozen Blueberries
1 tsp Cacao Powder (raw)
1 tsp Maca (supports adrenals and warms the system)
1 Organic Raw Egg Yolk (packed full of fat soluble vitamins to nourish adrenals and support sex hormone production)
1/2 Avocado
Heavy Pinch Of Sea Salt (optimise adrenal function and increase blood volume)
Sprinkle With Raw Cacao Nibs! (on top)

Packed full of blood sugar balancing protein, healthy fats and cinnamon. This is a perfect morning or mid afternoon pick me up; supports metabolic and sex hormone production!

DIRECTIONS

01 Combine all ingredients in your blender and blend on high until smooth. Pour into a glass, sprinkle with raw cacao nibs and enjoy!

NOTES

MACA CAUTION

avoid if you have an estrogen-sensitive conditions such as estrogen receptor positive breast, ovarian or uterine cancers, endometriosis or uterine fibroids.

SUBSTITUTE MACA

for LUCUMA, also packed full of a similar profile of restorative minerals and vitamins for adrenal health.

RAW SPORT PROTEIN

<https://rawsport.grsm.io/anneliewhitfield1996>

Thyroid Reset Coconut And Brazil Nut Balls

16 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

2 cups Unsweetened Shredded Coconut Flakes (divided / supports overall thyroid gland health)
1/4 cup Pumpkin Seeds (packed full of zinc and tyrosine)
1/4 cup Coconut Oil (melted)
1/4 cup Raw Cacao Powder
1/2 tsp Dulse Powder (packed full of iodine and trace minerals)
4 Pitted Dates (soaked in warm water for 5 minutes)
2 Brazil Nuts (selenium rich)
1 tbsp Vanilla Extract
Pinch Of Sea Salt
1 tsp Ashwagandha Powder (supports thyroid hormone conversion)
2 tbsps Coconut Nectar
1 tbsp Raw Cacao Powder (to roll the balls in)

These little treats are packed full of the key nutrients required for optimal thyroid health – selenium, iodine, tyrosine and zinc! Ashwaganda has also been shown to support the thyroid function, calm the mind and soothe achey joints.

DIRECTIONS

- 01 Place the shredded coconut, pumpkin seeds, brazil nuts, ashwaganda, coconut oil, dates, vanilla extract and sea salt in a food processor and process until the mixture starts to clump together, forming a paste.
- 02 Add remaining shredded coconut, cacao powder, Ashwagandha, and Coconut nectar.
- 03 Scoop coconut mixture into small balls and roll between your hands to form a more defined ball shape.
- 04 Roll balls in the remaining raw cacao powder and place on a wax paper lined baking tray; repeat with the remainder of the paste.
- 05 Place tray in refrigerator to set for at least 30 minutes.

Raw Chocolate And Buckwheat Flapjack

24 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

For The Flapjack Base

- 1 1/2 cups Coconut Butter (melted)
- 1/2 cup Raw Organic Cacao Powder
- 1/2 cup Lucuma Powder (nourishes the adrenals - packed full of B vitamins!)
- 2 tbsps Coconut Nectar (or maple syrup)
- 2 cups Buckwheaties
- 2 cups Lucuma
- 1/3 cup Xylitol (birch tree sugar – very low glycemic index / or use maple syrup)
- 1 tbsp Suma
- 1 cup Water (filtered or spring water)

Chocolate Topping

- 1 cup Cacao Butter (melted in a double boiler)
- 1/2 cup Raw Organic Cacao Powder
- 3/4 cup Lucuma

Buckwheat is such an awesome 'superfood' for us women - packed full of hormone-regulating manganese, zinc, iron, magnesium, vitamin B6, and folic acid. Suma, known as the Brazilian ginseng is highly energising and a potent source of hormone regulating minerals and vitamins. This is the most delicious and grounding flapjack you will ever eat!

DIRECTIONS

- 01 For the flapjack base, put all the dry ingredients in the food processor and process – slowly add the water until have a thick fairly sticky base. Press into some tuppaware and place in the fridge.
- 02 For the chocolate topping, melt the cacao butter and add in all the dry ingredients, stir until you have smooth sweet chocolate and pour over the buckwheat flapjack base. Add any decorative topping such bitter sweet chocolate drops, hulled hemp seeds or goji berries.
- 03 Place in the fridge for 1 hour or more and when firm tip out of the tuppaware and cut into flapjack size pieces.

NOTES

BUCKWHEATIES

<https://www.rawliving.eu/buckwheaties-250g.html>

Chocolate, Maple, Maca Macadamia Slice

18 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

1 cup Macadamia Nuts
1 tbsp Maple Syrup
1 1/2 tps Coconut Oil (melted)
3/4 tsp Coconut Nectar
1 tsp Cardamom (ground)
1 1/2 cups Ground Almonds
1 tbsp Maca Powder
1/2 cup Desiccated Coconut
1/4 cup Raw Cacao Powder

Full of Maca, Macadamia and blood sugar balancing cinnamon and cardamom. This nutty, nourishing sweet treat will curb any craving!

