



Malena Rousseau

🍫 @CACAOEXPANSION

Chef Malena Rousseau

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I AM

I'm a chef with over 18 years of experience, specializing in catering and events, chocolaterie and plant-based cuisine, vegan pastry and ancestral cooking. My approach blends culinary technique with intuition, spiritual connection and a deep understanding of food as energy. I believe every ingredient holds a purpose and that cooking is an act of love awareness and expansion.

I studied Culinary Arts at the University Tecnologica Equinoccial (UTE) Ecuador and later my double specialized in Catering & Events - Traditional Cuisine at Le Cordon Bleu in Peru, Where I deepened my love for ancestral foodways. My passion for cacao led me to train at the Chocolaterie Academy of Chef Luis Amado in Michigan USA.

In recent years I've immersed myself in the energetic dimension of food, exploring how each ingredient affects the body, mind and spirit. This path led me to earn my certification as a Health Coach from the Institute for Integrative Nutrition (IIN) where I embraced a holistic vision of wellness rooted in balance, awareness and intuition.

I've had the honor of sharing my knowledge and energy through food in transformative retreats and sacred gatherings across Ecuador, Egypt, Mt Shasta and Los Angeles - weaving together ceremony, nourishment and expansion.

Conscious culinary experiences

Private dinners, events,
retreats and sacred
ceremonies (cacao, fire,
moon)



Vegan, Anti - inflammatory & International savory cuisine

Menus designed to nourish
the body, harmonize
emotions, and celebrate
global flavors.



Intentional artisan chocolates

Hand crafted bonbons
infused with ceremonial
cacao, flowers and sacred
spices



Classes and workshops

Soulful education on
energetic nutrition, natural
cooking, and the ritual use of
food

Ancestral Cooking

Recipes, techniques rooted in
tradition, honoring the
wisdom of our ancestors and
native cultures.



My style in the kitchen

I work with natural, seasonal and preferable organic ingredients. My cuisine is intuitive, colorful and respectful of the body, the earth and the traditions that came before us. I embrace international savory dishes and ancestral flavors, always seeking to nurture the soul through the beauty and energy of each creation.

How can I support you

I'm available for collaborations, private projects, retreats, classes, and personalized culinary experiences.

Let's connect and create something that not only taste delicious but supports and expands your intention.

With love, awareness and sacred fire,

Malena Rousseau

"Cooking is a daily act of magic; Let's make every meal both medicine and celebration"

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SAMPLE MENU



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ONE - DAY CHAKRA BALANCING MENU

PLANT BASE - ANTI INFLAMMATORY - ENERGETIC
NOURISHMENT

BREAKFAST - ROOT & SACRAL CHAKRAS

GROUNDING AND EMOTIONAL FLOW

1. Warm sweet potato and cinnamon porridge with coconut milk
2. Quinoa pancake with mash plantain and cinnamon
3. Herbal infusion of ginger and annatto.

MID MORNING SNACK - SOLAR PLEXUS CHAKRA

INNER POWER AND VITALITY

1. Golden turmeric bliss balls with oats, dates and sun flower seeds
2. Pineapple and guayusa smoothie (Ecuadorian Amazon energizing leaf)

LUNCH - HEART CHAKRA

COMPASION, OPENNESS AND BALANCE

1. Vegetables soup of epazote and cilantro
2. steamed millet with sauteed zucchini, broccoli, spinach and avocado dressing.
3. Agua fresca of basil and cucumber.

AFTERNOON SNACK - THROAT CHAKRA

AUTHENTIC EXPRESSION AND CLARITY

1. raw blueberry and lavender bites with coconut.
2. blueberry, lavender and chia drink

DINNER - THIRD EYE & CROWN CHAKRAS

INTUITION, WISDOM AND SPIRITUAL CONNECTION

1. Purple potato soup
2. Grilled eggplant with cacao nibs and fermented cashew cream
3. Hibiscus flower Tisane.

- NOTE ON CUSTOMIZATION: This menu is an example created with love and intention, aligned with the energetic centers of the body and fully plant based, anti inflammatory approach. However, every event holds a unique frequency and purpose, and so should the food that nourishes it. Menus are always personalized on the intention, energy and specific needs of each retreat, gathering or ceremony.

“It’s not just about what you eat. It’s the season whispering through the ingredients, the hands that prepare it with love, the intention stirred into each pot, and the presence with which you receive it. True nourishment is not measured in calories, but in connection - with The mother Earth, with yourself, and the unseen magic that turns every meal into a sacred offering”

With Love

Malena Rousseau