

*Old School*  
New Body's

# PALEO DESSERTS

**DELICIOUS TREATS AND SWEETS  
WITHOUT THE GUILT!**



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**IMPORTANT:** Those who might be at risk from the effects of salmonella food poisoning (the elderly, pregnant women, young children and those suffering from immune deficiency diseases) should consult their healthcare professional about eating raw eggs.

# Introduction

In *Old School, New Body* we explain our philosophy concerning sweets, which are mainly carbohydrates. Basically, sugar in sweets is a simple carb that can produce an insulin surge, and insulin is a hormone that encourages fat storage. It takes sugar from your bloodstream and shunts it into your fat cells. Not good!

The insulin-fat connection is the main reason you want to minimize your sugar intake (insulin ages you too, which we explain in *OSNB*). But there are ways to limit the insulin surge when eating sweets:

- 1)** Use honey as a sweetener. Honey is sweeter than table sugar, so you don't have to use as much in dessert recipes. It also has a healthier Glycemic Index, which means the insulin reaction is less than table sugar. You don't secrete as much insulin with honey as you do with sugar.
- 2)** Use nuts and/or egg yolks in the recipe. Those foods contain fat, and fat slows digestion, which can also limit the insulin surge (as long as the meal is fairly small).
- 3)** Use fibrous fruits in the recipe. Fiber also slows digestion and can lower the insulin surge of a meal.

Most of the recipes in this e-book use those insulin mediators; however, these are still desserts. In other words, you don't want to eat them every day. They will add to your overall calorie load and many will still cause *some* insulin release, so there's a possible danger of bodyfat increase.

But if you're like us, you often crave sweets. It's only natural—and you need to give in to those cravings every so often or you will binge. An over-the-top binge can undo a week of good eating. Not

good. That's why we like to limit our dessert intake to our Victory Day, which is on the weekend, as we explain in *OSNB*, and sometimes on Wednesday. That gives us “treats” to look forward to, a kind of reward, and many of the recipes in this e-book are perfect for that.

If you need more sweet “satisfaction” than those two days, the best time to have some dessert is right after your workout. We mention in *OSNB* that postworkout you have created a glycogen deficit in muscle tissue. Glycogen is stored sugar that your muscles use up for energy to contract.

So sugar you eat immediately after your workout will move into the muscle tissue rather than your fat cells. How great is that? No guilt necessary. You are replenishing your muscle energy, not storing fat.

If it's a nonworkout day and you crave sweets, the best strategy is to give in to a small amount in the morning so you have more time to burn off the excess sugar from your bloodstream while your metabolism is revved (it tends to wind down in the evening, not a good time for desserts, but every so often is okay).

Remember, you can enjoy these treats—in moderation—and you will not gain excess fat or compromise your health. In fact, most of these recipes are actually healthy and stay true to the Paleo philosophy, which is how we eat most of the time. It's a key to a lean physique and a healthier, happier life. Enjoy.

—*Steve and Becky Holman*  
Old School, New Body

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# Fruits

(Introduction)

# Fruit

Processed sugars have absolutely no nutritional value. Fruits, however, are abundant in vitamins, minerals, fiber and antioxidants. Every piece of fruit you eat boosts your immune system, contributes to the health of your skin, hair and nails, and cleanses the body of toxins.

Cooking with fruits enables you to replicate the same sweet tastes produced by sugar in cakes, biscuits and desserts in general. Nature offers a plethora of fruits to choose from, all with unique nutritional qualities and tastes. From mangoes to bananas and peaches to strawberries, the list is extensive and delicious.

Below is a overview of some of the most commonly available fruits, coupled with an introduction to some of their major nutritional properties.

## Apples

Apples come in a number of varieties ranging from classic heirloom types to modern hybrids. Some types are favored for cooking over eating, such as the Bramley's Seeding apple and more recently the Cox's Orange Pippin and Spartan varieties. Classic eating types such as the Flower of Kent and deep red American Salom have now been joined by more modern, slightly unusual varieties like the sweet Japanese Shizuoka and the Australian King Cole. Look out for these at farmers' markets.



**Vitamin & Mineral Content:** Apples are rich in pectin and potassium, high in dietary fiber and fairly high in vitamin C. Buy organic over agrochemical to ensure nutrient rich and truly fresh produce.

## Apricots

Apricots, like peaches and nectarines, are more intensely colored and taste better when organically grown. Apricots are generally associated with being a dried fruit, yet are equally delicious when eaten fresh. Ripe apricots should be stored in the refrigerator and brought to room temperature before consumption.



**Vitamin & Mineral Content:** Apricots are rich in beta-carotene and fiber, and when fresh are rich in vitamin A and fairly rich in vitamin C. Apricots contain tryptophan, which is well known for helping promote healthy sleep and good mood. They also contain potassium, which contributes to muscle and bone health.



## Banana

Sweet with a firm and creamy flesh, bananas are popular the world over, yet are far tastier when picked fresh rather than picked green and left to ripen. Smaller varieties tend to be sweeter, and bunches grow from anywhere between 10-25 bananas.



**Vitamin & Mineral Content:** Bananas are rich in vitamin B6, yet more commonly known for high potassium levels and very low levels of sodium. The banana is also a great source of dietary fiber, and contains moderate amounts of vitamin C and manganese.

## Blackberries

Blackberries are best picked wild and freely grown on thorny bramble type plants in many plant dense areas. Blackberries tend to ripen in the second half of the summer, changing from green to red to black. One blackberry is made up of a cluster of tiny berries that come together to form an aggregate fruit.



**Vitamin & Mineral Content:** Rich in fiber, blackberries contain a wealth of minerals, including magnesium, calcium and iron. Blackberries are also rich in bioflavonoids.

## Blueberries

Blueberries belong to the heath family, a shrub that is also responsible for the cranberry. Blueberries are mildly sweet and often tangy. Blueberries are deep in color, ranging from blue to maroon to purple-black, and wrapped in a semi-transparent flesh that encases tiny seeds.



**Vitamin & Mineral Content:** Blueberries are high in vitamin C, although only contain about half as much as strawberries and raspberries. Blueberries are rich in manganese, dietary fiber and vitamin E.

## Cherries

Cherries range in color from yellow to the popular dark-red Morello variety. A sweet summer season fruit, cherries are best organically home grown. Cherries can be eaten fresh, juiced, dried, and are also commonly used in paleo-friendly baking.



**Vitamin & Mineral Content:** Now considered by many to be a super fruit, cherries have one of the highest levels of disease-fighting antioxidants of all fruits. Cherries also contain 20 times more beta-carotene than strawberries or blueberries, and also rank highly for vitamin C, potassium, iron, magnesium, fiber and folate.

## Cranberries

Manually floated during harvest, cranberries are grown on vines in sandy bogs and marshes. It is fresh cranberries that retain the highest level of antioxidants, with the bottled sugar-laden drink varieties containing the least. The best cranberries are plump, deep red in color and firm under thumb. Cranberries are generally eaten dried, yet provide a higher level of nutrition if consumed fresh.



**Vitamin & Mineral Content:** Cranberries contain substantial vitamin C and dietary fiber, and also moderate manganese and vitamin K. However, it is the array of phytonutrients present in cranberries that provide the body with powerful antioxidants and anti-inflammatory properties.

## Dates

Dates are naturally very sweet and an ideal substitute for sweets and cakes. Dates can be eaten whole or chopped up for baking paleo-friendly desserts, and used to complement sweet inspired salads. Non-organic dates are often soaked in syrups and oils and should be avoided.



**Vitamin & Mineral Content:** Dates are rich in dietary fiber, which helps prevent dietary LDL cholesterol absorption in the gut. Dates contain antioxidants known as tannins. Tannins are known to have anti-infective, anti-inflammatory and anti-hemorrhagic properties. Dates are also a good source of Vitamin A, iron, potassium, copper and magnesium.

## Figs

Figs are light purple or green in color with a distinctive squashy outer texture that houses crispy seeds in the center. Figs have a sweet toffee-like flavor and are generally eaten raw or as a dried fruit.



