

SWEET ONLINE RECIPES



Creating your own cookies and teabreads.....	4
Almond and Raisin Cookies.....	5
Cappuccino brownies with white chocolate icing.....	6
Tantalising Tarts and Crème Patisserie.....	8
Fruit patisserie tarts.....	9
Pecan Pie.....	11
Lemon meringue pie.....	12
Banana and Butterscotch Tart.....	14
Chocolate and Hazelnut Tart.....	16
Quick and easy nut free desserts.....	18
Coconut/cashew yoghurt	19
Chocolate mousse.....	20
Summer berry mousse.....	21
Lime Mousse.....	22
Berry, coconut and lime layered parfait.....	23
Cheesecakes and Delices.....	24
Chocolate brownie and raspberry cheesecake.....	25
Key lime pie.....	27
Berry ripple cheesecake.....	29
Mini cheesecake.....	31
Mint Chocolate Delice.....	33
The art of making dairy free ice-creams, palate cleansing sorbets and frozen desserts.....	34
Vanilla Ice-cream.....	35
Strawberry Ice-cream.....	36
Chocolate Ice-cream.....	37
Freezing ice-cream.....	38
Neapolitan Ice-cream.....	39
Ice-cream sandwich cookies.....	40
Ice-cream sundae with chocolate and caramel sauce with candied nuts.....	42
Pina colada granita.....	44
Kulfi	45
Cherry yoghurt ice pops.....	46
Speciality Sponge Cakes.....	47
How to create a flavoured finishing syrup.....	48
Raspberry and pistachio ice-cream cake.....	49
Chocolate hazelnut layer cake.....	50
Mango and passion fruit sponge.....	52
Red Velvet Cake.....	53

Snack bars and slices.....	55
Essential ingredient: toffee sauce.....	56
Almond butter snack bars.....	57
Crunchy chocolate hemp toffee bars.....	59
Apricot streusel slice.....	60

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CREATING YOUR OWN
COOKIES
AND TEABREADS



ALMOND AND RAISIN COOKIES

INGREDIENTS

2 cups cashew flour
1 cup ground almonds
1 ¼ cup oat flour
½ cup maple syrup
1 tablespoon coconut sugar
2 teaspoon almond extract
¼ teaspoon salt
½ cup raisins

METHOD

1. Soak the raisins in water for 10 minutes.
2. In a bowl mix together the cashew flour, ground almonds, oat flour and salt until well combined.
3. Drain the raisins and combine them into the mixture.
4. Add the remaining ingredients and mix well until the mixture forms a cookie dough.
5. To make shaped cookies, lay the cookie dough in between sheets of baking parchment or Teflex sheets from the dehydrator to prevent the cookie dough from sticking. Roll the cookie dough about ¼ inch thick and cut into shapes. Using this method, the mix should yield 35 - 40 cookies, depending on size and shape.

If you don't have cookie cutters, simply roll the cookie mixture into a small ball and squish flat. Use an ice-cream scoop to ensure that each cookie is roughly the same in proportions. Using this method, the mix should yield 25 cookies.

6. Place the cookies directly onto the mesh sheet in a dehydrator.
7. Dehydrate at 115F for 12 hours, flip the cookies and continue to dehydrate for a further 2 hours.

CAPPUCCINO BROWNIES WITH WHITE CHOCOLATE ICING

(No dehydrator brownies)

INGREDIENTS

1 ½ cups of walnuts, dry
1 ½ cups pecans, dry
1 cup cacao powder
3 tablespoons coconut sugar
Pinch salt
3 tablespoons maple syrup
1 teaspoon vanilla extract
½ cup date paste
1 tablespoon melted coconut oil

METHOD

1. In a food processor, pulse the walnuts, pecans, cacao powder, salt and coconut sugar until it resembles fine breadcrumbs. Transfer to a mixing bowl.
2. Add the vanilla, maple syrup and date paste and mix until well combined. It should start to stick together and become a stiff dough.
3. Finally work in the melted coconut oil.
4. Press the mixture into a loaf tin lined with baking parchment. Leave in the fridge to set.

(Dehydrated brownies)

INGREDIENTS

1 cup dry cashew nuts, ground
½ cup dry Brazil nuts, ground
½ cup dry pecans, ground
1 cup cacao powder
1 ½ teaspoon vanilla extract
¼ cup macadamia nuts, soaked and drained
½ cup cashews, soaked and drained
2 tablespoons maple syrup
2 tablespoons date paste
¼ teaspoon lemon juice
¼ teaspoon salt
½ cup water

CAPPUCCINO BROWNIES WITH WHITE CHOCOLATE ICING

(continued)

METHOD

1. Line an 8 inch square tin with baking parchment.
2. In a mixing bowl, stir together the ground nuts with ½ cup cacao powder, salt and vanilla.
3. Rinse the soaked and drained macadamia and cashew nuts. In a blender, whizz them with the maple syrup, date paste, lemon juice and water.
4. Add the remaining ½ cup of cacao powder to the blender and whizz until well combined.
5. Add the blended wet mixture to the flour mixture in the bowl and stir well.
6. Press into the lined cake tin and dehydrate for 2 – 3 hours at 115 degrees F.
7. Then carefully remove the brownie from the pan, remove the baking parchment and dehydrate directly onto the mesh screen for a further 12 hours or overnight.
8. Remove from the dehydrator and allow to cool.

