

MURIEL'S CHOCO♥NUVO CREATIONS

DELICIOUS AND EASY WAYS TO ENJOY
THE HEART HEALTHY BENEFITS OF CHOCO♥NUVO



BY MURIEL ANGOT WITH ANDREW LESSMAN



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Delicious and Easy Ways to Enjoy the Heart Healthy Benefits of ChocoNuvo

Muriel Angot
with Andrew Lessman

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Healthy recipes from our hearts to yours.



ABOUT THE AUTHOR



Muriel Angot was born and raised in the world’s center of fine cuisine – Paris, France; however, it would take Muriel a couple of decades to rediscover her Parisian culinary roots, since she initially followed in her parents’ footsteps studying Fine Art at the Sorbonne University in Paris. After college, Muriel’s innate curiosity and desire to explore the world saw her leave France, spending time in Australia, Fiji, New Zealand and South America, until she fell in love with the United States where she established a beauty and wellness business in Aspen, Colorado. It wasn’t until Muriel chose to attend cooking school that her true passion captured her and since that time, has never let go.

Like many French families, all the members of Muriel’s family take pride in their abilities in the kitchen. But, it was Muriel’s paternal grandmother, Simone, who had the greatest influence, since she was the chef and owner of a restaurant in Picardie, France – a small city in the countryside just outside Paris. Some of Muriel’s fondest childhood memories are of helping her grandmother create all the classic French dishes that were served at her restaurant. The special moments she shared with her grandmother in the culturally rich environment of an authentic French kitchen helped to shape the rest of Muriel’s life.

When Muriel moved from Colorado to California, the move presented an opportunity for a career change and, with great trepidation, she decided to take the plunge. Despite hearing how challenging it would be, Muriel followed her dream and attended Le Cordon Bleu cooking school in Paris – the same school attended by Julia Child. Ultimately, she graduated #1 in her class and now considers herself blessed to combine her two greatest passions – cooking and wellness.

Muriel’s five previous cookbooks have been dedicated to making healthy eating a delicious and enjoyable pursuit. She endeavors to reinvent classic recipes while also reintroducing Americans to healthy ingredients that so many of us have never previously enjoyed or simply have long ago forgotten. This, her most recent cookbook, provides simple suggestions on how to make the benefits of the world’s most heart healthy and delicious dark chocolate readily available to everyone.

Bon appétit!

INTRODUCTION

In America, chocolate is typically consumed as milk chocolate and found in candy, confections, cakes and desserts. It is almost always mixed with a long list of "other" ingredients, with the most common being: milk, cream, flour, eggs and, above all, abundant amounts of sugar. Although chocolate has been treasured for centuries, in recent years, it has earned the respect of the scientific and medical community for its extensive health benefits. These benefits originate with the cocoa bean itself, which is why the healthiest way to consume chocolate is as a dark chocolate, a high percentage extract of the cocoa bean. **ChocoNuvo** is precisely that. It is only available as a rich, dark chocolate with your choice of 3 different intensities: 66%, 74% and 91%. All three intensities possess high levels of chocolate's protective compounds. In terms of our health, it is unfortunate that most Americans prefer creamy milk chocolate and avoid the perceived dryness and bitterness of dark chocolate.



However, **ChocoNuvo** is different. Although it is a true dark chocolate, it possesses a unique, natural cholesterol-lowering ingredient that provides the same creamy texture of milk chocolate – even in our 91% extreme dark chocolate! We accomplish this without adding milk, flour or other ingredients. In fact, a 26-calorie square of our 91% **ChocoNuvo** contains less than half a gram of sugar (less than 1/8 of a teaspoon). Of course, **ChocoNuvo** is delicious on its own, but it is that same uniquely creamy texture and lack of bitterness that makes it ideal for cooking. Please feel free to get creative with some of Muriel's recipes that use **ChocoNuvo** in any of your own favorite recipes. You will love it! And, best of all, **ChocoNuvo** turns every recipe into a delicious, but powerful, cholesterol-lowering treat.

Bob Muriel

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HOT COCOA ANGELINA STYLE

2 “Demi-Tasses” • Prep Time: 5 minutes • Cooking Time: 7 minutes • Easy

One of my favorite spots in Paris is a restaurant and patisserie called Angelina, renowned for it’s “world famous” hot chocolate. My mom used to take me there when I was a child and it’s still a very special place for us. It has now become one of Andrew’s favorites, so I took on his challenge to recreate Angelina’s famous hot cocoa. Use any milk you like—the secret is to thicken it with a little cornstarch. I love the healthy spices and there is **NO ADDITIONAL SUGAR** added!