**Vitamin & Mineral Content:** Figs are very high in dietary fiber and therefore considered a great help in relieving constipation and aiding weight loss. Figs are also rich in potassium and manganese.

## Grapes

From large sweet black grapes through to tiny seedless white grapes, there are hundreds of types of grapes on the market. Grown on a vine, grapes are renowned for their differing taste, size and texture.



**Vitamin & Mineral Content:** Grapes are high in antioxidants and a good source of natural carbohydrates. Grapes are rich in vitamins A, B1, B2, B6 and C. Grapes also contain a wealth of minerals, including calcium, chlorine, copper, fluorine, iron, magnesium, manganese, phosphorus, potassium, silicon and sulfur.

## Kiwi Fruit

Kiwi fruits have a distinctive sweet, refreshing taste, and are best eaten when the outer skin can be squeezed easily with the thumb. Kiwi fruits are identifiable by their bright green flesh that contains small speckled black edible seeds. Organic kiwi fruits appear furrer and smaller in size, with a darker exterior and less watery texture.



**Vitamin & Mineral Content:** Kiwi fruits contain more vitamin C than that of an equivalent orange. Kiwi fruits also contain noteworthy levels of potassium, copper, magnesium, vitamin E and manganese.

## Lemons

Lemons remain green until they ripen into their distinctly bright yellow color, and are grown in abundance in India, Sri Lanka, Malaysia, Mexico and the West Indies. Lemons might be bitter on the palette, but have limitless uses from soups to sorbets.



**Vitamin & Mineral Content:** When digested, lemon juice produces potassium carbonate and neutralizes the digestive system, promoting a healthy acid-alkaline balance in the body. Lemons are extremely rich in vitamin C, and renowned for antioxidant properties capable of naturally cleansing the body. Lemons also contain small amounts of vitamin A, thiamin and niacin.

## Limes

Limes have a sharper bite than lemons and are smaller and rounder in appearance. Sweet limes are available but aren't common in the States. Once considered a tropical fruit, the lime has become a staple feature in most kitchens and is often used as a substitute for the lemon.



**Vitamin & Mineral Content:** The vitamin and mineral properties of limes are similar to that of the lemon. Limes are high in vitamin C, and also contain flavonoids called flavonol glycosides, well known for their antibiotic properties.

## Lychee

The Lychee is a fruit native to China that thrives in subtropical climates free of frost. The lychee is distinctly pink-colored and needs to be peeled to access the sweet, juicy fruit, which is encased by a thin transparent film.



**Vitamin & Mineral Content:** The lychee is a very good source of Vitamin C and B-complex vitamins such as thiamin, niacin and folate. The lychee also contains respectable levels of potassium and copper.

## Mango

The mango is an exotic fruit that has become very popular in the west for its sweet, delicious taste. Mangoes can also be bitter depending on the tree and the time of harvest. Bitter mangoes have green skin and are crunchy to bite, whereas sweet mangoes are identifiable by their yellowy-orange exterior. A sweet mango is just right for eating when the skin can be peeled away by hand.

**Vitamin & Mineral Content:** Mangoes are very rich in vitamin C, vitamin A and carotenes (only muskmelons contain more carotenes). Mangoes also contain high levels of Vitamin B2, B3, B1, zinc and calcium.



## Melons

There are two types of melon, muskmelon and watermelon. The muskmelon variety includes the honeydew, while the watermelon includes the common deep-green skinned type and Early Moonbeam, which comprises yellow flesh with green stripes. Melon is naturally very sweet and makes for a great dessert.

**Vitamin & Mineral Content:** Melons are very high in vitamin A and C. Melons are rich in folate and also choline, which is known to aid reproduction, a healthy liver, gallbladder and heart, and to increase good cholesterol.



## Nectarines

A nectarine is very similar to a peach but without the fuzz, or beard as some people call it. Nectarines have orangey-yellow skin, and are best eaten when, slightly soft for a sweeter taste. Nectarines are perfect juiced or eaten fresh.

**Vitamin & Mineral Content:** Nectarines are rich in vitamin C, potassium, and very rich in antioxidants. Nectarine peel is overflowing with bioflavonoids and particularly rich in carotenoids.



## Oranges

Juicy and sweet, oranges are native to most warm to tropical countries and available throughout the western hemisphere all year round. It is particularly important to eat only organic oranges, and not those treated with agrochemicals. In the US alone, over one hundred agrochemicals are permitted for use on orange orchards and other citrus fruits.

**Vitamin & Mineral Content:** Oranges are well known for their high vitamin C content and also contain moderate amounts of dietary fiber, folate, potassium, vitamin A, vitamin B1 and calcium.



## Papaya

Papayas are spherical in shape and can grow up to 20 inches. Papaya flesh is a rich orange color with either yellow or pink hues. Sweet with musky undertones, papayas make the perfect addition for any salad. Papaya seeds are also edible, but somewhat crunchy and naturally spicy

**Vitamin & Mineral Content:** Papaya is a potent antioxidant very high in vitamin C, folate, potassium, dietary fiber and vitamins A, E, and K. Papaya also contains papain, an enzyme that helps digest proteins. Papain is now extracted from papaya to create a dietary supplement.



## Passion Fruit

The passion fruit is a sweet tasting tropical fruit containing several edible seeds. The passion fruit emits a distinct aroma and is easily identifiable by its smooth waxy coating. Both the seeds and the pulp are edible.

**Vitamin & Mineral Content:** The passion fruit contains high levels of both vitamin C and A. Passion fruit is a rich source of dietary fiber and is also high in potassium.



## Peaches

Organic peaches are more intensely colored than their non-organic cousins, and tend to be tastier and sweeter on the palette. Ripe peaches should be stored in the refrigerator and brought to room temperature before eating.

**Vitamin & Mineral Content:** Peaches are a good source of carotenes, lycopene, lutein, flavonoids and potassium. Peaches also contain respectable levels of vitamin C and A, and also contain properties that help aid digestion. The pit of a peach contains a toxic substance known as hydrocyanic acid (cyanide), and should be removed before consumption.



## Pears

Said to be related to the apple, the pear is an all purpose fruit that can be cooked, juiced or eaten fresh. Buying slightly under ripe is advisable because pears ripen quickly. The vast range of seasonal varieties provides delicious pear options year round. Popular varieties are Conference, Comice, Bartlett, Williams and Anjou.

**Vitamin & Mineral Content:** Pears are rich in copper, potassium and phosphorus, and also contain vitamins A, B1, B2, C, E, niacin and folic acid. Pears are also an excellent source of water-soluble fiber.



## Pineapples

Pineapples are the epitome of a tropical fruit, comprising a distinctive look and vibrant sweet flavor with a subtle tart after taste. Pineapples are wide and cylindrical in shape, with a scaly brownish-yellow skin and a regal crown of spiny blue-green leaves. The base of the pineapple contains greater sugar content than the rest of the fruit, and is therefore sweeter and tenderer on the palette.

**Vitamin & Mineral Content:** Pineapple is very high in manganese and vitamin C. Pineapple also contains moderate amounts of vitamin B1, vitamin B6, copper and dietary fiber.



## Plums

Like cherries, plums vary in variety from tiny Greengages to the popular Victoria plum. Plums can be sweet, juicy, or tart depending on the variety and season, with the latter best reserved for cooking.

**Vitamin & Mineral Content:** Plums are a good source of phytochemicals, which are good for the health of bones and ligaments. Plums also contain malic acid and beta-carotene, helping circulation and contributing to a healthy heart. The dried version of plums, prunes, are renowned for aiding digestion due to high fiber content. Plums are also rich in vitamin C, A, B2, and potassium.



## Pomegranate

The pomegranate is a ruby red super fruit full of antioxidants. It is commonly consumed fresh in salads and desserts and also in juice form, yet a powdered organic form has become increasingly popular for making smoothies. The pomegranate has a thick leathery skin, which houses seeds enveloped by sacks of red sweet pulp.

