



**108 WAYS TO
ENJOY
CACAO NIBS!**

*by Fyl Kutsche &
The Yoga of Chocolate™*

1. Slice a **Banana** in half length-wise, press in some nibs = **Banana-Nib Sandwich!**
2. *Blend a couple tablespoons in with your smoothie for an antioxidant boost and rich chocolate flavor.*
3. Toss some in your **Guacamole** (for reals!)
4. Add to **Banana Bread!** <http://southernmadeblog.com/cacao-nib-banana-bread/>
5. *Sprinkle on Top of Salads*
6. Try THIS **Mint Chocolate Chip Cauliflower Smoothie Bowl**
<https://www.leefromamerica.com/blog/2017/3/25/mint-chocolate-chip-cauliflower-smoothie-bowl>
7. **Cacao Nib Honey Brittle** <https://norecipes.com/chocolate-honey-cacao-brittle-recipe/>
8. *Add to Overnight Oats or Chia Pudding*
9. **Toss into Ceviche!** <http://workingwomansfood.com/recipes/to-die-for-ceviche/>



10. Devour these **Banana Chai Blondies** <https://www.sbs.com.au/food/recipes/banana-chai-blondies>
11. **Avocado + Matcha Smoothie Bowl** ~ blend avocado, ripe banana, coconut milk or water, 2 tsp matcha, squeeze of lime, pinch of salt & top it all with cacao nibs!

12. **Almond, Cherry & Cacao Nib Breakfast Cookies** <https://www.thegreenlife.ca/almond-cherry-cacao-nib-breakfast-cookies/>

13. Toss into your favorite fruit **popsicle** recipe for some Summer Fun and a little extra texture (toss in after the popsicles have set for a little while so all the nibs don't just clump at the top!)

14. **One of my all-time faves:** Blend goat cheese with a dollop of honey, roll into a ball and then roll that ball in cacao nibs!

15. **Cold Brewed Cacao** = Blitz 1 cup of cacao nibs in a blender until they are roughly ground. Transfer the roughly ground nibs to a large glass bowl and pour 3 cups of cold water on top. Give it a good smooch, and let the flavors infuse and permeate the water for 16 hours (overnight). Drain through a coffee filter, or a nut milk bag. Ditch or compost the solid collected in the filter. Store the cold brewed cacao in your fridge and add to coffee or drink as is. You might like to soften it with agave or maple syrup.



16. **Easy Energy Balls** ~ in a large bowl mix your favorite nut or seed butter, ground flax seed, pinch of vanilla & cinnamon with cacao nibs. Add honey until your dough is sticky & roll-able.

17. Paleo-Friendly **Cacao Nib Pesto** (yep, pesto!) <http://greensofthestoneage.com/paleo-cacao-nib-pesto/>

18. In a pinch...**Fresh Baked Bread + Honey + Cacao Nibs = Perfection**

19. **Cacao Nib Honey Sweetened Brownies** <https://www.naturenates.com/clean-eating-cacao-nib-honey-brownies/>

20. *Use in place of chocolate chips in recipes for a sugar-free and nutrient-rich alternative.*

21. Make your own **nut or seed butter**? Add some nibs while preparing it the next time!



22. *Add to ice creams for a chocolate crunch*

23. Create your own chocolate extract by adding nibs to **vodka or brandy** for a few months to extract flavor.

24. Add to fudge recipes for an extra crunch. <https://gourmandeinthekitchen.com/raw-fudge-recipe/>



25. *Add to granolas for additional crunch and flavor.*

26. Grind finely to add to **bath scrubs** to *exfoliate, stimulate and tighten* skin.



27. Caramelized and Salted Pepitas + Nibs = **Super Tasty Snack Mix!**

28. *Toss into, or top off, savory stews and chilis.*

29. Make your own **Kombucha**? Try adding cacao nibs for a new flavor!

30. Blend them into savory sauces to add depth and flavor – **think moles.**

31. **Grind finely to rim the glass of a seasonal cocktail.**

32. *Add to your morning brew to create a café mocha.*

33. Add to **pancakes or muffins** instead of chocolate chips.



34. **Caramelize nibs with coconut sugar & cocoa butter for a sweet, crunchy treat.**

35. Top icing or **whipped cream** for texture and a pop of flavor.

36. *Swirl into peanut or other nut butters with a drizzle of honey for a simple, high protein snack.*

