



FESTIVAL SWEET TREATS

Cacao & Goji Power Balls

1 tsp Raw Cacao Powder

4 Tsp crushed pecan nuts (or use what you have)

3 tsp chia seeds

3 tsp Goji Berries

1tsp coconut oil

5 tsp desiccated coconut (plus a little extra for rolling in)

2 tsp date syrup / coconut syrup / maple syrup

Simply blitz all together in a food processor, then shape into small balls and roll into desiccant coconut to cover ,(I use a melon baller to maintain even sizing ~ this also prevents larger ones from going first !)

Options: to dust with cacao chia seeds or crushed nuts work well also



VEGAN ICE CREAM

A great vegan Ice cream which works well with fruit , nuts and or chocolate sauce 🍷 recipe next !

Best made the day before

Serves 4

2 cup cashew nuts

1 & 1/3 cup almond milk or cashew milk

(to make blitz 1 cup cashews or almonds including skins with 4 cups of water and 4 seedless dates)

1 tsp pure vanilla extract

4 tbs maple syrup or coconut syrup

Pinch pink Himalayan salt

Blend all in a food processor until really creamy and frothy , decant into a freezer container and freeze overnight or for a minimum of 3-5 hours .

Raw Chocolate Brownies

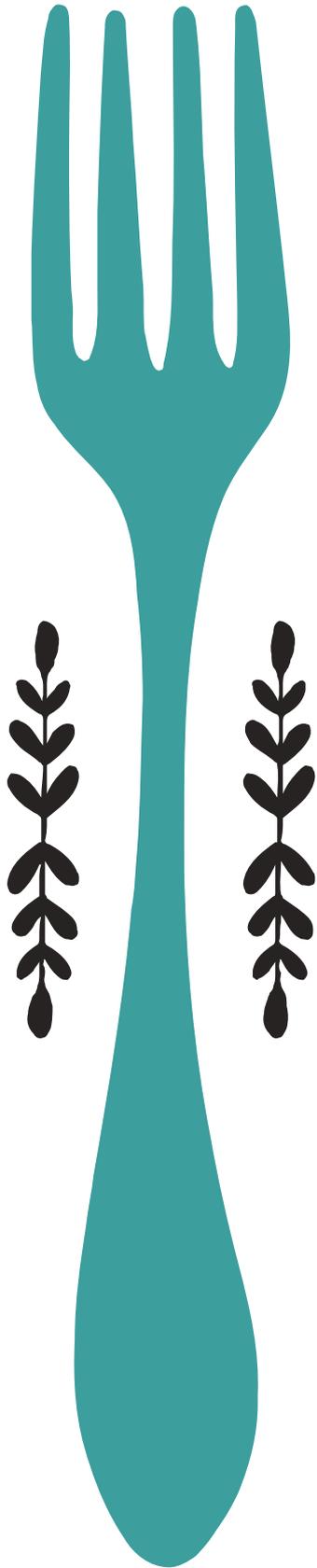
1 Cup finely ground nuts

¼ cup Cacao Powder

3 tbs maple syrup or coconut/ date syrup

¼ tsp pure vanilla extract

Mix all ingredients, Pat into a brownie pan and set in the fridge .



Chocolate Sauce

2/3 cup cacao powder

1/2 Cup Maple syrup

1/4 cup extra virgin coconut oil

Blend on high speed until smooth, serve with ice cream or also great for dipping fruit .