

*Mad Millie*  
AS FRESH AS CAN BE

# Raw Cacao

## CHOCOLATE KIT

ORGANIC, VEGAN, GLUTEN FREE

**BEGINNERS**

Approx. time:

**30 MINUTES**

*(hands on time, ready in 3 hours).*

*Makes: Dark Chocolate, Milk (mylk) Chocolate,  
Island Bliss Truffles, Chocolate Truffles, Velvet  
Chocolate Mousse, Raw Chocolate Brownie.*



*Mad Millie*

## **Delicious and oh so nutritious!**

The Mad Millie Raw Cacao Chocolate Kit contains all the essential tools and basic ingredients you need to make dark, milk (or mylk) chocolate as well as a range of chocolate delicacies at home.

Raw chocolate differs greatly from general mass-produced chocolate you buy from your local supermarket. It uses raw cacao (not cocoa) which is well known for its high content of antioxidants (40 times the antioxidants of blueberries!). When cacao is processed into cocoa, most of these antioxidant benefits are lost. Not only that, conventional chocolate generally contains refined sugars, emulsifiers and many other not-so-lovely ingredients.

Raw cacao (and chocolate) are also a good source of magnesium, iron and a general mood enhancer! Raw chocolate tends to have a different texture to mass produced chocolate with a more intense flavour and softer texture.

Containing antioxidants and without any nasties or refined sugars, this kit takes your chocolate experience to a whole new level and is practically guilt free!

Raw, vegan, organic and good for the mind, body and soul.

[www.madmillie.com](http://www.madmillie.com)

serving suggestion



Watch our YouTube videos if possible before starting.  
They say a picture is worth a thousand words!

# Raw Cacao Chocolate Kit

## YOUR KIT CONTAINS

- Raw organic cacao butter
- Raw organic cacao powder
- Organic coconut sugar
- Chocolate mould
- Chocolate wraps and labels

## ADDITIONAL INGREDIENTS YOU WILL NEED

(only required for additional recipes)

- Milk powder (coconut or regular milk powder)
- Dates
- Almonds
- Aquafaba (chickpea liquid)
- Desiccated coconut
- Vanilla essence

## ADDITIONAL KITCHEN EQUIPMENT YOU WILL NEED

- Bain-Marie (water bath made from two stacked pots or a saucepan)
- Baking dish/tray/loaf tin



serving suggestion

# Making Coconut Sugar Syrup

We suggest making up the full batch of coconut sugar syrup before you begin to make these recipes.

## Coconut Sugar Syrup



Makes approx: 1/2 cup

### INGREDIENTS

- ½ cup (80 g) coconut sugar
- ¼ cup (65 ml) boiling water

### METHOD

#### STEP 1: MIX

- Add the coconut sugar to the boiling water and mix until the sugar completely dissolves.

#### STEP 2: STORE

- Leave to cool down, then store syrup in an airtight container in the fridge for up to two weeks, ready for use.

## Dark Chocolate (75%)



Makes approx: 4 bars - 220 g (7.8 oz)

This raw cacao chocolate is untempered giving it a beautiful fudge like texture and the delicious, healthy benefits of simple, raw ingredients. Add any flavours to the chocolate mixture just before putting in the mould, any decorative ingredients (almonds, goji berries, coconut etc) can be added directly to the chocolate before it sets.

Difficulty: Easy

### INGREDIENTS

- 8 Tbsp (50 g) raw organic cacao powder
- 140 g raw organic cacao butter
- 4 Tbsp coconut sugar syrup

### METHOD

- Prepare a bain-marie (hot water bath) between 55°C and 70°C (131°F - 158°F) by mixing boiling water and tap water.
- Melt the cacao butter in the bain-marie.
- Once fully melted, add the coconut sugar syrup and cacao powder and mix thoroughly until there are no lumps and you have a smooth texture.