For the cappuccino icing:

INGREDIENTS

1 cup coconut meat (or 1 cup cashews, soaked and rinsed)
½ cup cashews, soaked and rinsed
1 teaspoon vanilla extract
Pinch salt
1/3 cup agave
¼ cup strong cold pressed coffee
½ cup melted cacao butter
1 teaspoon lecithin (optional)
Cacao powder to dust

To make the cappuccino icing, blend all the ingredients until smooth. Place into a piping bag and leave in the fridge for 2 – 3 hours to firm up a little.

TO ASSEMBLE: Cut the brownies into squares. Pipe the chilled icing onto the brownies and dust with cacao powder.

TANTALISING TARTS AND CRÈME PATISSERIE



For the shortcrust pastry:

INGREDIENTS

Makes 3 x 4 inch tart tins

½ cup dry cashew flour (dry cashew nuts finely ground)

½ cup coconut flour

4 tablespoons oat flour

2 tablespoons agave

2 teaspoons lemon juice

3-5 tablespoons melted coconut oil

METHOD

1. Line the tart tins with pieces of cling film. It will make it easier to remove.
2. Grind the cashew nuts into a fine flour and add these to a large mixing bowl. Ensure there are no large lumps of nut in the mixture.
3. Add the coconut flour and oat flour to the bowl and mix until well combined.
4. Add the agave and lemon juice, stir and finally add 2 tablespoons of coconut oil.
5. Mix until it forms a dough, adding more coconut oil if you need it. Press the mixture into the tart tins lined with cling film.
6. Place in the freezer to set.

For the crème patisserie filling:

INGREDIENTS

1 cup cashews, soaked and rinsed

½ cup coconut meat (alternatively you could use soaked and rinsed cashews or a dairy free yoghurt)

½ cup almond milk

½ cup agave

½ tablespoon lemon juice

1 tablespoon vanilla extract

½ cup melted coconut oil

For the crème patisserie filling:

METHOD

1. Whizz together all the ingredients until smooth.
2. Place in a piping bag and chill until required.

For the fruit topping:

INGREDIENTS

3 cups berries or mixed fruit (eg strawberries, raspberries, blueberries, kiwi, mango, pineapple)

TO ASSEMBLE

1. Remove the tart shells from the freezer.
2. Remove the cling film.
3. Fill the tart shell with the chilled crème patisserie filling.
4. Arrange the fruit on top.
5. Serve at once.

INGREDIENTS

For the crust:

Makes 3 x 4 inch tart tins

½ cup cashew nut flour

½ cup coconut flour

¼ cup oat flour

2 tablespoons agave

2 teaspoons lemon juice

2 – 4 tablespoons melted coconut oil

For the pecan filling:

½ cup pecan nuts, soaked for 2 hours

¼ cup water

¼ cup maple syrup

6 Medjool dates

¼ teaspoon ground cinnamon

¼ teaspoon vanilla

For the topping:

12 half pecans

METHOD

1. Line the tart tins with cling film.
2. Grind the cashew nuts into a fine flour and add these to a large mixing bowl.
3. Add the coconut flour and oat flour and mix until well combined.
4. Add the agave and lemon juice and stir and finally add the melted coconut oil, adding half the quantity first and the rest as needed.
5. Mix until it forms a dough.
6. Press the dough into tart tins lined with cling film and leave to set in the freezer.
7. Rinse and drain the pecan nuts.
8. Blend the pecan pie filling ingredients together until smooth.
9. Fill the tart case with the pecan pie filling and leave to set.
10. Top with pecan nuts to serve.

Tip: This pecan pie freezes well for up to 3 weeks. Add the pecans on top after the pie has defrosted

For the crust:

INGREDIENTS

Makes 3 x 4 inch tart tins

½ cup cashew nut flour
½ cup coconut flour
¼ cup oat flour
2 tablespoons agave
2 teaspoons lemon juice
2 – 4 tablespoons melted coconut oil

METHOD

1. In a food processor, grind the cashews into a fine flour. Transfer to a large mixing bowl.
2. Add the coconut flour and oat flour mix well.
3. Add the agave and lemon juice and stir and finally add the melted coconut oil, adding half the quantity first and the rest as needed.
4. Mix until it forms a dough that sticks together when you pinch it.
5. Press into tart tins lined with cling film and leave to set in the fridge.

For the coconut meringue:

INGREDIENTS

1 cup coconut milk
½ cup thai coconut meat
¼ cup agave
½ cup melted coconut oil
1 teaspoon vanilla extract
1 pinch of salt

METHOD

1. In a blender, whizz all the ingredients until smooth.
2. Pour into a shallow metal container and leave in the fridge overnight to set.

For the lemon pie filling:

INGREDIENTS

- 1/2 cup cashew nuts, soaked
- 1/2 cup Thai coconut meat
- 1/4 cup agave
- 1/4 cup lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla extract
- 1/4 cup melted coconut oil

METHOD

1. In a blender, whizz all the ingredients until smooth.
2. Remove the cling film from the pastry cases and pour the lemon filling into the frozen pastry cases and transfer to the fridge to set for 2 hours.

TO ASSEMBLE

1. Spoon the set coconut meringue into a piping bag.
2. Pipe onto the set lemon custard tarts.
3. Serve at once.

TIP: You can make the pastry cases and fill with the lemon custard in advance and store in the freezer until needed. When you're ready to serve, remove the cling film and pipe the coconut meringue on the top.

