**Welcome to this Virtual Chocolate-Making Class!**

***Brought to You by Chocolate & Chi***

The Event is scheduled for Thursday, March 31, 2022, at 7:00 PM EDT. At that time, please join the Zoom Meeting with the link provided.

You can purchase a Chocolate-Making Kit in advance of the class for **$20**, which will include the ingredients pre-measured in a mason jar and a mold. *Cost is regularly $25 but is discounted $5 for class registrants.* **You do not need the ingredients on hand to participate.**

**What You’ll Discover:**

* What’s in that chocolate bar?
* How is it made, and why does that matter?
* What makes natural chocolate “healthy”?
* How can you jazz up your own chocolates?
* If you have special dietary needs, can you still have your chocolate and eat it, too?

While you don’t need the ingredients ahead of time, you can certainly make your own chocolates along with me. If you buy a kit, just set the open jar in a pot of very warm water about 20 minutes before the class. **Please begin melting your chocolate ingredients ahead of time!**

Here are suggested ingredients. *Note: I do not earn any commission on your purchases.*

* CACAO PASTE: VivaPura, TerraSoul, Wilderness Poets
* CACAO POWDER / NIBS
* CACAO BUTTER: VivaPura, TerraSoul, Navitas
* COCONUT OIL: Extra Virgin / Unfiltered / Organic
* SWEETENERS: Raw Honey, Maple Syrup, Coconut / Date Sugar
* SEA SALT: Redmond Sea Salt, Pink Himalayan Salt, Celtic Salt
* SUPERFOODS / FLAVORS
	+ Coconut Flakes (I use maple-toasted)
	+ Flax, Chia, or Hemp Seeds
	+ Essential Oils (e.g., food grade peppermint) or Extracts
	+ Supplements: protein powder, Vitamin C, medicinal mushrooms, vanilla bean
* EQUIPMENT
	+ Double-boiler or bowl in hot water (I use a pyrex measuring cup in a pan of hot water
	+ (Wooden) spoon, spatula, measuring spoons
	+ Whisk or electric mixer
	+ Kitchen scale \*
	+ Chocolate / Candy Mold – not necessary but fun for adding interest!