

Chocolate Sauce (made with Omega Oil)

by: Dr. Libby's Real Food Chef

Ingredients:

1/2 cup macadamia oil (Udo's oil or high quality flax oil) (I use flax oil)
1/2 teaspoon vanilla
200 ml (7 fl. oz.) maple syrup
1 cup cacao powder
Pinch of salt (can be omitted)

Instructions:

1. Blend all ingredients in a Vita-mix or blender until smooth. (I use a Ninja.)
2. Serve on top of berries or fresh pineapple, banana or coconut. (Any fruit blend will do)

Dr. Libby's Nutritional Information:

Getting children to have their Omega 3 oil can be difficult, but not when it tastes like a velvety chocolate sauce. A great way of eating Udo's oil or simply as an alternative to a highly processed food, this sauce is lovely served with a fist-sized serving of berries or fresh fruit.

