



Taking a Closer Look at
Dairy Free Chocolate...

Compiled By 'The Dairy-Free Chocolatier'

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Chocolate: Food of the Gods, Vegans & All the People of Planet Earth...

Chocolate, well what can I say, it's one of the most delightful exciting senses for us mere mortals on the planet – wouldn't you agree? It's something that one can quickly and easily fall in love with that's for sure.



According to popular research, chocolate is one of the number one foods craved by women, let alone the rest of the population. And **Switzerland leads the way in chocolate consumption at a staggering 19 pounds per person per year.** That's some chocolate right.

And so this brings me to my next note, how can one find great quality luxurious dairy free, vegetarian and vegan chocolate quickly and easily? Well getting a hold of dairy free and vegan chocolates these days is a breeze compared to say 10 years ago. Being vegan myself and a lover of chocolate from way back it was one of my ventures as a vegan to source out and find some of the best vegan chocolates I could find, and if I couldn't find them make my own recipes. So that's what this article is all about ... Dairy-free Chocolates and Vegan Chocolate for those living an alternative healthier lifestyle.

Those people living with lactose intolerances and on a vegan or raw food diet may have in the past found it a bit challenging to find great tasting dairy-free, vegan or raw food chocolates to satisfy their cravings. I know from personal experience when I first went vegan many years ago, I gave

up my favourite food (chocolate) as I couldn't find any suitable options on the market that had a great taste, and I didn't know about sourcing such things from other countries at that time either. So I gave it up – until I found vegan and non-dairy options by accident that is. So now no matter if I'm living vegan or as a raw foodist I can and do have many choices in today's world. There are literally hundreds, if not thousands of dairy-free and fully vegan chocolate bars, candies and recipes to choose from. What a delight for our tastebuds.

So let's start by discovering where chocolate comes from... the 'Cacao Bean' (today people use such words like cocoa, coco, chocolate, cacao interchangeably to describe chocolate). And so from the Cacao Tree (which flowers and produces fruit all year round) comes the cacao beans from which chocolate is made. Once the flowers on the Cacao Tree are pollinated, they soon develop into pod-like fruits. These fruits can grow up to 18-20cm in length and contain approximately 20 to 50 'cacao beans' inside – this is the natural, raw form of chocolate. Cacao beans taste just like dark chocolate – and that is exactly what they are in pure form!

Next from the cacao beans come the processing methods (to make a long story short) to extract out into 'chocolate liquor' which eventually after a few more methods finally becomes cocoa powder, butter, oil etc. Thus what Chocolatiers use to work their magic and make the sweet chocolate treats we buy and eat today.

"Chocolate is a divine, celestial drink, the sweat of the stars, the vital seed, divine nectar, the drink of the gods, panacea and universal medicine (Quote by Geronimo Piperni)

Now let's get started with one of the quickest easiest chocolate recipes I know to date.

Delish Quick Chocolate Bites

No cooking, no having to melt any cacao butter, just add ingredients, mix and set. How easy is that for a quick chocolate hit. **This recipe takes seconds really and well worth trying** at least once (but take note my friends you may just get hooked and keep going back for more).

- 2 Tbsp coconut oil
- 4 Tbsp chocolate powder
- 2 Tbsp Agave nectar
- 2 Tbsp of Maca powder
- 1/2 cup cashew nuts

Method: Put everything into a small processor or blender and blend until smooth. Pour into moulds and freeze to set. These chocolate bites should preferably be kept in the freezer as they are raw chocolate bars and don't set like traditional chocolate.

Now if you don't have time to make your own chocolate treats and sweets, then don't worry as here I've put together a list of some of the most irresistible well known non-dairy and vegan chocolate brands for your convenience. So purchasing dairy-free and vegan chocolate, is now as easy as pie.

Check out some of these brands when next on the gander for a satisfying chocolate hit . . .