- If adding any flavours or ingredients (i.e. peanut butter, dried fruit, nuts etc), mix these through now. (Note: ensure that you don't add too much extra liquid as it will affect the setting of the chocolate.
- Place mould on a sturdy board or plate to stabilise it before you pour in the melted chocolate. Transfer into the moulds evenly (each mould just over half full). Add any decorative ingredients on top of the chocolate now before transferring the board with the mould to the fridge to set.
- Let set for 2 hours in the fridge before wrapping and gifting or eating yourself! Best to consume within one week.

# Milk or Mylk Chocolate

(35%)

Makes approx: 4 bars - 220 g (7.8 oz)

This variation of chocolate can be made with real milk powder, or our preferred vegan, dairy free option can be made with coconut milk powder.

**Difficulty:** Easy

## INGREDIENTS

- 3 Tbsp (18 g) raw organic cacao powder
- 70 g raw organic cacao butter
- 6 Tbsp coconut sugar syrup
- ¼ cup (75 g) coconut milk powder (or dairy milk powder)

## METHOD

- Prepare a bain-marie (hot water bath) between 55°C and 70°C (131°F - 158°F) by mixing boiling water and tap water.
- Melt the cacao butter in the bain-marie.
- In a separate bowl, mix together milk/mylk powder and cacao powder.
- Once fully melted, add the coconut sugar syrup and cacao/milk (mylk) powder mixture to the cacao butter. Mix thoroughly until there are no lumps and a smooth texture.
- If adding any flavours or ingredients (i.e. peanut butter, dried fruit, nuts etc), mix these through now. (Note: ensure that you don't add too much extra liquid as it will affect the setting of the chocolate.
- Place mould on a sturdy board or plate to stabilise it before you pour in the melted chocolate. Transfer into the moulds evenly (each mould just over half full). Add any decorative ingredients on top of the chocolate now before transferring the board with the mould to the fridge to set.
- Let set for 2 hours in the fridge before wrapping and gifting or eating yourself! Best to consume within one week.

# Island Bliss Truffles

Makes approx: 6 – 8 balls

Delicious white chocolate truffles with a subtle coconut flavour. Take a moment to close your eyes, savour and drift to the islands...

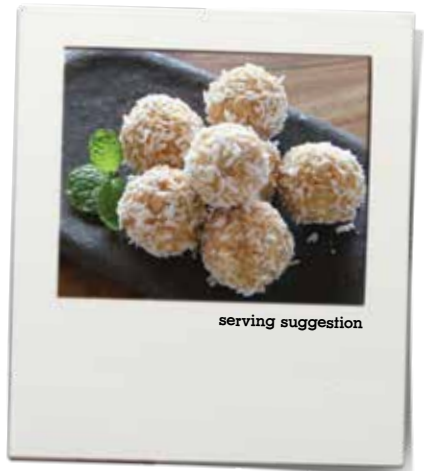
**Difficulty:** Easy

## INGREDIENTS

- 1/3 cup desiccated coconut
- 1 Tbsp (7 g) coconut milk powder
- 25 g raw organic cacao butter
- 1.5 Tbsp coconut sugar syrup

## METHOD

- Add the ingredients (keeping a little desiccated coconut aside for rolling the balls in at the end) into a food processor and mix until the mixture is uniform.
- NOTE:** cacao butter should not be melted.
- Shape mixture into small balls and roll/spread desiccated coconut on top of the balls.
  - Let set for 2 hours in the fridge before consuming. Best to consume within one week.



serving suggestion

# Chocolate Truffles



Makes approx: 6 – 8 balls

Moist chocolate truffles that are incredibly simple to prepare for whenever the mood strikes!

Difficulty: Easy

## INGREDIENTS

- ½ cup (45 g) desiccated coconut
- 1 Tbsp (6 g) raw organic cacao powder
- 4 medium sized dates
- 2 Tbsp water
- 1.5 Tbsp coconut sugar syrup

## METHOD

- Add all ingredients (keeping aside ½ Tbsp of cacao powder to use at the end for dusting) into a food processor and mix until uniform.
- Shape mixture into small balls, before rolling in cacao powder and allowing to set for 2 hours in the fridge before consuming. Best to consume within one week.



servng suggestion

# Velvet Chocolate Mousse



Serves: 2

A rich, decadent mousse that will impress the most serious mousse connoisseurs. We use aquafaba in place of the egg whites typical of a traditional recipe to make this mousse delightfully vegan while intensely satisfying.