BANANA AND BUTTERSCOTCH TART

For the coconut cream:

INGREDIENTS

- 1 cup coconut milk
- ½ cup thai coconut meat
- ¼ cup agave
- ½ cup melted coconut oil
- 1 teaspoon vanilla extract
- 1 pinch of salt

METHOD

1. To make the coconut cream, blend together all of the coconut cream ingredients until very smooth. Place in the fridge to set in a shallow metal pan overnight.

For the hazelnut pastry crust:

INGREDIENTS

Makes 4 x 4 inch tart tins

- ½ cup dry hazelnuts, ground
- ½ cup coconut flour
- ¼ cup oat flour
- 8 Medjool dates, pitted
- 1 ½ tablespoons maple syrup
- 1 tablespoon melted coconut oil
- 3 tablespoon water (or as needed)

METHOD

1. In a food processor, whizz together the hazelnuts, coconut flour, oat flour and Medjool dates until it starts to form fine breadcrumbs and stick together a little.
2. Add the maple syrup and coconut oil and as much water as needed for form a dough.
3. Press into the bottom of a tart tin lined with cling film and place in the freezer to set.

For the banana layer:

- 4 ripe bananas

For the butterscotch layer:

INGREDIENTS

1/4 cup macadamia nuts, dry
5 tablespoons maple syrup
5 tablespoons agave
3/4 cup melted coconut oil
1/2 cup coconut sugar
4 Medjool dates, pitted
1 tablespoon vanilla extract
Pinch salt
1 teaspoon to 1 tablespoon Butterscotch extract to taste (depending to the brand)

METHOD

1. In a twister jar, blend all of the butterscotch ingredients until smooth.
2. This will take 3 cycles 50 second cycles in a Blendtec. Watch for the sauce to emulsify .

TO ASSEMBLE

1. Layer the bananas over the hazelnut crust, pour the butterscotch sauce over and place in the freezer to set.
2. When you want to serve the tart, remove the tart from the freezer and place in the fridge.
3. When the coconut cream is set, pour into a piping bag and decorate the top of the tart before serving.
4. This can be stored in the freezer until required.
5. Dust with cacao powder to serve.

CHOCOLATE AND HAZELNUT TART

For the hazelnut crust:

INGREDIENTS

Makes 4 x 4 inch tart tins or 1 x 9 inch tin

½ cup hazelnuts
½ cup coconut flour
4 tablespoon oat flour
8 Medjool dates
1 ½ tablespoon maple syrup
1 tablespoon melted coconut oil
3 tablespoon water (or as needed)

METHOD

1. In a food processor, whizz together the hazelnuts, coconut flour, oat flour and Medjool dates until it starts to form fine breadcrumbs and stick together a little.
2. Add the maple syrup and coconut oil and as much water as needed for form a dough.
3. Press into the bottom of a tart tin lined with cling film and place in the freezer to set.

For the hazelnut ganache:

1 cup cashews, soaked for 2 hours and rinsed
½ cup hazelnut milk
½ cup cacao powder
½ cup maple syrup
¾ cup melted coconut oil
Chopped hazelnuts (to decorate)

METHOD

1. In a blender, whizz the soaked cashews, hazelnut milk, and maple syrup and blend until smooth.
2. Add the melted coconut oil and blend again.
3. Finally add the cacao powder and blend until smooth.

CHOCOLATE AND HAZELNUT TART

(continued)

TO ASSEMBLE

1. Pour the hazelnut ganache on top of the tart base and place in the freezer until set.
2. Once set, remove the cling film from the tart base and top with chopped nuts to serve.

QUICK AND EASY NUT FREE DESSERTS



COCONUT / CASHEW YOGHURT

INGREDIENTS

2 cups young Thai coconut meat (or soaked cashews)

½ teaspoon acidophilus

Water as needed (about 4 tablespoons)

METHOD

1. In a high speed blender, whizz all the ingredients until smooth.
2. Place the mixture into a yoghurt maker for 5 – 6 hours or leave in a kilner jar (covered) at room temperature for 24 hours.
3. When it has fermented, stir and add a pinch of salt and a little lemon juice to taste.
4. Chill until required.

INGREDIENTS

1 medium sized very ripe avocado
½ cup coconut sugar
3 tablespoons melted coconut oil
1 ½ teaspoons vanilla extract
Pinch of salt
1 heaped cup raw cacao powder

METHOD

1. In a high speed blender, whizz all the ingredients until smooth.
2. Pour into glasses and chill in the fridge until required.

INGREDIENTS

1 medium sized very ripe avocados
¾ cup frozen berries, thawed
3 tablespoons agave
3 tablespoons melted coconut oil
¼ teaspoon vanilla extract
Pinch of salt
¼ cup fresh raspberries
¼ cup fresh blueberries

METHOD

1. Place all of the ingredients into a blender, except the fresh berries and blend until smooth.
2. Spoon in the bottom of a glass. Then add the fresh berries.
3. Top with the remaining fresh berries.
4. Put it in the fridge for an hour to two to set.

INGREDIENTS

2 avocados, peeled and stones removed

The zest and juice of 3 limes

¼ cup agave

¼ cup melted coconut oil

METHOD

1. Place all of the ingredients into a blender, whizz until smooth.
2. Spoon into a glass to serve.

BERRY, COCONUT AND LIME LAYERED PARFAIT

INGREDIENTS

- 1 cup frozen berries, thawed
- 2 tablespoons agave
- 1 teaspoon lemon juice
- 1 tablespoon melted coconut oil

METHOD

1. Blend all the ingredients together adding the melted coconut oil last.
2. Place in a shallow pan and transfer to the fridge.

