

Increasing Fertility with Food - Special Chocolate Treat

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<https://natural-fertility-prescription.com/increasing-fertility-with-food/>

Increasing fertility with food can be tasty and fun.

Especially now for Halloween when high-sugar, high-fat, loaded with additives and trans fats treats abound, you need a plan for delicious, tasty treat that will boost your fertility.

Here's my all time favorite dark chocolate treat, which is also great when increasing fertility with food.

Raw Choc Truffles

Ingredients:

- 1/2 cup grated coconut
- 3 TBS un-hulled almond or hazelnut butter
- 1 TBS maple syrup
- 3 TBS organic cocoa powder
- 1/2 cup pitted organic prunes
- 1/4 cup pitted organic dates
- 1/2 vanilla bean

Preparation:

- Put all the ingredients (except the coconut) into your food processor or blender and blend until you get a smooth consistency. Scoop out the mass and form small balls with your palms (make sure to take off any rings from your fingers otherwise you'll get chocolate all over your jewelry!) and roll into coconut. Put in the freezer for 15 minutes and serve!

Prunes and dates are excellent source of fibre and antioxidants. Almonds are rich in omega 3 fatty acids, cocoa is rich in antioxidants, the B group vitamins, magnesium and iron all needed for a fertility boost! The beauty of this recipe is that it'll keep your blood sugar constant due to high protein, fibre and good fatty acids content!

Got any healthy halloween recipes to share? Or ideas for increasing fertility with foods? Would love to hear from you! And you have to tell me how your Raw Choc Truffles turned out!