Difficulty: Easy

## INGREDIENTS

- ¼ cup chickpea liquid (aquafaba)
- 1 bar (55 g) Mad Millie dark chocolate, or commercial dark chocolate.
- 2 Tbsp coconut sugar syrup

## METHOD

- In a stainless-steel bowl melt the Mad Millie Dark chocolate bar (or follow the Mad Millie Dark Chocolate recipe and stop before transferring to the mould).
- Add the coconut sugar syrup to the melted chocolate and mix. Leave aside.
- Add the aquafaba into a food processor or blender and mix until it becomes fluffy (approximately 1-5 minutes).
- Add the other ingredients into the food processor and mix until the mixture is uniform.
- Divide the mixture into two glasses or small bowls and refrigerate overnight until set. Decorate with toppings of your choice! Best to consume within one week.

# Raw Chocolate Brownie



**Makes approx:** 520g (18 oz)

This rich chocolate brownie is not cooked making it incredibly simple and easy to prepare, not to mention a lot more nutritious! No refined flour or dairy are used.

**Difficulty:** Easy

## INGREDIENTS

- 2.5 cups (375 g) raw almonds
- 1 cup (140 g) dates
- ½ cup (50 g) raw organic cacao powder
- ½ cup (125 ml) hot water
- 2 Tbsp coconut sugar syrup
- 1 tsp (5 ml) vanilla essence

## METHOD

- Put raw almonds into a food processor and blend until flour like with a bit of texture or chunkiness still remaining. Remove from food processor, mix with cacao powder and set aside.
- Add dates, water, vanilla essence and coconut sugar syrup to the food processor and blend.
- Add all ingredients into a large mixing bowl and mix until uniform.
- Fit and shape the mixture into a baking dish or loaf tin and press down (the kits chocolate mould can also be used).
- Place in the fridge to set for 4 hours before consuming. The longer you keep in the fridge, the firmer the brownie will get. Best to consume within one week.

NZ / AUS

### NUTRITION INFORMATION - CACAO POWDER

Servings per package: 2

Serving size: 50g

	Average Quantity per Serving	Average Quantity per 100g
Energy	925 kJ	1850 kJ
Protein	10.7 g	21.4 g
- gluten	not detected	not detected
Fat, total	5.35 g	10.7 g
- saturated	3.55 g	7.1 g
Carbohydrate	32 g	64 g
- sugars	0.0 g	0.0 g
Dietary Fibre	14.3 g	28.6 g
Sodium	< 5 mg	< 5 mg
Potassium	800 mg	1600 mg
Magnesium	279.5 mg (87% RDI*)	559 mg
Manganese	2.1 mg (42% RDI*)	4.2 mg
Phosphorus	446.5 mg (45% RDI*)	893 mg
Total Antioxidants	55.500 µmol**	111.000 µmol**
Iron	4.1 mg (34% RDI*)	8.2 mg

This Nutrition Information is based on an average industry standard. Please note actual results may vary. Serving size quantity based on the quantity of ingredient used to make 4 blocks of Dark Chocolate.

\*RDI = Recommended Dietary Intake

\*\* TE Equivalent

UK / EU

### NUTRITION INFORMATION - CACAO POWDER

Servings per package: 2

Serving size: 50g

	Average Quantity per Serving	Average Quantity per 100g
Energy	766.5 kJ / 183 kcal	1533 kJ / 366 kcal
Fat	5.5 g	11.0 g
- Of which Saturates	3.25 g	6.5 g
Carbohydrate	13.4 g	26.8 g
- Of which Sugars	0.45 g	0.9 g
Dietary Fibre	12.15 g	24.3 g
Protein	14.0 g	28.0 g
- Gluten	not detected	not detected
Salt	0.0 mg	0.0 mg
Potassium	800 mg	1600 mg
Magnesium	286 mg (76% RI*)	572 mg (153% RI*)
Manganese	2.65 mg (133% RI*)	5.3 mg (265% RI*)
Phosphorus	389 mg (55% RI*)	778 mg (111% RI*)
Total Antioxidants	55.500 µmol*	111.000 µmol*
Iron	4.65 mg (33% RI*)	9.3 mg (66% RI*)

\*Reference intake of an average adult (8400 kJ/2000 kcal).