**Vitamin & Mineral Content:** A powerful antioxidant, the pomegranate contains vitamin A, C and E, and moderate levels of fiber and folic acid. A number of research studies have demonstrated that the fruit can help to lower high blood pressure, and also work toward reducing the amount of bad cholesterol in the blood.



## Raspberries

Raspberries, like blackberries, are best picked wild, and freely grow on a thorny bramble type plant in many plant dense areas. Raspberries are usually red in color and are expensive to buy because of their susceptibility to being squashed in transport. One raspberry is made up of a cluster of tiny berries that come together to form an aggregate fruit.



**Vitamin & Mineral Content:** Raspberries are extremely high in vitamin C. They are also rich in manganese and dietary fiber and also contain moderate levels of folate, vitamin B2, B3 (niacin), magnesium, potassium and copper.

## Strawberries

Strawberries are naturally sweet and tasty, and there are more than 600 varieties of strawberries that differ in flavor, size and texture. The smaller, firmer and less watery a strawberry the tastier it tends to be.



**Vitamin & Mineral Content:** Strawberries are rich in soluble fiber and beta-carotene. Strawberries are also rich in phytochemicals, chemicals known to contribute to the relief of joint pain. Strawberries are also rich in vitamin C, manganese, dietary fiber, iodine, potassium, folate, vitamin B2, B5, B6 and vitamin K.

# Nuts

(Introduction)



# Nuts

Flour is the most prominent ingredient in cakes and biscuits, and next to sugar the most nutritionally poor. Yet it can now easily be avoided by using the recipes within this cookbook. Whether whole grain or white flour, and no matter how many “added vitamins” it states on the packet, grains in general have serious negative impacts on the digestive system. Refined flour is depleted of fiber, antioxidants and pretty much every other benefit you might expect to obtain from your food.

The majority of people don't realize that a fantastic alternative to flour is using nuts. Nuts are nutritional dense, containing a wealth of vitamins, minerals, healthy fats, dietary fiber and antioxidants. There is no science to nut flour, it is quite simply ground up nuts – all you require is a blender to break the nuts down into a baking 'flour' form, and if you'd rather not blend the nuts yourself, you can buy nut flour from organic health shops and from a number of online stores.

Below is an introduction to the most commonly used nuts found within this cookbook. Each overview explores nutritional density and the vast range of flavors and textures nuts have to offer.

## Almonds

**Flavor:** Almond plants that produce a pink flower, often result in a bitter flavored almond, whereas a white flowering almond plant often produces a sweeter variety. Almonds have a naturally pleasant aroma, which fills the mouth after every bite, making them extremely moreish.

**Texture:** Almonds are usually sold shelled, and feature a light brown colored skin, under which is a white soft, pleasantly chewy nut.

**Vitamin & Mineral Content:** Almonds are rich in vitamin E and monounsaturated fats. Almonds also contain high levels of folate, calcium, magnesium, phosphorus, and potassium.



## Brazil Nuts

**Flavor:** Brazil nuts have an earthy flavor, albeit slightly tempered by a mild sweetness. To reduce the earthy taste, the dark brown skin can be removed before consumption.

**Texture:** Solid, yet creamy on the palette, Brazil nuts are crunchy in texture with an oily appearance.

**Vitamin & Mineral Content:** Brazil nuts are rich in vitamin E, folate, and choline. Brazil nuts also have a high mineral content, which includes calcium, magnesium, phosphorus, potassium, and selenium.



## Cashews

**Flavour:** Cashew nuts have a subtle woody taste, a slightly reserved flavour that suits a more sensitive palette.

**Texture:** Cashew nuts when roasted become fairly crunchy, yet once past the crunchy outer layer, like the Brazil nut, a pleasant, almost creamy texture unfolds.

**Vitamin & Mineral Content:** Cashew nuts are lower in vitamin content than most other nuts, although they are rich in vitamin K. The cashew mineral composition however, is fairly impressive. Cashews are rich in copper, manganese, phosphorus, iron, magnesium, and selenium.

*\*Cashews are not considered to be paleo. This is because they remain toxic in their raw state.*



## Chestnuts

**Flavour:** Chestnuts are creamy and delicately sweet, and best eaten straight after preparation. There are four types: European, Chinese, Japanese, and American, all offering a slight variation in taste.

**Texture:** Chestnuts are usually purchased in the shell, which is easily cracked and peeled away to reveal the wholly edible nut. The outer skin texture is smooth, and the inner nut slightly moist and pleasantly soft.

**Vitamin & Mineral Content:** Chestnuts are high in dietary fiber, high in calcium and contain reasonable quantities of vitamin C, vitamin B1, B2, and potassium. Chestnuts are low in sodium and fairly low in protein.



## Coconut

**Flavor:** The taste of a coconut depends on maturity. Younger coconuts contain sweeter milk and more gelatinous meat. Older coconuts tend to contain watery milk and harder, yet tastier meat.

**Texture:** Again texture depends on age. The meat of an elder coconut is tougher and harder to bite through, yet often more fragrant on the palette. Younger coconuts offer a softer meat that is watery and although slightly sweet, often less tasty.

**Vitamin & Mineral Content:** Although high in saturated fat, coconuts are rich in folate, iron, phosphorus, magnesium, vitamin C, vitamin B5, thiamin (B1), and niacin (B3).



## Hazelnuts

**Flavor:** Raw hazelnuts are fairly mild in flavor, yet upon roasting, chopping or grinding become more volatile. Hazelnut oil produces a more distinct “hazelnut-like” taste than the actual nut in its natural form.

**Texture:** The texture of a hazelnut depends on its state. Hazelnuts are often ground into a paste or processed for oil. Raw hazelnuts are solid yet easy to chew, if not a little dry.

**Vitamin & Mineral Content:** Hazelnuts are rich in vitamin C, calcium, iron, choline, vitamin K, vitamin A, niacin, and thiamin.



## Macadamia Nuts

**Flavor:** Macadamia nuts are buttery and rich, yet delicate and slightly sweet tasting. Only two of the eight species of macadamia are edible, *Macadamia integrifolia* and *Macadamia tetraphylla*. The others are poisonous or inedible due to high toxicity.

**Texture:** Delicate, and smooth, the macadamia is perhaps the most elegantly textured nut of all.

**Vitamin & Mineral Content:** Macadamia nuts contain high levels of potassium, phosphorus, magnesium and calcium. Macadamias contain small but significant amounts of vitamins E, B1, B5, B6, B2, niacin, and folate.



## Pecans

**Flavor:** Pecan nuts are buttery and rich in flavor, and often sweetened beyond their already naturally sweet state. Salted varieties are also common.

**Texture:** Pecans are solid and meaty in texture, breaking crisply on the palette.

**Vitamin & Mineral Content:** Pecans are rich in B-complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B6, and folate. Pecans are also a rich source of manganese, potassium, calcium, iron, magnesium, zinc, and selenium.



## Pine Nuts

**Flavor:** Grown primarily in Asia and North America, the Pine nut has a sweet and fruity flavor, which can be more or less resinous depending on the variety. The araucaria variety of pine produces a finer, slightly woodier tasting nut with a red-tinted casing. Avoid pine nuts with a sour smell, as this is an indication that they are rancid.

**Texture:** Pine nuts are smooth, crisp, and chewy, and ideal for dessert decoration.

**Vitamin & Mineral Content:** Pine nuts are rich in vitamin E, vitamin K, folate, thiamin, niacin, and riboflavin. They also have a high mineral composition of iron, magnesium, phosphorus, potassium, zinc, copper, and manganese.



## Pistachios

**Flavor:** With their distinctive bite, pistachios are considered to be an acquired taste. Pistachios can be roasted or salted, but in a natural state are sweet on the palette.

**Texture:** The pistachio has mauve-like skin and light green flesh, which when ripe, is chewy and soft in texture.

**Vitamin & Mineral Content:** Pistachios are rich in B-complex vitamins, magnesium, potassium, calcium, iron, zinc and selenium. Pistachios are also high in vitamin E and carotenes.



