BLISSFUL CEREMONY

COOKBOOK

simply recipes

CEREMONIAL CACAO
PLANT-BASED CREATIONS
MINDFUL COOKING

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1. What is ceremonial cacao?

Ceremonial cacao is a **pure and natural form of cacao**, made from **native, heirloom cacao beans** - most often the rare Criollo variety. The beans are carefully **fermented and gently roasted at low temperatures**, which helps preserve their **nutritional value, active compounds, and rich, complex flavor**.

This is not just an ingredient - it's a **mindful practice**. For the ancient Maya and Aztec peoples, cacao was known as the **"food of the gods"**, used in rituals, spiritual ceremonies, and moments of deep inner reflection.

What makes cacao ceremonial?

- **100% pure cacao** - with no sugar, milk, or additives.
- Made from **native, high-quality varieties** like Criollo.
- **Fermented and low temperature roasted.**
- **Contains natural cacao butter** - not defatted or processed.
- **Rich in magnesium, iron, antioxidants, vitamins, and alkaloids** (like theobromine and caffeine).
- **Produced with care and intention**, often in small batches and in collaboration with local farming communities.

Ceremonial cacao supports **mental clarity, emotional balance, heart-opening experiences, and physical vitality.** It's ideal for morning rituals, meditation, creative work, or gathering with others in a mindful way.

This cookbook invites you to make cacao more than just a drink - to make it a **meaningful part of your daily life, filled with presence, nourishment, and intention.**

2. How does cacao work? (body, mind, soul)

Ceremonial cacao works on **multiple levels at once - physical, mental, and emotional.** It's more than a drink, it's a gentle, natural support for presence, creativity, and inner connection.

Mind: Cacao contains **theobromine**, a mild, heart-centered stimulant that enhances blood flow to the brain. It supports **focus, creativity, and mental clarity**, without the jittery effects of caffeine.

Body: Cacao is naturally rich in **magnesium, iron, potassium, and antioxidants**. It supports the cardiovascular system, helps release physical tension, and boosts mood. Many people describe it as both energizing and calming.

Soul / Heart: For many, cacao is a **heart-opening plant ally**. It supports emotional awareness, deepens self-reflection, and can create a sense of connection - to self, others, or something greater.

3. How to choose high-quality cacao?

Not all cacao is created equal. When you're looking for **ceremonial-grade cacao**, it's essential to go beyond taste or price and consider **quality, origin, and integrity of production.**

Here's what to look for:

1. 100% Pure, Whole-Bean Cacao

True ceremonial cacao is made from **whole, minimally processed cacao beans**, not defatted cocoa powder. It contains the natural **cacao butter,** which carries much of the plant's power and flavor.

2. Single-Origin & Heirloom Varieties

High-quality cacao often comes from native or heirloom strains, like the Criollo variety grown in Peru. These beans are known for their **rich flavor and gentle energy**, ideal for ritual use.

3. Ethical & Intentional Sourcing

Choose cacao sourced from **small-scale farmers** or Indigenous cooperatives, where **fair trade practices and traditional methods** are respected. This supports not only your health, but also the people and land behind the cacao.

4. Taste & Texture

Quality cacao should feel smooth, creamy (thanks to the cacao butter), and **have a naturally deep, earthy, slightly bitter taste** - without any additives or artificial flavoring.

💛 **Our Cacao at Blissful Ceremony**

Discover the deep flavor and health benefits of **Criollo Perú Ceremonial Cacao** from Blissful Ceremony - made from rare Criollo variety beans. This cacao was created with **spiritual rituals in mind**, but it's equally supportive in **everyday wellness practices**.

It offers a balance of **sustained energy and gentle relaxation**, working in harmony with both body and mind. Thanks to its high content of **antioxidants and natural plant compounds**, it supports **inner balance, focus, and vitality**.

This is the very cacao you'll find used throughout the recipes in this book - because **quality and intention matter from the very first sip**.

4. Dosage - how much cacao per serving?

The amount of ceremonial cacao you use can greatly shape your experience. **There's no one-size-fits-all dose, it depends on your intention, sensitivity, and whether you're preparing cacao for a daily ritual, creative work, or a deep inner journey.**

A **very light dose** (around 10 grams) is suitable for those who are sensitive to stimulants, pregnant, or have difficulty processing fats. It offers subtle support and a gentle connection with the plant.

A **light dose** (about 20 grams) is ideal for quiet practices like yoga, meditation, or journaling. It creates a calm, heart-opening effect without overwhelming the body or mind.

A **medium dose** (around 30 grams) is a great starting point for most people. It brings a noticeable shift in awareness and energy - perfect for social gatherings, creative flow, or your first ceremonial experience.

A **full ceremonial dose** (around 40 grams) is intended for deeper work: inner reflection, emotional release, or transformational rituals. It's best suited for those who have already experienced cacao and know how their body responds.

Some experienced practitioners may choose a **strong dose** (50–60 grams), but this should be approached with care, intention, and plenty of hydration. At this level, cacao can evoke powerful emotional and physical sensations.

Always remember **ceremonial cacao is not about intensity - it's about presence**. Start small, stay mindful, and allow your relationship with the plant to deepen over time.

5. When *not* to drink cacao? (contraindications & safety)

While ceremonial cacao is generally safe and well-tolerated, it does contain **active compounds** that can interact with certain health conditions, medications, or sensitivities. Being informed allows you to enjoy cacao safely and respectfully.

Here are the main considerations:

1. **Antidepressants (SSRIs, MAOIs):**

Ceremonial cacao contains **MAO inhibitors** and compounds like **tyramine and tryptophan**, which may interact with certain antidepressants. Combining cacao with **SSRIs** or **MAOIs** may increase the risk of side effects such as **serotonin syndrome** (a potentially dangerous condition caused by too much serotonin in the system).

If you're taking any antidepressant, consult your doctor before consuming cacao - especially in ceremonial doses (30–40g or more).

2. **Pregnancy and Breastfeeding:**

Cacao contains **theobromine and caffeine**, both of which are stimulants. While a **very light dose (5–10g)** is generally considered safe during pregnancy, higher doses may increase heart rate or affect sleep and digestion.

Pregnant or breastfeeding individuals should keep doses low and check with their healthcare provider.

3. **Heart Conditions or High Blood Pressure:**

The theobromine in cacao is a vasodilator - it widens blood vessels and stimulates circulation. This can **lower blood pressure**, but in some people, it may cause heart palpitations or discomfort.

If you have a cardiovascular condition, consult your doctor before using cacao in larger amounts.

4. **Anxiety, Insomnia, or Caffeine Sensitivity:**

Though milder than caffeine, **theobromine** can still cause overstimulation in sensitive individuals, especially when consumed in high doses or late in the day.

If you're prone to anxiety, panic, or sleep disturbances, try a **light dose (10-20g)** and observe your body's response.

5. **Certain Medications:**

Cacao may **potentiate the effects of stimulants, diuretics, or blood pressure medications**. Its antioxidant and psychoactive compounds could interact with medications in ways not fully understood.

When in doubt, consult your healthcare provider - especially if you're on prescription drugs.

General Safety Tips:

- Drink **plenty of water** before and after consuming cacao.
- Avoid combining with **other stimulants** (e.g. coffee, guarana, energy drinks).
- Don't use ceremonial doses daily - cacao works best with **intention and moderation.**
- Start small and observe your body - **more is not always better.**

Cacao is a powerful plant ally.

When used with respect and awareness, it can enrich your life. When ignored or overused, it may lead to discomfort or overwhelm. **Let your body - not just your mind - guide the dosage.**

6. Cacao Legend - icons for vegan, keto, sugar-free, etc.

To help you quickly understand the nature of each recipe, we use small plant-inspired icons that indicate key characteristics. Whether you're looking for something vegan, keto-friendly, or packed with adaptogens, this legend will guide you.

Each icon is subtle and natural - inspired by the plant world - to stay aligned with the ceremonial and earthy nature of cacao.

🌿 **Vegan -** This recipe contains no animal products. 100% plant based.

🥚 **Keto-Friendly -** Low in sugar and carbohydrates, suitable for ketogenic diets.

🍯 **Sugar-Free -** Naturally sweetened with dates, stevia, or no sweeteners at all.

🌾 **Gluten-Free -** Contains no gluten or wheat products.

💪 **High-Protein -** Enhanced with nuts, seeds, or plant-based proteins.

🍄 **Adaptogenic / Functional Mushrooms -** Contains ingredients like Reishi, Lion's Mane, Ashwagandha, etc.

