



DARK CHOCOLATE RASPBERRY ORANGE TRUFFLES

... Ingredients ...

- 126 g dark chocolate (65% cocoa)
- 4 tablespoons almond milk
- 1 teaspoon coconut oil
- 2 tablespoons maple syrup
- 1/2 teaspoon almond extract
- 1 drop Wild Orange oil
- freeze-dried raspberries (or freeze-dried raspberry powder)

... Instructions ...

1. Combine almond milk, coconut oil, maple syrup, and almond extract in a small saucepan on low heat.
2. Stir until ingredients are combined, but do not boil.
3. Break up chocolate into a glass mixing bowl and pour hot ingredients over chocolate.
4. Stir until smooth, then add Wild Orange oil to taste. Place your mixture in the fridge and let cool for 3 hours, or until the mixture is firm enough to hold shape.
5. Using a spoon, form chocolate into balls and roll over crushed dried raspberries. Place back in fridge for another 30 minutes, then remove and enjoy.

STRAWBERRY-CINNAMON ENERGY BITES

... Ingredients ...

- 340 g raw cashews
- 170 g strawberries, chopped
- 85 g coconut butter
- 2 1/2 tablespoons maple syrup
- 1/2 teaspoon vanilla extract
- 1-2 drops Cinnamon Bark oil
- dash of nutmeg
- dash of sea salt
- chia seeds or coconut flakes (optional)

... Instructions ...

1. Wash and chop strawberries. Set aside.
2. In a food processor or blender, pulse raw cashews until they form a crumbled texture.
3. Add in chopped strawberries and coconut butter. Pulse mixture.
4. Add remaining ingredients and blend until they form into a batter. Place batter in fridge for 30 minutes or until firm.
5. Remove the batter from the fridge and roll batter into medium balls. Roll balls in chia seeds or coconut flakes, coating the outside.
6. Store energy bites in the fridge to keep fresh. Consume within two weeks.



PEPPERMINT BLACK BEAN BROWNIES

... Ingredients ...

- 425 g black beans, drained and rinsed
- 2 large eggs
- 85 g cocoa powder
- 225 g honey
- 75 ml coconut oil
- 1 teaspoon baking powder
- pinch of salt
- 2–4 drops Peppermint oil
- 250 g chocolate chips, divided

... Instructions ...

1. Preheat oven to 175° C / Fan Oven 155° C / Gas Mark 3.
2. Place all ingredients, except for chocolate chips, in blender or food processor and blend until smooth.
3. Pour batter into large bowl and stir in 200 g chocolate chips.
4. Pour into greased 20x20-cm pan and top with remaining chocolate chips.
5. Bake 30–35 minutes or until toothpick comes out clean.

LAVENDER BLACKBERRY PANNA COTTA

... Ingredients ...

- 60 ml water
- 30 g gelatin
- 680 g plain Greek yoghurt
- 350 ml milk
- 170 g honey
- blackberry syrup, to serve
- 1 drop Lavender oil

... Instructions ...

1. Pour water into a small bowl. Stir in gelatin and set aside.
2. In a large bowl, mix together all of the yoghurt and 175 ml of milk.
3. Bring remaining milk and 170 g honey to a gentle simmer in a small saucepan. Stir in the water-gelatin mixture and remove from heat, then whisk into yoghurt mixture.
4. Add Lavender oil and stir until well combined. To add some colour to the panna cotta, stir in about 30 ml of blackberry syrup with the Lavender oil.
5. Pour mixture into shallow cups, ramekins, or bowls. Set in fridge for 3–5 hours or overnight.
6. Drizzle with blackberry syrup just before serving.