DIRECTIONS

- 01 Preheat the oven to 180°C/350°F.
- 02 Place the macadamia nuts on a tray lined with baking paper and toss in the maple syrup.
- 03 Pop into the oven for 6-10 minutes to toast them. They should be golden brown.
- 04 Once toasted removed from the oven and allow to cool fully (the maple sets into a nice crust once cooled).
- 05 In a food processor combine the coconut oil, maca, sweetener and cardamon. Add the almond meal, coconut and cacao and mix to combine.
- 06 The mixture should be glossy (slightly oily) and hold together when pinched. If it seems very wet /oily you may need to add a tablespoon more almond meal.
- 07 Fold in the maple roasted macadamia nuts and use the baking paper they were toasted on to line a small slice tin (I used one 18 x 26cm).
- 08 Press the mixture into a slice tin very firmly with wet hands and pop into the freezer for 30 minutes to set.
- 09 Cut into squares and store in an airtight container in the freezer

Shizandra And Wild Berry Beauty Balls

8 SERVINGS 1 HOUR 26 MINUTES



INGREDIENTS

- 1 cup Mixed Berries (fresh or frozen)
- 1 tsp Shizandra Powder (renowned for skin and liver health)
- 1 tsp Wild Blueberry Powder
- 3/4 cup Oats (gluten free)
- 1/4 cup Coconut Flour
- 1/3 cup Shredded Coconut
- 2 tbsps Coconut Oil (melted)
- 1 Pinch Of Sea Salt
- 1/4 cup Coconut Nectar

Shizandra berries are enriched with all five flavours which helps increase satiety. This beautifying adaptogen helps support energy levels and overall physical endurance.

DIRECTIONS

- 01 Place all the ingredients in a food processor and mix until you get a sticky dough. If too dry, add a few drops of water.
- 02 With your hands or using a small ice cream scoop, shape the balls. Optional: coat with shredded coconut or unsweetened cocoa powder.
- 03 Let set in refrigerator for at least one hour before serving. Store in an airtight container placed in the refrigerator for up to one week, or up to one month in the freezer.

NOTES

WILD BLUEBERRY POWDER

<https://www.amazon.co.uk/Wild-blueberry-bilberry-powder-wild-crafted/dp/B00TF912M2>

Ashwaganda And Cinnamon Bedtime Cocoa

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Raw Organic Cacao Powder
1/4 tsp Cinnamon (ground)
1 tsp Ashwagandha Root Powder
1/4 tsp Grated Nutmeg & Ginger (to taste)
1 1/2 cups Mylk
1 tsp Coconut Sugar (or raw honey to taste)
Good Pinch Of Sea Salt

Ashwagandha has over 4,000 years of traditional use in India and is used to heal deep exhaustion, regulate sleep and calm the mind. It is also particularly good for balancing the thyroid. This bedtime cocoa has a 'coming home' feeling; perfect for those whose hormones are keeping them awake!

DIRECTIONS

- 01 Add all the dry ingredients together in your favourite mug. Heat the milk until almost boiling and then pour a little mylk to make a thick smooth paste, and then add the rest of the milk stirring gently. Add your choice of sweetener!

Rose And Cardamom Chocolate Cheesecake

8 SERVINGS 35 MINUTES



INGREDIENTS

Crust Layer:

1 cup Mixed Brazil Nuts And Almonds

1/2 cup Desiccated Coconut

6 Medjool Dates (pitted)

1 tbsp Raw Cacao Powder

1 tsp Cardamom (ground)

Good Pinch Of Sea Salt

1 tbsp Coconut Oil (melted)

Rose Chocolate Layer:

2 cups Cashews (soaked for 1 hour or more)

1/3 cup Maple Syrup

1/3 cup Almond Milk

1 tsp Vanilla Extract

2 tsps Rose Water

1/2 cup Raw Cacao Powder

1 tsp Ground Cardamom (fantastic anti-inflammatory and antioxidant rich!)

1/3 cup Cacao Butter (melted)

2 tsps Coconut Oil (melted)

Topping: (Optional)

Use Edible Dried Rose Petals (both the flavor, smell aroma and nutrients of rose calms the adrenals and bring about a sense of peace and happiness)

A decadent and deeply feminine kind of cheesecake. Make this for your girlfriends and they won't believe it's potent health giving properties!

DIRECTIONS

- 01 Prepare 7 inch square cake tin with removable base.
- 02 Place brazil nuts and almonds into a food processor and pulse until ground. Add desiccated coconut, pitted dates, cacao, cardamom and salt and blend until the mixture comes together. Add coconut oil and blend again. You should have a sticky mix when pressed together.
- 03 Spoon the crust mix into the tin, spread evenly onto the base and press tightly down. Place into a fridge.
- 04 Rinse the soaked cashews under running water and place into high speed blender. Add maple syrup, almond milk, vanilla, rose water and blend until smooth. Add extra almond milk if needed. Add cacao, cardamom, melted cacao butter and coconut oil and blend until incorporated. I kept the mixture quite thick so it holds well at room temperature.
- 05 Spoon the mixture onto the crust layer and smooth out the top. Sprinkle with some rose petals. Cover the cake with cling film on top to prevent frostbite and place into a freezer until set.
- 06 Once set carefully remove from the tin and with a sharp knife cut into 8 bars.
- 07 Leave to thaw before serving. Store in a fridge or freezer. Enjoy!

