

NO BAKE COCOA COOKIES

No baking required, few dishes needed, fast and easy to make, raw, vegan, refined sugar free, and dairy free! Take these babies with you on a hiking adventure or wherever you may need a blissful pick me up. Not only are they energizing and packed with nutrients, but they taste divine too.

Serving size: 1 cookie

Calories: 120 **Fat:** 7.4g **Saturated fat:** 4g **Carbohydrates:** 12g

Sugar: 5–9g **Sodium:** 24mg **Fiber:** 1.7g **Protein:** 2.6g

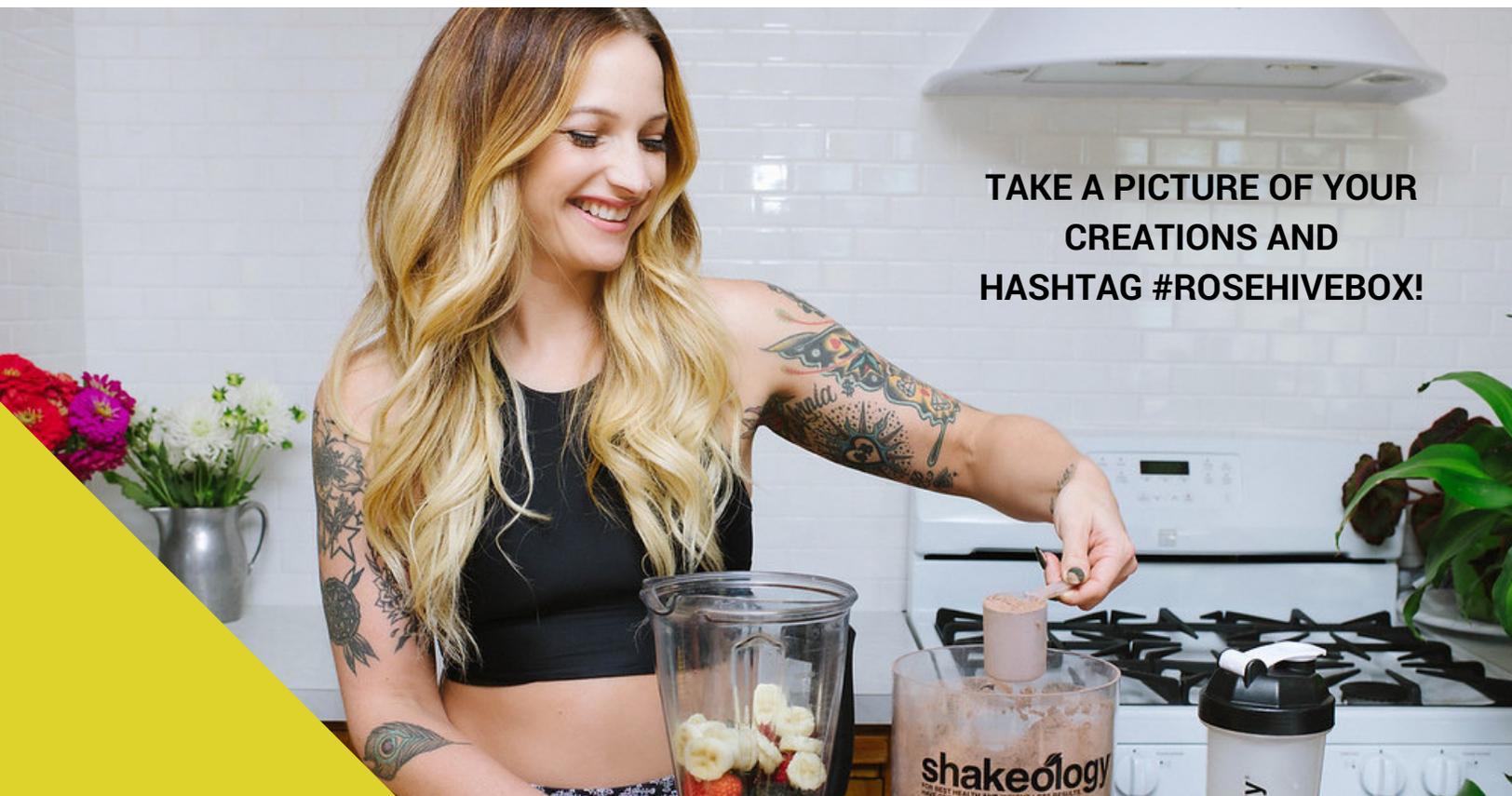
Makes About 16 Cookies

WHAT YOU'LL NEED

- 1 cup medjool dates, pitted
- 1/2 cup almonds OR
- 1/2 cup raw cashews soaked in water for 3 hours
- 1/2 cup dry oats
- 2 T unsweetened sunflower seed butter (or any creamy nut butter)
- 2 T coconut oil
- 5 T cacao powder
- 2 T cacao nibs
- 1 tsp sea salt coarse
- 4 T hemp seeds (optional)
- 2 T molasses (optional)
- Optional variations: Add some cayenne to spice it up, cinnamon, protein powder, or shredded coconut

METHOD

1. Line a baking sheet with parchment paper.
2. Combine all ingredients in a food processor or blender.
3. Pulse 40-60secs or until nuts and seeds are broken down enough to roll into a ball.
4. Use a spoon to scoop out cookie batter and form into balls onto your baking sheet. Repeat until you've used the remainder of the cookie dough.
5. Use a fork to gently press down each cookie, making a crisscross pattern on each cookie or use a cookie cutter to shape your cookies!
6. Pop your cookie sheet into the refrigerator to allow cookies to chill.
7. Cookies will keep in the refrigerator for up to 7 days and in the freezer for up to 3 months.



**TAKE A PICTURE OF YOUR
CREATIONS AND
HASHTAG #ROSEHIVEBOX!**

Coffee, Cacao + Coconut Box

ENERGY BAR

Eat your coffee with this energy bar! It is caffeinated with a full cup of real coffee and only the best whole ingredients.

How To Use: Open and enjoy when you're in need of a boost of energy.

ROASTED CHICORY ROOT

*Chicory Root, known scientifically as *Cicorium intybus*, is used as a medicinal herb, cooking ingredient and more commonly known as a coffee substitute. It is among the safest of bulk herbs currently available.*

How To Use: Use as a coffee substitute in a French press, or make as you would your regular morning cup of joe.

CACAO NIBS

