



7 Recipes to **SuperCharge** Your Valentine's Day Experience



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Valentine's Day Recipe Book

Valentine's day is a special time where we demonstrate our love and devotion for our significant other. This is a beautiful time, as love and generosity is such an incredible energetic force that lifts us all up to a higher plane in life.

I have heard it said that "God is Love" and in the bible it talks about how "Perfect love casts out all fear." Valentine's day is a day to remind ourselves of God's perfect love and how He cares deeply about us and we can feel secure and loved enough through that understanding to demonstrate love to our significant other and the people in our lives.

Marketing Sugar and Artificial Foods:

Unfortunately, our society has used Valentine's day to market more sugar and artificial foods to us. There is nothing like a sugar rush to give us immediate pleasure as it boosts up our neurotransmitters including the feel-good dopamine. Unfortunately, the sugar rush wears off, our neurotransmitters drop, inflammation goes up and we feel lousy.

The aspartame and other artificial sweeteners in traditional Valentine's day chocolate's and other goodies boost up feel-good hormones in the short term, but also cause neuroexcitotoxicity, where they overstimulate our nervous system and cause cellular death in our brain. This is a set-up for disaster, yet most people fall for it every year!

The Best Way to Do Valentine's Day:

Fortunately, we can enjoy a sweet flavor that boosts up our mood and not have the blood sugar crash or the delirious neuroexcitotoxic effects of artificial sweeteners. We can use natural sweeteners such as stevia (my personal favorite), natural maple syrup, raw honey, coconut sugar, yacon syrup and xylitol.

Raw chocolate is called cacao and it is full of powerful anti-oxidant nutrients. It is one of the best sources of PEA's which are natural compounds that cross over the blood brain barrier and stimulate and modulate the release of dopamine in the brain. Cacao is also very rich in magnesium and chromium which help to balance and stabilize blood sugar

Cacao also helps to boost serotonin and contains endorphin Anandamide which is considered the "bliss chemical." This combination of ingredients makes raw chocolate the best mood boosting superfood. Combining chocolate with the anti-oxidant phytonutrients within berries makes the perfect synergy for great flavor and high performance!

Enjoy the combination of berries and chocolate in many of these recipes and the extraordinary flavor and pleasure they provide!



Strawberry Chocolate Ingredients

- 1 cup of coconut butter
- 1 cup of strawberries
- 2 tbsps of grade B maple syrup
- 1 ½ cup of dark chocolate
- ¼ cup of organic coconut milk

Strawberry Chocolate Instructions:

1. In a food processor or blender, mix the filling ingredients together very well.
2. Using a cookie scoop or a spoon, drop small balls onto a lined baking sheet with parchment paper.
3. Stick it in the fridge for 15 minutes.
4. Using a double boiler method, melt the chocolate chips and the milk. OR make the coconut oil chocolate.
5. Either dip the balls into the chocolate or use a spoon and drizzle the chocolate
6. Stick the strawberry balls in the freezer to firm up for 30 to 60 minutes. Enjoy!



Super Fat Burning Fudge Ingredients:

- 1 cup coconut oil
- 1 cup softened coconut butter
- ½ cup raw cacao powder
- 1 tsp. organic vanilla
- 1 tsp pink salt
- 1 tbsp raw honey
- 10 drops vanilla stevia
- 1 cup of goji berries

Servings: 8-12 fudge molds

Super Fat Burning Fudge Instructions:

1. Mix together all ingredients
2. Spoon into candy molds or muffin tin lined with cupcake liners
3. Sprinkle goji berries on top and freeze



Chocolate Goji Bark Ingredients:

2 cups of 75% organic raw dark chocolate

1/4 cup organic raw coconut oil

1/2 cup raw organic goji berries

1/2 cup raw nuts of your choice

Sprinkle of coarse pink Himalayan salt

Servings: About 8-10

Chocolate Goji Bark Instructions:

Melt chocolate and coconut oil together in small pot over low heat until completely melted down. Spread parchment paper over cookie sheet. Pour chocolate onto parchment. Sprinkle nuts, berries and salt over. Freeze for 30 minutes. Break into pieces and eat.