NOTES

GET YOUR ADAPTOGENS HERE

I highly recommend sourcing your adaptogens, raw cacao and additional superfoods from Tree Harvest. <https://www.tree-harvest.com/> the most ethical, and sustainable company in sourcing great ingredients.

Hazelnut Raspberry Bark With Ginseng

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Raspberries (dried)
1/2 cup Hazelnuts (crushed)
1/4 cup Unsweetened Coconut Flakes
Make The Chocolate
1 cup Cacao Butter (melted in a double boiler)
1 cup Raw Cacao Powder
1/2 cup Lucuma
2 tsps Siberian Ginseng Powder

This deliciously energising raw chocolate bark is packed full of Siberian ginseng, renowned for restoring energy and counter- balancing the effects of stress. This is the easiest raw chocolate bar you could ever make, and is only sweetened with the highly nutritious and B vitamin rich lucuma.

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Add the dried raspberries, coconut flakes, and crushed hazelnuts to a small bowl each and set aside.
- 03 Make the chocolate, melting the cacao butter in a double boiler, stirring in the cacao powder, lucuma, and ginseng.
- 04 Pour the chocolate mixture onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick.
- 05 Quickly sprinkle the dried raspberries over the top, followed by the hazelnuts and the coconut flakes.
- 06 Transfer to the freezer and let the chocolate bark chill for 20 to 30 minutes.
- 07 Once the chocolate is firm, break or cut it into pieces and enjoy!

Almond Butter Mucuna Cups

12 SERVINGS 1 HOUR 19 MINUTES



INGREDIENTS

3/4 cup Coconut Oil (melted)
1/2 cup Cocoa Powder (raw, organic)
3 tbsps Maple Syrup
2 tsps Mucuna Powder
Sea Salt (a good pinch)
3/4 cup Almond Butter

Packed with mood and libido boosting mucuna, these exquisite little almond butter cups are a perfect morning or afternoon pick me up!

DIRECTIONS

- 01 In a medium-size bowl, whisk together the coconut oil, maple syrup, cocoa powder, mucuna, and sea salt.
- 02 Prepare a regular-size muffin tin with paper liners and pour 1 to 2 tablespoons of the cocoa mixture into the paper cups.
- 03 Take a small spoon and drop 2 to 3 teaspoons of the almond butter into the center of each cup, then carefully add a bit more cocoa mixture to cover up the almond butter. Sprinkle each cup with a pinch of sea salt and repeat with the remaining paper cups until all are filled.
- 04 Place in your freezer for one hour or until solid. Enjoy!

Black Beans And Maca Brownies

9 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Black Beans (cooked)
3 Egg
1/4 cup Coconut Oil (melted)
1 tsp Vanilla Extract
1/4 tsp Sea Salt
3/4 cup Cocoa Powder
1/4 cup Coconut Sugar
1/4 cup Raw Honey
1 tbs Maca Powder
1/2 tsp Baking Powder
100 grams Dark Organic Chocolate
(chopped and divided)
1/4 cup Sliced Almonds

These maca rich brownies are packed full of protein and are also a perfect way to get some additional fibre into your diet, key in ensuring optimal hormone detoxification.

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line an 8 x 8-inch baking dish with parchment paper.
- 02 Add the black beans and eggs to a food processor, turn it on, and carefully pour in the coconut oil. Blend for about 60 seconds, or until you get a smooth paste.
- 03 Add the vanilla extract, sea salt, cocoa powder, coconut sugar, raw honey, maca, and baking powder to the black bean paste.
- 04 Blend until all is well incorporated. Don't forget to scrape down the sides of the bowl too.
- 05 Add half of the dark chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 06 Transfer the brownie batter to the prepared baking dish and smooth into an even layer and sprinkle the remaining dark chocolate shavings and sliced almonds on top.
- 07 Place in the oven and bake for 30 to 35 minutes. When done, take out of the oven and let the brownies cool completely before transferring them to the fridge. Keep in the fridge for at least 4 hours before cutting into squares. Enjoy!
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HONOUR YOUR BIOLOGY

My mission is to help you unlock your TRUE health potential by sharing some of the most powerful bio-hacking foods, herbs and lifestyle practices with you! Do you want to resolve chronic health dilemmas, think faster, hone athletic performance, rebalance hormones or pursue the quest for perpetual vitality and youth? Yes, I would like to learn more <https://www.honouryourbiology.com/work-with-me>

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Thank you!

