

Chocolate

Easter..... and it's the time of year when we all 'Pig' out on chocolate – Not just Daisy!

The problem is that some children can be very sensitive to chocolate and it can trigger some VERY undesirable behaviours. If this is the case, what can be done so your child is not left out?

Children's behaviour at this time of the year often leaves parents wondering whether it is the school holidays or just plain 'naughty'! But very often, like Christmas treats, it can all be down to an overdose of additives!



So what can be done about it?

Can hyperactive children be sensitive to chocolate?

Well obviously not everyone is the same and a child may not have ADHD even if their behaviours are hyperactive. They may just be hypersensitive to something that they have eaten, which can effect their brain chemistry and the way they feel. This will be reflected in their behaviour. And they cannot control this.

Daisy has produced a little film to give you her 'take' on chocolate. It explains what can happen and you and your child might like to watch it together, so you can explain in a way that your child understands what can happen to some children when they are hypersensitive to certain foods.

If you haven't seen it :-

[please click here](#)

How can you avoid problems this Easter?

Well, if your child is sensitive to mass produced chocolate, how about spending some quality time together making some home- made chocolate.



These recipes have been provided for us by Dawn from Raw Alchemy. You can contact her on HETwebsite. Dawn has made an art and science out of chocolate and her business has been successfully built on sourcing the finest, purest and healthiest ingredients and creating her own wonderful chocolate recipes. Here's a link to her explanation:



http://www.rawalchemy.org.uk/html_files/wisdom.htm

Here are some of Daisy's favourites!

These are some of Dawn's recipes that are simple and straight forward and that you can make together with your child this Easter:

Hi Five bars

- 60g raw coconut butter (extra virgin cold pressed)
- 200g cacao powder
- 50g hemp seeds (shelled)
- 50g pumpkin seeds
- 50g sesame seeds
- 50g sunflower seeds
- 50g flax seeds
- 5 tbsp agave nectar or honey



Melt the 60g raw coconut butter first to hold the mixture together. Slowly melt the coconut butter in a bowl over a pan of warm water (do not boil the water, keep it on the lowest setting on your cooker and have the pan on the edge of the heat or the coconut butter will spoil and loose its goodness)

Grind ALL the seeds up in a coffee grinder or high power blender to a coarse powder, add the agave or honey and mix it until you have a sticky dough.

Add to the coconut butter.

Press out onto a tray and set in the fridge for a few hours.

Then cut into squares.

Will keep in the fridge for up to 2 weeks (yeah right!!!!!!)



Raw Alchemy Recipes

Dawn sent this one as it does not have too much cacao in it and lots of seeds for all the omega oils and amino acids. Hemp is true superfood - it has all 8 amino acids and EFAs and omega 3,6 & 9. Also, it is really easy to use and not too costly to make.

All the real chocolate recipes that Dawn creates in her business need a temperature control to keep them raw and most people won't have this at home or have access to all the ingredients.

But, here is another recipe from Dawn for you to make with your child



Goji Goodness

- 150g coconut butter (extra virgin cold pressed)
- 100g goji berries
- 3 tbsp agave nectar
- 150g cacao powder
- 50g mesquite powder

Melt the coconut butter as described above.

grind the goji berries to a rough chop in a blender or coffee grinder

Add all the ingredients and the melted coconut butter to the blender or whisk by hand until creamed.



pour into a small tray and place in fridge to set for 3 hours, then cut into squares and store in a container in the fridge (if you can resist it!)

- **For a choc free recipe just substitute cacao for carob powder every time...still tastes awesome!**

Most recipes that Dawn uses have ingredients that may prove harder to source for some, but all can be ordered online and she can be contacted either as RawAlchemy through www.HETwebsite.com or her own business site which is www.RawAlchemy.org.uk

Have fun this Easter and please post your comments or any recipes that you have or photos of what you make on our website. www.HETwebsite.com

