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Essential Oils For Chocolate Truffles, Chocolate Candy, And Chocolate Desserts: The 15 Minute Guide To Making Chocolates With Essential Oils-How To Make ... Oils (Essential Oils For Chocolate Lovers)





Synopsis

Two of my favorite things in life are chocolate and essential oils. When I learned from a friend a couple of years ago that these were actually being combined, I was delighted! This friend of mine owns and runs a local vegan health food store called The Living Temple, and he actually sells these phenomenal chocolate truffles in his store in Huntington Beach, California. So, once in a while I stroll over there to buy a few, but I decided to figure out how to make them myself. And what a huge success I have had! I have turned friends and neighbors and even strangers onto these little tiny bits of heaven! (If you live in California, you might want to make a special trip over to this health food store and pick up a few--it is definitely worth the trip!) Eating chocolates that are scrumptious is always a feel good thing to do, but why not add some essential oils to your chocolates, and make them healthier and even more scrumptious! My favorite essential oils to add are orange, or peppermint, or lavender. Truffles are one of the easiest candies to make— with chocolate, cream, essential oils, and time— to create something blissfully elegant, delicious, and decadent. Be sure to use high quality chocolate, which is 62% cacao, if you can find it. And use organic cream too. The quality of these ingredients will really affect the final product! If you are a health nut, like I am, then you have probably read all of the books out there on eating whole foods, and how to use essential oils for your health to treat many health ailments. But, just in case, you should know that the best oil that you can get for your health are classified as CPTG. This means Certified Pure Therapeutic Grade. Many essential oils are classified as “pure,” even when they only have 10% - 50% of “pure” plant oil extracts in them, and the remaining percentage of ingredients are actually dangerous chemicals or carrier oils. They can also be laden with plant particles and residues that aren’t beneficial to you. The best thing to buy is the oil with the CPTG label. I personally recommend DoTerra oils, and also Young Living. There are food grade oils that are okay in things that you consume orally, such as a tea made from peppermint extracts. OK, so let’s get you started. This will be an enjoyable experience all around, because making the chocolates is fun, but then so is eating them! This is going to take your chocolate eating experience to a whole new level! Wait until you try the Classic Chocolate Truffle Recipe, the Peppermint Coconut Chocolate Truffles, and the Healthy Chocolate Pecan Truffles—all infused with flavorful and fresh essential oils. Chocolate truffles are a wonderful and luxurious way to treat someone special—including yourself!

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Customer Reviews

I have read several of author Kathleen Kalaf's books in the past and am a fan of her well-written and unique take on nutrition and beauty topics, especially anything having to do with oils. Her latest, "Essential Oils for Chocolate Truffles..." intrigued me because it never occurred to me to combine the two and we definitely enjoy making our own sweets at home. There are several great, and well explained recipes here and we absolutely loved the Classic Chocolate Truffle recipe "Infused with Essential Oils" that we made using this guide. Definitely recommend.

This is a good way to combine 2 of my favorite things.

I'm eating less chocolate these days but this is great.

What better way to get your sweet tooth satisfied than with a HEALTHY candy. Chocolate no less! I tried the Classic Chocolate truffle. It was easy to make and healthy and delious to eat! Who would

ever think to use essential oils to make candy? Not me. I am glad I read this short book with some health tips and great easy to follow recipes for candy. I want more!!!!

Because of all the possibly uses of essential oils in this way

yum! great recipes...

Really great!

Delicious easy recipes

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