



5 DELICIOUS RAW CACAO RECIPES



TO CREATE YOUR MAGICAL CACAO
MOMENTS AT HOME

INDEX

- About Cacamo
- Traditional Cacao drink
- Cacao with Rose tea
- Golden Cacao latte
- Cacao Hazelnut spread
- Cacao smoothie
- Support Bali



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CACAO RECIPES

TO CREATE YOUR MAGICAL CACAO MOMENTS AT HOME

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ABOUT CACAMO

Our Vision

We truly believe in the power of 100% pure raw cacao.
100% pure raw cacao is made by cold pressing non-roasted cacao beans. If you would roast the beans - like the normal chocolate bars in the supermarket - a lot of good nutrients are lost.
By 100% pure raw cacao so many good nutrients are kept inside like magnesium and antioxidants.



The founders

Supi (from Germany and living most parts of the year in Bali) and Corona (from the Netherlands and living most parts of the year in Bali, Sweden or Portugal) are Bali forever grateful for all the support she gave them: trusting themselves, making decisions from their heart, jumping into the unknown and living the life that they always dreamed of.

With CACAMO they feel they can give something back in 2 ways:

- Supporting the Balinese farmers in their income.
- Bringing the "Bali vibes" to Europe with this amazing soft and powerful cacao. So more people experience their connection with the heart, with love and can find a community to be part of.

In 2017 they first started with offline Cacao ceremonies in Europe and Bali. From 2018 onwards they created an online teaching program to become a certified Cacao ceremony facilitator to make the cacao knowledge accessible to everyone.



TRADITIONAL CACAO DRINK

MAKE YOUR OWN
TRADITIONAL SACRED
CACAO DRINK WITH
THIS RECIPE.

THIS RECIPE IS USED
FOR CENTURIES IN
THE SOUTH AND
CENTRAL AMERICAN
TRIBES. OTHER THE
TIME IT JUST
SLIGHTLY ADJUSTED.



INGREDIENTS FOR 1 PERSON:

- 42g Cacao paste
- 50ml water (or more depending on how thick or thin you like your cacao drink)
- ½ tbsp Cayenne pepper or chilli powder
- 1 tbsp cinnamon
- Sweetener (as much or less to your own taste)

DIRECTIONS:

- Boil the water in a pot and take it from the heat to cool down to 70/80 degrees. By doing this all the good nutrients in the cacao are preserved.
- Cut the cacao paste into small pieces and add it to the hot water. Stir it constantly until it is smooth and creamy without any pieces of cacao anymore.
- Add the spices and sweetener and stir again. Then pour it into your favourite cup.

The last step is to add your intention, a pinch of love and sparkle, and ready to serve!



CACAO WITH ROSE TEA

THE ROSE IS A
SYMBOL OF LOVE.
AND FOR THAT
REASON A BEAUTIFUL
COMBINATION WITH
CACAO.
INSTEAD OF MAKING
YOUR CACAO DRINK
WITH WATER, YOU
CAN ALSO MAKE IT
WITH ROSE BUD TEA
FOR SOME EXTRA
LOVE!



INGREDIENTS FOR 1 PERSON:

- 150ml water
- 1 tsp of rosebuds
- 20gr cacao
- Sweetener (as much or less to your own taste)

DIRECTIONS:

- First, you boil 150ml water.
- After that, you put about 1 teaspoon of rosebuds in the water and let it steep for at least 5 minutes.
- Remove the rosebuds from the water.
- Then cut 25gr of cacao into small pieces and add it to the rosebud tea. Stir until it's smooth without any pieces of cacao left.
- If you like you can add some sweetener.



GOLDEN CACAO LATTE

CACAO IS REALLY NICE TO COMBINE WITH ALL DIFFERENT KIND OF SPICES.

FOR EXAMPLE, TURMERIC WITH IT'S BEAUTIFUL BRIGHT YELLOW COLOUR. THIS SPICE IS KNOWN FOR ALL KINDS OF HEALTH BENEFITS.



TURMERIC IS A NATURAL ANTI-INFLAMMATORY AND A POWERFUL ANTIOXIDANT.
TRY THIS NURTURING WARM DRINK.

INGREDIENTS FOR 1 PERSON:

- 50ml hot water
- 150ml oat milk
- 20gr cacao cut in fine pieces
- 1 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1 tsp of sweetener

DIRECTIONS:

- Heat water and milk in a small saucepan
- Turn off heat and add the cacao, turmeric and cinnamon
- Whisk well until it is smooth.
- Pour into your favourite cup.



CACAO-HAZELNUT SPREAD

GET CREATIVE FOR
YOUR OWN MORNING
RITUAL AND BRING
CACAO TO YOUR
BREAKFAST!

MAKE YOUR OWN
HEALTHY CACAO
HAZELNUT SPREAD
WITH NATURAL
INGREDIENTS.



INGREDIENTS FOR 1 PERSON:

- 250gr raw whole hazelnuts
- 4 tbsp of cacao paste cut into fine pieces
- 6 tbsp of sweetener.
- 4 tsp pure vanilla extract
- Pinch of salt

DIRECTIONS:

- Roast the hazelnuts for around 10 minutes in the oven at 175°C until they have a golden colour. Stir occasionally while roasting.
- Add all the ingredients into a food processor and blend until it's smooth. You might need to scrape the sides and start again a couple of times.
- When the spread has the consistency the way you like it you can store it in the fridge.

Serve after it has cooled - pure, on bread or with fruits.

Get creative!



CACAO SMOOTHIE

FEELING FOR SOME
CACAO BUT MORE IN
A LIGHT, FRESH WAY?

ENJOY YOUR
BREAKFAST OR A
DELICIOUS DESSERT
WITH THIS CACAO
BLISS SMOOTHIE!



INGREDIENTS FOR 1 PERSON:

- 200ml of nut milk
- 1 tbsp cacao paste in fine pieces
- 1 tbsp almond or peanut butter
- 1 ripe banana in chunks
- 1 tbsp of sweetener like agave syrup
- 1 tsp pure vanilla extract
- 1/2 tsp ground cinnamon

DIRECTIONS:

- Place all of the ingredients into a blender.
- Blend everything together until smooth.

Serve it in a glass or bowl with fresh fruits, nuts, seeds or flowers.

Salute!



SUPPORT BALI

We choose to work with a local farmer whom we know already many years. So we are directly in contact with our “Bali Cacao Family”, know them very well and know from our own - and many other - an experience that they are making the most delicious cacao.

Because of covid-19 and the restrictions the Balinese people are suffering from extreme income loss because their island is so dependent on tourism. We are so grateful that in this way we can do something to support the Balinese farmers.



GET YOUR OWN CACAO



You can get our delicious 100% pure raw ceremonial grade Cacao in 3 different sizes:

- 120g mini cacao bars
- 500g cacao block
- 1000g cacao block

Order your cacao online:
www.cacamocacao.com

