

Crave

We invite you to explore your taste buds with the exotic taste of CRAVE

Raw Organic Medicinal Artesian Handmade chocolate / Superfoods / herb & Sacred Finds... we believe in Food Medicine and use local wildcrafted ingredients when possible, raw, organic high quality superfoods and superherbs, ALL ingredients NGMO, mantra infused & cultivated with Love

The drying process for the foods and herbs that CRAVE utilizes is at a very low temperature as this ensures the food stays medicine, high heat temperatures can destroy the nutritional value. All herbs are stored in glass containers. CRAVE ensures a high level of cleanliness/sanitation with Red Seal Culinary and Food and Sanitation certificate and has over 10 years of professional kitchen experience, including cooking at the Grand Floridian in Walt Disney World Florida.

NOW AVAILABLE at Acu-Harmony & Health...CHECK OUT THE FRIDGE!

Crave is also available to entertain at home parties & workshops, or pre-order large quantities

How do I order?

Please call, text or email. Please note that orders are a minimum of a dozen.

lacie@harmonyhealthalberta.ca 780.721.1110

Where do I pick up the order?

We can make arrangements, the studio or we can get our schedules to jive to meet somewhere

What is the best way to travel with Chocolate?

Bring an ice pack and an insulated lunch bag so it stays very very cold. Real Chocolate melts or softens at room temp. (that is, if you don't eat it all on the way home!)

Remember to chew over 20 times per bite!!! at least!

CACAO

Chocolate comes from the seeds/nuts of the Cacao. Cacao is the raw natural form of Chocolate from an indigenous jungle fruit tree. In history, Cacao beans were used instead of gold as money by the Mayans and Aztecs.

This jungle tree is in season all the time, which means we can eat chocolate all the time! In its natural habitat, the fruit pod can take 5-6 months to ripen and can be 7-8 inches in length. Raw Cacao beans are super-rich in antioxidant flavonols, one of the richest sources of any food!

PROPERTIES OF CHOCOLATE

magnesium, laxative, calms menstruation, muscle relaxation, bone building, antioxidants, increases energy, mood enhancing, decreases appetite, alleviates depression

WHAT'S ON THE CRAVE MENU FOR OCTOBER & NOVEMBER?

Available in the fridge at Acu-Harmony & Health for your convenience, some items made to order

Superfood trail mix

Blended Seeds Smoothie mix

Superfood Powder Smoothie mix

CHOCOLATE FLAVORS:

Prana Peppermint : Cashew, Coconut, Cacao Butter, Cacao Powder, Coconut Oil, Vanilla Powder, Honey, Peppermint and Wintergreen Essential Oil, loaded with Spirulina.

One: Cacao, Cacao Butter, Coconut Oil, 14 Mushroom Blend , Ashwagandha, Shilajit, Lucuma, Rose Powder, Red Maca, Camu Camu, Mesquite, MSM, Himalayan Sea Salt, Turmeric, Vanilla Powder, Clear Agave, Honey Mullberry / Inca Berry / Bee Pollen Coconut Honey Glaze

Moksha Marble: Cacao Butter, Coconut Oil, Cacao Powder, Vanilla Powder, Honey, Cashew, Coconut

Goji Berry Crunch: Goji Berry, Cacao Nibs, Hemp Seed, Cacao Butter, Cacao Powder, Coconut Oil, Vanilla Powder, Rose Powder, Honey,

Create Your Own: with SuperFoods such as bee pollen, cinnamon, coconut, chili, maca, hemp seed, camu camu, blue green algae. Customize your own for a specific ailment such as depression, anxiety or blood circulation.

Almond Goji Rose Mylk

A variety of handmade medicinal Teas