



# Delicious Chocolate Sauce

Prep: 15 mins Yield: 3/4-1cup | Soy, Dairy, Gluten Free

## Ingredients

2 Tbsp pumpkin seeds

1/4 cup cocoa powder

1 Tbsp gluten free rolled oats

1/4 cup pure maple syrup or date  
syrup

1/3-1/2 cup non-dairy milk (preferably  
unsweetened almond milk)

1 tsp pure vanilla extract

\*optional\* 1/4 tsp sea salt

## Directions

1. Combine all the ingredients in a blender, preferably high-speed and puree as long as needed to get a smooth texture.
2. Once smooth, transfer mixture to a small saucepan to warm and thicken over medium-low heat, whisking occasionally, until a slow bubble develops.
3. Remove from the heat and serve hot or warm, or let cool and store leftovers in a covered jar in the fridge for up to 5-6 days. The sauce will thicken as it cools.

## Cooking Tips:

With 1/2 cup of non-dairy milk, the sauce will be pourable, with just a slightly thick consistency. If you want a very thick sauce, use less milk, about 1/3 cup. You can thin the sauce after it cools by stirring in a touch more milk. Almost any type of non-dairy milk will work here, but oat milk can make the mixture become too sticky and thick.

*My name is Michelle Joy Kramer, and I am a board-certified Holistic Health Practitioner and Integrative Nutrition Health Coach. I assist individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers. Learn more about my programs and how we can work together by contacting me at [michelle@michellejoykramer.com](mailto:michelle@michellejoykramer.com) or by visiting [michellejoykramer.com](http://michellejoykramer.com)*

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