- Plamil Chocolates
- Vegan Sweets Brand of Chocolates
- Sweet Williams Soy Milk Chocolates
- Kaoka Chocolate
- Tropical Source Chocolates
- Organica Chocolate
- Booja Booja Chocolate
- Artisee Organic Dark Chocolate
- Chocolate Decadence
- Denman Island Organic Chocolate
- Chocoreale Organic Vegan Chocolate Spreads
- Tree Huggin' Treats
- Organic Chocolate Nuts & Chews Assortment by Sjaaks
- Newman's Own Organics Sweet Dark Chocolate
- Organic Chocolates by Allison's Gourmet
- Terra Nostra Organic Rice Milk Chocolate Bar
- Sunspire Dark Chocolate Coconut Bar
- Health By Chocolate Organic Bars
- Dagoba Organic Chocolate Bars
- Rose City Chocolatiers
- Endangered Species Chocolate Company
- Whizzers Chocolate
- Alpha Confectionery
- Constant Craving Chocolates
- Plus many more

So as you can see if you are looking for dairy free chocolates or vegan chocolate to satisfy your cravings you have no shortage of chocolate treats to choose from. And we haven't even added in the raw food

chocolate brands in the above list either... there just seems to be too many vegan chocolates on the market these days we couldn't even possibly list them all. (**NB:** *also don't forget to check ingredients labels as some companies make both vegan and non-vegan chocolate varieties and treats*).

"Nine out of ten people like chocolate. The tenth person always lies." (John Q Tullius)

Here are a few extra tips when looking for dairy-free chocolates in the stores, Buy organic if you can, make sure you get chocolate with a high quality cocoa content, taste test as many brands of non-dairy chocolates as you can get your hands on – everyone's tastes will be different after all and you never know what will take your fancy when you come into contact with high quality chocolate bars. And of course don't forget you can get some great tasting hot chocolate mixes and spreads these days as well, so don't just look for chocolate boxes, bars or bites, make sure you experience all the benefits that chocolate has to offer.

Chocolate is the Food of the Gods after all!

6 Great Places to Delight in a Secret Vegan Chocolate Revolution for Your Soul!

We have a lot to be grateful for when talking about vegan chocolate, that dairy free extravagance once literally null and void on this corpse-infested world we call home.

Who would have ever believed that after such a minute sustainability of vegan chocolate's in the past that not only would we create an amazing array of luxury's into the future that now **we are able to "devour" and pamper some of our most permissible senses through dairy free vegan chocolate fantasy's anywhere, anytime.**



As a result of divine intervention on the vegan production line, a lot of Vegfolk now can't sustain from a little or even a lot of glee – there's no faux ecstasy here my friends. Frankly I'm one of those vegans that would go to the ends of the earth for that seduction of my vegan senses.

Ohhh... the raptures a gourmet vegan chocolate can take one to, cloud nine I'd have to say!

Now with the introduction of Hundreds if not Thousands of Vegan & Dairy-Free Chocolates on offer to spoil our mere mortal senses with, it's game on.

More people are embracing the wonders of these abundant times and are buying their favorite vegan chocolates for friends and family, and why wouldn't they considering those poor excuses for 'pussy-infested milk chocolates' on the supermarket shelves these days which are by the way in case you didn't realise it, filled to the brim with a glass and a half of sugar-coating the slaughterhouse. Has society gone mad I ask myself quietly while I envision where such fraudulence and propaganda originated from (but that's a story for another day). Yuck, how can mankind even think that suckling from another species is normal by the way?... Oops did I go off in another one of my vegan-raves, apologies then and back to the chocolates...

With the immense flavors of vegan chocolates on the shelves nowadays, we have the unique advantage of **spoiling ourselves to our hearts content**. We can succumb our taste buds from every avenue and eat things only ever once pined for within the vegan and dairy-free worlds.

So if you are considering buying any dairy-free chocolates and taking your stature to new peaks why not grab yourself in a quiet moment of bliss outside of mainstream reality and ignorance and enjoy the fact that whilst eating that vegan chocolate bar you picked up earlier at your favorite health store you can be consciously aware of the fact that you are in fact helping the planet and the animals plus all this without doing any harm to yourself (... well I guess that last one can be disputed if you gorge yourself on junk too much right, but hey, whatever does it for you is fine by me cause I for one was born with an honorary major sweet tooth so I'm not about to judge anyone in this instance).

