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CHEAT'S APPLE AND BERRY CRUMBLE

Serves 6

This dish makes a lovely well-balanced breakfast or dessert option, providing good carbs from the apples, berries (not to mention all the antioxidants) plus oats, good fats from the cream and butter and protein from the almonds.

Make some of the topping nut free by leaving them out and/or replacing them with sunflower seeds, so you can pack some of this deliciousness into lunchboxes.

What You Need

- 2 medium green apples, peeled, cored and thinly sliced or chopped 1 cup mixed frozen or fresh berries
- 2 tablespoons lemon juice
- 1 teaspoon ground cinnamon A pinch of nutmeg
- Cream to serve
- Crumble:
 - 1 cup spelt flour
 - ¼ cup rapadura or coconut sugar 1 cup oats
 - ½ cup finely chopped macadamia nuts
 - ½ teaspoon vanilla bean powder 200 grams butter, melted

Preparation

1. Preheat oven to 180 degrees fan forced
2. Combine the apples, berries, spices, lemon juice in a bowl and pop into an ovenproof dish with 1/3 cup of water
3. To make the crumble, place all the ingredients in a bowl and mix to combine Spread the crumble mixture over the fruit, then pop into the oven and bake for 30- 40 minutes or until the top is golden brown
4. Serve with cream and a sprinkling of the macadamia nuts

Tips: Also delicious served cold. Make extra crumble topping which you can keep in the fridge or freezer. The topping is handy to throw on top of fresh fruit and into the oven for an easy breakfast while you get lunches ready. Or you can cook the crumble topping on a baking tray and then store in the fridge or freezer ready to sprinkle over chopped fruit and served with yoghurt for a quick breaky, snack or lunchbox idea.





HEARTY HUMMUS

Hummus is a great idea because it's high in protein, and is also a good source of fibre, heart-healthy fats and essential vitamins and minerals.

What You Need

- 1 can chick peas
- 2 tablespoons tahini
- 1– 1.5 lemon, juiced Good dash of salt
- Dollop of Extra Virgin Olive Oil
- 2 garlic cloves
- Water as needed for consistency

Preparation

1. Put it all in a food processor, expect water, and blend Add water slowly as needed, and blend
2. Serve with veggie sticks, Lebanese bread or toasted mountain bread triangles.

Tips:

- Double the recipe and freeze for later
- To add more grunt add sprinkle a generous amount of chilli over the top

Here's a snapshot of the goodness in hummus!

Chickpeas:

- Chickpeas are naturally low in fat, high in dietary fiber and rich in vitamins and minerals.
- It's a fibre rich food which can help promote a healthy intestine.
- It's full of Vitamins including B-vitamins (which support the immune system), vitamin A and Beta-carotene (helps support the eyes, bones and normal cell division as well as the immune system) and Vitamin C (helps the body form the collagen needed for skin, blood vessels and other tissues).

Tahini:

- Tahini is very easy to digest, and many of its nutrients find their way in to the blood stream within about half an hour of consumption. It is nutrient dense.
- Tahini contains B Vitamins B1, B2, B3, B5 and B15. B Vitamins play an essential part in the running of the body. They promote healthy cell growth and division, including that of red blood cells, which will help prevent Anaemia. They also support and increase the rate of metabolism, enhance immune and nervous system function as well as helping to maintain healthy skin and muscle tone. Recent studies have also shown that Vitamin B can help protect against one of the deadliest forms of cancer, pancreatic cancer, but only when consumed in food.
- Just 35gms of tahini can contain almost 35% of your recommended daily calcium intake. In fact many people believe that tahini has a higher concentration of calcium than any other food.



- The problem is that the majority of our calcium intake comes from cow's milk, which our body finds difficult to digest. This in turn can cause many problems ranging from intestinal irritation, intestinal bleeding, anemia, and allergic reactions, to more serious conditions like leukemia, lymphoma and cancer.
- Tahini is a source of healthy fatty acids.

