



SECRET BONUS #4
MY CHOCOLATE CARAMEL
MUDCAKE
RECIPE VARIATIONS



SECRET BONUS #4 RECIPE VARIATIONS



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Chocolate Caramel (min) Mud Cake



Reminder: 'BONUS Recipe Variations!'

Bonus Recipe Variations are designed to help you learn base recipes, and turn them into multiple sweet fixes - saving you time because you don't have to learn all brand new recipes each time...

Therefore making it easier to learn/memorise those recipes for making them in future, all while giving you and your family yummy variety!



Chocolate Filling/Icing

The Chocolate Filling/Icing is the same as the one used for the Chocolate Boat Cookies Recipe, found in your Secret Bonus - A Taste of Things to Come, 7 Sample Recipes). I have listed it here again for your convenience.

Recipe Time: 5 min

Serves: 2 - 3

Equipment you need: Blender (or handheld blender), and/or food processor.

Ingredients:

16 Dates, pitted
(soaked in 3-4 tbsp warm Spring Water)

1/3 cup Coconut Oil
(warmed, so it's liquid)

1/3 cup Cacao Powder

1 tsp Vanilla Extract

Steps:

1. Blend all the **Chocolate Filling/Icing** ingredients together until smooth. Include the water the Dates were soaking in. *I usually blend again using my hand held blender to make mixture silky smooth.*
2. Halve the mixture and keep aside for the final topping, and use the other half for the making of the **Chocolate Mud Cake Mixture** (see below)..

Recipe Notes:

- This is a great Chocolate Sauce that can be used with anything. It will get firmer in the fridge, so best to make fresh when making **Chocolate Caramel (min) Mud Cake** recipe.
- If using Chocolate Sauce after being refridgerated, you can soften/warm the sauce, by placing in hot water in a bowl and allowing to 'melt' (it's the Coconut Oil that hardens in the fridge).
- Store sealed in fridge. Eat within 2 - 3 days.



Caramel Date Filling/Sauce

The Caramel Date Filling/Sauce is the same as the found in Day 3 in your Module 3 Recipe Book. I have listed it here again for your convenience.

Recipe Time: 5 min

Makes: ½ cup

Equipment you need: Powerful blender, or food processor.

Ingredients:

2 tbsp Tahini

16 Dates, pitted
(soaked in 3-4 tbsp warm Spring Water)

2 tbsp Maple Syrup

1 tbsp Coconut Oil

½ tsp Vanilla Extract

pinch Sea Salt



Steps:

1. Drain Dates and place all ingredients in a food processor, and blend until smooth..

Recipe Notes:

- **Warning:** This is a very thick sauce and almost turns 'toffee-like' in consistency. If you are using a small handheld blender with food processor attachment (I use my 800W Kenwood - see notes on Page 5 in the Module 3 Recipe Book), make sure you pulse gently until you get a smooth consistency, and give your blender a break if it starts to get hot. One can easily burn out the motor of a less powerful blender/processor when making a thick sauce such as this, so be careful.

If you have a more powerful blender or food processor then you shouldn't have too much to worry about.

- Store excess sauce, sealed in fridge. Eat within 4 - 6 days.





Chocolate Mud Cake Mixture

Recipe Time: 5 min

Serves: 2 - 3

Equipment you need: Blender (or handheld blender), and/or food processor.

Ingredients:

¼ cup Walnuts

¼ cup Pecans

¼ cup Raisins

16 Dates, pitted
(soaked in warm water - just enough to cover Dates)

⅓ cup Cacao Powder

1 tsp Vanilla Extract

Optional topping:

Dried Calendula petals and Lavender flowers (food grade of course)

Steps:

1. Drain the soaked Dates and place all ingredients in a blender or food processor (I use my little 800W handheld blender with the food processor attachment), and pulse until mixture gets sticky.
2. Add the half of the **Chocolate Filling/Icing** mix in using a spoon to complete the Mud Cake Mixture.

Another Bonus Recipe Variation!

You can make just the **Chocolate Mud Cake Mixture** (with or without the **Chocolate Filling/Icing** mixed in), and roll these up into Bliss Balls!

See **Chocolate Mud Cake Bliss Balls**, below.

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Recipe Notes:

Making your **Chocolate Caramel (mini) Mud Cake:**

1. Roll the **Chocolate Mud Cake Mixture** into balls (you'll find they form shape pretty easily in your hands) and place in cupcake paper cups.
2. Add a dollop of **Caramel Date Filling/Sauce** and using the back of the spoon, smooth onto the surface of the cake (I find putting a little Coconut Oil on the back of the spoon helps make this easier).
3. Lastly, add a dollop of **Chocolate Filling/Icing** to the top (again, using the back of a spoon to smooth over - this time, no Coconut Oil so that I can create a 'whip' on the top of the little cakes).

Add the topping and enjoy straight away or even better, refrigerate for 15+ minutes before serving.



Chocolate Mud Cake Bliss Balls

These Bliss Balls are made from the same mixture as our Chocolate Caramel (mini) Mud Cake mixture!

Recipe Time: 5 - 10 min

Makes: 3 - 5

Equipment you need:

Powerful blender, or food processor.

Ingredients:

¼ cup Walnuts

¼ cup Pecans

¼ cup Raisins

16 Dates, pitted
(soaked in warm water - just enough
to cover Dates)

½ cup Cacao Powder

1 tsp Vanilla Extract

Optional topping:

Shredded or dessicated Coconut



Steps:

1. Drain the Dates and place all ingredients in a blender or food processor (I use my little 800W handheld blender with the food processor attachment), and pulse until mixture gets sticky.
2. Divide and roll into balls (make as big or as small as you like).

Recipe Notes:

- Add topping and enjoy straight away or even better, refrigerate for 15+ minutes before serving to allow them to firm up a little. Store sealed in fridge. Eat within 5 - 6 days.

Another Bonus Recipe Variation!

You can make the **Chocolate Filling/Icing** (make half the amount), add it to the mixture to make your Bliss Balls more rich and chocolate-y...

Chocolate-y is a word, right!?

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