## Walnuts

**Flavor:** There are three main varieties of walnuts commonly grown and sourced; the English (Persian) walnut, the white walnut, and the black walnut. The white walnut is sweet and oily in taste. The black walnut is more pungent and distinctive in flavor, and the English walnut is similar in taste to the white walnut but with a thinner shell.

**Texture:** Walnuts have a slight crunchiness on the outside and a pleasant, soft, almost chewy-like texture on the inside.

**Vitamin & Mineral Content:** Walnuts are rich in omega-3 fatty acids, potassium, magnesium, iron, phosphorus, selenium, zinc, vanadium, and calcium. Walnuts are also a good source of manganese and copper.



nut  
butters

# Nut Butters

*2 cups will make about 10 oz of nut butter*

Place the nuts into the bowl of a food processor and blend until smooth. For a crunchy texture nut butter, process for around 3 minutes. For a smooth texture nut butter (best for the biscuit recipes within this cookbook) process for around 5-8 minutes. If the nut butter is dry, add some oil to smooth out the texture. You can use a nut oil which matches the nut butter being made or a different nut oil to expand on the flavors. For a light oil, use macadamia oil over a more flavorful oil such as almond oil.

## Macadamia Butter

Macadamia butter tastes great when made from raw macadamia's, but you can also roast the macadamia's in the oven for a different flavor. Allow the macadamia's to cool after roasting them in the oven for 8-10 minutes, before blending them in the food processor.

### **Macadamia & Toasted Coconut**

Place  $\frac{1}{3}$  of a cup of shredded coconut into a frying pan on low-medium heat and lightly toast the coconut. Allow to cool then add to 1 cup of macadamia butter.

### **Macadamia & Honey**

Macadamia and honey is a perfect combination. Add 1 teaspoon of honey to every  $\frac{1}{2}$  cup of macadamia butter prior to serving.

### **Macadamia & Pine Nut**

Add 1 cup of pine nuts to every 3 cups of macadamias when blending in the food processor.





# Almond Butter

## **Toasted Almond Butter**

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a baking tray with baking paper. Place the almonds on the tray and place into the oven for 8-10 minutes or until the almonds are lightly toasted. Cool before making the almond butter.

## **Raw Almond Butter**

For a smooth and creamy almond butter, use blanched almonds which have the skin removed.

## **Maple and Almond Butter**

Add 1 teaspoon of 100% maple syrup to every ½ cup of almond butter prior to serving.

## **Almond & Flaxseed**

Add ¼ cup of flaxseeds to every 1 cup of almonds when blending in the food processor. Add 1 teaspoon of flaxseed or almond oil at a time to form a smooth consistency.

# Hazelnut Butter

## Raw Hazelnut Butter

Soak the hazelnuts in water for a minimum of two hours or until the skin becomes loose. Leaving the skins on will result in the hazelnut butter being bitter. Alternatively, blanch the hazelnuts in boiling water for 1 minute or until the skins become loose, place into ice cold water then remove the skin by rubbing the nut.

If the hazelnut butter is dry, add 1 teaspoon of hazelnut oil at a time until a smooth consistency has been reached. Also try varying the flavors by smoothing out the hazelnut butter with macadamia or almond oil.

## Toasted Hazelnut Butter

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit. Line a baking tray with baking paper. Place the hazelnuts on the tray and place into the oven for 8-10 minutes or until the hazelnuts are lightly toasted. Place in the refrigerator to cool completely, then remove the skin from the hazelnuts. Leaving the skins on will result in the hazelnut butter being bitter.

## Paleo Friendly Nutella

Once the hazelnut butter has formed, add 1 tablespoon of raw cocoa powder to every 1 cup of hazelnuts that were added to make the hazelnut butter. Process until combined, then add 1 teaspoon of coconut oil or hazelnut oil at a time until a smooth paste has formed.

Add a touch of sweetener if desired, stevia, honey or maple syrup will work well, but ensure to add slowly. A half teaspoon of natural vanilla essence can provide a nice flavor balance and flavor combination to the paleo friendly nutella.





# Walnut Butter

## **Raw Walnut Butter**

If the walnut butter is dry, add 1 teaspoon of walnut oil at a time until a smooth consistency has been reached. For a richer flavor, use olive oil instead of walnut oil.

## **Toasted Walnut Butter**

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit. Line a baking tray with baking paper. Place the walnuts on the tray and place into the oven for 8-10 minutes or until the walnuts are lightly toasted. Place in the refrigerator to cool completely, and then remove the skin from the walnuts prior to making the walnut butter.

## **Cinnamon Walnut Butter**

Add 1-2 teaspoon of cinnamon to every 1 cup of walnut butter.

# Brazil Nut Butter

## **Toasted Brazil Nut Butter**

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit. Line a baking tray with baking paper. Place the Brazil nuts on the tray and place into the oven for 8-10 minutes or until the Brazil nuts are lightly toasted. Place in the refrigerator to cool completely, then remove any loose skin from the Brazil nuts. Leaving the skins on will result in the Brazil nut butter being bitter.

## **Raw Brazil Nut Butter**

A delicious creamy texture, Brazil nut butter will have a similar texture to macadamia butter. Brazil nut oil can be harder to source than the other nut oils, if needed, add 1 teaspoon of macadamia oil at a time to create a smooth texture if the nut butter is dry.

## **Brazil, Almond & Walnut Butter**

A perfect combination of nut flavors. Create by blending 1 cup of each brazil, almond and walnuts.

# Sunflower Seed Butter

*Sunflower seed butter has a similar texture and flavor to peanut butter, because peanuts are not part of the paleo diet, sunflower seed butter can be a fantastic alternative.*

## **Raw Sunflower Seed Butter**

If the sunflower seed butter is dry, add 1 teaspoon at a time of sunflower oil, macadamia or almond oil to form a smooth consistency.

## **Sunflower & Flaxseed Butter**

Add 4 tablespoons of flaxseeds to every 1 cup of sunflower seeds. Use 1 tablespoon of flaxseed oil to form a smooth consistency.



# Pistachio Butter

## Raw Pistachio Butter

Place the pistachio nuts in boiling water for 1 minute, or until the skins become loose. Place the pistachio nuts into ice water then remove the skin by rubbing the nut. If the pistachio butter is dry, add 1 teaspoon at a time of pistachio oil or almond oil to form a smooth consistency.

## Pistachio & Macadamia

Add 1 cup of pistachios to every 3 cups of macadamias when blending in the food processor.

## Orange Infused Pistachio & Almond Butter

Blend together 1 cup of each pistachios and almonds. When the nut butter is created, stir in 2 teaspoon of finely shredded orange peel. If the nut butter is dry, add 1 teaspoon of almond oil at a time, or 1 teaspoon of fresh orange juice at a time until a smooth texture has formed.



# Pecan Butter

## **Toasted Pecan Butter**

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit. Line a baking tray with baking paper. Place the pecan nuts on the tray and place into the oven for 8-10 minutes or until the pecan nuts are lightly toasted.

## **Raw Pecan Butter**

Pecan nut oil can be harder to source than the other nut oils, if needed, add 1 teaspoon of coconut oil, macadamia oil or walnut oil at a time to create a smooth texture if the nut butter is dry. This will create a wonderful flavor balance.

## **Pecan with Cinnamon**

Add 1-2 teaspoon of cinnamon to every 1 cup of pecan butter.

## **Spiced Pecan & Vanilla Butter**

Once the pecan butter has formed, add 1 teaspoon of cinnamon, ½ teaspoon nutmeg, ½ teaspoon ground cardamom and 1 teaspoon vanilla extract to every 3 cups of pecans that were added to make the pecan butter. Process until combined. If necessary add 1 teaspoon of pecan oil or nut oil of choice at a time until a smooth paste has formed.

# Pine Nut Butter

## **Raw Pistachio Butter**

Pine nuts create a very rich nut butter and depending on taste, will generally be better enjoyed when combined with other nuts to create a combination nut butter with delicious flavors. (See macadamia & pine nut butter recipe on Pg 16).