Lemon:

- Vitamin C is an important, water-soluble vitamin that assists in forming collagen in your cartilage, bone and blood vessels. Additionally, vitamin C, because it is an antioxidant, gives your body protection from free radicals, which damage your body and contribute to diseases. Vitamin C also helps strengthen your immune system.
- Lemons are a source of certain B vitamins. The B vitamins assist your body with a variety of functions, from helping your central nervous system to supporting your immune system.
- They are a source of Choline, vitamin A and folate which assist your body with inflammation, eye health and the formation and maintenance of new cells. Lemons are a good source of minerals containing calcium, potassium and magnesium. Magnesium helps your body with energy transportation, protein production and muscle function.

CHOCOLATE AVOCADO MOUSSE

Ingredients

- 1 young coconut
- 2 avocados
- ½ cup almond or coconut milk 3 tablespoons raw honey
- ½ cup cacao powder
- ½ - 1 teaspoon vanilla extract
- 2 – 4 medjool dates, soaked in warm water for 20 mins Pinch salt

Preparation

1. Scoop out the flesh of the coconut with a spoon, chop up (make sure to get rid of brown fibrous bits), place in blender with the coconut water.
2. Add avocados, milk, honey, vanilla extract, cacao and dates Blend until silky and smooth.
3. Decorate with nuts and shredded coconut and fruits or whatever you fancy. Can be stored in fridge for 3 days.





HARDBOILED EGGS WITH VEGGIE STICKS AND OLIVES

Makes 4 eggs.

What You Need:

- 4 large eggs
- Cold water
- Ice

Preparation

- Place 4 eggs in a saucepan and fill with cold water, covering the eggs by an inch. Bring the water to a rolling boil uncovered.
- As soon as the water comes to a boil, remove the pan from heat and cover the pan. Leave the eggs in the covered pan for the right amount of time:
 - Runny soft-boiled eggs: 3 minutes
 - Slightly runny soft-boiled eggs: 4 minutes
 - Firm soft-boiled eggs: 6 minutes
 - For very firm hard-boiled eggs: 15 minutes
- Remove the cooked eggs from the pan with a slotted spoon and place in a bowl of ice water for 1 minute then peel and serve.

STOVETOP GRANOLA

Ingredients

- 1 teaspoon coconut oil
- 1 cup coconut flakes
- 1/4 cup your favourite mixed nuts/seeds
- 1 teaspoon cinnamon
- 1 teaspoon raw honey, pure maple syrup or rice malt syrup (optional)
- Pinch of allspice (optional)

Preparation

1. Heat a frying pan and add coconut flakes, nuts/seeds, cinnamon, allspice and dry roast them for a few minutes until slightly golden brown.
2. Add coconut oil and stir for 1 minute. Add sweetener and stir for 1 minute.
3. Serve on its own or with yoghurt or with your choice of milk and mixed berries.



RAW CACAO BALLS

Ingredients

- 2.5 cups desiccated coconut
- ¼ cup coconut oil
- ¼ cup of raw honey or your preferred sweetener (add more sweetness if needed)
- 1/4 - ½ cup cacao powder (more cacao powder makes them richer, avoid cacao for really young kids as it is a stimulant)
- 1 teaspoon pure vanilla extract
- filtered water if needed



Preparation

1. Put all the ingredients into a food processor and whiz them together well (If you don't have a food processor try mixing all by hand)
2. If mixture is too dry add small amounts of filtered water to get the desired consistency, if too wet add more desiccated coconut
3. Roll the mixture into tablespoons size balls with your hands then roll the ball into shredded coconut and place them on a cookie tray
4. Put them in the freezer for approx 30 mins or until they set (doesn't take long) Either store in the freezer (where they become firm, but not frozen) or the fridge

Health benefits

- **Coconut** – full of fibre and good saturated fats (the medium-chain kind) which make you feel nice and full, and coconut has anti-bacterial, anti-viral and anti-fungal properties.
- **Cacao powder** – a raw and unprocessed superfood that contains iron, fibre, zinc, potassium, calcium and anti-oxidants
- **Coconut oil** – boosts HDL cholesterol (our good cholesterol), high in anti-oxidants, antimicrobial
- **Raw honey** – contains beneficial compounds such as pollens, enzymes and anti-oxidants, full of vitamins and minerals
- **Vanilla** – antioxidant, calms the nervous system, fights infection



