

Raw chocolate crunch

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Raw chocolate crunch

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Once you get past the fact your chocolate won't look perfect, you must give this recipe a go. It is heavenly.

(Handy thing to know: I've learnt that by adding any amount of moisture – even in the form of dehydrated fruit – your chocolate may result in a whitish film across the top. I believe the dehydrated orange prevents a shine).

Omitting the hazelnut and orange leaves a very simple homemade [chocolate recipe](#). Don't be afraid to play around with other ingredients. It's perfect with salt and/or a mixture of nuts, dried fruit and goji berries.

Ingredients

- 1/3 cup raw hazelnuts (or nuts of choice), roughly chopped
- 3/4 cup coconut oil
- 1 cup raw cacao powder
- 1/2 cup rice malt syrup or sweetener of choice
- 1/4 cup blitzed dehydrated orange slices

Method

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To make the dehydrated orange slices, slice a whole orange as thinly as you can and place in your dehydrator until crisp. This takes about 15 hours. Alternatively pop in your oven on baking paper on the pilot light (at the lowest temperature). Once crisp, blitz quickly in your food processor, leaving crunchy pieces.

Line a slice tin with baking paper (mine was 28 x 18cm) and scatter the nuts evenly. On a low heat, gently melt the coconut oil, remove from heat and stir or whisk in the cacao powder and sweetener. Pour the melted chocolate over the hazelnuts. Scatter evenly with the dehydrated orange and place in the fridge for an hour or so (or into the freezer for about 20 minutes if you simply can't wait).

NEXT: Try these [raw chocolate buds>>](#)

Recipe from *A Nourishing Kitchen*.

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