TO ASSEMBLE

- 1 x portion berry layer
- 1 x portion coconut yoghurt
- 1 x portion lime mousse

1. Layer the three different layers in a glass, alternating as you go to contrast the colours.

CHEESECAKES AND DELICES



CHOCOLATE BROWNIE AND RASPBERRY CHEESECAKE

For the brownie base:

INGREDIENTS

¾ cup of walnuts, dry
¾ cup pecans, dry
½ cup cacao powder or good quality cocoa powder
1 ½ tablespoon coconut sugar
Pinch salt
1 ½ tablespoons maple syrup
½ teaspoon vanilla
¼ cup date paste
½ tablespoon melted coconut butter

METHOD

1. In a food processor, pulse the walnuts, pecans, cacao powder and coconut sugar until it resembles fine breadcrumbs. Transfer to a mixing bowl.
2. Add the vanilla, maple syrup and date paste and mix until well combined. It should start to stick together and become a stiff dough.
3. Finally work in the melted coconut butter.
4. Press the mixture into a loaf tin lined with baking parchment. Leave in the fridge or freezer to set.

For the raspberry layer:

1 cup fresh raspberries

For the white chocolate cheesecake:

1 ½ cups cashew nuts, soaked
1 cup almond milk
½ cup agave
2 tablespoons vanilla extract
2 tablespoons lemon juice
½ cup melted cacao butter
1 tablespoon lecithin granules (optional)

CHOCOLATE BROWNIE AND RASPBERRY CHEESECAKE

(continued)

METHOD

1. Make the white chocolate cheesecake mixture by blending together all the ingredients, adding the melted cacao butter last.
2. Scatter the fresh raspberries over the brownie base.
3. Pour over the white chocolate cheesecake.
4. Return to the fridge or freezer to set.

For the coconut crust:

INGREDIENTS

1 $\frac{3}{4}$ cups cashew nuts, dry
 $\frac{1}{2}$ cup coconut flakes
2 tablespoon coconut sugar
 $\frac{1}{2}$ cup coconut flour
2 tablespoon agave
1 teaspoon vanilla extract
Pinch sea salt
6 tablespoon melted coconut butter

METHOD

1. In a food processor, grind the cashews, coconut chips and coconut sugar until these form a fine flour. Pour into a mixing bowl.
2. Add the remaining tart ingredients and work together until it forms a dough.
3. Press into the bottom of an 8 inch tin lined with cling film. Place in the freezer to set.

For the lime custard:

1 cup mashed avocado, peeled and stone(s) removed
 $\frac{1}{2}$ cup lime juice
 $\frac{1}{4}$ cup lime zest
 $\frac{1}{4}$ cup + 2 tablespoons agave
 $\frac{1}{4}$ cup coconut milk
1 teaspoon lecithin
 $\frac{3}{4}$ cup melted coconut oil

METHOD

1. In a blender, whizz together the lime custard ingredients.
2. Pour over the crust and place in the fridge or freezer to set.

For the coconut cream:

INGREDIENTS

¼ cup Thai coconut meat (or soaked cashews)
½ cup coconut milk
2 tablespoon agave
1 teaspoon vanilla extract
1/3 cup melted coconut oil
1 teaspoon lecithin

METHOD

1. Blend together the coconut cream ingredients.
2. When the lime custard is set, spread this over the lime custard and return to the fridge to set.

Family Sized Cheesecake

Fills an 8 inch spring form cake tin

For the base:

INGREDIENTS

For the base:

- 1 cup hazelnuts
- 1 cup shredded coconut
- 2 tablespoon agave
- 2 teaspoon vanilla
- Pinch of salt
- 2 teaspoon lemon juice
- 4 tablespoons melted coconut oil

METHOD

1. To make the base, pulse all of the ingredients together and place in the bottom of a lined spring form tin. Place in the fridge to set.

For the swirl:

- 2 tablespoons lemon juice
- 1 cup frozen berries, defrosted

METHOD

1. Blend the ingredients together. Sieve the mixture to remove any pips.
2. Pour into a piping bag, jug or sauce dispenser.

For the topping:

- 1 ½ cups cashew nuts, soaked
- 1 cup almond milk
- ½ cup agave
- 2 tablespoons vanilla extract
- 2 tablespoons lemon juice
- ½ cup melted cacao butter
- 1 tablespoon lecithin granules (optional)

BERRY RIPPLE CHEESECAKE

(continued)

METHOD

1. To make the cheesecake, blend all of the ingredients together except the melted cacao butter.
2. Blend in the cacao butter until well mixed.

TO ASSEMBLE

1. Pour the cheesecake over the base and whilst still wet, swirl through the berry sauce.

Fills a 4 or 5 inch spring form cake tin

For the base:

INGREDIENTS

¼ cup hazelnuts
¼ cup shredded coconut
1 tablespoon agave
1 teaspoon vanilla
Pinch of salt
1 teaspoon lemon juice
2 tablespoons melted coconut oil

METHOD

1. To make the base, pulse all of the ingredients together and place in the bottom of a lined spring form tin. Place in the fridge to set.

For the swirl:

1 tablespoons lemon juice
½ cup frozen berries, defrosted

METHOD

1. Blend the ingredients together. Sieve the mixture to remove any pips.
2. Pour into a piping bag, jug or sauce dispenser.

For the vanilla topping:

1 cup cashew nuts, soaked
4 tablespoons agave
¼ cup nut milk
¼ cup melted cacao butter
1 teaspoon vanilla
Pinch salt

METHOD

1. To make the cheesecake, blend all of the ingredients together except the melted cacao butter.
2. Blend in the cacao butter until well mixed.

