

Raw Power

Makeup artist Konstanze Zeller went on an extreme cleansing diet on the advice of a naturopathic doctor after falling ill two and a half years ago. She endured seven months of deprivation before getting the okay to eat “normally” again, but was unable to find anything in stores that could both meet her new dietary standards and satisfy her sweet tooth.

A baking enthusiast since childhood, she began playing around with a lavender chocolate recipe in a heart-shaped ice cube tray that she had in her kitchen. She started bringing her chocolates to photo shoots to eat and share, and one day an art director Zeller was working with suggested she meet with her husband, who is in the food business. Zeller developed three more flavors named after her favorite yoga mantras, and the idea for Cocorau was born. The original lavender is So Hum (Sound of Breath), espresso is Turiya (Energizing), orange is Samadhi (Desire), and matcha tea is

Lakshmi (Beauty and Abundance). Her cocoa is from Peru, and most of the ingredients come from California.

The chocolates are made in the teaching kitchen of the Lower Eastside Girls Club by women whose daughters are part of the community organization. The moms receive job training and learn how to work in a commercial kitchen. “It’s an amazing institution that helps so many kids and I’m proud to be a part of that,” says Zeller.

Of course, Cocorau has all the requisite “no’s” — no gluten, no dairy, no processed sugar, no GMOs. But after meeting Zeller and trying her chocolates, it’s nice to know there are still sweet things in life you can say “yes” to.

*For more information, visit cocorau.com
photo by Milan Zrnica*