On it's own, add a lightly flavored oil such as macadamia oil to smooth the consistency if the pine nut butter is dry.

**biscuits**

# Aussie Cookies

Makes 14-16

Wattle seeds give the delicious flavors of coffee, chocolate, walnut and hazelnut. I use Oz Tukka wattle seeds which can be found at: [www.oztukka.com.au](http://www.oztukka.com.au)

*1 cup almond meal*  
*¼ tsp cinnamon*  
*½ tsp wattle seeds, ground*  
*1 tbs honey*  
*⅔ cup macadamia butter*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, cinnamon, wattle seeds, honey and macadamia butter in a bowl and combine well.

Roll out the cookie dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut cookies on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the cookies in a refrigerator before serving.



# Macadamia Shortbread

Makes 14-16

*⅔ cup almond meal*

*⅓ cup arrowroot flour*

*1½ tbs honey*

*⅔ cup macadamia butter*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, arrowroot flour, honey and macadamia butter in a bowl and combine well.

Roll out the shortbread dough on a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut shortbread on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the shortbread in a refrigerator before serving.



# Lemon Shortbread

Makes 14-16

Replace the grated lemon rind with orange or lime rind to vary up this delicious shortbread.

*2/3 cup almond meal*  
*1/3 cup arrowroot flour*  
*1 tbs finely grated lemon rind*  
*2 tsp lemon juice*  
*1 tbs honey*  
*2/3 cup macadamia butter*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, arrowroot flour, grated lemon rind, lemon juice, honey and macadamia butter in a bowl and combine well.

Roll out the shortbread dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut shortbread on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the shortbread in a refrigerator before serving.



# Aniseed Biscuits

Makes 14-16

*1 cup almond meal*  
*1 1/2 tbs honey*  
*1 tsp ground aniseeds*  
*1 tbs aniseeds*  
*2/3 cup macadamia butter*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, honey, ground aniseeds, aniseeds and macadamia butter in a bowl and combine well.

Roll out the biscuit dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut biscuits on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.



# Hazelnut Moon Biscuits

*Makes 8-10*

*½ cup almond meal*

*2 tbs honey*

*½ cup hazelnut butter*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, honey and hazelnut butter in a bowl and combine well.

Take 1 heaped tablespoon of mixture and roll in the palm of your hands to form a sausage shape, bend slightly to form a half moon shape then place on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.

# Chocolate Cookies

*Makes 14-16*

*1 cup almond meal*

*1 tbs cocoa powder*

*½ tsp cinnamon*

*1½ tbs honey*

*⅔ cup macadamia butter*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, cocoa powder, cinnamon, honey and macadamia butter in a bowl and combine well.

Roll out the cookie dough on a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut cookies on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the cookies in a refrigerator before serving.



# Ginger Biscuits

*Makes 14-16*

*⅔ cup almond meal*  
*⅓ cup arrowroot flour*  
*½ tsp ground cinnamon*  
*2 tsp ground ginger*  
*½ tsp ground cloves*  
*1 tbs honey*  
*⅔ cup macadamia butter*  
*1 tbs macadamia oil*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, arrowroot flour, cinnamon, ginger, cloves, honey, macadamia butter and macadamia oil in a bowl and combine well.

Roll out the biscuit dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut biscuits on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.



# Chocolate & Vanilla Log

Makes 18-20

## Vanilla

*1/3 cup arrowroot flour*  
*2/3 cup almond meal*  
*2 tbs honey*  
*2/3 cup macadamia butter*  
*1 1/2 tsp vanilla essence*

## Chocolate

*1/3 cup hazelnut meal*  
*2/3 cup almond meal*  
*2 tbs cocoa powder*  
*1 1/2 tbs honey*  
*2/3 cup hazelnut butter*  
*2 tbs macadamia butter*  
*2 tbs honey*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the ingredients for the vanilla portion of the biscuit in a bowl and combine well, then place the mixture onto a sheet of baking paper and flatten down slightly with the palm of your hands. Place another sheet of baking paper on top of the mixture and roll out to a rectangle shape at 1cm thickness.

Place the ingredients for the chocolate portion of the biscuit in a bowl and combine well, then place the mixture onto a sheet of baking paper and gently roll into a thick sausage shape, around the same length as the rolled out vanilla mixture.

Place the chocolate roll on one end of the vanilla sheet, very carefully roll the vanilla sheet around the chocolate log with the help of the baking paper until both ends of the vanilla sheet meet. With your fingers, gently attach both ends of the vanilla sheet together by gently pressing down along the entire length.

Place the roll on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until the vanilla log is slightly golden. Remove from the oven and allow to cool. When cooled, use a sharp knife to cut individual portions.

# Coconut Meringues

Makes 10-12

*6 egg whites*  
*2 tbs honey*  
*1/4 cup desiccated coconut*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

In a medium size bowl beat the egg whites until stiff peaks form. Gently fold in the honey and coconut. Use a tablespoon to spoon individual meringues onto a baking tray lined with baking paper.

Place in the oven for 15-20min or until lightly browned.

Cool before serving.

# Ginger & Honey Hearts

Makes 14-16

1 cup almond meal  
¼ cup arrowroot flour  
1 tbs ground ginger  
2 tbs honey  
⅔ cup macadamia butter

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, arrowroot flour, ginger, honey and macadamia butter in a bowl and combine well.

Roll out the biscuit dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut biscuits on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.



# Coconut Macadamia Delights

Makes 8-10

⅓ cup coconut flour  
1 heaped tbs arrowroot flour  
⅓ cup macadamia butter  
2 tsp coconut oil  
2 tbs honey

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the coconut flour, arrowroot flour, macadamia butter, coconut oil and honey in a bowl and combine well.

Roll 2 tablespoons of mixture in the palm of your hands, then place onto a baking tray lined with baking paper and press down to create a flat biscuit shape. Repeat with the remaining mixture. Bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.

# Pistachio & Rose Cookies

*Makes 8-10*

*1 cup pistachio and  
macadamia butter (pg 16)  
1/3 cup arrowroot flour  
1 tbs rosewater essence  
1 1/2 tbs honey*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the pistachio and macadamia butter, arrowroot flour, rosewater essence and honey in a bowl and combine well.

Roll 2 tablespoons of mixture in the palm of your hands, then place on a baking tray lined with baking paper and press down to create a flat biscuit shape. Repeat with the remaining mixture. Bake for 8-10 minutes or until they are slightly golden.

Cool the cookies in a refrigerator before serving.



**cakes**

# Passionfruit Cake

*Serves 8*

*½ cup passionfruit pulp  
(aprox 5-6 passionfruit)  
1½ cups almond meal  
1 tbs macadamia oil  
1 tbs vanilla essence  
⅓ cup honey  
3 eggs, separated*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the passionfruit pulp, almond meal, macadamia oil, vanilla essence, honey and egg yolks in a large bowl and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the cake mixture.

Line a cake tin with baking paper and pour in the cake mixture.

Place in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.



# Almond Sponge Cake with Mixed Berries

*Serves 8*

*3 cups almond meal*

*6 eggs, separated*

*1/3 cup honey*

*Mixed berries to serve  
(raspberries, blackberries  
and/or blueberries)*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Combine the egg yolks and honey in a bowl and beat with electric beaters until the egg yolks are light and fluffy. Stir in the almond meal.

In a separate bowl beat the egg whites to form stiff peaks. Gently fold the egg whites into the almond mixture until just combined.

Line a cake tin with baking paper and pour in the cake mixture.

Place in the oven for 40-50 minutes. Remove the cake from the oven when it is golden on top and beginning to move away from the sides of the cake tin.

Serve with a side of mixed berries.

# Aniseed Loaf

*Serves 8-10*

*1/3 cup walnut oil*

*1/4 cup maple syrup*

*2 eggs, separated*

*1 cup almond meal*

*2 cups Brazil nut meal*

*1 tsp ground aniseeds*

*2 tbs aniseeds*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

In a mixing bowl, beat together the walnut oil, maple syrup and egg yolks until light and fluffy. Add the almond meal, Brazil nut meal, ground aniseeds, aniseeds and combine well.