TO ASSEMBLE

1. Pour the cheesecake over the base and whilst still wet, swirl through the berry sauce.

For the crust:

INGREDIENTS

2 cups pecans, dry
1 tablespoon cacao powder
Pinch salt
1 tsp vanilla extract
5 Medjool dates, pitted and chopped

METHOD

1. In a food processor, whizz the pecans, cacao powder, salt and vanilla until it resembles fine breadcrumbs.
2. Finally pulse in the Medjool dates with 2 tablespoons water until the mixture starts to hold together.
3. Press the mixture into the bottom of an 8 inch cake tin lined with baking parchment. Chill until firm.

For the chocolate mint:

INGREDIENTS

1½ cups of cashew nuts, soaked for 2 hours
1 cup of filtered water
½ cup cacao powder
½ cup agave
½ cup of melted cacao butter
Pinch of Himalayan pink salt
5-8 drops of Japanese oil of peppermint
Cacao powder for dusting

METHOD

1. Rinse the cashew nuts well and put them into a high speed blender.
2. Add the water, cacao powder and agave and blend until smooth.
3. Add the melted cacao butter and blend again until well mixed. Finally add a pinch of salt and the oil of peppermint.

TIP: Be cautious with the peppermint – add a few drops at a time, blend and taste until it is minty enough for you.



THE ART OF MAKING
DAIRY-FREE ICE-CREAMS
PALATE CLEANSING SORBETS AND
FROZEN DESSERTS

INGREDIENTS

1 cup cashews, soaked and rinsed
½ cup young coconut meat
½ cup agave
1 cup almond milk
¼ cup melted coconut oil
¼ teaspoon salt
2 teaspoons vanilla
Seeds of 1 vanilla pod

METHOD

1. Blend all of the ingredients except the coconut oil until smooth.
2. Then add the coconut oil and blend again.
3. Follow the freezing instructions on page 39.

INGREDIENTS

¾ cup strawberry puree (about 1 ½ cups thawed frozen berries)
1 cup cashews, soaked
½ cup young coconut meat
½ agave
½ cup almond milk
¼ cup melted coconut oil
¼ teaspoon salt
½ teaspoon vanilla extract

METHOD

1. Whizz the berries to create a puree and sieve them to remove the pips.
2. Blend all of the ingredients except the coconut oil until smooth.
3. Then add the coconut oil and blend again.
4. Follow the freezing instructions on page 39.

INGREDIENTS

1 cup cashews, soaked
½ cup young coconut meat
½ cup maple syrup
1 ¼ cups brazil nut milk
¼ cup melted coconut oil
¼ teaspoon salt
1 teaspoon vanilla
1/3 cup cacao powder

METHOD

1. Blend all of the ingredients except the coconut oil and cacao powder until smooth.
2. Then add the coconut oil and blend again.
3. Finally add the cacao powder and blend again.
4. Follow the freezing instructions on page 39.

FREEZER METHOD

1. Your freezer should be between minus 18 C and minus 22 C. Use the fast freeze button on your freezer if you have one.
2. Pour your ice-cream mixture into a very shallow metal pan and put it in the bottom of the freezer for an hour or until the ice-cream is firm at the edges.
3. Then, remove it from the freezer and whisk the ice-cream with a hand whisk. This breaks down any ice crystals that may have been formed.
4. Repeat this process every 45 minutes until the mixture is frozen.
5. Depending on your freezer, this could take between 3 – 6 hours.
6. Once completely frozen, cover with baking parchment to stop it coming into contact with air.
7. Remove from the freezer about 20 minutes before serving for an easy and delicious soft scoop.

ICE-CREAM MAKER METHOD

1. If you have an ice-cream maker: freeze the ice-cream according to the manufacturer's instructions.
2. You may need to keep an eye on the volume and take some of the mix out as ice-cream can expand as it churns and freezes.

INGREDIENTS

- 1 x quantity of Vanilla ice-cream
- 1 x quantity of Strawberry ice-cream
- 1 x quantity of Chocolate ice-cream

METHOD

1. Line a loaf tin with cling film (alternatively use a silicone mould).
2. Make one ice-cream and pour into the bottom of a loaf tin. Place in the freeze to set until almost solid.
3. Make the second ice-cream and pour on top of the first layer. Freeze until almost solid.
4. Repeat for the final layer and freeze until firm.
5. When firm, turn out the ice-cream loaf and slice.

ICE-CREAM SANDWICH COOKIES

For the cookies:

Makes 5 ice-cream sandwiches

INGREDIENTS

1 cups cashew flour
¾ + 2 tablespoons oat flour
¼ cup cacao powder
½ tablespoon coconut sugar
¼ cup maple syrup
½ teaspoon vanilla extract
pinch salt

METHOD

1. In a bowl mix together all of the ingredients.
2. Once combined, roll flat between two pieces of Teflex or baking parchment and using your chef ring, cut to form into 10 cookies.
3. Place on baking parchment in the freezer to set.

For the vanilla ice-cream:

INGREDIENTS

1 cup cashews, soaked
½ cup young coconut meat
½ agave
1 ¼ cups almond milk
¼ cup melted coconut oil
¼ teaspoon salt
2 teaspoons vanilla
Seeds of 1 vanilla pod

METHOD

1. Blend all of the ingredients except the coconut oil until smooth.
2. Then add the coconut oil and blend again.

ICE-CREAM SANDWICH COOKIES

(continued)

TO ASSEMBLE

1. Remove the cookies from the freezer and place one at the base of each chef ring. Ensure that each cookie is a tight fit. (Return the remaining cookie to the freezer until needed).
2. Pour the ice-cream into the chef ring and place in the freezer until the ice-cream is almost set firm.
3. Then place another cookie on top.
4. Return to the freezer to set firm.

