



PILI NUT + COCOA SPREAD

Using The Cracking Monkey Pili Nuts in Shell™

Take a 500g bag of The Cracking Monkey Pili Nuts and crack open all the nuts

Keep the brown skin on the nuts (this has lots of fiber!), put them in the blender/food processor with $\frac{1}{4}$ cup of water

Add 4 teaspoons of Cocoa Powder and 3 full tablespoons of Coconut Sugar

Place the Pili + Cocoa Spread in a container and refrigerate or enjoy right away!

•Vegan • Raw • All Natural•