🧘 **Ceremonial / Ritual Use -** Best enjoyed during meditation, intention setting, or inner work.

❄️ **Cooling / Summer -** A refreshing drink or dessert, best served cold.

🔥 **Warming / Winter -** Spiced or grounding, perfect for colder days.

💡 *You'll find these icons next to each recipe, so you can easily choose what fits your body, season, or intention.*

You can mix and match - many recipes will carry 2–3 symbols depending on their qualities.

7. CACAO DRINKS

Liquid presence. Ceremonial nourishment. One sip at a time.

Cacao has always been more than a drink - it's a way to **pause, connect, and return to yourself.**

In this chapter, you'll discover recipes that celebrate the versatility of cacao in its liquid form: **from warm, grounding elixirs to refreshing summer blends**. Whether you're preparing a quiet morning ritual, a creative afternoon reset, or a heart-opening moment with loved ones, there's a cup for every season and intention.

You'll find both **traditional ceremonial recipes and modern plant-based adaptations**, enriched with spices, herbs, superfoods, or simply left pure - to let the cacao speak for itself.

May each sip invite you deeper into presence, pleasure, and connection **- with yourself, with others, and with the spirit of this sacred plant.**

7.1. Traditional Ceremonial Cacao

A grounding, heart-centered classic. Pure cacao in its most essential form.



Ingredients:

- 30-40 g ceremonial cacao (e.g. Criollo from Peru, Traditional or Enhanced)
- 150-200 ml hot water (not boiling ~70-80°C)
- Optional: 1 tsp honey, date syrup, or natural sweetener

Instructions:

1. **Heat the water:** Warm the water gently to around 70-80°C - it should be hot, but not boiling, to preserve the cacao's natural compounds.
2. **Melt the cacao:** Chop the cacao into small pieces or use pre-ground ceremonial blocks. Add to the hot water and stir slowly over low heat - or blend - until fully melted and silky. Blending is recommended for the creamiest, most velvety texture and full integration of the cacao.
3. **Sweeten (optional):** If desired, add a small amount of natural sweetener, such as honey or date syrup. Keep it minimal - this drink is about the essence of cacao.
4. **Serve:** Pour into your favorite cup or ritual bowl, and take a moment before drinking - to smell, feel, and honor the plant.

Ceremonial Tip
Hold your cup with both hands. Set an intention - even a simple one, like "I choose presence." Sip slowly. Let the cacao guide your inner rhythm - warm, clear, and connected.

7.2. Cacao with Plant-Based Milk

A softer embrace. Creamy, comforting, and heart-opening.



Ingredients:

- 30-40 g ceremonial cacao (Traditional or Enhanced)
- 150-200 ml plant-based milk (e.g. oat, almond, coconut)
- Optional: 1 tsp honey, date syrup, or natural sweetener

Instructions:

1. **Heat the milk**: Warm the plant-based milk gently in a small pot to around 70-80°C - hot but not boiling, to preserve the cacao's active compounds and prevent curdling.
2. **Melt the cacao**: Chop the cacao into small pieces or use pre-ground blocks. Add to the warm milk and stir slowly over low heat - or blend - until fully melted and smooth. Blending is recommended for the creamiest, most velvety texture and full integration of the cacao.
3. **Sweeten (optional)**: If desired, add a touch of natural sweetener. The milk will already soften the bitterness of pure cacao, so taste first - you may not need much.
4. **Serve**: Pour into your favorite cup or ritual bowl. Feel the warmth, the softness, the calm - and let it fill you.

Ceremonial Tip

Let this cacao be a moment of gentle return - to the body, to stillness, to self. Close your eyes before the first sip. Notice the warmth against your hands, the aroma rising, the softness of the milk. Let every sensation remind you: **you are safe, supported, and enough - exactly as you are.**

7.3. Spiced Cacao

A warming elixir for deep presence. Ancient spices meet sacred cacao.



Ingredients

- 30-40 g ceremonial cacao (Traditional or Enhanced)
- 150-200 ml hot water or plant-based milk (~70-80°C)
- Spices (choose your favourites or create your own blend): green cardamom, Ceylon cinnamon, Tellicherry black pepper, cayenne pepper, dried ginger root, bourbon vanilla, Himalayan salt, nutmeg, star anise, rose petals, cloves
- Optional: 1 tsp honey, date syrup, or natural sweetener

Instructions:

1. **Heat the base**: Warm water or plant-based milk to 70-80°C - avoid boiling to preserve the cacao's natural properties.
2. **Melt the cacao**: Add chopped ceremonial cacao to the warm liquid and blend until smooth and fully combined.
3. **Spice it up**: Add your chosen spices directly into the pot or blender. Start small - a pinch of each is often enough. Let them infuse gently for a few minutes. Strain if needed.
4. **Sweeten (optional)**: Add natural sweetener if desired but let the spices and cacao lead.
5. **Serve**: Pour into your favorite mug or ceremonial cup. Inhale deeply. Sip slowly.

Ceremonial Tip

Spices carry memory, medicine, and energy. Let them shape the character of your cacao.

- **Cinnamon** grounds and comforts.
- **Cardamom** lifts the spirit and aids digestion.
- **Cayenne** and **black pepper** awaken inner fire and circulation.
- **Ginger** warms the body and clears the mind.
- **Vanilla** soothes the heart and softens emotions.
- **Rose petals** open the heart space gently.
- **Nutmeg** and **clove** bring depth and warmth.
- **Himalayan salt** enhances clarity and balance.
- **Star anise** adds a mystical, meditative tone.

Choose intuitively - or blend based on how you wish to feel. Let this be your personal ritual alchemy.

7.4. Coffee with Cacao

A bold fusion. Focus, clarity, and grounded energy in one cup.



Ingredients:

- 20-30 g ceremonial cacao (Traditional or Enhanced)
- 100-150 ml freshly brewed coffee (filter, espresso or moka)
- 50-100 ml plant-based milk (optional, e.g. oat or almond)
- Optional: 1 tsp honey, date syrup, or natural sweetener

Instructions:

1. **Brew your coffee**: Use your favorite method - espresso, pour-over, French press or moka pot. Choose a mild roast if you want the cacao to shine.
2. **Melt the cacao**: Warm the plant-based milk (or water, if skipping milk) to about 70-80°C. Add chopped ceremonial cacao to the warm liquid and blend until smooth and fully combined.
3. **Combine**: In a cup or ritual bowl, mix the hot coffee with the cacao. Stir gently to unify the flavors. Add sweetener if desired but keep it subtle.
4. **Serve**: Enjoy warmth, ideally in a quiet moment of clarity, creativity, or transition.

Ceremonial Tip

This blend is for mornings of focus or sacred work. Before you drink, take a breath. Let cacao ground you and coffee activate you - **one anchoring, one lifting. A union of earth and fire, stillness and momentum.**

7.5. Cacao Shake - Energizing Blend

A creamy, energizing boost. Perfect for a busy morning or post-workout ritual.



Ingredients

- 30 g ceremonial cacao (Traditional or Enhanced)
- 200 ml hot water or plant-based milk (e.g. oat, almond, coconut, ~70-80°C)
- 1 ripe banana (or frozen for extra creaminess)
- 1 tbsp nut butter (e.g. almond, peanut or tahini)
- A few ice cubes (2-4)
- Optional: 1 tsp honey or date syrup
- Optional: pinch of cinnamon or your favorite spices (e.g. cardamom, ginger, cayenne, vanilla)

You can swap the banana for any fruit you love - try mango, berries, pear, apple, dates, or even avocado for a creamier texture.

Instructions:

1. **Prepare the cacao:** Gently melt the ceremonial cacao in a small amount of warm water (70-80°C). Blend until smooth.
2. **Blend the shake:** In a blender, combine the melted cacao with banana, plant-based milk, nut butter, sweetener (if using), and ice. Blend until creamy and fully combined.
3. **Serve:** Pour into a tall glass or to-go bottle. Top with cacao nibs, seeds, or a sprinkle of cinnamon if desired.

Ceremonial Tip 

This shake combines the focus of cacao with the grounding power of healthy fats. As you drink, take a moment to tune into your body - energize with presence, not rush. Let this be your intentional start or reset.

7.6. Iced Cacao

A cooling cacao ritual for summer days. Smooth, grounding, and heart-opening - served over ice.