Once these have frozen solid you can remove them from the chef ring and store in the freezer wrapped in baking parchment until required.

ICE-CREAM SUNDAE WITH CHOCOLATE AND CARAMEL SAUCE WITH CANDIED NUTS

INGREDIENTS

- 1 x portion vanilla ice-cream
- 1 x portion chocolate ice-cream
- 1 x portion caramel sauce
- 1 x portion chocolate sauce
- 1 x portion candied nuts

For the caramel sauce:

INGREDIENTS

- 1/2 cup soaked macadamia nuts
- 1/4 cup maple syrup
- 1/4 cup agave
- 3/4 cup coconut oil
- 1/2 cup coconut sugar
- 4 Medjool dates
- 1 tbsp vanilla
- Pinch salt
- Caramel/Butterscotch extract to taste
- 1/2 cup macadamia nut milk

METHOD

1. In a blender, whizz all of the ingredients until smooth. Store in a jug in the fridge until required.

For the chocolate sauce:

INGREDIENTS

- 1/2 cup cacao powder,
- 1/4 cup agave syrup,
- 1/4 cup maple syrup,
- 1 tsp vanilla,
- Pinch of salt

METHOD

1. Place all of the ingredients except the coconut oil in a blender. Blend until smooth.

ICE-CREAM SUNDAE WITH CHOCOLATE AND CARAMEL SAUCE WITH CANDIED NUTS

(continued)

For the candied nuts:

INGREDIENTS

1 cup pecans
1 – 2 tablespoons maple syrup
¼ teaspoon ground cinnamon

METHOD

1. In a bowl, coat the nuts with the maple syrup and spice.
2. Put onto Teflex sheets and dehydrate until dry to the touch (about 24 hours).
3. Transfer to the mesh screen and dehydrate until crunchy.

PIÑA COLADA GRANITA

INGREDIENTS

- 2 cups fresh pineapple, cut into chunks
- 1 cup coconut milk
- 1 teaspoon lime juice
- 1 – 2 drops rum extract (optional)

METHOD

1. In a blender, blend the pineapple with the coconut milk and lime together until smooth. Add the rum extract, if using.
2. Pour the mixture into a large flat baking tin so it's about ¼ inch thick and place the tray uncovered in the bottom of the freezer for about 45 minutes. After this time, you will notice that the mixture is beginning to freeze around the edges.
3. Use a fork to whisk up the granita so that the crystals separate and return to the freezer for about half an hour.
4. Repeat this process every half an hour, using a fork to lightly separate the granita crystals until the mixture resembles a light sorbet. This may take up to 2 ½ hours.
5. When ready, divide into 4 glasses to serve.

INGREDIENTS

1 cup cashew nuts, soaked
½ cup coconut milk
¼ cup coconut water
¼ cup agave
¼ cup melted coconut oil
2 limes, juiced
1 tablespoon lecithin
½ cup coconut chips
Zest of 2 limes
5 dried apricots, chopped
2 tablespoons of pistachios, chopped

METHOD

1. Blend all the ingredients except the coconut oil and lecithin, coconut chips, lime zest, apricots and pistachios.
2. Then stream in the melted coconut oil and add the lecithin. Blend until smooth.
3. Pour into a bowl and fold in the lime zest, coconut, apricots and pistachios.
4. Pour into moulds and place in the freezer to set.

CHERRY YOGHURT ICE POPS

INGREDIENTS

- 2 cups frozen cherries (or berries), thawed.
- 1 teaspoon lemon zest
- 1 cup coconut milk
- 1 tablespoon agave
- 1 tablespoon lemon juice

METHOD

1. Whizz all the ingredients together until smooth, reserving $\frac{1}{4}$ cup thawed cherries/berries.
2. Add the reserved fruit to ice pop moulds and pour in the liquid.
3. Freeze until set.



SPECIALITY
SPONGE CAKES

INGREDIENTS

2 cups frozen berries, thawed
1 teaspoon lemon juice
1 tablespoon agave

METHOD

1. Blend all the fruit together until smooth and pass through a sieve to remove any pips.
2. Stir in the remaining ingredients to the fruit puree.
3. Transfer to a sauce dispenser until required.

RASPBERRY AND PISTACHIO ICE-CREAM CAKE

For the sponge layer:

INGREDIENTS

Makes 1 large or 4 small cakes

1 cup almond pulp (left over from making almond milk)
½ cup coconut flour
6 tablespoon agave
¾ teaspoon vanilla extract
Pinch sea salt

METHOD

1. To make the sponge: In a mixing bowl, mix the almond pulp and coconut flour together. Then add the agave, vanilla and salt. Press firmly into the bottom of a cake tin or individual chef rings (with baking parchment underneath to stop it falling out).

For the raspberry layer:

1 cup raspberries

For the pistachio ice-cream layer:

INGREDIENTS

1 cup cashews
¾ cup pistachio milk
1/3 cup agave
1 teaspoon lime juice
½ teaspoon vanilla
4 tablespoon melted coconut oil
Pinch salt

For the topping:

Fresh raspberries and edible flowers (dianthus/carnations) or mint leaves

METHOD

1. In a high speed blender, whizz all the pistachio ice-cream ingredients until smooth. Chill in the fridge.
2. Place the raspberries over the sponge base. Pour the chilled ice-cream over the sponge layer and raspberries and put in the freezer to set. Top with raspberries and edible flowers/mint leaves to serve.