KALE CHIPS

Ingredients

- 1 bunch of kale
- 2 tablespoons of coconut oil Sea salt

Preparation

1. Preheat oven to 150 degrees
2. Place coconut oil into oven for 1 minute to melt
Cut/pull kale off the stem & wash well
3. Spin in a salad spinner to dry then place on tea towel to absorb any extra moisture
4. Put coconut oil in a bowl and using your hands, massage the oil into the until well covered
5. Lay strips of kale onto large flat pan (I usually need 3 pans) and put in oven for approx 10-12 mins
6. Check kale at 10 minutes to make sure they are becoming crispy and not turning brown
7. Spin the tray around (to ensure even heating).
8. Remove from oven and sprinkle lightly with Celtic sea salt or Himalayan rock salt Don't forget to make sure they are completely cool before storing in glass mason jars or plastic container



Kale nutrition info:

Kale is a dark leafy green (we all know we should be eating more of these), full of health benefits and nutrients:

- is loaded with vitamins, especially vitamin A, but also vitamins C and K and folic acid;
- is rich in calcium, potassium, copper and iron. These nutrients are necessary for healthy bones, skin and eyes;
- contains important anti-oxidants such as carotenoids & flavonoids which can help to prevent cancer;
- is low in calories & high in fibre, so it's great for digestion;
- is an anti-inflammatory food with lots of omega-3 fatty acids, which help to fight inflammatory and autoimmune disorders.





BANANA CINNAMON PANCAKES

Boost the nutrition of pancakes by adding in some extra protein/good fats/healthy carbs in the form of 'seed-meal' to your pancakes for extra nutrition. Adding in some ripe banana (plus cinnamon!) proves to be a great way to reduce the amount of sweetener required, whilst boosting that all-important tryptophan which helps to keep their spirits up for the day!

To save time, you can even make this mixture the night before, ready to be turned into these tasty little delights in the morning.

Ingredients

- 1/2 cup sunflower seeds
- 1/4 cup chia seeds
- 2 tablespoons raw honey
- 1 cup spelt flour
- 1 cup buckwheat flour
- 1-2 cups milk (we do 1 cup because we like a nice thick pancake)
- 1 tablespoon cinnamon
- 2 teaspoons baking powder
- 2 eggs, lightly beaten
- 2-3 medium ripe bananas, mashed

Preparation

1. Process seeds in a food processor until they resemble fine crumbs
2. In a bowl mix the mix the seeds, flour, baking powder and cinnamon in a separate bowl mix honey, milk, eggs and bananas
3. Add wet ingredients to the dry ingredients
4. Pop a medium frypan on medium heat and melt some butter or coconut oil (I like using a mix of both)
5. Ladle in the pancake mixture and flip once sizzling
6. Serve on its own, in lunchboxes or with some whipped cream and berries. Yum!
7. Feel free to adapt these meals to any age, stage and issues around certain foods in your family. Don't remove things just because 'our kids won't eat that' vibes. What if they do this time?



MUESLI SLICE

Makes 12

Ingredients

- 1 ¼ cup of organic oats
- ½ cup spelt flour
- 1/3 cup rapadura sugar
- ½ cup desiccated coconut
- ½ cup mix of sunflower seeds, sesame seeds, pepitas (your choice)
- 1 tablespoon chia seeds
- 1/3 cup chopped dried apple (or you could use sulphur-free sultanas, dried apricot or sugar free cranberries)
- 2 teaspoons cinnamon
- 1/2 teaspoon vanilla powder
- 90g butter
- 3 tablespoons natural yoghurt
- 1 tablespoon honey

Preparation

1. Grease and a 3cm deep, 16cm x 28cm (base) baking pan Pre-heat oven to 175 degrees C
2. Combine dry ingredients in a bowl.
3. Melt butter, add honey and yoghurt and stir well.
4. Add wet ingredients to dry ingredients and stir until mixture sticks together. Press evenly & firmly into the baking pan.
5. Bake for 20-25 mins or until top is golden. Cut into squares when hot and allow to cool.
6. Once cold remove individual squares from pan and store in air-tight container. I like to freeze them and pop a couple into the kids lunchbox each morning.



