

Carob Slice

Base:

3 cups of almond meal
½ cup of brown rice flour
1 Tsp of olive oil
½ tsp of salt
3 tsp of maple syrup
1 tsp of vanilla
3 Tbsp of water

Alternative Base:

2 cups almond meal
1 cup of pecans or walnut
½ cup of brown rice flour
1 Tbsp of olive oil
½ tsp of salt
3 tsp of maple syrup
1 Tbsp of vanilla
3 Tbsp of water
1 cup of shredded coconut

Choose the base you want to make.

Place all the dry ingredients in a bowl, followed by the wet ingredients.

Mix until you have a doughy consistency.

Press dough into a high-walled tart pan (24 x 38cm).

Bake in an oven at 180°C for 10 to 15 minutes until cooked and golden brown.

Put aside to cool.

Filling:

2½ cups of cashews
400g of coconut milk
¾ cup of carob powder
1½ cups of honey or maple syrup
A pinch of salt
2 Tbsp of vanilla
2 tsp of peppermint extract or orange extract
1 tsp of guar gum

Put the guar gum aside.

Place all other the ingredients into a blender and blend until smooth.

Add the guar gum. Blend again until thoroughly mixed.

Pour the mixture into the slice base.

Freeze for at least 5 hours before serving.

Top with fruit or sauce.

Note: If you want to use honey, place the honey into the blender last as honey is sticky. Some honeys are thicker than others. Add a little water if needed.

Almond Cheese Cake

Base:

2 cups of almond meal
1 cup of pecans (or walnut)
½ cup of brown rice flour
1 Tbsp of olive oil
½ tsp of salt
3 Tbsp of maple syrup
1 Tbsp of vanilla
3–4 Tbsp of water (depending on moisture of ingredients)
1 cup of shredded coconut

Place all the dry ingredients in a bowl, followed by the wet ingredients.
Mix until you have a doughy consistency.
Press dough into a high-walled tart pan (24 x 38cm).
Bake in an oven at 180°C for 10 minutes, until half baked.

Filling:

2 cups of almonds
⅓ cup of lemon juice
1½ cups of honey (or maple syrup)
1 lemon zest (2 tablespoons)
½ cup of cashews
2 cups of water
½ tsp of salt
½ cup of arrowroot powder (or ½ cup of corn starch)
1 Tbsp of vanilla

Place all ingredients into a blender. Blend until smooth.
Pour into the half-cooked cheesecake base and bake in an oven at 160°C for 40-50 minutes, until the cheesecake is golden.
This dish can be served warm or cold.
Decorate with fruit or sauce before serving. Enjoy!