



THOUGHTFUL COOKING WITH TINA

Quick Chocolate Kefir Sauce (GF)

SERVES 4 · 10 MIN · GLUTEN-FREE

A quick chocolate kefir sauce, thick and velvety with live probiotics — ready in ten minutes to elevate fruit, pancakes or ice cream.

INGREDIENTS

60g dairy or coconut kefir
1 tbsp almond or cashew smooth cashew butter
2 tbsp unsweetened cacao powder
3 tbsp maple syrup or honey
2 tbsp extra virgin olive oil
1/2 tsp tamari sauce or sea salt
1/2 tsp Ceylon cinnamon (or 1/4 tsp Madagascan vanilla paste)
1-2 tbsp of warm water

ALLERGENS

Milk (Kefir) · Nuts (Almond Butter)

METHOD

1. Mix the kefir, cacao powder, honey, tamari (or salt), olive oil and cinnamon (or vanilla) in a deep bowl using a hand blender to emulsify, then add a splash of warm plant milk or water at the end to achieve a smooth, pourable consistency. Set aside.

PER SERVING · estimated

~138 kcal · Protein ~1.8g · Fat ~9.9g · Carbs ~12.9g · Fibre ~1.4g