PROTEIN PACKED FLAPJACK

Another favourite in our household and used in a diverse set of ways. It is a flapjack jammed full of protein to help keep your child's energy levels up throughout the day. As well as protein the seeds in this recipe provide some essential fats which can help improve skin health. We love it on its own, or smothered in natural yogurt as a dessert.

Ingredients

- 75g mixed seeds (pumpkin and sunflower work well, pumpkin seeds being even richer in protein than sunflower)
- 125g butter
- 75g rapadura or unrefined sugar (can buy in all supermarkets)
- 1 tbsp. blackstrap molasses
- 175g oats
- 50g dried fruit (cut into small pieces of something large like prunes or dried apricots)

Preparation

1. Preheat the oven to 180°C (350°F)
2. Whizz the seeds to a powder in a food processor or coffee grinder (in batches if using a coffee grinder)
3. In a saucepan melt the butter, sugar and molasses. Add the oats, dried fruit and ground seeds
4. Mix until all the ingredients are coated with wet ingredients Spread the mixture out on a baking tin lined with greaseproof paper and bake for 20-25 minutes or until golden brown
5. Cut whilst hot but allow to cool in the baking tray before removing

Recipe by Jenny Tschiesche from [Lunchbox Doctor](#).



STRAWBERRY MUFFINS

Makes 12 medium muffins

Ingredients

- 1.5 cups of washed and sliced strawberries
- 1 cup white spelt flour
- 3/4 cup wholemeal spelt flour
- 3/4 cup coconut or rapadura sugar
- 2 teaspoons baking powder
- 1/2 teaspoon bicarb of soda pinch of salt
- 1 teaspoon cinnamon
- 1/4 cup butter, melted 3/4 cup yoghurt
- 1 egg
- 1 teaspoon vanilla extract

Preparation

1. Preheat oven to 175 degrees and grease 12 muffin hole tin Mix dry ingredients together – flour, sugar, baking powder, bicarb of soda, salt, cinnamon and make a well in the middle
2. Mix wet ingredients together – butter, yoghurt, egg, vanilla and pour into the dry mixture well
3. Add sliced strawberries and gently fold mixture until combined, don't over mix
4. Divide batter into muffins holes and top with extra strawberry slices and a sprinkle of sugar
5. Pop in oven for 20-25 minutes or until a skewer poked into middle of the muffin comes out clean
6. Rest the muffins in the tin for 5 mins then turn out onto cooling rack. Muffins come out a little soft but will firm up on cooling



MANGO AND MACADAMIA BEACH BARS

Makes 8-10 bars, depending on the size you cut them

Ingredients

- ½ cup pepitas
- ½ cup almonds
- ½ cup macadamias
- 1 ½ cups oats (use uncontaminated or gluten free if needed).
- 1 cup flaked coconut
- ¼ cup goji berries
- 1/3 cup chopped organic dried mango
- ½ cup coconut oil
- ½ cup honey
- 1/3 cup almond butter
- 2 free range eggs



Preparation

1. Preheat your oven to 160C and lightly grease and line a 22cm square baking dish
2. Place the pepitas, almonds, macadamia nuts, oats and coconut in your food processor or Thermomix and whiz to chop roughly (you want the mix to retain some texture)
3. Place the almond butter, coconut oil (melted) and honey in a jug and whisk well
4. Add the coconut oil mixture, the lightly beaten eggs, the goji berries and the dried mango to the food processor with the other ingredients and pulse until the mixture just comes together
5. Transfer to your baking dish. You can decorate your bars with extra coconut, dried mango and some black sesame seeds if you like but it does make it a bit harder to cut later
6. Bake for 30-35 minutes or until golden and cooked through
7. Put some foil over the top of the dish if your bar are colouring too quickly Allow to cool in the tin before slicing in to bars with your best, sharpest knife
8. Wrap in baking paper or foil and store in the fridge in an air tight container for up to 5 days

Recipe by Kristin Cosgrove from [Mamacino](#).



