

## Cherry Ripe Slice

### **Base:**

1½ cups of slightly roasted macadamia nuts (or walnuts, or pecans)  
½ tsp of salt  
10 Medjool dates

Line a 20 x 30 x 3 cm tray with non-stick baking paper. Ensure that the paper comes up high enough on the sides (above the edge of the tray) to be used as handles to pick up the finished product.

Blend all ingredients in a food processor.

Pour into the tray and press down firmly and evenly.

### **Filling:**

250g of desiccated or shredded coconut  
300g of frozen raspberries (to make one cup of pulp)  
½ tsp of salt  
¾ cup of maple syrup

Cook the raspberries with a little water until soft. Strain out the seeds. Ensure that you have 1 cup of pulp.

Add remaining ingredients and cook all ingredients on the stove until the liquid is completely absorbed.

Pour onto the base and press down.

### **Topping:**

1 cup of cashews  
100 ml of coconut milk  
¼ cup of carob powder  
1 Tbsp of vanilla  
A pinch of salt  
½ cup of maple syrup (or honey)  
½ tsp of guar gum

**Note:** If you choose to use honey add 80ml of water

Place the guar gum aside.

Blend together all other ingredients until smooth.

Add the guar gum, and blend again.

Pour evenly over the filling.

Freeze for at least 5 hours, until it is properly set.

Cut into squares, or shapes of your choice, and enjoy.

This recipe can keep for a long time in freezer.

## Cauliflower Patties

### Ingredients:

500g cauliflower (cooked)  
400g peeled potatoes (cooked)  
1½ cups of gluten free bread crumbs  
¼ cup of cashew cream  
1 tsp of Herbamare™ Herbed Sea Salt (seasoning)  
1 tsp of salt  
1 tsp of yeast flakes  
½ brown onion (finely chopped)  
2 cloves of crushed garlic  
½ cup of chopped spring onion  
⅓ cup of chopped parsley  
¼ cup of sticky rice flour (glutinous flour)

### Method:

Mash potatoes and cauliflower.  
Add all the ingredients except the bread crumbs. Mix well.  
Add the bread crumbs.  
Divide into 16 balls. Mold into patties.  
Line a baking tray with baking paper. Bake for 20 to 30 minutes at 160°C.

**Note:** You can freeze these patties and bake them when you need them. You don't need to thaw them, but they will take a little longer to bake if frozen.

## Coconut Biscuits

### Ingredients:

2 cups of shredded coconut

1 cup of macadamias (ground)

1 cup of almond meal

½ tsp of salt

¾ cup of honey

### Method:

Thoroughly mix all ingredients together and spoon onto a baking tray.

Bake for 15 minutes at 150°C in a fan forced oven.

Makes 20 biscuits.