



COCOADREAMS™ GUILT-LESS GOODIES &  
UNAPOLOGETICALLY CHOCOLATEY RECIPE  
BOOKS

10 Easy Chocolate Based  
Recipes to Make with

CocoaDreams

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## INTRODUCTION

We created a formula beyond hot chocolate. We worked with our team of food specialists to create a whole range of delicious and dreamy recipes for you to make with your CocoaDreams.

Let us know which are your favourites.

WE LOVE TO SEE WHAT YOU ARE MAKING. POST YOUR RECIPES AT #COCOADREAMS FOR A CHANCE TO BE FEATURED.



# MORNING MUNCHABLES







# COCOA OVERNIGHT OATS

**ESTIMATED TIME:** 5 MINS + OVERNIGHT PREPARATION

## INGREDIENTS:

- ½ cup rolled oats
- 1 scoop (8g) CocoaDreams™
- 1 tbsp honey or maple syrup
- ½ cup milk (dairy or plant-based)
- 2 tbsp Greek yogurt (optional for creaminess)
- Pinch of salt
- Optional: ½ sliced banana + nuts (toppings)

## DIRECTIONS:

1. Add all ingredients into a jar or bowl.
2. Stir until fully combined.
3. Seal and refrigerate overnight.
4. Serve as is or top with banana slices and nuts.





# PROTEIN-PACKED COCOA SMOOTHIE

**ESTIMATED TIME:** 5 MINS

## INGREDIENTS:

- 1 ripe banana (fresh or frozen)
- 1 tbsp cocoa powder
- ½–1 cup milk of choice
- 1 tbsp Greek yogurt (optional for thickness)
- 1 tsp honey or maple syrup (optional)
- Optional add-ins: 1 tbsp peanut butter or a handful of berries

## DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Adjust thickness with more or less liquid.
4. Serve immediately.





# COCOA BLISS BALLS

**ESTIMATED TIME:** 10 MINS + 30 MINS CHILLING

## INGREDIENTS:

- 1 cup rolled oats
- ½ cup pitted dates (or 2 tbsp honey if no dates)
- 2 tbsp cocoa powder
- 1 tbsp peanut butter or any nut butter
- 1–2 tbsp milk if needed

## DIRECTIONS:

1. Blend oats and dates together until crumbly.
2. Add cocoa powder and nut butter; blend again.
3. Add milk gradually until mixture sticks together.
4. Roll into bite-sized balls.
5. Chill in the fridge for 30 mins to firm up.





## COCOA CRAVINGS







# CRUNCHY COCOA GRANOLA BARS

**ESTIMATED TIME:** 15 MINS + 1 HOUR CHILLING

## INGREDIENTS:

- 1½ cups rolled oats
- 2 tbsp cocoa powder
- ¼ cup honey or maple syrup
- 2 tbsp melted coconut oil or butter
- 1 tbsp chia seeds (optional)
- Pinch of salt

## DIRECTIONS:

1. Mix oats, cocoa, and salt.
2. Warm honey and coconut oil together until melted.
3. Stir wet mixture into oats and press firmly into a lined container.
4. Chill for 1 hour before slicing.





## LIGHT & FLUFFY WHOLEMEAL CHOCOLATE PANCAKES

**ESTIMATED TIME:** 15 MINS

### INGREDIENTS:

- 1 cup wholemeal or plain flour
- 1 tbsp cocoa powder
- 1 tbsp sugar or honey
- 1 tsp baking powder
- 1 egg
- $\frac{3}{4}$  cup milk
- 1 tsp oil or melted butter

### DIRECTIONS:

1. Mix dry ingredients in one bowl and wet ingredients in another.
2. Combine both and whisk until smooth.
3. Cook spoonfuls on a medium pan until bubbles appear, then flip.
4. Serve with sliced banana and a drizzle of honey.





## THICK & CREAMY CHOCOLATE SPREAD

**ESTIMATED TIME:** 10 MINS

### INGREDIENTS:

- 2 tbsp cocoa powder
- 2 tbsp honey or maple syrup
- 2 tbsp melted butter or coconut oil
- 1–2 tbsp milk

### DIRECTIONS:

1. Mix cocoa and honey.
2. Stir in melted butter.
3. Add milk until smooth.





# DESSERTLY DELIGHTS







## CHOCOLATE SWIRL PASTRY ROLLS WITH BANANA & COCOA SPREAD

**ESTIMATED TIME:** 20 MINS

### INGREDIENTS:

- 1 sheet puff pastry
- 2 tbsp chocolate spread (homemade recipe below!)
- 1 sliced banana

### DIRECTIONS:

1. Spread chocolate over pastry.
2. Layer banana slices.
3. Roll tightly, slice into spirals.
4. Bake at 180°C for 12–15 mins until golden.





# CHUNKY CHOCOLATE CHIP COOKIES

**ESTIMATED TIME:** 20 MINS

**SERVES:** 12 COOKIES

## INGREDIENTS:

- ½ cup butter, softened
- ½ cup sugar
- ½ cup brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1½ cups flour
- 1 tsp baking soda
- ¼ tsp salt
- ¾ cup chocolate chips

## DIRECTIONS:

1. Preheat oven to 180°C and line a baking sheet.
2. Cream butter and sugars. Add egg and vanilla; mix well.
3. Combine flour, baking soda, and salt; stir into wet mixture.
4. Fold in chocolate chips.
5. Scoop onto baking sheet and flatten slightly.
6. Bake 10–12 mins until edges are golden.





## GOOEY FUDGE BROWNIES (FUDGY & DENSE)

**ESTIMATED TIME:** 10 MINS

**SERVES:** 9 SQUARES

### INGREDIENTS:

- ½ cup butter, melted
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla extract
- ⅓ cup cocoa powder
- ½ cup flour
- ¼ tsp salt
- ¼ tsp baking powder

### DIRECTIONS:

1. Preheat oven to 180°C and line an 8×8-inch baking pan with parchment paper.
2. Mix melted butter and sugar. Add eggs and vanilla; beat until smooth.
3. Sift in cocoa, flour, salt, and baking powder. Fold gently until combined.
4. Pour into pan and smooth top.
5. Bake for 20–25 mins. Check with a toothpick — it should come out slightly fudgy.
6. Cool completely before cutting into squares.





## RICH CHOCOLATE CUPCAKES

**ESTIMATED TIME:** 25 MINS

**SERVES:** 6 CUPCAKES

### INGREDIENTS:

- ½ cup butter, softened
- ½ cup sugar
- 2 eggs
- 1 tsp vanilla extract
- ½ cup flour
- ¼ cup cocoa powder
- ½ tsp baking powder
- ¼ tsp salt
- ¼ cup milk

### DIRECTIONS:

- Preheat oven to 180°C and line a muffin tray.
- Cream butter and sugar. Add eggs and vanilla; mix well.
- Mix flour, cocoa, baking powder, and salt; fold into wet mixture alternately with milk.
- Fill cupcake liners ¾ full.
- Bake 15–18 mins; cool completely.
- Optional Frosting: Beat butter with cocoa, powdered sugar, and milk until smooth. Pipe or spread over cupcakes.