Organic Fair Trade Cacao Nibs From Peru are made by carefully crushing raw organic cacao beans. They are full of minerals, fiber, magnesium, antioxidants and iron and contains naturally occurring theobromine, a powerful mental enhancing energy booster similar to caffeine.

How To Use: Add Wild Raw Nibs to smoothies or use as a healthy alternative to baking with chocolate chips.

COCONUT CHIPS

Just one ingredient: organic coconuts grown in Sri Lanka and processed with no added sugar, no flavors, preservatives or sulfites, just pure unadulterated coconut pleasure.

How To Use: Try them to garnish a bowl of curry, a salad or a soup or just eat them plain as a snack!

MCT OIL

Made from pure caprylic fatty acid - the purest form of coconut oil. MCT oil offers a quick jolt of natural energy, suppress your cravings, boost your metabolism, and energize your brain,

How To Use: Tastes great added to coffee, shakes, smoothies, salad dressings, or even on sushi!

MUSHROOM COFFEE

Premium instant coffee grown in the volcanic soil of Southeast Asia. Medicinal wild-harvested mushrooms are then added to enhances coffee's brain-boosting effects.

How To Use: Add one packet to 7 fluid oz. of hot water, or blend it into your favorite smoothie.

COCOA POWDER

Wild Chocolate powder is a non-alkalized cocoa powder grown and processed using hand-crafted artisan techniques. The high-altitude climate where the beans are grown produces a quality of cocoa powder that is superior to cocoa made from cacao grown in more humid climates like Africa.

How To Use: Turn this page over and try the No Bake Cocoa Cookie Recipe! You can also use Wild Chocolate powder for cooking, baking, recipes, salt rubs and spice blends.

SHAKEOLOGY

This superfood-packed protein shake helps you lose weight the healthy way, fight junk food cravings, increase your energy, and improve your digestion.

How To Use: Blend 1 packet with 1 cup of almond milk or liquid of your choice, half of a banana and 4-6 ice cubes.

COCONUT WATER

Coconut water contains naturally occurring variations in levels of antioxidants, such as polyphenols, that can turn coconut water varying shades of pink. Just pure coconut water!

How To Use: Refrigerate until cold and enjoy!

Disclaimer: Information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.

DISCOVER WHAT'S INSIDE