Ingredients

- 30 g ceremonial cacao (Traditional or Enhanced)
- 50-70 ml hot water (not boiling - ~70°C)
- 100 ml oat milk (or other plant-based milk)
- A few ice cubes
- Optional: 1 tsp honey, date syrup, or natural sweetener
- Optional garnish: mint leaf, cacao nibs, cinnamon stick

Instructions:

1. **Prepare the cacao:** Gently heat the water (to about 70°C) and melt the ceremonial cacao in it. Add sweetener if desired. Blend until fully smooth and velvety.
2. **Assemble the drink:** Add a few ice cubes to a glass. Pour in the cold oat milk. Gently top with the blended cacao.
3. **Garnish (optional):** Add a mint leaf, a sprinkle of cacao nibs, or a cinnamon stick to enhance aroma and ritual.

Ceremonial Tip

Even when served cold, cacao carries warmth. As you sip, let it reconnect you with your breath, your body, and the quiet power of mindful pause - even on the busiest summer day.

7.7. Iced Cacao with Fruits

A heart-opening summer refreshment. A cacao elixir kissed by fruit.



Ingredients

Ceremonial cacao:

- 30 g ceremonial cacao (Traditional or Enhanced)
- 40 ml oat milk
- 1 teaspoon honey or natural sweetener (optional)

Fruit base (choose one or mix):

- A few ripe strawberries or mango, raspberries, pineapple, banana, orange segments - follow your intuition!

Instructions:

1. **Prepare the fruit base:** Chop your chosen fruit and gently heat it in a small pot until it softens and releases a rich, fragrant pulp. You can use just one fruit or create a vibrant blend - trust your senses. No sugar needed - the fruit's natural sweetness will shine through.
2. **Make the cacao:** In another pot, heat the oat milk and ceremonial cacao to around 70°C (not boiling). Add honey or your sweetener of choice if desired. Blend until smooth, creamy, and velvety.
3. **Assemble the drink:** Spoon the warm fruit pulp into the bottom of a glass. Add a few ice cubes. Gently pour in the frothed oat milk, and finally top with the blended cacao.
4. **Optional garnish:** Decorate with a slice of the fruit you used, a mint leaf, or edible flower petals to enhance both the visual and sensory experience.

Ceremonial Tip

Take the first sip with intention - perhaps gratitude, joy, or simply presence. Let the blend of fruit and cacao remind you that ritual can be **soft, playful, and deeply nourishing**.

8. CACAO DESSERTS

Where indulgence meets intention. Sweetness with soul.

Cacao has always carried a **dual nature - grounding and elevating, sensual and sacred.** While most associate it with a warm cup in their hands, it also has the power to **transform everyday treats into mindful, heart-opening experiences.**

This chapter invites you to explore cacao in its more **playful form: desserts.** But these aren't just empty sweets. Each recipe here is created with **awareness - free from refined sugar**, often **plant-based,** and rooted in the **nourishing qualities of whole foods**. You'll find **velvety mousses, raw energy balls, cacao-covered dates, frozen delights, crunchy creations,** and even **nourishing cakes and cacao-infused cheesecakes,** all made to **support your body while uplifting your spirit.**

Whether you enjoy them alone, as part of your **daily ritual**, or share them with loved ones during gatherings, these cacao desserts are an invitation to **slow down, savor**, and **reconnect**. To find **stillness in sweetness**. And to experience the joy that comes when we eat not just for taste, but for **wholeness**.

Let each bite be a small ceremony. One that reminds you: **nourishment and pleasure are not separate - they belong together.**

8.1. Energy Balls

Raw. Real. Revitalizing.



Ingredients (makes ~10-12 balls):

- 1 cup (100 g) soft dates (e.g. Medjool), pitted
- 1/2 cup (60 g) nuts or seeds (e.g. almonds, walnuts, sunflower seeds)
- 2 tbsp ceremonial cacao (Traditional or Enhanced), finely chopped
- 1 tbsp nut butter (e.g. almond or peanut)
- Pinch of Himalayan salt
- Optional: 1 tbsp shredded coconut
- Optional: 1 tsp chia seeds, cinnamon, or your favorite spices

Instructions:

1. **Blend**: Add dates and nuts/seeds to a food processor. Blend until a sticky, coarse texture forms.
2. **Mix in cacao**: Add cacao, nut butter, salt, and any optional boosters (like chia or cinnamon). Blend again until fully combined and the mixture sticks together easily.
3. **Shape**: Using your hands, roll the mixture into small balls (about the size of a walnut).
4. **Coat (optional)**: Roll in shredded coconut, cacao powder, or crushed nuts for extra texture and flair.
5. **Chill**: Refrigerate for 20-30 minutes before serving. Store in an airtight container for up to a week.

Ceremonial Tip 🧘

Before your first bite, pause. Feel the energy within your hands. These are not just snacks - they're *mini rituals* you can carry anywhere. Set an intention and nourish yourself mindfully.

8.2. Dates in Cacao

Sweet. Satisfying. Heart-opening.



Ingredients:

- Fresh soft dates (e.g. Medjool)
- Grass-fed butter or plant-based butter alternative
- 2-3 types of nuts (e.g. macadamia, almonds, walnuts, hazelnuts)
- 30 g ceremonial cacao (Traditional or Enhanced)
- 1 tbsp honey or natural sweetener (optional)
- Pinch of cinnamon (optional)

Instructions:

1. **Prepare the dates**: Slice each date lengthwise to remove the pit, creating a small pocket.
2. **Add the filling**: Place a small amount of butter inside each date. Add 2-3 types of nuts per date for crunch and variety. Press lightly to close.
3. **Make the cacao glaze**: In a small pot, gently heat the ceremonial cacao (pre-chopped or ground) with 2–3 tbsp warm water or plant milk. Blend until smooth and pourable. Add honey if desired for extra sweetness.
4. **Dip and coat**: Dip the stuffed dates halfway into the warm cacao glaze, or drizzle over the tops.
5. **Finish and chill**: Sprinkle with a touch of cinnamon. Place in the fridge for 10-15 minutes to allow the glaze to set.

Ceremonial Tip

Enjoy one slowly with presence. These are more than sweets - they're grounding little gifts of energy, tradition, and connection.

8.3. Raw Cacao Brownies

No-bake. Deeply satisfying. Naturally sweet.



Ingredients (for a small square tray - ~9 pieces):

- 1 cup (approx. 150 g) soft dates (e.g. Medjool), pitted
- 1 cup walnuts or almonds
- 1/4 cup ceremonial cacao (Traditional or Enhanced), finely chopped
- 2 tbsp almond butter or peanut butter
- Pinch of Himalayan salt
- Optional: 1 tbsp chia seeds or ground flaxseeds
- Optional: 1/2 tsp cinnamon or vanilla extract

Cacao topping:

- 1.5 tbsp coconut oil
- 1.5 tbsp water
- 10 g ceremonial cacao
- 1 tbsp honey or date syrup
- Decoration: crushed nuts, cacao nibs, or dried rose petals

Instructions:

1. **Blend the base:** In a food processor, pulse the nuts until finely ground. Add dates, cacao, nut butter, salt, and optional spices. Blend until the mixture sticks together when pressed.
2. **Form the brownies**: Press the mixture firmly into a small tray or container lined with parchment paper. Smooth the surface with a spatula or your fingers.
3. **Make the topping:** In a small pot, gently heat the coconut oil and water. Add ceremonial cacao and honey. Stir well until smooth and glossy.
4. **Add topping:** Pour the warm cacao glaze over the pressed base and spread evenly. Sprinkle with any desired toppings.
5. **Chill and cut**: Place in the fridge for at least 1 hour to set. Slice into squares and enjoy!

Ceremonial Tip

Enjoy one square slowly, with a moment of stillness. These brownies are more than a snack - they are **grounding, nourishing, and heart-opening**. Perfect after movement, meditation, or creative flow.

8.4. Cacao Microwave Brownie

Quick. Satisfying. Naturally sweet.



Ingredients (serves 1-2)

- 1 ripe banana, mashed
- 1 egg (or flax egg for vegan version: 1 tbsp ground flax + 2.5 tbsp water)
- 30 g ceremonial cacao (Traditional or Enhanced)
- 1/2 tsp baking powder
- Optional: chopped nuts, cacao nibs, cinnamon, vanilla

Instructions:

1. **Prepare the cacao:** Chop the ceremonial cacao into small pieces and blend with 2-3 tablespoons of warm (not boiling) water until smooth and creamy.
2. **Mix:** In a bowl, mash the banana and add the egg (or flax egg), blended cacao, and baking powder. Stir until fully combined.
3. **Customize (optional):** Add your favorite extras like chopped nuts, spices, or plant-based protein powder.
4. **Microwave:** Pour the batter into a microwave-safe cup or bowl. Heat for 1.5-2 minutes, depending on your microwave's strength, until just set but still soft inside.
5. **Serve:** Let cool slightly. Enjoy warm-straight from the mug or topped with a spoonful of nut butter or fresh fruit.

