

# Chocolate Recipes

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Chocolate isn't just for eating...next time you take a bath make it a soothing experience with chocolate.



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## Chocolate Pudding Bubble Bath

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### Ingredients

- 1 cup unscented bubble bath
- 1/3 cup of unsweetened soy milk
- 3 oz. dark chocolate (used for baking)

### Steps

1. Gather the ingredients and heat the soy milk.
2. Chop the chocolate into small pieces. Small is better.
3. Add in the chopped chocolate.
4. Stir well until the chocolate is melted. Do not let it boil.
5. Allow the mixture to cool down.
6. Draw your bath water.
7. Pour a 1/2 cup of the mixture under running water.
8. Blend the chocolate solution and bath water together by putting your hand in the bath tub and circling it around.
9. Get ready to get in, relax and enjoy!

### Tips

- Immediately take a shower following your chocolate bath to wash off all remaining chocolate. Be sure to rinse very well.
- Do not use this recipe if you are allergic to chocolate or soy!
- This mix will last a few weeks if you use long life milk products and store in an airtight container, otherwise use within 3-4 days.

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## Chocolate Pudding Facial Mask

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- 1/3 cup cocoa
- 1/4 cup of honey
- 2 tablespoons of heavy cream (sour cream will work as well)
- 3 teaspoons of oatmeal powder

Mix all the ingredient until the mass in consistent. Apply on the face, gently massaging it so that oatmeal can start exfoliating the dead skin cell layer. Leave it on for about 20 minutes and rinse off with luke warm water.