Village Cacao Recipes

Simple ways to use cacao at home, for the family, and for the market.

Cacao for Every Day



Cacao is more than just a crop for export - it is food, drink, and medicine for the village. Use these simple recipes for how to enjoy cacao at home, share it with family, and sell small products at the market. ***This knowledge is for you*** - to help you have value, health, and pride from your own beans.

Whole Roasted Cacao Beans











Make: Roast beans gently over the fire, peel.
Eat: 8 beans a day keeps the doctor away.
Use:

- Nutritious snack for children going to school.
- Healthy snack for adults.

Sell: Small bags or containers at the market.

Cocoa Nibs



Make: Crush 1 handful of roasted, peeled beans into small pieces.
Use:

- Sprinkle 1–2 spoons over pumpkin, kumara, cassava pudding, or fish.
- Place inside a sliced banana.
- Eat from a bowl with savoury banana or kumara for dipping.

Sell: Small bags for families or at the market or by weight.

Cacao Tea (Skinnie Tea)



Make:

- Add 1 handful cacao husks to 1 large cup boiling water.
- Steep 2–4 minutes. When husk sinks down = tea ready.
- ***Tip:*** Store dry husks in a container for months.

Use: Drink plain (best without sugar)
Sell: By cup, from a flask. Local alternative to imported tea.

Cacao Paste (100% Chocolate)



Make: Pound 5 handfuls of warm, roasted, peeled beans in a wooden pounder until soft.
Use:

- 2 heaped spoons for hot chocolate.
- Scoop into a banana leaf cup, let set 12 hours for a block

Sell: Blocks of paste wrapped in banana leaf or small bags of grated powder at the market.

Cocoa Powder





Make: Grate 1 block of cacao paste into fine powder. Store dry.
Use:

- 2 spoons in hot water, like Milo.
- Sprinkle over vegetables, fish, or cassava pudding.

Sell: Small bags or jars at the market. By weight for larger amounts.

Local Milo (Celebration Drink)





Make (for a group):

- Boil 5 green coconuts in a pot.
- Add 5 spoons cacao paste.
- Add crushed sugar cane juice.
- Bring to the boil, taste and sweeten if needed.

Sell: By cup, from a flask. Local alternative to imported cocoa drinks.

Local Chocolate









Make:

- Pound 5 handfuls roasted, peeled beans into paste.
- Add 5 spoons sugar.
- Spread 2 cm thick on banana leaf.
- Top with nuts, banana chips, or grated coconut.
- Let it harden.

Sell: Break into pieces, wrap in banana leaves for market.

Cacao Snack Packs







Make: Mix 1 handful roasted beans with nuts, shredded coconut, peanuts, and banana chips.
Use:

- Nutritious snack for children after school.
- Healthy snack for adults.
- Energy boosting.

Sell: Pack into small bags or banana leaf cups for easy snacks.



REMEMBER:

Always keep your hands, tools, work area, and containers **clean when preparing cacao**. Enjoy it safely and share with your family and friends.