Ceremonial Tip

Turn this quick moment into something meaningful. Even a two-minute dessert can become a small ritual - just bring intention and presence.

8.5. Cheesecake with Cacao

Creamy. Comforting. Covered in sacred cacao.



Ingredients (for a 23-24 cm springform pan):

Crust:

- 1 cup (approx. 150 g) soft dates, pitted (e.g. Medjool)
- 1 cup walnuts or almonds
- 1 tbsp coconut oil
- Pinch of Himalayan salt

Cheesecake filling:

- 1 kg full-fat quark or cream cheese (blended smooth)
- 130 g sugar
- 1.5 tbsp potato starch
- 4 eggs
- 150 ml heavy cream (30%)

Ceremonial cacao glaze:

- 50 ml heavy cream (30%)
- 50 g ceremonial cacao (Traditional or Enhanced), finely chopped
- Optional: 1 tsp honey or natural sweetener
- Decoration: Crushed cacao, rose petals, chopped nuts, or fresh berries

Instructions:

1. **Make the crust:** In a food processor, blend the nuts until finely ground. Add dates, coconut oil, and salt. Blend until the mixture sticks together when pressed. Press firmly into the bottom of a lined 23-24 cm springform pan. Place in the fridge while you prepare the filling.
2. **Prepare the filling:** In a bowl, mix quark with sugar and starch. Add eggs one at a time, mixing gently. Finally, pour in the cream and combine until smooth. Do not overmix.
3. **Bake the cheesecake:** Pour the filling over the chilled crust. Bake at 160°C (top and bottom heat, no fan) for approx. 60 minutes. Let cool in the oven with the door slightly ajar, then refrigerate for at least 4 hours (ideally overnight).
4. **Prepare the cacao glaze:** Gently heat the cream in a small saucepan (do not boil). Add chopped ceremonial cacao and blend with an immersion blender until smooth and glossy. Sweeten with honey or syrup if desired.

5. **Finish and decorate:** Pour the glaze over the chilled cheesecake. Spread evenly. Let it set slightly. Decorate with rose petals, crushed nuts, cacao nibs, or seasonal fruit if desired.

Ceremonial Tip 🧘

Let this cheesecake be more than a dessert - make it part of a gathering, a celebration, or a quiet evening of self-honoring. Each bite holds the richness of cacao and the care with which it was made. Serve with presence.

8.6. Cacao-Avocado Mousse

Velvety. Nourishing. Pure plant-powered indulgence.



Ingredients (2 servings):

- 1 ripe avocado
- 2 tbsp ceremonial cacao (Traditional or Enhanced), finely chopped
- 1-2 tbsp maple syrup, date syrup, or honey (adjust to taste)
- 1 tbsp plant-based milk (e.g. oat or almond), more if needed for texture
- 1/2 tsp vanilla bourbon
- Pinch of Himalayan salt
- Optional toppings: chopped cacao, coconut flakes, berries, rose petals

Instructions:

1. **Prepare the mousse**: Scoop the avocado into a blender or food processor. Add cacao, sweetener, plant milk, vanilla (if using), and a pinch of salt. Blend until silky smooth. Adjust sweetness or texture if needed by adding a bit more syrup or milk.
2. **Serve**: Spoon into small glasses or jars. Chill for at least 20 minutes to let the flavors deepen.
3. **Decorate (optional)**: Top with chopped cacao, fresh fruit, coconut flakes, or a sprinkle of edible flowers for extra delight.

Ceremonial Tip

Let this mousse be a quiet ritual - nourishing not just your body, but your emotional and creative flow. A dessert that grounds you while lifting the spirit.

8.7. Cacao Chia Pudding

Creamy, energizing, and made for slow mornings or mindful evenings.



Ingredients (2 servings):

- 2 tbsp chia seeds
- 1 cup plant-based milk (e.g. almond, oat, coconut)
- 1-2 tsp finely chopped ceremonial cacao (Traditional or Enhanced)
- 1-2 tsp maple syrup, date syrup, or honey (adjust to taste)
- 1/2 tsp vanilla bourbon
- Pinch of Himalayan salt
- Optional toppings: chopped cacao, berries, nut butter, coconut flakes, granola

Instructions:

1. **Make the base**: In a jar or bowl, combine plant milk, cacao, sweetener, vanilla, and salt. Whisk or blend until cacao is well dissolved and the liquid is smooth.
2. **Add chia seeds**: Stir in the chia seeds. Mix well to prevent clumping.
3. **Let it rest**: Cover and refrigerate for at least 4 hours (preferably overnight) until thick and pudding-like. Stir once after 10 minutes to break up any clumps.
4. **Serve & enjoy**: Top with your favorite additions like berries, chopped cacao, nut butter, or a spoonful of coconut cream.

Ceremonial Tip

As you stir the seeds into the milk, set an intention for the day ahead - clarity, calm, creativity. Let the pudding hold that energy overnight, ready to nourish your morning.

8.8. Cacao Nutty Snickers

Layered. Crunchy. Deeply satisfying. A cacao twist on a nostalgic favorite.



Ingredients (for a small square tray - ~8-10 bars):

Cacao base (x2 layers):

- 60 g ceremonial cacao (Traditional or Enhanced)
- 100 ml water or plant-based milk
- 1 tbsp honey or natural sweetener (optional)

Nut & seed filling:

- 1/2 cup mixed nuts (e.g. cashews, walnuts, hazelnuts, almonds, peanuts, pistachios)
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- 2 tbsp raisins or other dried fruit (e.g. mulberries, cranberries, figs)
- 2 tbsp coconut flakes or shredded coconut

Instructions:

1. **Prepare the cacao mixture:** In a small pot, heat water or plant milk to around 70°C. Add chopped ceremonial cacao and blend until smooth and pourable. Sweeten if desired.
2. **Assemble the first layer:** Pour half of the blended cacao into a parchment-lined tray (or silicone mold). Spread evenly and place in the fridge for a few minutes to slightly set.
3. **Add the filling:** Sprinkle a generous layer of chopped mixed nuts, seeds, dried fruits, and coconut flakes over the cacao base. Press gently to help them stick.
4. **Top with second cacao layer:** Pour the remaining cacao over the nuts and spread to cover the top. Ensure everything is coated and even.
5. **Chill and set:** Refrigerate for at least 1-2 hours until fully firm. Slice it into bars or squares.

Ceremonial Tip 

Let each bite be a moment of texture and presence - the grounding of nuts, the sweetness of fruit, the depth of cacao. This is slow nourishment, layered like you.

8.9. Pistachio Chocolate-Covered Scoops

Creamy. Crunchy. Cacao-coated.

A frozen delight with a nourishing center and a decadent cacao shell.



Ingredients (makes ~10-12 small scoops)

Pistachio base:

- 1 cup coconut cream
- 1/2 cup raw pistachios
- 1/2 cup raw cashews
- 5-6 soft dates, pitted
- 1 tsp vanilla extract

Cacao coating:

- 50 g ceremonial cacao (Traditional or Enhanced), finely chopped
- 50 ml plant-based milk or water
- Optional: a few drops of natural sweetener (e.g. date syrup, maple)
- Topping (optional): pinch of sea salt, finely chopped pistachios, sunflower seeds, or shredded coconut

Instructions:

1. **Make the filling:** Blend coconut cream, pistachios, cashews, dates, and vanilla until smooth and creamy. The texture should be thick enough to scoop.
2. **Shape & freeze:** Using a spoon or small scoop, form little mounds and place them on a parchment-lined tray. Freeze for 2 hours or until solid.
3. **Make the cacao coating:** Gently heat the plant-based milk or water (don't boil). Add the ceremonial cacao and stir until fully melted and smooth. Blend for an even silkier texture. Sweeten if desired.
4. **Coat the scoops:** Dip each frozen scoop into the warm cacao coating. Let any excess drip off, then return to the tray.
5. **Add toppings:** Quickly sprinkle sea salt or chopped nuts/seeds before the coating sets.
6. **Set:** Place the tray back in the freezer for 10–15 minutes until the coating hardens.

Ceremonial Tip

As the cold center melts and the rich cacao shell cracks, notice the textures, the contrasts. Let this be a dessert you feel - not just taste.

