

NATURE'S



FOOD PATCH

Market & Café

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www.naturesfoodpatch.com

Raw Halloween Candy 10/26 - Brad Myers

Little Pumpkins

3 Ts Goji Berries (Soaked in Orange Juice)
½ Cup Raw Cashews
¼ Cup Whipped Honey
Celery Matchsticks
Pumpkin Pie Spice
Pinch of Salt



Blend cashews, gojis, honey, & spices in food processor until smooth, roll into little balls. Place small celery stick in top to shape like pumpkin, Add currants or raisins to make little eyes and mouth 😊

Chocolate Almond Butter Cups

½ Cup Raw cacao powder
¼ Cup Agave Nectar & 2 Ts
¼ Cup Coconut Oil
2 Ts Coconut Butter
¼ Cup Almond Butter
Pinch of Salt
Mimi Muffin cups

Almond Butter Filling: Stir together Almond butter & 2 Tablespoons of agave, set aside.

To make basic chocolate: Combine cacao powder, coconut oil, agave, coconut butter, & salt. Stir until smooth. (Please note that coconut oil hardens at 72 degrees) Use mini muffin cups and fill about 1/3 of cup with chocolate sauce. Place in freezer for 10 minutes to allow to harden. Remove from freezer and fill with a small scoop of your almond butter filling, try not to let it touch the sides. Then cover with more chocolate until completely covered place in fridge to cool and set. Also store in fridge.

Walnut Brittle

Basic Chocolate Sauce (used in recipe above)

Raw Walnuts
Coconut Shreds

Crumble Walnuts onto a sheet of wax paper. Then cover with chocolate sauce and top with coconut shreds. Place in fridge to cool for an hour. Once cooled you can break it into nice big chunk of raw yummy brittle!