

Make Chocolate Candy Bars from Powder

by Pamela Fay

Make your own homemade chocolate bars in an instant using chocolate powder or cocoa. You don't even need a candy thermometer or fancy molds for this no-fail, low sugar treat. Research show that chocolate improves blood circulation to the arteries. In addition to chocolate, this candy contains relatively healthy ingredients, and is also perfect for raw vegans with a few substitutions.

Step 1

Prepare an 8-inch square baking dish. Press a piece of wax or parchment paper into the dish so that the bottom and sides are covered. The homemade chocolate bars will be less than 1/2-inch thick, so you don't need to completely cover the sides.

Step 2

Melt 2/3 cup of coconut butter in the top of a double boiler stirring frequently until liquid. Or, if you want to make a raw chocolate bar, spoon the coconut butter into a bowl and place it in a pan of warm water, stirring occasionally, until melted. You can also place the jar in a warm place, i.e., a sunny windowsill or on top of the water heater, to melt prior to measuring 2/3 cup. Be sure to use coconut butter rather than coconut oil. Coconut butter contains bits of coconut fiber and is white and waxy in appearance. It is also naturally sweet and has a mild, but not pronounced coconut flavor. Coconut butter is also available raw.

Step 3

Measure 1/4 cup regular or raw agave syrup. You can also use maple syrup or honey if you do not care to make the chocolate raw vegan. Pour the syrup into the warm coconut butter. Stir thoroughly using a warm spoon.

Step 4

Measure 2 to 3 tablespoons of cocoa or raw cacao. Splash in a dash of vanilla. Stir the chocolate powder and vanilla into the coconut butter mixture. Also, if you want to minimize the slight coconut flavor, sprinkle in some cinnamon powder. Work quickly to stir in the chocolate and flavorings since the coconut butter will begin to solidify again, particularly if the surrounding air is cool.

Step 5

Spread the mixture into the prepared pan using the back of a spoon or your fingers. Fingers work well since they keep the mixture warm and smooth. Push the mound of chocolate evenly to the edges of the pan.

Step 6

Add chopped almonds or walnuts, coconut, raspberries or raisins if you like. The chocolate candy is fine without any additions, but fruits and nuts add more complexity to the texture and flavor.

Step 7

Place the pan in the freezer until the chocolate is frozen solid, about 30 minutes. Remove and peel away the waxed paper. Break the candy into bars or bite-sized pieces. Store in the freezer as the chocolate will melt at room temperature.

References

Harvard University; Beyond Veggies: The Health Benefits of Chocolate, Sex, Sleep and Social Networks, from the Harvard Health Letter; April 2009

http://www.health.harvard.edu/press_releases/Beyond-veggies-the-health-benefits-of-chocolate-sex-sleep-and-social-networks