8.10. Vegan Cacao Ice Cream

Creamy. Cooling. Made with plants.



Ingredients (serves 2-3):

- 2 ripe bananas, sliced and frozen
- 2 tbsp almond butter (or tahini, cashew butter)
- 30 g ceremonial cacao (Traditional or Enhanced)
- 1-2 tbsp maple syrup or date syrup (optional, to taste)
- Splash of plant-based milk (e.g. oat, almond), if needed for blending
- Optional toppings: cacao, shredded coconut, chopped nuts, fruit

Instructions:

1. **Prepare the cacao:** Finely chop the ceremonial cacao and blend it with 2-3 tbsp of warm water until smooth and creamy.
2. **Blend the base:** In a high-speed blender or food processor, add the frozen banana slices, almond butter, blended cacao, and sweetener (if using). Blend until smooth and creamy. Add a splash of plant milk only if needed to help blend.
3. **Serve immediately** as soft-serve or freeze for 1-2 hours for a firmer texture.
4. **Top it off:** Add your favorite toppings like cacao nibs, nuts, or berries for extra crunch and flavor.

Ceremonial Tip

Let each spoonful remind you that nourishment can be joyful. This isn't just dessert - it's plant medicine in its most playful form. Serve on a warm day with intention or share as a treat during a summer circle.

8.11. Ceremonial Cacao Granola

Crunchy. Nourishing. With a heart-opening twist.



Ingredients (for 1 tray / approx. 10 servings):

- 2 cups rolled oats (gluten-free if needed)
- 1/2 cup chopped almonds or walnuts
- 1/2 cup pumpkin seeds or sunflower seeds
- 1/4 cup shredded coconut (unsweetened)
- 2 tbsp chia seeds or flaxseeds
- 2 tbsp coconut oil, melted
- 2-3 tbsp maple syrup or date syrup
- 1/2 tsp cinnamon
- Pinch of Himalayan salt
- 30 g ceremonial cacao (Traditional or Enhanced), finely chopped
- Optional: dried fruits (raisins, cranberries, chopped dates)

Instructions:

1. **Preheat the oven** to 160°C (320°F). Line a baking tray with parchment paper.
2. **Mix the base:** In a large bowl, combine oats, nuts, seeds, coconut, cinnamon, and salt. In a small bowl, mix melted coconut oil with your syrup of choice. Pour the wet mixture over the dry ingredients and stir to coat evenly.
3. **Bake:** Spread the mixture onto the baking tray in an even layer. Bake for about 25-30 minutes, stirring halfway through, until golden and crispy.
4. **Add ceremonial cacao:** Once out of the oven, let the granola cool slightly (it should still be warm but not hot). Then gently mix in the finely chopped ceremonial cacao, allowing it to melt slightly and coat some of the clusters.
5. **Finish:** Let the granola cool completely. Optionally mix in dried fruits. Store in an airtight container for up to 2 weeks.

Ceremonial Tip

Begin your day with presence. Enjoy this granola slowly - with plant milk, yogurt, or simply on its own - and let it remind you that even breakfast can be a ritual.

9. MEALS WITH CACAO

Where nourishment meets depth. Flavor with presence.

Cacao is **more than a drink**. Long before it reached our cups, it was used in cooking - as a **spice**, a **medicine**, a **sacred offering**. Its **earthy bitterness** and **mineral complexity** bring **grounding** and **boldness** to savory dishes, offering something rare in our kitchens: **nourishment that touches both body and soul**.

This chapter explores **cacao's lesser-known culinary path** - one that doesn't rely on sweetness, but on **balance**. You'll find **hearty stews** and **warming soups**, **vibrant bowls** and **roasted vegetables**, all **subtly elevated** with cacao's richness. From **cacao-chili bean dishes** to **tahini dressings** and **spice rubs**, these recipes **weave the essence of cacao into your daily meals**.

They're **simple**, **plant-forward**, and full of **intentional flavor**. Whether you're cooking solo or feeding your community, these meals offer more than taste - they offer a **grounding rhythm**, a **deepening presence**, a **memory**.

Let each dish be a **return** - to the **body**, to the **moment**, to the **ceremony of eating**. Because cacao is not only a **medicine of the heart** - it's **food**. **Real food. Sacred food.**

9.1. Cacao porridge with superfoods

Warming. Nourishing. Deeply grounding.



Ingredients (serves 1-2):

- 1/2 cup gluten-free rolled oats
- 1 cup plant-based milk (e.g. oat, almond, coconut)
- 1-2 tsp ceremonial cacao (finely chopped or blended with warm water)
- 1 tbsp nut butter (e.g. almond or peanut)
- 1 tbsp chia seeds or ground flaxseed
- 1/2 tsp cinnamon
- Pinch of Himalayan salt
- Optional sweetener: 1-2 tsp maple syrup, date syrup, or honey

Toppings (optional but recommended):

- Sliced banana or berries
- Coconut flakes
- Crushed nuts or seeds
- A drizzle of nut butter
- Chopped ceremonial cacao

Instructions:

1. **Prepare the cacao**: Finely chop ceremonial cacao and blend it with a few tablespoons of warm (not boiling) water until smooth. Set aside.
2. **Cook the porridge**: In a small pot, combine oats, plant-based milk, salt, and cinnamon. Bring to a gentle simmer.
3. **Stir in**: Add the cacao mixture and nut butter. Stir frequently over low heat for 5-8 minutes, until thick and creamy.
4. **Boost it**: Once cooked, stir in chia or flaxseed, and add sweetener if desired.
5. **Serve & top**: Pour into a bowl and add your favorite toppings fruit, nuts, seeds, coconut flakes, or extra cacao.

Ceremonial Tip

Let your morning begin with presence. As you stir, take a deep breath. Let each ingredient carry your intention - grounding, focus, or calm - into the day ahead.

9.2. Overnight Oats with Cacao & Chia

Layered. Nourishing. Functional.



Ingredients (2 servings):

Base layer:

- 1 ripe banana, mashed
- 1/2 cup rolled oats (gluten-free if needed)
- 1 tsp chia seeds
- 1/2 cup plant-based milk (e.g. coconut or almond)
- 1 tsp maple syrup or honey
- Pinch of Himalayan salt

Cacao-protein layer:

- 1 tbsp ceremonial cacao, chopped and blended with warm water (see below)
- Optional: 1/2 scoop plant-based protein powder (e.g. vanilla or chocolate)
- 1/4 cup plant-based milk
- 1/2 tsp cinnamon

Toppings (optional but recommended):

- Fresh berries
- Nut butter swirl / Toasted nuts or seeds
- Chopped cacao
- Coconut yogurt or cream

Instructions:

1. **Prepare the base:** In a jar or bowl, mash the banana. Stir in oats, chia, milk, sweetener, and salt. Mix until well combined.
2. **Make the cacao layer:** Blend ceremonial cacao with warm (not hot) water until smooth. Stir in protein powder, milk, and cinnamon until creamy.
3. **Layer it up:** In a jar or glass, pour in the oat base. Gently spoon the cacao layer on top.
4. **Chill overnight:** Cover and refrigerate for at least 6 hours (ideally overnight).
5. **Serve with toppings:** In the morning, add your favorite toppings: fresh fruit, nut butter, coconut cream, or crunchy seeds.

Ceremonial Tip

As you layer your oats, take a moment to layer your intentions for the day. A quiet ritual in the evening can become nourishment for your morning.

9.3. Smoothie bowl with cacao

Cooling. Creamy. Comforting.



Ingredients (1–2 servings):

- 1 frozen banana
- 1/2 avocado
- 1/2 cup frozen berries (e.g. blueberries, raspberries)
- 1-2 tsp ceremonial cacao, finely chopped or blended with warm water
- 1/2 cup plant-based milk (e.g. almond, coconut)
- 1 tsp maple syrup or honey (optional)
- Pinch of cinnamon or vanilla extract (optional)

Toppings (choose your favorites):

- Sliced banana or berries
- Nut butter, Chia or hemp seeds
- Chopped cacao, coconut flakes
- Gluten-free granola

Instructions:

1. **Blend the base:** In a high-speed blender, combine banana, avocado, berries, ceremonial cacao (blended or finely chopped), plant milk, and any optional flavorings. Blend until thick, creamy, and smooth.
2. **Adjust consistency:** If too thick, add a splash more milk. If too thin, add more frozen fruit or a few ice cubes.
3. **Serve & top:** Pour into a bowl and decorate with your favorite toppings.