Below are just six great places you may find fun to enjoy a dairy-free vegan chocolaty sensation today:

1 In bed - There are certain days when we just don't want to do anything but lie down in bed and have a break or rest from the outside world, like a Sweet Sunday morning no doubt. We may also just want to lie down in the dark until we fall off into chocolate heaven.

This is a great time to dine in some romantic truffles with your partner. You wouldn't have to bother with putting on the lights, finding a book to read, or flipping through the stresses of your day.

With a decadent dairy free truffle, the entire experience could be the highlight of your day while you are in your cosy comfy sanctuary.

2 In the kitchen while doing household chores such as washing the dishes or cooking. For some people it can be very boring being in the kitchen, especially washing the dishes or other such chores.

This is a great time to scoff some of those bite sized caramel creamed chocolates because your hands are still able to quickly grab one and pop it quickly into your mouth in between sweeping the floor and washing the dishes..

Instead of feeding your mind with negative thoughts during this time, a little vegan dairy-free choc treat would be a wonderful alternative to melt your worries away instantly.

3 While outdoors in the garden – You can now experience the abundance of nature while devouring your favorite vegan candy bar.

Any vegan chocolate can make your gardening experience extra fun because you would be nibbling on a beaut little snack while out in the fresh air, digging in the dirt (which can only be a good thing for the soul right). **Remember chocolate melts in the sunshine, so don't hesitate to gobble those spinsters down while you can.**

4 While basking in the rays of sunshine on a secluded beach somewhere – why not sit back in your beach chair, put your hat on, open your senses to the fantastic salt air, take in the rays of bliss before you and crack open that box of chocolate truffles you had in the back of the cupboard saving for a special occasion.

Talk about benefiting your awareness – exercising your taste-buds whilst getting your daily dose of Vitamin D, bring it on!

5 On the road commuting – This could either be in your personal car or a commercial bus or train ride to work. You see, many people lose a great deal of time doing nothing while commuting to and from their jobs.

Why not use that time to listening to some sweet music, all whilst munching on a couple chocolate coated macadamias or strawberry creams?

... Anytime is an excuse for chocolate I'd say.

6 In the air while travelling – You wouldn't believe it, but there are many people who spend more time in the air than on the road. There are professional assignments that involve travelling from one state to the other or even from one country to the other.

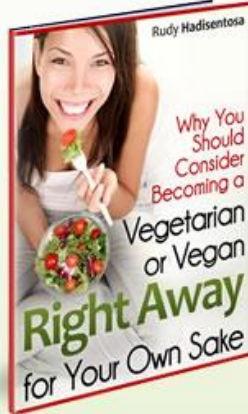
If you are in such a situation, consider taking along a box of your favorite vegan chocolate candies – because you never know when you'll have the opportunity to grab some more when you are in another country?

Can never be too careful these days and when that vegan choc rush hits you might just need to grab your emergency supply to get you through.



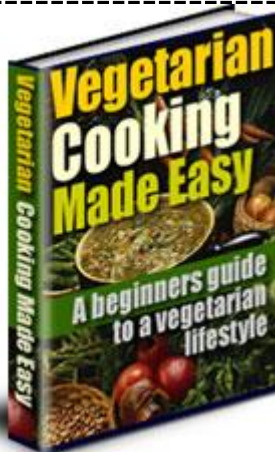
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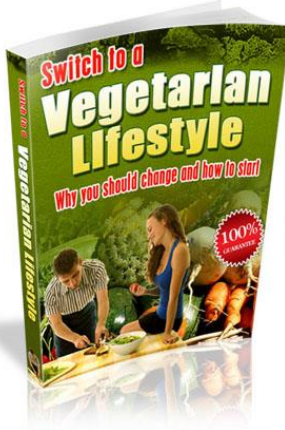
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