1 cup unsweetened
almond milk or skim milk

1 clove

2 cinnamon sticks

1 vanilla bean

4 pieces ChocoNuvo

1 tbsp. cornstarch
+ 1 tbsp. water

2 star anise (to decorate)

Nutrition Information

Serving Size ½ Cup

Servings 2

Calories	98	Potassium	52 mg
Calories from fat . . .	54	Total Carbohydrates . .	10 g
Total Fat	6 g	Dietary Fiber	3 g
Cholesterol	0 mg	Sugars	2 g
Sodium	84 mg	Protein	1 g
Vitamin A	11 %	Vitamin B2	19 %
Vitamin C	1 %	Vitamin B6	1 %
Calcium	26 %	Vitamin B12	65 %
Iron	6 %	Phosphorus	2 %
Vitamin D	7 %	Magnesium	4 %
Vitamin E	24 %	Zinc	14 %
Vitamin K	2 %	Copper	5 %

OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline	2 mg
Phytosterols	1,300 mg

1 In a small saucepan over medium heat, combine the milk, clove, 1 cinnamon stick and vanilla bean. Reduce to low heat and gently simmer for about 5 minutes, but **DO NOT BOIL!**

2 In a small bowl, mix the cornstarch with the water. Add to the warm milk, and add the ChocoNuvo. Mix with a whisk for about 2 minutes. Almost bring to a boil. Turn down the heat and let everything simmer together for a minute.

3 Pour the hot cocoa into 2 “demi-tasses” (2 half cups). Decorate with the star anise, the other cinnamon stick and/or vanilla bean and serve with our Coconut Cream (page 43), if you wish to be decadent.

HEALTHY “MENDIANTS”

About 20 Small Pieces • Prep Time: 5 minutes • Cooling Time: 15 minutes • Very Easy

This is a French classic. They're called “mendiants” (the French word for beggars) because they represent the 4 “mendicants” or Monastic orders. It's so simple and goes perfectly with a cup of tea or coffee, or as a small treat after a meal. They are also a great “dessert” to serve guests without all the calories and sugar of dessert. I like to use a variety of nuts, seeds, candied ginger and orange slices, dried figs, cranberries and lemon rinds. Feel free to be creative!



10 pieces ChocoNuvo

¾ cup mixed nuts and dried
fruits, thinly sliced

Parchment paper

Nutrition Information

Serving Size **1 Piece**

Servings **20**

Calories	37	Potassium	36 mg
Calories from fat	27	Total Carbohydrates.	3 g
Total Fat	3 g	Dietary Fiber	1 g
Cholesterol	0 mg	Sugars	1 g
Sodium	12 mg	Protein	1 g
Iron.	1 %	Vitamin B6	1 %
Vitamin E	3 %	Phosphorus.	2 %
Vitamin K	1 %	Magnesium	3 %
Vitamin B1	1 %	Zinc	2 %
Vitamin B2	1 %	Copper	5 %
Niacin	1 %		

OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline	20 mg
Phytosterols.	325 mg

1 In a small bowl, melt the ChocoNuvo in the microwave for 45 seconds. Stir with a spatula and add 15 more seconds at a time, until the chocolate is melted, stirring in between. I take my time so it doesn't burn the precious ChocoNuvo.

2 Using the back of a spoon, spread approximately ½ tsp. of melted ChocoNuvo in 1 inch diameter circles on the parchment paper. Place the nuts, seeds, and sliced dried fruits on top of each round.

3 Place in the freezer for 15 min or longer, until the Mendiants are hardened. When they are done, they will come off the parchment paper very easily. I keep them in the freezer, in a sealed container. Enjoy!

“BBF” (BANANA, BERRY FUN)

1 BBF • Prep Time: 6 minutes • Very Easy

This works for me as a very healthy breakfast - appetizing, simple to create and extremely healthy! Your kids will love it too and they can even help you make it. The banana and berries are rich in protective nutrients and yogurt is an excellent source of protein. We tend to use fat-free yogurt, coconut yogurt or our Sweet Cashew Paste [page 42]. Andrew loves the mild flavor and creamy texture of sheep yogurt. Feel free to make this your own creation and you can even top with our Coconut Cream [page 43].