CHOCOLATE HAZELNUT LAYER CAKE

For the sponge cake:

INGREDIENTS

2 cups dry ground hazelnuts
1 cup almond flour
1 cup coconut chips, ground
½ cup cacao powder
2 tablespoons ground linseed
1 apple
1 courgette
1 cup date paste
¼ cup almond milk
¼ cup maple syrup
¼ cup coconut oil
2 tablespoons vanilla

METHOD

1. In a food processor, mix the flours, coconut and cacao.
2. In a blender, blend the apple, courgette, date paste, almond milk, maple syrup and vanilla. Add the coconut oil and blend again.
3. Add the wet mixture to the flour mixture slowly using the pulse setting.
4. Finally add the flax seed and pulse again. The mixture should form a sponge like consistency. Spread in a flat baking tray until it's about ½ inch thick and place in the freezer to set.

TIP: A piece of cling film laid over the top of the cake mix in the baking tin will help you manoeuvre it flat.

For the hazelnut crème layer:

INGREDIENTS

1 ½ cups cashews, soaked and rinsed
¾ cup coconut meat
½ cup hazelnut milk
¼ cup maple syrup
½ cup cacao powder
1 ½ teaspoons vanilla extract
Pinch of salt
2 drops/ teaspoons hazelnut extract (depending on brand)
½ cup + 2 tablespoons melted coconut oil
¾ teaspoon lecithin

METHOD

1. Blend all of the ingredients except the melted coconut oil and the lecithin.
2. Then blend in the final two ingredients until smooth. Leave this to firm up a little in the fridge or pour into a piping bag and leave in the fridge to firm up.

TO ASSEMBLE

1. Using a chef ring, cut a layer of sponge from the baking tin and use it to line the bottom of the ring. Place on a piece of baking parchment. Repeat this process with a further 3 rings so you have a layer of sponge at the bottom of each. Place on a baking tray in the freezer to set.
2. Pour over some of the crème layer on each of the sponges, and return to the freezer to set.
3. Add the second sponge layer and add more crème, return to the freezer to set.
4. Finally add the third sponge layer. Top with a little remaining crème. Place in the freezer to set.
5. When frozen solid completely, remove from the mould.
6. Allow to come to room temperature and top with berries to serve.

MANGO AND PASSION FRUIT SPONGE

For the almond sponge:

INGREDIENTS

Makes 1 large or 4 small cakes

1 cup almond pulp (left over from making almond milk)
½ cup coconut flour
6 tablespoon agave
¾ teaspoon vanilla extract
Pinch sea salt

METHOD

1. To make the sponge: In a mixing bowl, mix the almond pulp and coconut flour together. Then add the agave, vanilla and salt. Press firmly into the bottom of a cake tin or individual chef rings (with baking parchment underneath to stop it falling out).

For the mango and passion fruit crème topping:

INGREDIENTS

1 cup mango flesh
3 cups cashew nuts, soaked for 2 hours
2 passion fruits (pulp only)
½ cup almond milk
2/3 cup agave
2 tablespoons lemon juice
1 teaspoon vanilla extract
1 ¼ cups melted coconut oil
2 tablespoon lecithin (optional)

For the topping:

1 mango and 1 passion fruit

METHOD

1. In a blender, whizz the mango until smooth.
2. Blend all the ingredients until smooth adding the coconut oil and lecithin last.
3. Pour the topping over the chilled sponge base and place in the freezer to set.
4. Top with slices of mango and passion fruit to serve.

For the sponge cake:

INGREDIENTS

This cake mixture makes enough to fill a 6 inch square cake tin.

1 ½ cups cashews, dry
¾ cup coconut flour
½ cup + 1 tablespoon ground linseeds
¾ cup cacao powder or good quality cocoa powder
½ cup of beetroot pulp
1 ½ tablespoon beetroot juice
1 apple, peeled, cored and chopped
¾ cup or ¾ of an average sized courgette, peeled and diced
1 ½ tablespoon vanilla extract
6 tablespoon maple syrup
6 tablespoon agave
1 Medjool date, stone removed

METHOD

1. In a food processor, grind the cashew nuts to form a fine flour.
2. Combine in a mixing bowl with the coconut flour, ground linseeds and cocoa powder.
3. Run the beetroot through a juicer and collect the pulp and juice separately.
4. In a blender, whizz the remaining cake ingredients together until smooth.
5. Pour the wet mix over the dry ingredients and combine thoroughly to form a dough. It should be sponge like dough rather than bread dough.
6. You may need to add a tablespoon or two of beetroot juice for extra moisture depending on the mix and moisture content of the beetroot pulp. If you need to add more, do so one tablespoon at a time.

For the buttercream icing:

INGREDIENTS

1 cup cashews, soaked for two hours &
½ cup) Thai coconut meat*
1/3 cup agave syrup
1/3 cup almond milk
1 tablespoon vanilla extract
2 inches vanilla bean, seeds only
½ tablespoon lemon juice
½ cup and 2 tablespoon organic coconut oil

**If not using Thai coconut meat, you can substitute with coconut yoghurt or use an extra ½ cup soaked cashew nuts*

To fill:

1 cup fresh berries

To top:

Fresh fruit or freeze dried cherries

METHOD

1. Rinse the soaked cashew nuts under cold running water.
2. Gently melt the coconut oil in a bain marie over barely simmering water.
3. In a blender, whizz all the buttercream icing ingredients until smooth. Chill until required.

