

A glass bowl filled with a rich, dark chocolate pudding. The pudding is topped with fresh fruit, including a blueberry and a strawberry, and garnished with chocolate shavings and a sprig of fresh mint. The bowl is set on a light-colored, textured surface. In the background, another similar bowl is partially visible, and a single blueberry and a mint leaf are scattered on the surface in the foreground.

5
Chocolate
Recipes

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WELCOME



Hi!, It's wonderful to meet you.

My name is Brenna May and I am a Wellness & Nutrition Coach offering a bio-individual, holistic approach to nutrition through honoring your mind, body & spirit.

I help busy moms nurture a new relationship with food, movement, stillness & nature that will lead you on a path of healing.

It's my passion to teach and inspire others to live healthfully and live the best possible life.

Ready to dive in? I am!

Love,

Brenna

5 CHOCOLATE RECIPES

Wouldn't you love it if I told you don't have to stop munching on your favorite chocolate? We all love some chocolaty pleasure every now and then, and now you don't even have to feel guilty about it as we bring you the ultimate healthy alternative for chocolate – Dark Chocolate. This chocolate contains 70% cocoa and brings a lot of health benefits as it is loaded with flavonoids. It helps in maintaining cardiovascular health, preventing diabetes, and even lowering the risk of cancer. It is also loaded with antioxidants that make your immune system stronger and prevent premature aging as well. Here are some amazing benefits of dark chocolate:

1. Improves Brain Functioning

Research has shown that eating chocolate before your exam helps you perform well. The dark chocolate contains compounds like flavonoids that enhance the blood flow to the brain as it enhances problem-solving skills, reaction time, attention span as well as memory. Chocolate also promotes endorphin production that is known as the 'feel happy chemical' as it boosts mind and mood. Chocolate also contains L-Tyrosine, which has been shown to [improve focus in people with ADD & ADHD](#).

2. Improves Heart Health

Studies have shown dark chocolate aids in blood circulation from and towards the heart because of the high flavonoid content in it. Dark chocolate promotes cardiovascular health by making blood vessels elastic and prevents its stiffening in the long run. Moreover, it prevents blood cells from sticking to the walls of blood vessels and avoids the blockage in vessels that is caused due to buildup.

3. Diabetes Prevention

Dark chocolate is great when it comes to diabetes prevention, as well. Inflammation is a major reason and cause of diabetes as it increases insulin resistance with the passage of time. Dark chocolate is helpful in reducing the natural insulin resistance of your body, which contributes in preventing diabetes.

4. Weight Loss

Eating dark chocolate before having your meal is helpful in controlling your portions as it makes you feel satiated for longer. This is because it triggers hormones in the body that make you feel fuller for longer and makes you eat lesser consequently.

5. Cancer Prevention

Dark chocolate is loaded with flavonoids. The flavonoids are known to avert cell damage and also have the capacity to repair the already damaged cells while inhibiting the tumor growth. Georgetown University even conducted research on the Pentamer compound for treating the cancer cells. This compound is found in cocoa of the dark chocolate. In this research, it was found that Pentamer helped in preventing cell division by inhibiting the proteins that is required to divide these cells.

These are the great benefits offered by chocolate, but keep in mind that you have to select the right kind of chocolate to get the maximum benefits, which is the dark chocolate. The regular chocolates contain additional chemicals as well as sugars that are highly processed, which causes the elimination of helpful chemicals. Therefore, go for the dark chocolate as a healthy substitute to avoid sugars and chemicals while banking on its health benefits brought to you by cocoa.

Protein Oatmeal with Chocolate Chips

Serves 1

½ cup rolled oats

1 cup water

Dash of sea salt

1 teaspoon cinnamon

1 scoop vegan vanilla protein powder

2 tablespoons dairy-free chocolate chips

Add the oats, water, sea salt, and cinnamon to a small pot over medium heat. Stir until the liquid is absorbed. Stir in the protein powder. Turn off the heat. Pour the mixture into a serving bowl. Top with chocolate chips.

Raw Cacao Pudding

Serves 2

2 bananas

1 avocado

4 tablespoons raw cacao powder

1 teaspoon vanilla

Add the ingredients to a food processor or blender. Add the pudding to a serving bowl, cover, and chill in the refrigerator for at least 30 minutes. Enjoy as is, or top with berries.

Chocolate Dipped Strawberries

Serves 4

1 pound fresh organic strawberries

9 ounces dairy-free semi-sweet chocolate chips

Wash and dry the strawberries well. Be sure to leave the green stems intact, if at all possible.