1 banana
1 tbsp. plain, nonfat yogurt

¼ cup fruits (I used
blueberries and
pomegranates)

2 pieces ChocoNuvo
5-6 mint leaves

Nutrition Information

Serving Size **1 BBF** Servings **1**

Calories	187	Potassium	491 mg
Calories from fat	45	Total Carbohydrates.	38 g
Total Fat	5 g	Dietary Fiber	6 g
Cholesterol	0 mg	Sugars	21 g
Sodium	13 mg	Protein	2 g

Vitamin A	1 %	Vitamin B6	35 %
Vitamin C	19 %	Folic Acid	7 %
Calcium.	4 %	Vitamin B12	4 %
Iron.	2 %	Phosphorus.	8 %
Vitamin E	2 %	Magnesium.	12 %
Vitamin K	10 %	Zinc	5 %
Vitamin B1	5 %	Selenium.	3 %
Vitamin B2	13 %	Copper	13 %
Niacin	7 %		

OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline	16 mg
Phytosterols.	1,300 mg
ALA	100 mg

- 1 Peel and cut the banana in half. Place on your plate.
- 2 Spread the yogurt evenly on top of each banana half.
- 3 Decorate with fruits.
- 4 In a small bowl, melt the ChocoNuvo for 1 minute in the microwave and stir with a spatula. Drizzle the melted ChocoNuvo on top of the fruits with a teaspoon. Decorate with mint leaves and serve immediately.



FROZEN HOT COCOA

2 Cups • Cooking and Cooling Time: 13 minutes • Easy

Frozen Hot Cocoa seems to be a new trend, so I created my own healthy version with ChocoNuvo. I make this with unsweetened almond milk or our Sweet Cashew Paste [page 42], but any milk of your choice works great. I only do a 1-cup serving because it is surprisingly rich! What a treat! You can top it with Coconut Cream [page 43], and I like to add star anise or a cinnamon stick. You can also top with a little extra shaved ChocoNuvo before serving.

1 cup unsweetened
almond milk
3 pieces ChocoNuvo

1 tsp. vanilla extract
1 cup ice
1 pinch sea salt

1 cinnamon stick or
star anise to decorate
Coconut Cream (optional)

Nutrition Information

Serving Size **1 Cup**

Servings **2**

Calories	71	Potassium	34 mg
Calories from fat . . .	45	Total Carbohydrates. . .	5 g
Total Fat	5 g	Dietary Fiber	3 g
Cholesterol	0 mg	Sugars	2 g
Sodium	158 mg	Protein	1 g
Vitamin A	11 %	Vitamin B2	18 %
Calcium.	24 %	Vitamin B12	65 %
Iron.	4 %	Phosphorus.	2 %
Vitamin D	7 %	Magnesium	3 %
Vitamin E	24 %	Zinc	13 %
Vitamin K	1 %	Copper	4 %

OTHER BENEFICIAL NUTRIENTS (PER SERVING)

Choline	1 mg
Phytosterols.	975 mg

- 1** In a small saucepan over medium heat, combine the milk, ChocoNuvo, vanilla extract and stir with a whisk until all are melted together and the mixture is warm, about 3 minutes. **DO NOT BOIL.** Place in the freezer for 10 minutes.
- 2** Mix in the blender with ice until smooth. Add the sea salt.
- 3** Serve with Coconut Cream and a star anise or cinnamon stick. I use a vegetable peeler to shave a few pieces of ChocoNuvo on top.



Muriel Angot was born and raised in the world's center of fine cuisine - Paris, France, but it would be years before she rediscovered her Parisian culinary roots. Muriel's grandmother, Simone, had an enormous impact, since she was the chef and owner of a small restaurant in Picardie, France, in the countryside outside Paris. Some of her fondest childhood memories are of helping her grandmother create classic French dishes. These special moments in the culturally rich environment of an authentic French kitchen were to shape the rest of Muriel's life. Decades later, Muriel followed her dreams and attended Le Cordon Bleu cooking school in Paris, made famous by Julia Child. She considers herself blessed to combine her two greatest passions - cooking and wellness, and she is thrilled to bring you more of Andrew's favorite healthy and delicious recipes.

www.EatingWellWithMuriel.com • www.ChocoNuvo.com

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