TO ASSEMBLE

1. Press half the cake sponge mix into the bottom of a lined cake tin. Freeze for an hour until firm. Pour half the buttercream filling over the sponge layer and scatter the fresh berries into the buttercream. Freeze until firm.
2. Press the remaining sponge mix over the frozen buttercream and return the whole tin to the freezer to set until solid. This may be overnight.
3. When frozen solid, remove from the tin and use a palate knife to spread the remaining icing over the cake. Sprinkle with freeze dried cherry crumbs or top with fruit. Allow to come to room temperature to serve.

SNACK BARS AND SLICES



INGREDIENTS

¼ cup & 2 tablespoons maple syrup
¼ cup & 2 tablespoons agave
¾ cup melted coconut oil
3 Medjool dates, pitted
1 ½ tsp mesquite (Peruvian carob)
A good pinch of sea salt
¾ cup coconut sugar

METHOD

1. In a twister jar, blend until smooth adding the coconut sugar last. Be sure to run the blender long enough so that the sauce emulsifies.

INGREDIENTS

Fills 1x 6 inch square tin

1 ¼ cups almond butter
¾ cup toffee sauce (see page 58)
2 ¼ cups rolled porridge oats (I use gluten free)
¼ cup chia seeds
½ cup pumpkin seeds
½ cup dried cranberries
1 teaspoon vanilla
½ teaspoon cinnamon
Pinch salt

METHOD

1. Line a 6 inch square cake tin with baking parchment
2. In a heat proof glass bowl over barely simmering water, melt the almond butter and toffee sauce together.
3. Stir in the remaining ingredients and mix until well combined.
4. Press into the bottom of a 6 inch square cake tin lined with baking parchment and chill in the freezer until set.
5. When set, cut into bars to serve.

For the crunchy hemp base:

INGREDIENTS

Makes 7 - 8 bars in a cake bar tin or fills 1x6 inch square tin

1 cup of buckwheatsicles
½ cup shelled hemp seed
2 tablespoons of cacao powder
1 tablespoon of agave
½ cup of raisins, soaked for 10 minutes and drained
¼ cup melted cacao butter
A squeeze of lemon juice
Pinch of salt

METHOD

1. Place the soaked and dehydrated buckwheat and the hempseed in a food processor with the cacao powder and agave.
2. Pulse until broken down a little. Then add the raisins, lemon juice and salt and pulse again until well mixed. Finally add the cacao butter and pulse until well combined.
3. Press into the bottom of a tin lined with baking parchment or a cake bar tin.
4. Leave in the fridge or freezer to firm up. In the meantime, make the caramel sauce.

For the caramel sauce:

INGREDIENTS

½ cup macadamia nuts
¼ cup maple syrup
¼ cup agave
¾ cup melted coconut oil
½ cup coconut sugar
4 Medjool dates, pitted
1 tablespoon vanilla
Pinch salt

METHOD

1. In a twister jar, blend until smooth adding the coconut sugar last. Be sure to run the blender long enough so that the sauce emulsifies. Pour over the crunchy hemp base and leave to set.

For the chocolate:

INGREDIENTS

1 cup cacao butter, melted
½ cup cacao powder
3 tablespoons agave
1 tablespoon mesquite (Peruvian carob)
Pinch of sea salt

METHOD

1. Melt the cacao butter in a heatproof bowl over a saucepan of barely simmering water.
2. When melted stir in the cacao powder, agave syrup and mesquite (Peruvian carob). Mix well.
3. When the caramel has set, remove the bars if using moulds and pour the melted chocolate layer over the top and return to the fridge or freezer until set firm.
4. If using a 6 inch cake tin, pour the chocolate over the set caramel and return to the fridge or freezer to set. Cut into slices to serve.

For the shortbread:

INGREDIENTS

Makes 1 x 8 inch square tin

2 ¼ cup cashews, dry
¾ cups coconut flakes
¾ cup coconut flour
3 tablespoon agave
2 tablespoon coconut sugar
1 tablespoon vanilla
5 tablespoon melted coconut oil

METHOD

1. In a food processor, grind the cashew nuts and the coconut flakes to a powder.
2. In a large mixing bowl, mix all the ingredients together, except the melted coconut butter.
3. Gradually add the melted coconut oil and combine until the mixture starts to stick together.
4. Press the shortbread into the bottom of the tin lined with cling film.
5. Leave in the fridge or freezer to firm up.

For the apricot layer:

INGREDIENTS

3 cups dried apricots
½ cup water
1 teaspoon lemon juice
1 ½ teaspoon vanilla
½ teaspoon sea salt

METHOD

1. Soak the apricots in the water and squish until it is well absorbed.
2. In a blender, whizz all the ingredients until smooth.

For the streusel:

INGREDIENTS

3 cups almonds, dry
2 tablespoon agave
1 teaspoon vanilla
1 ½ teaspoons ground cinnamon
Pinch sea salt
1 tablespoon melted coconut oil

METHOD

1. In a food processor, pulse the nuts and transfer to a mixing bowl. Add the remaining ingredients. Stir well.

TO ASSEMBLE

1. Remove the shortbread from the freezer and keep it in the tin.
2. Pour over the apricot mixture and return the shortbread to the fridge or freezer to set.
3. When firm, press on top the streusel topping and return to the freezer to set.
4. Cut into slices to serve.