

## Jacky's Superfood Chocolate Recipe

This chocolate concoction is so healthy, it should be considered a superfood! It is loaded with protein, healthy fats, fiber, vitamins, minerals, and phytonutrients. It is great as a frosting, eaten with a spoon when you have a chocolate craving, or as a snack for kids—eat it with peanut butter, or make them a chocolate and peanut butter sandwich! Great on healthy waffles, or with strawberries or blueberries...

### INGREDIENTS:

- 1 cup dates, preferable medjool
- ¼ cup raw almonds
- ¼ cup hemp seeds (or hemp hearts)
- 2/3 cup unsweetened cocoa powder
- 1 TBS coconut oil (or olive oil, if you prefer)
- 2 TBS vanilla extract, preferably organic and alcohol-free (optional)
- 2 TBS honey
- 1 TBS pure maple syrup
- 3 TBS ripe avocado
- 1/2 cup sweet potato, baked, without skin

### DIRECTIONS:

1. Pit dates, if needed. Then, soak them in hot water to soften them.
2. Put almonds and hemp seeds in a food processor, and process until decently smooth.
3. Add dates, and process until decently smooth.
4. Add remaining ingredients, all at once and in order as listed in order to “bury” the chocolate powder as best as possible. Blend until smooth. Use rubber spatula along sides and bottom to mix in any unprocessed ingredients, and process again.
5. Scoop out, and use as desired! Store in refrigerator. Will last about a week in the refrigerator.

Link to watch me make this dessert on YouTube:

<https://www.youtube.com/watch?v=5XZovoBmnkA>

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