In a separate bowl beat the egg whites to form stiff peaks. Gently fold the egg whites into the aniseed mixture until just combined.

Line a cake loaf with baking paper and pour in the cake mixture.

Bake in the oven for 30-40 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.



# Banana & Coffee Cake

Serves 8

3 ripe bananas, mashed  
1½ cup almond meal  
½ cup arrowroot flour  
1 tbs vanilla essence  
⅓ cup strong espresso  
coffee (cold)  
1 tbs macadamia oil  
½ cup walnuts, roughly  
chopped  
3 eggs, separated

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the mashed bananas, almond meal arrowroot flour, vanilla essence, espresso, macadamia oil, walnuts and egg yolks in a large bowl and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the cake mixture.

Line a cake tin with baking paper and pour in the cake mixture.

Place in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.



# Banana & Walnut Cake

Serves 8

2 ripe bananas, mashed  
⅓ cup coconut flour  
⅓ cup coconut milk  
1 cup ground walnuts  
3 tbs walnut oil  
1 tbs honey  
3 eggs, separated

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the mashed bananas, coconut flour, coconut milk, ground walnuts, walnut oil, honey and egg yolks in a large bowl and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the cake mixture.

Line a cake tin with baking paper and pour in the cake mixture.

Place in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.

# Banana Muffins

*Makes 8-10*

*2 ripe bananas, mashed*

*1½ cups almond meal*

*1 tbs vanilla essence*

*2 tbs almond oil*

*½ tsp ground cinnamon*

*1 tbs honey*

*3 eggs, separated*

*⅓ cup walnuts, roughly  
chopped*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the mashed bananas, almond meal, vanilla essence, almond oil, cinnamon, honey and egg yolks in a large bowl and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the cake mixture.

Place the paper muffin holders in a muffin tray and pour in the muffin mixture. Evenly place some of the chopped walnuts on each of the muffins.

Place in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the muffins, if it comes out clean the muffins are cooked through.



# Moist Carrot & Macadamia Cake

Serves 8

*2½ cups almond meal*  
*2½ grated carrot (firmly packed)*  
*½ cup walnut oil*  
*½ tsp ground cinnamon*  
*½ tsp ground nutmeg*  
*½ tsp all spice*  
*⅓ cup honey*  
*½ cup macadamia nuts, roughly chopped*  
*3 eggs, seperated*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, grated carrots, walnut oil, cinnamon, nutmeg, all spice, honey, macadamia nuts and egg yolks in a large bowl and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the cake mixture.

Line a cake tin with baking paper and pour in the cake mixture.

Place in the oven for 50-60 minutes. Remove the cake from the oven when it is golden on top and firm to touch, but still moist in the middle.

# Carrot & Walnut Muffins

Serves 8

*2 cups grated carrot (firmly packed)*  
*2 cups ground walnuts*  
*⅔ cup almond meal*  
*2 tbs coconut flour*  
*1 tsp ground cinnamon*  
*½ tsp ground nutmeg*  
*½ tsp all spice*  
*4 tbs walnut oil*  
*2 tbs honey*  
*3 eggs, seperated*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the grated carrot, ground walnuts, almond meal, coconut flour, cinnamon, nutmeg, all spice, walnut oil, honey and egg yolks in a large bowl and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the muffin mixture.

Place the paper muffin holders in a muffin tray and pour in the muffin mixture.

Place in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the muffins, if it comes out clean the muffins are cooked through.

# Lemon & Poppy Seed Cake

*Serves 8*

*1½ cups almond meal*

*2 tbs lemon rind*

*¼ cup lemon juice*

*¼ cup poppy seeds*

*1 tbs macadamia oil*

*½ cup coconut milk*

*⅓ cup honey*

*3 eggs, separated*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the almond meal, lemon rind, lemon juice, poppy seeds, macadamia oil, coconut milk, honey and egg yolks in a large bowl and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the cake mixture.

Line a cake tin with baking paper and pour in the cake mixture.

Place in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.



# Cold Apple & Walnut Pie

Serves 8

## *Walnut pastry*

*2 cups ground walnuts  
(preferably toasted)  
1 cup soft dried dates,  
pitted and chopped*

## *Filling*

*4 large apples  
2/3 cup raisins  
Juice of 1 1/2 small lemons  
1 tbs honey  
1 tsp ground cinnamon*

Start this recipe 1 day before serving.

To make the pastry, place the ground walnuts and dates into the bowl of a food processor and blend until combined. Remove from the food processor and knead the mixture together to form a ball. Press the pastry into a 20cm pie plate using lightly wet hands to help spread the pastry. Refrigerate overnight to help the pastry harden.

To make the filling, peel, core and slice the apples into 1/4 inch thick slices. Place the apple slices, raisins, lemon juice, honey and cinnamon in a saucepan and simmer until the apples are tender.

Place the apple mixture into a bowl and refrigerate. The next day spoon the filling into the walnut base and serve.

# Honey Meringues with Lemon Curd & Passionfruit

Serves 8

*6 eggs yolks  
2 tbs of honey  
Grated zest of one lemon  
4 tbs coconut oil  
1/2 cup of lemon juice  
4 honey meringues  
(see page 74)  
Pulp of 2 passionfruit  
Raspberries for serving  
(optional)*

Combine the egg yolks, honey and lemon zest in a bowl and beat with electric beaters until the egg yolks are light and fluffy.

Place the mixture into a saucepan on low-medium heat along with the coconut oil and lemon juice and whisk continuously until the lemon curd has formed and is thick.

Place the lemon curd in a bowl, cover with cling film and place in the refrigerator for 1-2 hours to chill.

Place the meringues on a plate and spoon over an equal portion of lemon curd followed by the passionfruit pulp. Scatter an equal portion of raspberries on the plate to serve.

# Almond & Brazil Frangipane with Pears

*Serves 8*

*¼ cup walnut oil or  
almond oil*

*¼ cup maple syrup*

*2 eggs*

*1 cup almond meal*

*1 cup Brazil nut meal*

*1 tsp almond essence*

*3 poached pears, or  
tinned pears, halved*

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a mixing bowl, beat together the oil, maple syrup and eggs until light and fluffy. Add the almond meal, Brazil nut meal and almond essence and combine well.

Line a 20cm round cake tin with baking paper.

Place the pear halves on the bottom of the cake tin and pour the frangipane mixture evenly over the pears.

Place in the oven for 30-40 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.



# Spiced Orange & Almond Cake

*Serves 8*

*2 oranges*

*2 eggs*

*2 eggs, seperated*

*3 cups almond meal*

*½ cup honey*

*1 tsp ground cinnamon*

*½ tsp ground cardamom*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the oranges in a saucepan on low-medium heat with enough water to almost cover them and bring to the boil. Simmer gently for 2 hours. Drain the oranges and leave to cool, then chop roughly, removing any pips.

Place the oranges in a food processor and process until smooth.

In a separate bowl, beat two egg whites until stiff peaks form.

Combine the remaining eggs and egg yolks, orange, almond meal, honey, cinnamon and cardamom in a bowl. Gently fold in the egg whites until just combined.

Line a cake tin with baking paper. Spoon the mixture into the cake tin and smooth the surface of the mixture.

Place in the oven for 1 hour or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.



jelly &  
mousse



# Coconut & Honey Jellies with Pomegranate

*Makes 4*

*2 cups coconut milk  
1 tsp vanilla essence  
2 tsp agar agar powder  
4 tsp honey  
½ cup pomegranate seeds  
(approximately ½ a  
pomegranate)*

Heat the coconut milk and vanilla essence in a saucepan over medium heat and bring to simmering point.

In a cup combine the agar agar in 4 tablespoon of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved.

Pour the agar agar jelly into four individual serve moulds. Place in the refrigerator for 2-4 hours or until set.

