

“To Health, Long Life & Pleasures! “ Show

Hosted by Lillian Zeltser

Episode 12

MOCHA CAKE

A mysterious Jamaican way to the Soul!

No soul-searching journey is complete without a touch of indulgence for the heart. Treat yourself to Mocha Cake - a soulful dessert that evokes joy and brings a smile to your face. Let yourself indulge in this simple-to-make, comforting Dark Chocolate Dessert that will enrich your body and soul. While in Jamaica, I discovered an amazing soul-satisfying Dark Chocolate Mocha Cake recipe that helped my husband and me embark on a journey of self-reflection and inner peace. I have a hunch that the cake we had in Jamaica might have contained yopo beans powder (Anadenanthera beans), which is known to have hallucinogenic properties and has been used in healing ceremonies and rituals for thousands of years in northern South America and the Caribbean. However, I am not certain about the dosages, and I do not recommend the use of this ingredient. I am pretty sure that the cake would taste just as good without it."



INGREDIENTS:

2 ounces unsweetened dark chocolate	4 tablespoons butter
2 cups raw or brown sugar	2 cups wheat or almond flour
4 teaspoons baking powder	1/4 teaspoon salt
1 cup milk (or almond milk)	2 teaspoons natural vanilla
1/4 cup cocoa powder	1 cup cold coffee

DIRECTIONS:

- Preheat oven to 350F (180C) degrees
- Melt the chocolate and butter together over hot water
- Meanwhile, mix 1 1/4 cups of the sugar, flour, baking powder and salt
- Stir the dry mixture into the chocolate mixture and blend
- Stir in the milk and vanilla
- Pour into a greased, square 9 by 9-inch cake pan
- Mix remaining sugar and cocoa powder and sprinkle over the batter
- Pour coffee over and bake for 40 minutes
- Serve cold or warm from the pan

Disclaimer: While most of the recipes in our show have been personally tested by the host or other people, the host does not take any responsibility for any reaction or impact on any individual. The information is based on the author's personal point of view and is intended for entertainment purposes only. Please consult a qualified healthcare practitioner before using any recipes or advice.

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Your mysterious Mocha Cake should have a rich and velvety sensual texture that meets the creaminess of avocado for a guilt-free indulgence. So, surrender to your senses, and let this mysterious cake awaken your taste buds and offer a moment of pure bliss amidst your soul-searching exploration. Provide sustenance for your body while nurturing your soul, and experience a sense of peace and mindfulness, in the perfect atmosphere for introspection.



*Aphrodisiacs
Expert*

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