Ceremonial Tip

Enjoy this bowl slowly, spoon by spoon. Let the cooling, heart-opening qualities of cacao and fruits ground your body and energize your day.

9.4. Acai Cacao Bowl

Refreshing. Antioxidant-rich. Vibrantly energizing.



Ingredients (1-2 servings):

- 1 frozen banana
- 1 packet frozen unsweetened açaí (100g)
- 1/2 cup frozen blueberries or mixed berries
- 1-2 tsp ceremonial cacao (blended with warm water or finely chopped)
- 1/2 cup plant-based milk (e.g. almond, oat, coconut)
- 1 tsp maple syrup, date syrup, or honey (optional)
- A squeeze of lime or a few drops of vanilla (optional)

Toppings (choose your favorites):

- Sliced banana or berries
- Nut butter (e.g. almond, peanut), chia seeds, hemp seeds, or bee pollen
- Chopped cacao, coconut flakes

Instructions:

1. **Blend the base:** In a high-speed blender, combine the banana, frozen açaí, berries, ceremonial cacao, plant milk, and any optional flavorings. Blend until smooth and thick.
2. **Adjust if needed:** Add a bit more milk to blend easily, or extra frozen fruit for a thicker texture.
3. **Top with love:** Pour into a bowl and decorate with your favorite toppings. Use vibrant colors and varied textures for visual delight and nutritional balance.

Ceremonial Tip

Let your bowl be more than breakfast. Take a breath, set an intention, and allow the synergy of açaí and cacao to refresh your body and awaken your spirit.

9.5. Cacao Black Bean Chili

Hearty. Comforting. Deeply grounding.



Ingredients (4 servings):

- 1 tbsp olive oil or coconut oil
- 1 onion, finely chopped
- 2-3 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 medium carrot, diced
- 1 zucchini or courgette, diced (optional)
- 1½ tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- 1-2 tsp chili powder (adjust to taste)
- 1/2 tsp salt
- 1 can (400 g) crushed tomatoes
- 2 cans (800 g) black beans, rinsed and drained
- 1/2 cup vegetable broth or water
- 2 tbsp ceremonial cacao, finely chopped or pre-blended with warm water
- Juice of 1/2 lime
- Optional: a pinch of coconut sugar or maple syrup to balance acidity

Optional toppings:

- Fresh cilantro
- Avocado slices
- Coconut yogurt or plant-based sour cream
- Lime wedges
- Chopped cacao (for a subtle crunch)

Instructions:

1. **Sauté the aromatics:** Heat the oil in a large pot over medium heat. Add onion and cook for 3-4 minutes. Stir in garlic, bell pepper, carrot, and zucchini. Cook for another 5-7 minutes until softened.
2. **Spice it up**: Add cumin, paprika, cinnamon, chili powder, and salt. Stir for 1 minute to release the aroma of the spices.

3. **Simmer:** Add crushed tomatoes, black beans, and broth. Bring to a gentle simmer. Cover and cook for 15-20 minutes, stirring occasionally.
4. **Add the cacao:** Stir in ceremonial cacao and lime juice. Let simmer uncovered for 5 more minutes until thick and glossy. Taste and adjust seasoning.
5. **Serve:** Ladle into bowls and top with fresh cilantro, avocado, or other toppings. Serve warm, ideally with gluten-free cornbread, rice, or roasted sweet potatoes.

Ceremonial Tip 🤱

Cacao in chili has been used for centuries in Mesoamerican cuisine - not for sweetness, but for depth. As you eat, feel the warmth of the spices and the grounding nature of cacao connect you to Earth and tradition.

9.6. Quinoa Bowl with Cacao-Tahini Dressing

Nourishing. Satisfying. Bold in flavor.



Ingredients (serves 2)

Base:

- 1 cup cooked quinoa
- 1/2 avocado, sliced
- 1/2 cup cooked chickpeas
- 1/2 cup steamed or roasted broccoli or Brussels sprouts
- 1/4 cup sauerkraut or fermented pickles
- Handful of arugula or mixed greens
- Optional: sprouts, pumpkin seeds, sesame seeds

Cacao-Tahini Dressing:

- 2 tbsp tahini
- 1 tbsp ceremonial cacao (blended with 1 tbsp warm water until smooth)
- 1 tsp maple syrup or honey
- 1 tsp lemon juice or apple cider vinegar
- 1/2 tsp tamari or soy sauce
- 1–2 tbsp warm water (to adjust consistency)

Instructions:

1. **Prepare your base:** Cook the quinoa according to package instructions. Steam or roast the veggies. Slice avocado and prep your fresh elements.
2. **Make the dressing:** Blend ceremonial cacao with a splash of warm water until smooth. In a small bowl, whisk together tahini, cacao, maple syrup, lemon juice, tamari, and water until creamy and pourable.
3. **Assemble the bowl:** In a large bowl or plate, layer the quinoa, vegetables, avocado, and greens. Drizzle generously with the cacao-tahini dressing.
4. **Serve:** Top with sprouts, seeds, or herbs if desired. Serve fresh.

Ceremonial Tip

This bowl blends the earthy depth of cacao with the richness of tahini and the brightness of fresh veggies. Pause before the first bite. Let this be more than a meal - let it be a moment of grounded nourishment.

9.7. Pumpkin Cacao Soup

Comforting. Velvety. With a grounding cacao twist.



Ingredients (serves 3–4):

- 2 tbsp coconut oil or olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- A pinch of cayenne or chili flakes (optional)
- 500 g pumpkin, peeled and cubed
- 2 cups (500 ml) vegetable broth
- 1/2 cup (120 ml) coconut milk
- 1 tbsp ceremonial cacao (blended with a splash of hot water or broth)
- Salt and pepper to taste

Optional Toppings:

- Toasted pumpkin seeds
- Fresh herbs (e.g. coriander or parsley)
- Chopped cacao or chili flakes

Instructions:

1. **Sauté aromatics:** In a large pot, heat the oil over medium. Sauté onion until translucent. Add garlic and ginger, cook 1 more minute.
2. **Add spices & pumpkin:** Stir in cinnamon, nutmeg, and cayenne. Add pumpkin cubes, mix well.
3. **Simmer:** Pour in broth and bring to a boil. Reduce heat and simmer for ~20 minutes, until pumpkin is tender.
4. **Blend:** Puree the soup until silky smooth.
5. **Finish with cacao & coconut milk:** Blend ceremonial cacao with a bit of warm water or broth. Stir it into the soup with coconut milk. Heat gently for 2–3 minutes.
6. **Season & serve:** Adjust seasoning. Serve hot with your favorite toppings.

Ceremonial Tip

Let this bowl nourish more than your body. A comforting blend of earthiness and warmth, perfect for a quiet moment of reflection or sharing with a loved one.

9.8. Cacao-Spiced Hummus

Unexpected. Creamy. Deeply grounding.



Ingredients:

- 1 can chickpeas (240 g drained)
- 2 tbsp tahini
- 1 garlic clove
- 2 tbsp lemon juice
- 2-3 tbsp water or aquafaba (chickpea water)
- 1-1.5 tsp ceremonial cacao (finely chopped or blended with a splash of warm water)
- 1/2 tsp ground cinnamon
- 1/4 tsp smoked paprika
- A pinch of cayenne or chili (optional)
- Salt and pepper to taste

Optional toppings:

- Pomegranate seeds, chopped nuts, sesame, fresh coriander
- A drizzle of olive oil
- Serve with pita, veggie sticks, or crackers

Instructions:

1. **Blend:** Add all ingredients to a food processor or blender. Blend until smooth and creamy. Add more water as needed to reach desired consistency.
2. **Adjust to taste:** The cacao should not overpower - it brings a warm, earthy note. Adjust salt and spices as you like.
3. **Serve:** Scoop into a bowl, garnish with toppings, and enjoy it right away or chill for later.

Ceremonial Tip

This hummus holds more than flavor - it's a grounding, nourishing dip that invites presence and connection. Perfect for sacred snacking or sharing before ritual meals.

9.9. Roasted Veggies with Cacao-Tamari Glaze

Earthy. Umami-rich. Subtly warming.