Place a teaspoon of honey on top of each serve of coconut jelly and serve with an even portion of pomegranate seeds.



# Raspberry & Almond Milk Jelly

*Makes 4*

*2/3 cup raspberries*

*1 1/2 cup almond milk*

*4 tsp agar agar powder*

*Raspberry Juice (to serve)*

*1/2 cup raspberries*

Heat the raspberries in a saucepan over medium heat and bring to simmering point.

In a cup combine 2 teaspoons of agar agar in 2 tablespoons of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved.

Pour the raspberry jelly evenly into four individual serve moulds. Place in the refrigerator for 2-4 hours or until set.

Heat the almond milk in a saucepan over medium heat and bring to simmering point.

In a cup combine the remaining 2 teaspoons of agar agar in 2 tablespoons of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved.

Pour the almond milk jelly on top of the raspberry jellies evenly. Place in the refrigerator for a further 2-4 hours or until set.

To make the raspberry juice, place the raspberries in a sieve and place over a bowl. Use a wooden spoon and stir the raspberries, collecting the juice in the bowl and discarding the seeds.

Remove the jelly from the moulds and serve with an even portion of raspberry juice.



# Mango Jelly

*Makes 4*

*1/3 cup coconut milk*  
*1/2 cup water*  
*2 tsp agar agar powder*  
*1 cup pureed mango*  
*1 cup mango, diced*

Heat the coconut milk and water in a saucepan over medium heat and bring to simmering point.

In a cup combine the agar agar in 4 tablespoons of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved. Remove from the heat and quickly stir in the mango puree.

Pour the mango jelly into four individual moulds. Place in the refrigerator for 2-4 hours or until set.

Serve with a side of diced mango pieces.



# Orange Jelly

*Makes 4*

*1¼ cup orange juice  
1¼ cup water  
2 tsp agar agar powder  
1 orange, peeled and sectioned*

Heat the orange juice and water in a saucepan over medium heat and bring to simmering point.

In a cup combine the agar agar in 4 tablespoons of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved.

Place the orange slices into four individual moulds then divide and pour the orange jelly evenly amongst the moulds. Place in the refrigerator for 2-4 hours or until set. Serve.

# Passionfruit Jelly

*Makes 4*

*2 cups passionfruit pulp  
(approx 16-18 passionfruit)  
1½ cup water  
2 tsp agar agar powder*

Heat the passionfruit pulp and water in a saucepan over medium heat and bring to simmering point.

In a cup combine the agar agar in 4 tablespoons of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved.

Pour the passionfruit jelly into four individual moulds. Place in the refrigerator for 2-4 hours or until set. Serve.



# Layered Passionfruit & Watermelon Jelly

*Makes 4*

*Watermelon jelly layer*  
2 cups watermelon juice  
2 tsp agar agar powder  
4 tbs water

To make the first layer, heat the watermelon juice in a saucepan over medium heat and bring to simmering point.

In a cup combine the agar agar in 4 tablespoons of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved.

*Passionfruit jelly layer*  
2 fresh passionfruit, pulp  
1½ cups passionfruit juice  
2 tsp agar agar powder  
4 tbs water

Pour the jelly into four individual moulds. Place in the refrigerator for 2-4 hours or until set.

To prepare the second layer, combine the passionfruit pulp with the passionfruit juice. Place the mixture in a saucepan over medium heat and bring to simmering point.

*Chopped pistachios*  
(to serve)

In a cup combine the agar agar in 4 tablespoons of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved. Pour the passionfruit jelly on top of the watermelon jelly. Place in the refrigerator for a further 2-4 hours or until set.

Turn the jelly out onto a plate, if the jelly is sticking to the mould, dip the mould quickly into hot water. Scatter with chopped pistachios to serve.

# Chocolate Avocado Mousse

*Serves 4*

1 avocado, mashed  
⅔ cup cocoa powder  
½ cup water  
1 tbs honey

Place all the ingredients into the bowl of a food processor and blend until thick and smooth.

Place the mousse into a bowl and cover with cling film. Refrigerate for 1-2 hours.

Use a tablespoon to scoop spoonfuls of mousse to serve.

# Chocolate Avocado Mousse with Dates

*Serves 4*

*1 avocado, mashed*  
*⅓ cup cocoa powder*  
*½ cup water*  
*1 tbs honey*  
*¼ cup dates, finely chopped*

Place all the ingredients but the chopped dates into the bowl of a food processor and blend until smooth.

Stir in the chopped dates and place the mousse into a bowl and cover with cling film. Refrigerate for 1-2 hours.

Use a tablespoon to scoop spoonfuls of mousse to serve.



# Mango Mousse

*Serves 4*

*1 cup mango, diced*  
*½ cup macadamia butter*

Place the mango and macadamia butter into the bowl of a food processor and blend until thick and smooth.

Place the mousse into a bowl and cover with cling film. Refrigerate for 1-2 hours.

Use a tablespoon to scoop spoonfuls of mousse to serve.

# Chocolate Cinnamon Mousse

*Serves 4*

*1 avocado  
¼ cup cacao powder  
1 tsp ground cinnamon  
¼ cup honey  
2 tbs almond butter  
1 tsp vanilla extract*

Place all the ingredients into the bowl of a food processor and blend until thick and smooth.

Place the mousse into a bowl and cover with cling film. Refrigerate for 1-2 hours.

Use a tablespoon to scoop spoonfuls of mousse to serve.

# Banana & Avocado Mousse

*Serves 4*

*1 avocado  
1 banana  
1 tbs honey*

Place all the ingredients into the bowl of a food processor and blend until thick and smooth. Add 1 tablespoon of water at a time if necessary to create a smooth consistency.

Place the mousse into a bowl and cover with cling film. Refrigerate for 1-2 hours.

Use a tablespoon to scoop spoonfuls of mousse to serve.

# Macadamia & Raspberry Mousse

*Makes 4*

*2 cups raspberries  
½ cup macadamia butter  
1 egg white*

Place the raspberries and macadamia butter into the bowl of a food processor and blend until smooth.

In a bowl, beat the egg whites until stiff peaks form. Pour one third of the blended raspberries into the egg whites and gently fold to combine. Add the remaining raspberries into the bowl and fold into the egg whites until combined.

Pour the mousse evenly amongst four serving bowls or ramekins and cover with cling film. Refrigerate for 1-2 hours.

Serve.

ice-creams





# Vanilla Bean Ice-Cream

*Serves 6-8*

*1½ cup coconut milk  
½ cup water  
3 egg yolks  
3 tbs honey  
1 vanilla bean*

In a bowl whisk together the coconut milk, water, egg yolks and honey. Scrape the seeds from the vanilla bean and add to the coconut milk along with the pod.

Pour the coconut milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens. Remove from the pan, place in a bowl and cover with cling film, then place in the refrigerator overnight to chill.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# Spiced Pumpkin Ice-Cream

*Serves 8-10*

*1 cup pumpkin, diced*  
*1½ cups coconut milk*  
*½ cup water*  
*3 egg yolks*  
*¼ tsp ground cinnamon*  
*¼ tsp ground ginger*  
*¼ tsp ground nutmeg*  
*¼ tsp all spice*  
*2 tbs honey*

Place the diced pumpkin in a covered pan with water on medium-high heat and boil for 10-15 minutes until tender.

In a bowl whisk together the coconut milk, water and egg yolks. Pour the coconut milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens. Remove from the pan and place into a bowl, leave to cool slightly.

Place the custard, pumpkin, cinnamon, ginger, nutmeg, all spice and honey into a food processor and blend until smooth. Transfer to a bowl and cover with cling film, then place in the refrigerator overnight to chill.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.



# Almond & Honey Ice-Cream

*Serves 6-8*

*3 cups almond milk  
3 egg yolks  
½ cup honey  
4 tbs roasted almonds,  
roughly chopped*

In a bowl whisk together the almond milk, egg yolks and honey.

Pour the almond milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens.