Chocolate Cupcake Ingredients:

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|---|-----------------------------------|
| 6 Pasture-Raised Eggs | 1 Tbsp. Vanilla |
| 1/2 Cup Melted Pasture-fed Butter or Ghee | 1/2 Cup Melted Virgin Coconut Oil |
| 1/2 Cup Grade B Maple Syrup | 20 Drops Vanilla Cream Stevia |
| 2 Cups Almond flour | 1/2 Cup Cacao Powder |
| 1 Tsp. Baking Powder | 1 Tsp. Pink Salt |

Chocolate Cupcake Instructions:

1. Mix All Ingredients Together Well.
2. Pour Into Lined Muffin Tin.
3. Bake at 350 for 10-15 minutes

ButterCream Frosting Ingredients:

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|-----------------------------------|--------------------------------------|
| 1 Cup Softened Pasture-Fed Butter | 1/2 Cup Softened Virgin Coconut Oil |
| 10 Drops Vanilla Cream Stevia | 2 Tsp. Beet Powder (to make it pink) |
| 4 Tbsp. Arrowroot Powder | 1 Tsp. Vanilla Extract |
| 1 Tsp. Pink Salt | |

ButterCream Frosting Instructions:

1. Soften Butter & Coconut Oil with some heat (oven or window)
2. Whip all ingredients together.
3. Spread over cupcake and top with a raspberry.



Pound Cake with Berry Sauce Ingredients:

6 Pasture raised eggs	1 cup of melted pasture-raised butter or ghee
½ cup coconut nectar/grade B maple syrup	1 tbsp vanilla extract
20 drops vanilla cream stevia	1 tsp pink salt
2/3 cup of coconut flour	1 tsp of aluminum-free baking powder

Servings: 6-8

Pound Cake with Berry Sauce Instructions:

Whisk eggs, melted butter, coconut nectar, vanilla and stevia

Whisk in remaining ingredients and let it sit for 10 minutes to thicken.

Pour into a loaf pan and bake at 350 degrees for 15-20 minutes

Berry Sauce Ingredients:

1 cup fresh/frozen raspberries	2 cups sliced fresh/frozen strawberries
¼ cup of xylitol	

Berry Sauce Instructions:

Pour berries in a pot and stir around on low heat until they become soft and juice. Add xylitol and stir around for 20 minutes.



Super Berry Smoothie Ingredients:

1 cup of organic coconut milk

½ cup of coconut water

1 cup of organic frozen berries (blueberries/raspberries/strawberries)

1 cup of fresh berries (organic if avail – blueberries/raspberries/strawberries)

2 cups of organic spinach

20 drops of stevia extract

Servings: 4

Super Berry Smoothie Instructions:

Blend all ingredients together until smooth and serve cold



Chocolate Raspberry Cream Ingredients:

4oz of frozen organic raspberries

1 Can of Organic coconut cream (made with full-fat coconut milk)

3 tbsps of Raw Cacao Powder

1 Scoop of Grass-Fed Whey Protein or Brain Supercharge protein powder

Stevia to Taste

1 tbsp of Turmeric

Pinch of Pink Salt and Pinch of Black Pepper

Chocolate Raspberry Cream Instructions:

Turn the coconut milk can upside down and put in the refrigerator for 12 hours or so. This separates the cream from the water in the milk. When you open the can (from the bottom – which is now the top, if that makes sense) you will notice the water on the top. Pour the water in a glass cup and keep as it is good for smoothies and shakes. Scoop out the creme as that is what you will use for this recipe.

Put all the ingredients into blender and blend until smooth and creamy. Add more or less stevia and pink salt until you get the desired taste you want.

Shopping List:

[Pumpkin Puree](#)

[Coconut Flour](#)

[Baking Powder](#)

[Coconut Milk](#)

[Arrowroot Powder](#)

[Cinnamon](#)

[Ground Cloves](#)

[Ground Ginger](#)

[Ground Nutmeg](#)

[Pink Salt](#)

[Grade B Maple Syrup](#)

[Vanilla Extract](#)

[Coconut Oil](#)

[Grass-fed Butter](#)

[Chocolate Chips](#)

[Chocolate Stevia](#)

[Cacao Powder](#)

[Dried Goji Berries](#)

[Sunflower Seeds](#)

[Walnuts](#)

[Pumpkin Seeds](#)

[Almonds](#)

[Coconut Flakes](#)

[Protein Powder](#)

[Almond Butter](#)

[Vanilla Bean Powder](#)

About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com.

He is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset,**” and the **SuperCharged Recipe book** with over 180 full-color recipes to help you take back control of your health. He has developed 4 revolutionary online programs with thousands of participants.

These programs include E-guides, recipe guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program.”

Dr Jockers is also a sought after speaker around the country on such topics as weight loss, brain health, healing leaky gut, thyroid function, natural detoxification and disease prevention. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.



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