BANANA THICKSHAKE

Serves 2 small but filling cups, double the recipe for bigger servings

Ingredients

- 2 ripe bananas
- ½ cup cashews
- ½ cup – 1 cup milk, depends on your preferred thickness 2 tablespoons yoghurt
- 1 teaspoon cinnamon
- Ice (optional, I leave out for winter)

Preparation

1. Blend until smooth and thick
2. Serve in a small cup with a sprinkle of cinnamon and a spoon

(This picture of the banana thickshake also has mango in it.)



FOOL PROOF CHICKEN LIVER PÂTÉ

Makes 4 small bowls of pâté

What you'll need

- 500g organic chicken livers
- 100g OR 1/2 cup butter – straight from the fridge is fine (use pork lard, tallow or coconut oil to do it dairy free)
- 1 rosemary sprig
- 50ml / 4 tbsp tomato passata or tinned chopped tomatoes 1 large onion, rough chopped
- 1 garlic clove, smashed
- 1 good tbsp dried cranberries or some sort of cranberry, plum or crab apple jam / jelly. Honey or Rice malt syrup will work too.
- 50ml chicken stock (veggie or beef stock totally fine too)
- 1/4 tsp salt
- OPTIONAL JELLY 'TOP':
 - tsp gelatin powder (I use Great Lakes) 1 cup water
 - 1 tsp honey or rice malt syrup
 - 1 bay leaf or a few peppercorns for garnish



What to do

1. If making your jelly 'top' (great for preserving the spare little pâté bowls as you get through each over the week) then boil water, mix into your gelatin powder and syrup - allow to start cooling as you make the pâté.
2. Fry your onions until soft, in 2 tbsp butter
3. Add rosemary, livers and garlic and pan fry until browned each side about 7 minutes.
4. Add passata, chicken stock, rest of the butter and sweetness of choice, and pan fry on medium 5 mins. Turn heat off and blitz with your food processor, blender or stick blender which is what I used as my Thermomix was dirty yesterday. Blitz until smooth.

Thermomix: You could sweat the onions for 3 minutes on Varoma temperature, Speed 1 with the butter, then add everything else and cook for 6 minutes speed 4, 90C.

Pop into 4 small bowls, jars or 1 bigger bowl or dish, if having people over and using as appetisers. Pour your jelly liquid over the top if you're using it. It will set once super cold in the fridge.

Serve on carrot wheels, my 'free from lots' crackers, celery sticks, buckwheat crisp breads, whole food gluten free crackers like the "Mary's gone crackers" brand or fresh sourdough if you're not gluten intolerant

Storage: If you make four little bowls and cover with the jelly, you can store for 2 weeks in the fridge. Once you've tucked into a bowl, 4 days in the fridge is fine. You can also freeze some a defrost at a later stage, up to 6 months.

I hope you enjoy it. It's simple and quick and saves your bacon when you need a quick, nourishing meal in a minute!



Feeding babies tip: Pop a tsp or two of this into the veggie or meat / veg puree combo that you're making for your little one – Be sure you've tested them for dairy allergy of course and make with coconut oil or macadamia oil or just a good intense chicken stock if you need to avoid dairy. This stuff is nutritional gold for those little growing bodies. If you're worried about vitamin A in these small quantities, don't be. This piece by Nora Gedgaudis is great for putting your mind at rest but of course, as always; consult your health professional if in doubt.

ZESTY BUCKWHEAT PASTA

What you'll need to serve 4 - make 1.5 times the amount for leftover lunchbox loot the next day!