37. Blend and add to red meat or poultry **MARINADES**

38. Create your own guilt-free **cacao nut milks** or **hot chocolate.**

39. Blend and incorporate into **RAW NUT CRUSTS** for pies and cakes.

40. **Blend with dates and avocado for an all natural and raw icing or pudding.**

41. Sprinkle on **bruschetta** or **pizza**
42. Top your **Avocado Toast** with a sprinkle of nibs



43. **Cacao + honey roasted nuts**

<https://onehoney.ca/blogs/recipes/cacao-nibs-nuts-cube-feat-oneroot-wildflower-honey>

44. **Chocolate Covered Nib Clusters** ~ over low heat melt high percentage chocolate (70% or higher) with 1 tsp of coconut oil per 2 oz of chocolate. Toss in enough cacao nibs to cover completely. Use a spoon to scoop out and place on tray covered with parchment paper. Place in frig until cool.

45. They add a great crunch to your favorite **Black Bean Salad**
46. Or...Toss some into your **Pico de Gallo**
47. Stir into **Mashed Sweet Potatoes** (so good!!!)
48. *Throw into those summer trail mixes for a boost of energy.*
49. Nib your **Kale Salad!** (finely chop & massage kale with salt & then cubed avocado, add some finely chopped green onion & apple & then toss in some nibs for crunch!)
50. **Chocolate & Nib-Covered Sweet Potato Fries?** *Um, why not!*
<https://savoryspin.com/salted-chocolate-drenched-spicy-sweet-potato-fries-5/>
51. Caramelized **Majambo Seeds** Tossed in Nibs (if you can get your hands on some majambo, a seed in the same family as cacao...just a bit nuttier & harder to come by)
52. **Cacao Nib Scones** <https://foodyear.wordpress.com/2011/06/08/scones-with-cocoa-nibs/>

53. Sprinkle on top of a **Tropical Fruit Salad!**



54. **Cacao Nib + Coconut Breakfast Rice Pudding**

<https://www.washingtonian.com/2012/03/30/chocolate-coconut-rice-pudding-breakfast-recipe/>

55. **Cacao Nib + Coconut Tower** <https://thehealthyfoodie.com/coconut-and-cacao-nibs-pancake-tower/>

56. Toss some on top of your favorite **Rustic Bread** (toasted or not) and **Jam**

57. **Coconut Maple Granola** with Cacao Nibs

<http://inpursuitofmore.com/2012/03/10/recipe-coconut-maple-granola-with-cocoa-nibs-love/>

58. **Cacao Nib Romesco Sauce** <https://www.foodandwine.com/recipes/grilled-shrimp-with-cocoa-nib-romesco-sauce>

59. **Cacao Nib Salad Dressing** <http://www.oprah.com/food/cocoa-nib-salad-dressing-recipe-alton-brown>



60. Make an easy **chocolate sauce** by soaking your nibs for about 24 hours and then draining (save some of the water) and blending with agave (or honey), adding water as necessary until you reach the desired consistency!

61. **Cacao Nib Chicken!** (I'm veg so you're going to have to let me know about this one!)

<https://shop.smartchicken.com/RecipeDetail.aspx?recipe=cocoa-nib-chicken&type=>

62. **Jasmine + Cacao Nib Ice Cream** <https://www.fixfeastflair.com/home/jasmine-cacao-nib-ice-cream>



63. **Jasmine & Cacao Nib Tea**

64. *Rose Petal, Pecan, & Cacao Nib Granola*

<https://www.butterandbrioche.com/home/rose-petal-granola-with-pecan-and-cacao-nibs>

65. **Salted Hazelnut-Bourbon Brownies with Nibs**

<https://www.butterandbrioche.com/home/salted-hazelnut-bourbon-blondies-with-cacao-nibs-and-figs?rq=cacao%20nibs>



66. **Roll them into your cinnamon rolls!**

67. *Sprinkle into sourdough bread*

68. **Rye Bread + Cream Cheese + a dab of honey + Nibs = YUM**

69. **Ice Cream Sandwich Cookies...**<http://www.goudalife.ca/2018/05/25/bittersweet-chocolate-pistachio-cocoa-nib-ice-cream-sandwiches/>



70. **OR** <https://www.gatheratable.com/blog/halva-ice-cream-sandwich-cookies>

71. ***Caramelize your own Popcorn with coconut oil, maple syrup and NIBS!***

72. **Skewer a whole banana, dip it in melted dark chocolate, roll it in nibs, and freeze for a sweet, crunchy frozen treat!**

73. **Creamy tahini & nib popsicles** <http://www.sassy-kitchen.com/home/2016/7/20/creamy-tahini-cacao-popsicles-gluten-free-vegan>



74. Blend ripe bananas, cacao powder, and nibs, freeze and voila **instant healthy ice cream!** Top with almonds + a pinch of sea salt for even more lusciousness!