Next, place a medium-sized pan over medium heat. Fill with about 2-inches of water. Once the water is boiling, reduce the heat to low. Place a glass bowl on top of the pot (like a double-boiler). Pour the chocolate chips into the glass bowl. Stir using a rubber spatula until smooth and completely melted.

Grab one strawberry by the green stem and dunk into the chocolate about $\frac{3}{4}$ of the way. Shake off the excess chocolate. Lay the strawberry onto a tray lined with parchment paper. Repeat the process for all the strawberries. Place in the refrigerator for about 15 minutes. Store in an airtight container in the refrigerator for up to 5 days.

Strawberries with Coconut and Cacao

Serves 2

2 cups fresh strawberries

2 tablespoons unsweetened shredded coconut

¼ cup cacao nibs

1 teaspoon honey (optional)

Remove the green stems from the strawberries. Slice the strawberries in half and add them to a bowl. Top with shredded coconut, cacao, and honey (optional).

Chocolate Chip Muffins

Makes about 9 muffins

2 eggs

¼ cup maple syrup OR honey

½ cup dairy-free milk

1 tablespoon melted coconut oil

1 teaspoon vanilla extract

2 teaspoons apple cider vinegar

1 cup gluten-free flour (recommend Bob's Red Mill brand)

1 teaspoon cinnamon

¾ teaspoon baking soda

¼ teaspoon sea salt

½ cup dairy-free semi-sweet chocolate chips

Preheat the oven to 350 degrees F.

Line your muffin pan with paper liners. Spray with cooking spray.

Mix the eggs, sweetener of choice, milk, coconut oil, vanilla, and apple cider vinegar in a mixing bowl. Mix until smooth. Stir in the flour, cinnamon, baking soda, and sea salt. Mix well. Lastly, fold in the chocolate chips.

Divide the batter between the muffin tins. Place in the oven and bake for about 20 to 25 minutes. Pierce the center with a toothpick to make sure the muffins are done. Let the muffins rest for at least 10 minutes before serving.

READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to feel better than you have in years, it's time to work together.

Find out what my clients are saying.

WORK WITH ME

I like to start with healing the gut and detoxing your life so you can lose the brain fog, bloating and inflammation and have more energy for life!

See what others are saying about me below. Ready to get started?

www.brennamay.com

brenna@brennamay.com

TESTIMONIALS

Brenna's 30 Day Gut Fix is one of the most well put together plans I have ever seen. Her knowledge is first hand and she is a brilliant educator who taught me so much about supplements, my body, and what to look for in changes. Her recipes have all been outstanding and she gives you over 50 recipes so I am still working through the list. The smoothies and soups are some of my favorites that I have made over and over. She has a great understanding of the gut and the connection with Hashimoto's. I have ventured into using dōTERRA oils as well which is something I thoroughly enjoy now that I am using them for many different things. I have had the pleasure of using several of her discount codes and saved a lot of money. Her real gift is in her 1:1 consults. She is smart, kind, has first-hand knowledge and experience and is able to tailor the program to you, your budget, your symptoms. I have seen a great improvement in my gut and am almost through all of my clean swaps - getting healthy! I highly recommend Brenna's 30 Day Gut Fix program and even more so, recommend her as a wellness coach - book some time with her, you won't look back. :)

-Melinda O.

Brenna was a wealth of knowledge to help me clean up my gut. Her variety recipes were easy to follow and I was able to chose what I was in the mood for without going off the plan. I appreciated the support and availability she gave when I had questions. I would highly recommend her especially if you needed an accountability coach as I did.

-Suzy A.

Before I began Brenna's 30 Day Gut Fix, I just felt unwell. Most things I ate made me feel nauseous; I felt constantly bloated and crampy, and this was even when I thought I was eating healthily. Even just applying the simplest of Brenna's suggestions, techniques and recipes, I am feeling infinitely better already. My digestion has greatly improved, I've experienced lessening of symptoms in other areas of my body, and I've lost some weight. This was delightful and unexpected, as I haven't been able to shift any weight for a few years. Brenna's breadth of knowledge and information was so helpful. I am planning to continuing applying many of the principles I learned in the 30 Day Gut Fix, as they've just genuinely improved my health.

-Linda G.

Brenna's 30 day gut fix is a wonderful reset. If you are having digestive troubles or just feeling fatigued at every level then this will help you. I also did the 7-day version to start and WILL be repeating the program. My midday fatigue is gone and the brain fog has "lifted" so to speak. As a fun side bonus I lost some weight, too! Brenna is extremely knowledgeable about nutrition, truly loves what she does and genuinely cares about helping people.

-Sara M.

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