Ingredients

- 350g buckwheat pasta – spaghetti or penne. Both work (If you want to use your favourite regular pasta, go for it!)
- 1 small bunch Cavalo Nero / Black Tuscan cabbage, chopped and measure a cup full, tightly packed in to the cup.
- 2 cloves garlic
- 2 spring onion stalks, green bits and all
- 1 big handful fresh parsley
- 1/2 teaspoon lemon zest
- 2 tablespoons goat's cheese (use cream cheese for kids who might not like the tang but go for it I say - why not find out!)
- 1 small head broccoli, cut into florets, then halved again
- 75g quality butter
- 4 thick slices of the best ham off the bone you can afford. Preferably chemical nitrate free. Always from piggies who had happy lives!
- Salt and Pepper to taste
- parmeiggiano reggiano or pecorino – as much as you like, to top - OR Jo Whitten's Macadamia cheese

What to do

1. Get water on to boil. One teaspoon Celtic Sea salt.
2. Cut your broccoli florets, and halve them, so that the stalks aren't too thick. The minute the water boils, dunk the broccoli into the boiling water for a minute, and then take out and set aside.
3. Now, Pasta into the water.
4. In your Mini food processor (or mortar and pestle if you're taking the cave man route!) blend cavalo nero, parsley, garlic, spring onion until a rough, fine chop is created, like so:
5. Then, zest your lemon, pop it in.
6. Cut your ham slices to a fine dice to have them ready. Shave some parmeiggiano, ready for topping as you serve.
7. Pasta should be done. Al Dente (chewy texture) is imperative. When cooking with Gluten free pastas, there is a fine line between al dente & falling apart.
8. Strain it off.
9. Pop butter into the pot now until it melts. Then pop ham, cavolo nero blend into the pot and stir through with the butter for 30 seconds tops – Smells Amazing, no?
10. Add pasta, cooked broccoli, goats cheese and stir through. Check for seasoning and add S&P as you wish!



PERFECT PIKELETS (MINI PANCAKES)

Makes 25 little pikelets.

You know how you see all those gluten free dairy free pikelet recipes on the internet, and you try then and they're terrible? I hate it when food for allergies or lifestyle choices mean you have to forever forego something as delicious as a pikelet. These last amazingly for the lunch box and you could stack 3-4 with banana slices in between.

What you'll need

- 2 eggs
- 1 large ripe banana
- 3 tbsp tapioca flour
- 1 heaped teaspoon baking powder
- 1/2 teaspoon cinnamon and / or vanilla bean (optional but adds great flavour) coconut oil, ghee or butter for frying

What to do

1. Blend all ingredients thorough in a blender or food processor.
2. Light your stove on low - medium and add 1 teaspoon of oil or butter. Not more. These thrive with not too much fat in the pan.
3. Then, place tablespoon quantities into your pan and do batches of 4 or 5 at a time and cook them around half a minute a side, until golden brown.
4. You can pop them in a low oven to keep them warm if you fancy, or I like to serve them cold and send for school lunches



CHOCOLATE BUCKWHEAT BARS

Makes 8-12 bars depending on how you cut them.

What you'll need

- 1 cup buckwheat 'buckinis' (if you're not gluten free, rolls oats would also work well. Just grind them down 10 seconds in thermomix / food processor first so they're in smaller pieces)
- 1 cup desiccated coconut
- 2-4 heaped tablespoons raw cacao / dutch processed cocoa (keep to 2 tbsp if making for kids. Less stimulant effect)
- 1/2 cup pepitas
- 1/2 cup coconut oil (you can use butter if you prefer)
- 1/2 – 2/3 cup rice malt or maple syrups (if you're new to cutting your sugar or sweetness, start on 2/3 and wean down to 1/2 over time)
- 1 cup tapioca flour
- 1 egg (you can substitute a mix of a tablespoon of chia seeds in 3 tbsp water instead of the egg for binding)
- 80g dark chocolate for melting and drizzling over the top (optional)



What to do

1. Preheat your oven to 180°C / 350°F
2. Pop all of your ingredients (except for the buckinis) into a food processor. Pulse until they mix, the pepitas break up and it all comes together.
3. Add the buckinis and pulse another couple of times. Then lay out onto parchment paper in a baking pan and press into a square or rectangle shape to cut your bars when it's out of the oven.
4. Bake for 20 – 25 minutes depending on your oven. When it smells biscuity is when it's ready. It will harden as it cools.
5. Take out of the oven and make false cuts into your bar shapes for easier cutting later. It's like 'marking out' the shapes you want it to be, without going all the way to the bottom.
6. Then, when still warm but almost cooled, cut your bars. If you wait until it's cooled, you might get bits snap off, and have uneven looking bars.