75. **Strawberry Cacao Nib Smoothie** with nut or hemp milk, fresh or dried coconut milk, and a dab of honey – pure sweet goodness!

76. *Sliced Apples or Pears topped with cashew butter and cacao nibs*

77. **Strawberry, Fennel, and Arugula Salad topped with Nibs**

78. *Goat Cheese + Strawberry Jam + Cacao Nibs*

79. **Strawberry + Cacao Energy Balls** <https://glowchef.com/strawberry-and-cacao-energy-balls/>

80. **Add Nibs to top off your favorite Hummus!**

81. *Boil Yucca Root, then mash and stir in butter, salt, and nibs!*

82. **Cacao Nib + Chili Oil** – add lightly toasted cacao nibs, chili flakes and whole chili to a bottle, top with hot olive oil, let sit & soak for at least a week (shake daily) Then use to top your favorite salad, sammie, or spread!

83. **Ginger + Cacao Nib Cannoli** <https://www.saveur.com/ginger-cocoa-nib-cannoli-recipe>

84. **Super Healthy, Vegan Cacao Nib Cookies** <https://theconscientouseater.com/vegan-cacao-nib-cookies/>

85. **Tossed in with Roasted Beets, Carrots & Onions!**

86. **Greek Yogurt** mixed with Cacao Powder & honey and sprinkled with Nibs



87. *Or...Sliced bananas + Greek Yogurt + Cacao Nibs*

88. **Peanut Butter, Coconut, Nib Dip for Banana Chips** <https://www.google.com/search?q=falafel+with+cacao+nib&oq=falafel+with+cacao+nib&aqs=chrome..69i57j69i65j0l4.3897j0j9&sourceid=chrome&ie=UTF-8>

89. **Coconut + Cacao Nib Granola** <https://harpermacaw.com/blogs/news/coconut-cocoa-nib-granola>

90. **Toast them & toss them on Fettucini Alfredo!**

91. Combine **Gorgonzola, Walnut, and Cacao Nibs** and mix in with your favorite pasta tossed with olive oil & salt



92. **Spinach + Cacao Nib Pesto** <https://thefeedfeed.com/lenaliciously/spinach-and-cacao-nib-pesto>

93. **Healthy Caramel Apples!** <https://keeprecipes.com/recipe/howtocook/healthy-caramel-apples...six-ways>

94. **Puffed Quinoa & Nib Bars** <https://www.onegreenplanet.org/vegan-recipe/sugar-free-puffed-quinoa-and-cacao-nib-chocolate-bars/>

95. **Chocolate Dipped Strawberries rolled in Cacao Nibs**



96. *Or your favorite Dried Fruit dipped in chocolate and then rolled in cacao nibs*

97. **Cacao Nib + Pumpkin Seed Toffee** <https://www.realsimple.com/food-recipes/browse-all-recipes/cacao-nib-and-pumpkin-seed-toffee>



98. **Cacao Nibs + Salty Peaches**...Dice 4 fresh peaches, toss with ½ tsp pink salt & 2 tbsp olive oil...let sit for an hour, then toss in 2 tbsp cacao nibs. Serve on bread, crackers, ice cream, goat cheese, yogurt...

99. *A nod to where cacao comes from...**sprinkle onto some coconut-oil roasted plantains***

100. **Grilled Peaches, Olive Oil, Cacao Nibs**

101. *Smoke 'em and toss em into your favorite salad at the next BBQ*

102. **Add them to your S'Mores!**

103. **Nibby Whipped Cream** https://www.scharffenberger.com/en_us/recipes/nibby-whipped-cream.html

104. *Add to your favorite carrot or zucchini muffin recipe*

105. *Add to your favorite jam or preserve*

106. **Cacao Nib Beet Slaw** – shred beets & carrots, toss with finely sliced scallions, ACV, olive oil, salt & pepper, and NIBS!

107. **Beet Brownie Bliss Balls** <https://www.floraandvino.com/beet-brownie-bliss-balls/>



108. **AND**, last but not least...

STRAIGHT OUT OF THE BAG!

One ounce provides 9 grams of dietary fiber, 4 grams of protein, and a substantial portion of the daily recommended allowance for iron and magnesium.