This Nutrition Information is based on an average industry standard. Please note actual results may vary. Serving size quantity based on the quantity of ingredient used to make 4 blocks of Dark Chocolate.

NZ / AUS

**NUTRITION INFORMATION - COCONUT SUGAR**

Servings per package: 2

Serving size: 35g

	Average Quantity per Serving	Average Quantity per 100g
Energy	588 kJ	1680 kJ
Protein	0.7 g	1.9 g
- gluten	not detected	not detected
Fat, total	0.7 g	1.9 g
- saturated	0.5 g	1.5 g
Carbohydrate	32.1 g	91.9 g
- sugars	30.9 g	88.3 g
Sodium	81.9 mg	234 mg

This Nutrition Information is based on an average industry standard. Please note actual results may vary.

Serving size quantity based on the quantity of ingredient used to make 4 blocks of Dark Chocolate.

UK / EU

**NUTRITION INFORMATION - COCONUT SUGAR**

Servings per package: 2

Serving size: 35g

	Average Quantity per Serving	Average Quantity per 100g
Energy	579 kJ / 138 kcal	1653 kJ / 395 kcal
Fat	0.25 g	0.7 g
- Of which Saturates	0.11 g	0.3 g
Carbohydrate	33.0 g	94.2 g
- Of which Sugars	29.8 g	85.0 g
Protein	0.42 g	1.2 g
- Gluten	not detected	not detected
Salt	105 mg	300 mg

This Nutrition Information is based on an average industry standard. Please note actual results may vary.

Serving size quantity based on the quantity of ingredient used to make 4 blocks of Dark Chocolate.

Salt content is exclusively due to the presence of naturally occurring sodium.

NZ / AUS

**NUTRITION INFORMATION - CACAO BUTTER**

Servings per package: 2

Serving size: 140g

	Average Quantity per Serving	Average Quantity per 100g
Energy	5180 kJ	3700 kJ
Protein	0.0 g	0.0 g
- gluten	not detected	not detected
Fat, total	140 g	100 g
- saturated	79.94 g	57.1 g
Carbohydrate	0.0 g	0.0 g
- sugars	0.0 g	0.0 g
Sodium	0.0 mg	0.0 mg

This Nutrition Information is based on an average industry standard. Please note actual results may vary.

Serving size quantity based on the quantity of ingredient used to make 4 blocks of Dark Chocolate.

UK / EU

**NUTRITION INFORMATION - CACAO BUTTER**

Servings per package: 2

Serving size: 140g

	Average Quantity per Serving	Average Quantity per 100g
Energy	5183 kJ / 1239 kcal	3702 kJ / 885 kcal
Fat	140 g	100 g
- Of which Saturates	71.68 g	51.2 g
Carbohydrate	0.0g	0.0 g
- Of which Sugars	0.0 g	0.0 g
Protein	0.14 g	0.1 g
- Gluten	not detected	not detected
Salt	0.0 mg	0.0 mg

This Nutrition Information is based on an average industry standard. Please note actual results may vary.

Serving size quantity based on the quantity of ingredient used to make 4 blocks of Dark Chocolate.

Our kits make it easy! But if you do get stuck, check out our YouTube videos or contact our friendly customer support team.

Mad Millie kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home. For more kits and consumables, along with some helpful tips and how-to videos, visit

[www.madmillie.com](http://www.madmillie.com)



DESIGNED IN NEW ZEALAND