

Joanna Rusling's

CACAO

RECIPES

Easter inspiration for healthy
chocolate choices



Chocolate Peppermint Coconut Custard

source: dōTERRA

Ingredients

80g sugar (or less to taste, or use alternative sweeteners)
2 eggs
400g coconut cream
100g water or coconut water
2 heaped Tbsp Cacao
40g cornstarch or tapioca flour
2 drops dōTERRA Peppermint essential oil



Instructions

Mill sugar in high speed blender. Thermomix (TMX) - 10 seconds on speed 9.
Add rest of the ingredients except EO.
Cook .TMX - 7 minute / 90oC / speed 4.
Add peppermint EO towards completion of cooking time.
Serve hot or pour into serving dishes and leave to cool.

TMX Tip: If you double the recipe don't double the cooking time, increase by 50%.

If you don't have a Thermomix, you can still enjoy this delicious custard. Just Google the double-boiler method to make this custard on your stove top.

Peppermint Essential Oil:

The peppermint plant is actually a hybrid of watermint and spearmint and was first described by Carl Linnaeus in 1753. A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Frequently used in toothpaste and chewing gum for oral health, Peppermint also helps to alleviate stomach upset and promotes healthy respiratory function. Peppermint continues to be one of the best-selling favourites among dōTERRA essential oils.



Joanna Rusling BSc(MedSci)Hons
admin@joannarusling.com
0431 744 932
joannarusling.com
facebook.com/oilsinthemix



JOANNA RUSLING

Raw Minty Cacao Fudge

source: the raw food family

Ingredients

1/4 Cup Almond Milk
1/2 Cup Almond Butter
1/3 Cup Maple Syrup
2 tsp Vanilla Seed Powder
1 drop of dōTERRA Peppermint essential oil
1/2 Cup Raw Cacao Powder
Pinch of Salt
2 Tbsp Coconut Butter



Instructions

Mix all ingredients in a large bowl.
Pour into a pan and spread out evenly.
Freeze overnight or until solid. Enjoy!



Joanna Rusling BSc(MedSci)Hons
admin@joannarusling.com
0431 744 932
joannarusling.com
facebook.com/oilsinthemix



JOANNA RUSLING

DIY: Power Bites

source: dōTERRA

Ingredients

- 1 cup finely shredded coconut, divided
- 1 cup almond butter
- 1 cup dried cranberries
- ½ cup raw honey
- ½ teaspoon salt
- 2 tablespoons chia seeds
- 3 drops of dōTERRA Wild Orange essential oil



Instructions

- Place all ingredients into mixer except for half cup shredded coconut.
- Add essential oil.
- Mix until well combined.
- Roll into balls and coat in the other half cup of shredded coconut.

You're done! Store in the refrigerator and eat whenever you need any extra boost of energy or before a workout.



Joanna Rusling BSc(MedSci)Hons
admin@joannarusling.com
0431 744 932
joannarusling.com
facebook.com/oilsinthemix



JOANNA RUSLING

Raw Chocolate Cashew Milkshake

source: the raw food family

Ingredients

2/3 cup raw Cashews nuts
2 cups filtered water
1 cup ice
3 large frozen bananas
3 Tbsp raw cacao or carob powder
1/d drop of dōTERRA Peppermint,
Cardamom or Cinnamon essential oil
4-6 pitted dates (optional)
1 tsp cinnamon
pinch Celtic sea salt



Instructions

Throw all of your ingredients in the blender and puree until smooth and creamy.
It's that easy!



Joanna Rusling BSc(MedSci)Hons
admin@joannarusling.com
0431 744 932
joannarusling.com
facebook.com/oilsinthemix



JOANNA RUSLING

Raw Vegan Choc-Date Squares

source: dōTERRA

Ingredients

Base

- 1 cup raw macadamia nuts
- 1 cup raw almonds
- 1 cup Medjool dates

Caramel Centre

- 1 cup Medjool dates
- $\frac{1}{4}$ cup cacao
- 2 Tbls coconut oil
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup water
- Pinch of sea salt

Topping

- $\frac{1}{4}$ cup shredded coconut
- $\frac{1}{4}$ cup water
- 2 Tbls coconut oil
- 1 drop dōTERRA Peppermint essential oil



Instructions

Base:

In a food processor, whiz the macadamia nuts, almonds and dates until combined.
Spoon into a square tin evenly and put aside.

Caramel Centre:

Blend all ingredients in the food processor until smooth, adding water slowly as you go and as needed.
Spread on top of the base and freeze for 15 minutes.

Topping:

Blend all ingredients in the food processor until smooth, adding water slowly as you go and need.
Spread on top of the caramel layer and freeze for an hour until set.
Take out of freezer and cut into small bite-sized pieces. Enjoy!



Joanna Rusling BSc(MedSci)Hons
admin@joannarusling.com
0431 744 932
joannarusling.com
facebook.com/oilsinthemix



JOANNA RUSLING

Wild Orange Choc-Fudge

source: dōTERRA

Ingredients

1/2 cups coconut oil
1/4 cup preferred sweetener
1/2 cup cocoa powder or raw cacao powder
1/2 tsp sea salt
1/8 scraped out vanilla bean or 1 tsp vanilla extract
2-3 drops dōTERRA Wild Orange essential oil
1/4 cup chopped walnuts



Instructions

Gently melt coconut oil by setting jar or glass measuring cup in hot water.
Place all ingredients in blender and mix well.
Pour into baking dish lined with baking paper and spread evenly with spatula.
To set store in fridge or the freezer to quicken up process.
When set, cut into candy-sized pieces and enjoy. Store in refrigerator.



Joanna Rusling BSc(MedSci)Hons
admin@joannarusling.com
0431 744 932
joannarusling.com
facebook.com/oilsinthemix



JOANNA RUSLING

Delicious Red Velvet Cupcakes

source: dōTERRA

Ingredients

260g beetroot, grated raw with (peel off skin)
2 free-range eggs
1 teaspoon vanilla extract or paste
1 drop dōTERRA Cinnamon essential oil
Pinch of sea salt
150g almond meal
¼ cup cacao or cocoa powder
3 Tbls your choice (macadamia oil, olive oil, coconut oil, avocado oil) or melted butter or ghee
¼ cup (60 ml) honey or pure maple syrup
½ cup frozen raspberries
1 teaspoon gluten free baking powder or 1/4 teaspoon bicarb soda or baking soda



Instructions

Preheat your oven to 160 C.

Combine raw beetroot, eggs, vanilla, cinnamon essential oil, almond meal, cacao, honey, oil and baking powder into a large bowl.

Using your hands mix ingredients together until combined then add the raspberries.

Spoon mixture into paper-lined cupcake or small muffin tins.

Place in oven and bake for 45 minutes or until cooked through.

Remove from the oven and let cool completely in the tin.

Serve alone or topped with your desired flavoured frosting (coconut or Greek yoghurt, cream cheese or vanilla icing)



Joanna Rusling BSc(MedSci)Hons
admin@joannarusling.com
0431 744 932
joannarusling.com
facebook.com/oilsinthemix



JOANNA RUSLING