Ingredients (serves 2–3):

Vegetables (your choice):

- 1 carrot, sliced into sticks
- 1/2 head of broccoli, cut into florets
- 1/2 red onion, sliced
- 1 sweet potato, cubed
- 1/2 zucchini or pumpkin
- 1-2 tbsp olive oil
- Salt and pepper, to taste

Cacao-tamari glaze:

- 1 tsp ceremonial cacao (finely chopped and blended with a splash of warm water)
- 1 tbsp tamari or soy sauce
- 1 tsp maple syrup or date syrup
- 1 tsp rice vinegar or lime juice
- 1/2 tsp sesame oil (optional)
- A pinch of ground ginger or garlic powder

Instructions:

1. **Prep the veggies:** Preheat oven to 200°C / 400°F. Toss the chopped vegetables with olive oil, salt, and pepper. Roast for 20-25 minutes until tender and slightly browned.
2. **Make the glaze:** In a small bowl, whisk together all glaze ingredients, including the blended ceremonial cacao.
3. **Glaze and finish:** Remove veggies from the oven, drizzle with the glaze, and gently toss. Roast for another 5 minutes to let the flavors meld and caramelize.
4. **Serve:** Enjoy warm on its own, with quinoa, rice, or as part of a Buddha bowl.

Ceremonial Tip

Pause as you prepare the glaze. Let the rich scent of cacao ground you. Cooking becomes sacred when intention meets flavor.

9.10. Eggplant Steaks with Cacao Spice Rub & Herbed Tahini Sauce

Earthy. Spicy. Deeply satisfying. Cacao - not as dessert, but as a sacred spice.



Ingredients (serves 2):

Eggplant Steaks:

- 1 large eggplant, sliced lengthwise (~1.5 cm thick)
- 1-2 tbsp olive oil

Cacao Spice Rub:

- 1 tsp ceremonial cacao (finely chopped or ground)
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- A pinch of cinnamon
- Salt & pepper to taste

Herbed Tahini Sauce:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1/2 garlic clove, grated or minced
- 2-3 tbsp water
- Chopped parsley or cilantro
- Salt to taste

Instructions:

1. **Make the spice rub:** In a small bowl, mix all dry spice rub ingredients.
2. **Prepare eggplant:** Brush eggplant slices with olive oil and rub both sides generously with the spice mix. Let sit for 10 minutes.
3. **Cook:** Grill or bake at 200°C (400°F) for 20-25 minutes until golden and tender.
4. **Make sauce:** Mix tahini, lemon juice, garlic, water, and herbs until creamy.
5. **Serve:** Drizzle the sauce over eggplant steaks and garnish with more herbs or a sprinkle of cacao.

Ceremonial Tip

Cacao in savory form awakens the forgotten wisdom of food as medicine. Let its subtle bitterness ground your senses and uplift your body.

10. RITUALS & PRACTICES

More than preparation. A way of being.

Cacao is not just an ingredient - it's a presence. And when we prepare it with intention, it becomes something more than a drink: a **ritual**, a **portal**, a **mirror**.

This chapter is an invitation to slow down. To remember the ancient hands that first ground cacao by stone. To breathe before stirring. To feel into what your body, your spirit, your heart truly needs.

Inside, you'll find **foundational rituals** and **conscious practices** that go beyond the cup. From **how to open your day with cacao** to **evening reflections**, from **silent sipping** to **ceremonial space setting** - these are not rigid instructions, but **gentle frameworks** to support your journey.

Whether you're a seasoned practitioner or just starting to explore, this is a space to cultivate **presence**, **reverence**, and **joy** every day.

Because cacao doesn't just nourish us - it teaches us to listen. To ourselves. To each other. To the unseen.

Let these rituals be anchors. Let them be medicine. Let them remind you: **the real ceremony is you**.

10.1. How to create a cacao ritual?

A practice of presence, not perfection.

Creating your own cacao ritual is not about following a fixed tradition - it's about weaving your own rhythm with intention. You don't need to be a shaman or sit in a circle to experience the depth of this plant. You simply need to show up - present, open, and real.

Here's a simple structure to guide you:

1. Prepare Your Space

Choose a place where you feel safe and undistracted. It could be your living room, your kitchen table, or a quiet spot in nature. Light a candle. Burn incense. Play music - or enjoy the silence.

This is not about creating a perfect setting, but one that invites you to drop in.

2. Prepare the Cacao

Use high-quality ceremonial cacao. Chop and melt it slowly with water or plant milk, whisking mindfully. Add spices or sweetener if desired. Stir with care.

Let this part be meditative. Feel the warmth. Smell the aroma. Breathe.

3. Set an Intention

Before drinking, take a moment to ask yourself:

- What do I need right now?
- What am I opening to?
- What am I ready to release?

You can speak it aloud, write it down, or simply feel it in your heart.

4. Drink with Awareness

Hold your cup with both hands. Take a breath. Sip slowly. Let each mouthful be a moment. Notice the taste, the texture, the way it feels in your body.

This is the heart of the ritual - to receive cacao as a gift, not a habit.

5. Stay Present

After drinking, allow space. You might sit in silence. Journal. Meditate. Move your body. Sing. Cry. Laugh. There's no right way - only what feels true.

6. Close with Gratitude

To close, place your hands over your heart. Thank the cacao. Thank yourself for showing up. Offer gratitude to whatever feels right - the Earth, the moment, your own journey.

A ritual doesn't have to be long to be powerful. Even 10 minutes can shift everything.

Remember: The most powerful rituals are the ones you return to. **Simple. Honest. Yours.**

10.2. Daily cacao practice - morning & evening

Morning & Evening Rituals for Presence and Intention

You don't need a full ceremony to receive the gifts of cacao. Even a few minutes - with presence - can turn an ordinary moment into something sacred.

Whether you're starting your day or winding it down, cacao can help you anchor, soften, and return to yourself.

🌞 Morning Practice - Start with Clarity

Begin your day not with urgency, but with connection.

How to practice:

- Prepare a small cup of ceremonial cacao (20-25 g), blended with warm water or plant milk.
- Sit in stillness as you drink. No phone. No rush.
- Ask yourself:

  How do I want to feel today?

  What energy do I choose to carry?

- Breathe. Sip slowly. Let cacao awaken your body and clarify your mind.
- Optional: journal, move your body, or speak an intention aloud.

A mindful morning sets the tone for the hours to come. Even five minutes of presence can shape your whole day.

🌙 **Evening Practice - Return to the Heart**

End your day with softness, reflection, and gratitude.

How to practice:

- Prepare a lighter cacao dose (10-15 g) with calming herbs or spices if desired (e.g. cinnamon, cardamom, lavender).
- Sit in dim light or candlelight.
- As you drink, reflect:

  What did I learn today?

  What can I let go of?

  What am I grateful for?
- Let your body unwind. Stretch. Breathe deeply. Allow cacao to hold you as you release the day.

The evening is not for fixing - it's for feeling. For softening into rest.

Make it Yours

These practices are not rules. They're invitations. Let your cacao time be a space that's yours - whether it lasts 2 minutes or 20. Let it be honest. Let it be enough. And let it remind you: **presence is always just one sip away.**

10.3. Microdosing cacao & journaling

Small doses. Deep shifts.

You don't always need a full cup of cacao to feel its magic. Sometimes, just a few grams are enough to shift your state, bring clarity, or reconnect with your heart. This is the power of microdosing.

Microdosing ceremonial cacao is the art of using small, intentional doses (3-7g) to support emotional balance, creativity, focus, or presence - without the intensity of a full ceremony.

When paired with **conscious journaling**, it becomes a powerful daily ritual. One grounds, awakens, and helps you track your inner landscape with gentle awareness.

🥤 **How to Microdose Cacao**

- Use **3 to 7 g** of ceremonial cacao (Traditional or Enhanced).
- Blend with warm (not boiling) water or plant-based milk.

- Keep it simple. You can add a pinch of cinnamon but avoid strong stimulants.
- Drink slowly. With intention. With presence.

A small dose. A big invitation.

✍️ Journaling from the Heart

Cacao helps soften the mind and awaken the emotional body. When you write in this state, your journaling becomes more than reflection - it becomes **a dialogue with your deeper self**.

This is not about writing beautifully or perfectly. It's about **being honest**, **being present**, and **letting your truth land on paper**.

You can write:

- In the morning - to set your tone and intention for the day.
- In the evening - to reflect, release, or integrate.
- After moments of overwhelm, inspiration, or emotional intensity.

Write as little or as much as feels right. Even one true sentence is enough.

✨ Journaling Prompts

Here are a few questions to guide your writing:

Morning Prompts:

- How do I feel in my body right now?
- What energy do I want to carry into this day?
- What do I need today - emotionally, physically, spiritually?
- What would make today meaningful, no matter what happens?

Evening Prompts:

- What am I proud of today, even if it's small?
- What did I feel deeply today?
- What do I want to forgive or let go of?
- What's one thing I learned about myself today?