RAW VERSION

1. Do everything the same, except remove the tapioca flour and egg from the recipe, increasing the coconut oil by another 20g. Instead of pressing into a shape and popping in the oven, make into walnut-sized patties and flatten with a fork OR just press into a slice tin and make raw bars.
2. Arrange on a tray and pop into the fridge for an hour to set

FOR OPTIONAL TOPPING – THAT YOU SHOULD DEFINITELY DO SOMETIMES! 😊

Gently melt your 70-85% chocolate. Once melted, grab a spoon and drizzle over your bars, then popping the bars into the refrigerator to set the chocolate. See in the picture.



HIGH ENERGY MANGO MACADAMIA SMOOTHIE

Ingredients

- 500g frozen mango, chopped
- 100g raw macadamia nuts
- 100g coconut cream
- 50g coconut oil
- 700-800g natural coconut water, or water, or mixture
- 1/2 to 1 avocado (frozen for a thicker smoothie)
- 1 egg (optional)
- 1 lime, flesh only (can zest before peeling)
- 1/2 a vanilla bean, or 1/4 tsp vanilla powder

Instructions

Place all ingredients into the Thermomix bowl (or a powerful blender) and blend 2 mins/speed 10. Sprinkle smoothies with some chopped macadamias and lime zest if you like before serving.

Variations

- **Green Mango-Macadamia Smoothie** - add 60g baby spinach leaves
- **Blueberry-Banana Smoothie** - swap macadamias for almonds, mango for 300g frozen banana, add 1 pitted date and 100-200g frozen blueberries, reduce coconut water/water to 500g, add 200g ice. Add 60g spinach leaves for a green version. Garnish with some chopped blueberries.

Recipe by Jo Whitton, [Quirky Cooking](#)



SALTED CAROB BLISS BALLS

Makes 40-50 1-inch balls.

What you'll need

- 1/3 cup coconut oil or butter (as in dairy butter or coconut butter), melted.
- 2.5 cups mixed toasted nuts (I activated a mix of almonds and cashews and toasted them) 2 tablespoons flaxseeds (golden or brown)
- 1/2 cup pumpkin seeds 1/2 cup sunflower seeds
- 1.5-2 fresh bananas (you could also use same volume in roast sweet potato if it needs to be less sweet again)
- 8 tbsp carob powder (if you were making it with cacao, use 6tbsp) 1 heaped tbsp ground cinnamon
- 1/2 tsp Himalayan sea salt
- desiccated coconut for dusting (about 1/2 – 2/3 of a cup)

What to do

1. Grind your nuts and seeds in a food processor, blender or Thermomix, to a rough meal (Thermomix, speed 7, 10 seconds)
2. Add your banana, coconut oil, carob, cinnamon and salt and whiz in food processor, mini blitzer or Thermomix until well mixed. Check after 10 seconds and see if you can easily roll a ball. If not, keep going another 10 seconds.
Trouble shoot: If your mix is too dry to 'ball' it could be that your nuts were on the dry side. No problem. Add another 1/4 cup of coconut oil to do the trick.
3. Now roll your balls and dust in a bowl of desiccated coconut. Set aside in a bowl. Chill in the fridge until you're serving.



HOMEMADE VANILLA BEAN CUSTARD

What you need

- 3 tbsp of pure maple syrup
- 3 tablespoons of Sucanat/Rapadura sugar or 3 tbsp coconut sugar. For fructose free, do rice syrup or stevia powder to taste.
- 1 egg yolk (from organic eggs, that are from chickens that roam in fields and are happy – we want maximum omega 3 and vitamin D in our treats, thanks very much!)
- 1 vanilla pod, split and scraped or 1/2 teaspoon vanilla bean powder.
- 5 teaspoons tapioca or arrowroot for thickening the custard (go more if you enjoy a thicker custard)
- 500ml your milk of choice (Coconut Milk makes a gorgeous dairy free version, whole / raw milk is fabulous too. Nut milks will be a bit more volatile and I suggest not putting the custard back on for too long to thicken when that time comes – better to have a thinner custard than a curdled one!)

What to do

Either pop everything in the Thermomix for 7 minutes on speed 4, 80°C OR follow this traditional method, which I find very therapeutic and still do often if I have the 15 minutes spare :-)

1. Heat your milk and vanilla pod that's been cut in half and seeds scraped out into the milk, with the rest of the pod popped in too. A medium heat saucepan is perfect.
2. While it's heating, whisk your yolks, chosen sweet stuff & tapioca flour together in a separate bowl that's going to be big enough to pour the milk into as well.
3. When the milk is just come to simmer / froth around the edges, take it off the heat and pour a tiny bit into the egg mixture bowl, while stirring continuously, pour the rest in a steady slow stream until the whole milk / vanilla contents is incorporated – cook with a friend or your child – it makes this step easy peasy!
4. Immediately then pour that whole custard back into the saucepan on a low-medium heat, stirring continuously with a wooden spoon, until the mixture thickens and coats the spoon nicely. Do not let it bubble. That is too hot, and it will curdle. If in doubt of it starting to curdle, take it off the heat immediately and pour into bowl. Liquidy custard is better than chunky curdled custard, trust me!
5. You are done. Pour back into bowl, vanilla pod and all to let those flavours deepen further, and pop in the fridge for a couple of hours or even a couple of days – if you can resist that long! Saved from stogy, highly processed, additive laden supermarket crapola custard forever more!

Variations and what to serve with

- **Chocolate variation:** whisk a little cocoa powder (1-2 teaspoons) into the egg yolk / sweet stuff mixture and proceed as you were! Divine. Serve it with my chocolate coconut cupcakes, in a chocolatey, custardy soup.
- A simple dessert once mastered. This crème is beautiful to serve as a pudding accompaniment to the spelt based vanilla coconut cupcakes I posted here – dinner party heaven as it's all ready in advance! Or for yourself or guests with gluten / grain allergies, or just because these are delicious – my coconut cupcakes.
- Another delicious addition is to either poach half pears and serve or to fry slices of banana in a little butter and cinnamon and garnish with toasted coconut. Oh my!



CHIA PUDDING

What you need

- 2 tbsp frozen berries of your choice
- 1 tbsp pomegranate seeds (to de seed a pomegranate, simply cut in half, face half down into a big bowl, and whack the skin with a rolling pin and watch them fall out easily; if pomegranate isn't in season, simply omit)
- 1/2 tsp ground cinnamon*
- 1 tsp linseeds or linseed meal
- 1 1/2 tbsp chia seeds
- coconut cream
- coconut water
- Optional:
 - 1 tsp maple / honey or rice malt syrup Personally I find the berries, coconut water and pomegranate enough but up to you!
 - 1 tbsp pepitas / pumpkin seeds

What to do

1. Pop all ingredients in a jar.
2. Then fill jar 2/3 full with coconut cream and 1/3 coconut water. Give it a good shake and set in fridge overnight or at least 3 hours.

Note: If the jar is bigger, just roughly multiply out all measures and then still do the 2/3 coconut cream and 1/3 coconut water last.

Hot pudding variation: If you like a warm breakfast in the winter, pop everything into the pot, minus the pomegranate, and stir occasionally on low heat for 20 minutes. Serve warm and top with additional nuts, seeds and the fresh pomegranate. For Thermomix, you could do 5 minutes, 50°C, Speed 2, same deal leaving the pomegranates out until the end.