Anytime Prompts:

- What is alive in me that I haven't named yet?
- What does my heart want to say right now?
- Where am I resisting flow - and why?
- What part of me needs love or attention?

Tip: Write without editing. Let the words come as they are. The goal is not to sound wise, but to sound **real**.

🌿 A Daily Micro-Ritual

This doesn't need candles, music, or a beautiful space. Just you, a small cup of cacao, a pen, and a few quiet minutes. Let it be simple. Let it be yours.

Drink slowly. Breathe. Write. Listen.

Even five minutes can become a ceremony when you bring intention to it.

Let this be your way of staying in touch - with your truth, your body, your growth.

Because microdosing isn't about doing more. It's about doing **less**, more **consciously**.

10.4. Cacao + movement: yoga, dance, meditation

Coming home to the body - through the heart.

Cacao is not just something we drink. It's a guide - a gentle companion on the path back to **presence, embodiment, and aliveness**. That's why it pairs so naturally with movement.

Whether it's through **yoga**, **free dance**, or **stillness in meditation**, cacao helps us soften, listen, and move with awareness. It bridges the gap between mind and body, and invites us to transform our practice into something sacred.

This is not about doing it "right." It's about letting movement become **ceremony**.

🧘 Yoga with cacao

Cacao soothes the nervous system, calms the mind, and softens the heart. When taken before practice, it deepens presence and enhances fluidity. Especially beautiful for:

- morning flows or yin yoga,
- gratitude-based practices,
- self-love and body connection sessions.

Breathe. Feel. Let each transition between poses become an offering of awareness.

💃 Dancing with cacao

With rhythm. Eyes closed. No choreography.

Cacao in dance is the **release of control** - a return to instinct. It's not about performance - it's a **prayer in motion**. You can dance:

- alone in your bedroom, in pajamas,
- in community, at an ecstatic dance,
- barefoot in the forest.

You don't have to look graceful. You just have to be real.

🧘 Meditation with cacao

After drinking your cacao - simply sit. Spine upright. Eyes closed. **Just be.**

The body softened by cacao drops more easily into stillness. Meditation becomes less of a "practice" and more of a quiet homecoming.

Try:

- 10 minutes of breath awareness,
- a guided journey with intention,
- silent presence in nature.

You don't need to "focus well." You just need to stay with yourself.

🌿 How to begin?

1. **Choose your moment:** morning, evening, or whenever you need grounding.
2. **Prepare your cacao:** a small cup, around 10-20 g.
3. **Create space:** turn off distractions, dim the lights.
4. **Enter movement or stillness:** without pressure or goal. With breath. With curiosity.
5. **Close with intention:** maybe a journal reflection or a single word of gratitude.

It doesn't have to be big. Sometimes a few mindful shoulder rolls, gentle hip circles, or breath in savasana is enough.

Cacao doesn't ask you how well you move.

Cacao asks: ***are you really here?***

11. EXTRAS

Beyond the cup. Beyond the plate.

This final chapter is a small treasure chest - created to support you on your cacao journey with even more ease and inspiration. While recipes and rituals are at the heart of this book, sometimes it's the little things around them that shape our experience: the tools we use, the sounds we hear, the offers that make access easier.

Here you'll find a **curated shopping list**, **musical journeys**, and a little **gift** to keep your practice going.

Because cacao isn't just about what we prepare - it's about how we live.

11.1. Shopping list - cacao lover's essentials

Tools, ingredients & sacred items to deepen your cacao connection.

This is not a shopping list for the sake of shopping. It's an invitation to create your own ritual - on your own terms. Many of these items you might already have at home. Others can be found in nature. And a few - carefully selected and ceremony-tested - are available at **https://blissfulceremony.com/**.

🥤 Ceremonial Cacao - The Heart of It All

- 100% Criollo Perú Ceremonial Cacao | Traditional - pure, rich, grounding
- Enhanced Cacao with Adaptogens & Functional Mushrooms - infused with Reishi, Maca, Lion's Mane, and more
- Starter & Gift Cacao Sets - designed for daily use or sharing

🔪 Preparation Tools

- Sharp knife for chopping cacao
- High-speed blender (for frothy cacao)
- Small saucepan or milk frother
- Hand whisk or molinillo (traditional wooden whisk)
- Measuring spoons

🌿 Spices & Plant Allies

- Spices for Ceremonial Cocoa - such as true Ceylon cinnamon, cardamom, chili, vanilla, ginger
- Neuroactive Herbs and Plants - Kanna, Damiana, Sinicuichi, Dream Root
- Natural sweeteners: raw honey, maple syrup, date syrup
- Plant-based milks: coconut, oat, almond

🕯️ Ceremonial Atmosphere & Tools

- Ceremonial Candles - made of natural beeswax, clean-burning
- Lotus Flower Candle Holders - to hold the flame with intention and bring symbolic beauty to your altar
- Palo Santo Bursera Graveolens - Palo Santo from Peru & Ecuador for energetic clearing
- White Sage (Salvia Apiana) - to cleanse space with intention
- Agua de Florida & other Scented Waters - for heart cleansing or space setting
- Chakapa - shamanic instrument to move stagnant energy
- **Also helpful:** a soft blanket, cushion, journal, pen, speaker for music, natural incense.

🍪 Pantry Staples for Cacao Recipes

- Chia seeds

- Soft dates (preferably Medjool)
- Rolled oats
- Nuts and seeds (almonds, cashews, pumpkin, sunflower)
- Shredded coconut
- Gluten-free flours (almond, buckwheat, coconut)

You don't need everything at once. **Ritual doesn't start in the perfect kitchen - it starts within you.** But if you feel the call to deepen your practice, these items are here to **support your journey.**

11.2. Ceremony playlists & music

Sound as medicine. Music as guide.

Whether you are preparing a morning cup, entering a ceremony, or simply slowing down with your journal, music shapes the emotional tone of the moment. The right playlist can soften the mind, awaken the heart, and deepen your connection - to yourself, to the cacao, and to the space around you.

At **Blissful Ceremony**, we have curated a growing library of playlists to accompany your rituals - from grounding instrumentals and heart-opening vocals to spacious soundscapes for meditation, yoga, or dance. Each selection is intentional, tested in real ceremonial spaces, and meant to carry you through your own inner journey.

🌿 **Find our cacao-infused playlists here** - and feel free to subscribe for future additions:
▶️ Blissful Ceremony Playlists

Whether you press play during a shared gathering or while sipping cacao alone, let the music hold you. Let it remind you: presence has rhythm, and every ceremony has its own sound.

11.3. Special Gift for You

Because every ceremony begins with a step - and we'd love to walk it with you.

Ritual begins with presence - but sometimes, it also begins with a spark. A warm cup of cacao. A flame lit with intention. The earthy scent of Palo Santo, rising like a prayer.

To thank you for opening this guide and taking the time to explore the world of ceremonial cacao, we'd like to offer you a small gesture in return:

✨ **Use code COOKBOOK10 at checkout** on Blissful Ceremony to receive **10% off your order (for purchases over 100 zł).**

This gift is for you - to support your practice, deepen your rituals, and bring a little more beauty into your daily life.

You can use it on:

- 🌱 **Ceremonial Cacao** (Traditional, Enhanced, or Gift Sets)
- 🔥 **Natural Incense** (Palo Santo, White Sage)
- 🕯️ **Ritual Tools** (Lotus candle holders, beeswax candles, Chakapas)
- 🌿 **Sacred Botanicals** (Kanna and others ceremonial herbs)
- 💧 **Agua de Florida & Scented Waters**
- …and everything else that **speaks to your soul.**

One-time use. Exclusively for readers of the Blissful Ceremony cookbook.

Let this be more than a discount - let it be a doorway. A reminder that intention deserves to be nourished. That beauty and depth can be part of everyday life. That your ritual has already begun - and you're not walking it alone.

12. Thank You 🙏

From our heart to yours - thank you for walking this path with us.

Creating this cookbook was more than a project.
It was a prayer, a conversation, a weaving of stories and flavors.
Each recipe was born not only from taste, but from intention -
to nourish, to ground, and to bring more presence to the everyday.

We're deeply grateful that you chose to open these pages.
That you stirred the cacao. That you paused, even for a moment,
to invite beauty, ritual, and stillness into your life.

Whether you're preparing a cup before sunrise,
sharing a meal with loved ones, or cooking in silence -
you are part of something ancient and alive.

With love and reverence,
The Blissful Ceremony Team