Remove from the pan, place in a bowl and cover with cling film, then place in the refrigerator overnight to chill.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately with a tablespoon of roughly chopped almonds, or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# Peach & Honey Ice-Cream

*Serves 8-10*

*4 peaches, stoned, diced  
3 cups almond milk  
4 egg yolks  
¼ cup honey  
1 vanilla bean*

Place the peaches in a large frying pan on low heat, cover and cook for 10-15 minutes until the peaches have become very soft with a pureed like texture.

In a bowl whisk together the almond milk, egg yolks and honey. Scrape the seeds from the vanilla bean and add to the almond milk along with the pod.

Pour the almond milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens. Remove from the pan, place in a bowl along with the peaches and cover with cling film, then place in the refrigerator overnight to chill.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# Mango & Coconut Ice-Cream

*Serves 6-8*

If the mango's you are using are not very sweet, you may like to add some honey during the custard making process, alternatively, serve the ice-cream with a drizzle of honey on-top.

*3 cups coconut milk*  
*4 egg yolks*  
*2 cups mango puree*  
*(chilled)*

In a bowl whisk together the coconut milk and egg yolks.

Pour the coconut milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens. Remove from the pan and place in a bowl, cover with cling film, then place in the refrigerator overnight to chill.

Combine 1½ cups of the mango puree to the custard. Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately with the remaining mango puree or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.



# Watermelon & Coconut Ice-Cream

*Serves 8-10*

To highlight the vanilla flavors within this ice-cream, make a quick vanilla sauce by combining 2 tablespoons of coconut milk and 1 tablespoon of vanilla essence. Drizzle on-top of the ice-cream to serve.

*3 cups pureed watermelon*  
*1½ cups coconut milk*  
*1 tbs vanilla essence*

Place all the ingredients in a bowl and combine well. Cover the bowl with cling film then place in the refrigerator overnight to chill.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.



# Strawberry Ice-Cream

*Serves 6-8*

*2½ cups coconut milk*  
*5 egg yolks*  
*¼ cup honey*  
*1½ cups very ripe*  
*strawberries, pureed*  
*(chilled)*

In a bowl whisk together the coconut milk, egg yolks and honey.

Pour the coconut milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens. Remove from the pan and place in a bowl, cover with cling film, then place in the refrigerator overnight to chill.

Combine the chilled strawberry puree to the custard then place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# Raspberry Ice-Cream

*Serves 6-8*

*3 cups almond milk*  
*5 egg yolks*  
*¼ cup honey*  
*1½ cups raspberry*  
*puree (chilled)*

In a bowl whisk together the almond milk, egg yolks and honey.

Pour the almond milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens. Remove from the pan and place in a bowl, cover with cling film, then place in the refrigerator overnight to chill.

Combine the chilled raspberry puree with the custard then place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# Raspberry Ice-Cream & Macadamia Pots

*Serves 8*

*1 quantity raspberry*  
*ice-cream (see above)*  
*1½ cups raspberries*  
*⅔ cup toasted macadamia*  
*nuts*  
*8 tbs shredded coconut,*  
*toasted*

Divide half of the ice-cream amongst 8 freezer-proof cups or ramekins. Place an even portion of raspberries at the bottom of each cup and top with a portion of ice-cream. Lightly press an equal portion of the macadamia nuts into the ice-cream across the cups.

Divide the last portion of ice-cream amongst the cups and top with the toasted coconut to serve.



# Chocolate Ice-Cream

*Serves 6-8*

*3 cups almond milk*

*3 egg yolks*

*2 tbs honey*

*4 tbs cocoa powder*

In a bowl whisk together the almond milk, egg yolks, honey and cocoa powder.

Pour the almond milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens.

Remove from the pan and place in a bowl, cover with cling film, then place in the refrigerator overnight to chill.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# Apple & Rhubarb Ice-Cream

*Serves 8-10*

*1 bunch (roughly 400g)  
rhubarb, cut into 2cm  
pieces*

*4 Granny Smith apples  
(small-medium) cored  
and diced*

*1 tbs coconut butter*

*½ tsp ground cinnamon*

*½ tsp all spice*

*Pinch of nutmeg*

*1 tbs honey*

*1½ cups coconut milk  
(chilled)\**

Melt the coconut butter in a large frying pan on low-medium heat. Add the apples and cook for 2 minutes. Add the rhubarb, cinnamon, all spice, nutmeg and honey and cook covered for a further 12-15 minutes until the apple and rhubarb have become very soft with a pureed like texture.

Remove from the frying pan and place in a bowl and cover with cling film, then place in the refrigerator overnight to chill.

Combine the chilled coconut milk with the apple and rhubarb then place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

\* Use 1½ cups of coconut milk to every 3 cups of apple and rhubarb mixture.





# Raspberry Frappe

*Serves 6-8*

Add some finely chopped mint leaves to the final ice-cream for a nice fresh flavor combination!

*2 cups half-defrosted raspberries*

*½ cup coconut milk*

Place the raspberries and coconut milk into the bowl of a food processor and blend for 15-20 seconds until smooth.

Serve.

# Blackberry Frappe

*Serves 8-10*

Blackberry and sage work well together – try this ice-cream with some finely chopped fresh sage leaves sprinkled on-top, or combined into the ice-cream.

*2 cups half-defrosted blackberries*

*½ cup coconut milk*

Place the blackberries and coconut milk into the bowl of a food processor and blend for 15-20 seconds until smooth.

Serve

# Mango Frappe

*Serves 8-10*

Serve with a tablespoon of roughly chopped toasted walnuts or pecans for a nutty crunch!

*2 cups half-defrosted diced mango*

*½ cup almond milk*

Place the diced mango and almond milk into the bowl of a food processor and blend for 15-20 seconds until smooth.

Serve.

# Maple Syrup & Walnut Ice-Cream

*Serves 6-8*

*1½ cup coconut milk*

*½ cup water*

*3 egg yolks*

*1 vanilla bean*

*4 tbs maple syrup*

*¾ cup walnuts*

In a bowl whisk together the coconut milk, water and egg yolks. Scrape the seeds from the vanilla bean and add to the coconut milk along with the pod.

Pour the coconut milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens. Remove from the pan and place in a bowl along with the maple syrup, cover with cling film and place in the refrigerator overnight to chill.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately with walnuts on top or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.



# Plum Sorbet

*Serves 6-8*

*10 plums, stoned,  
quartered  
¼ cup honey  
⅓ cup lemon juice  
1 egg white*

Place the plums and honey in a large frying pan on low heat, cover and cook for 20-30 minutes until the plums have become very soft with a pureed like texture.

Remove from the frying pan and sieve the plums to provide 2 cups of plum juice (add water if there is not enough juice). Place in a bowl along with the lemon juice and cover with cling film, then place in the refrigerator overnight to chill.

In a medium size bowl beat the egg white until stiff peaks form. Gently fold in the plum juice. Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# Passionfruit & Lemon Sorbet

*Serves 6-8*

*2 cups water  
¼ cup honey  
3 tsp finely grated lemon  
zest  
½ cup lemon juice  
⅔ cup passionfruit  
6 mint leaves, finely  
chopped*

Place the water, honey and lemon zest in a covered pan on medium heat and simmer for 8 minutes. Remove from the pan and place into a bowl, cover with cling film then place in the refrigerator to chill.

When cooled, add the lemon juice and passionfruit pulp and combine well.

Place the mixture into an ice-cream machine and churn for 30-40 minutes or according to manufactures instructions.

Serve immediately with a sprinkle of chopped mint leaves or place in the freezer, transferring to the refrigerator for 30 minutes prior to serving to soften.

# fruit salads

# Pomegranate & Nut Salad

*Serves 6-8*

*1 cup walnuts, roughly  
chopped*

*1 cup flaked almonds*

*1 cup pistachios*

*Seeds from 2 pomegranates*

*4 tbs honey (optional)*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Line a baking tray with baking paper. Place the walnuts on the tray and place into the oven for 8-10 minutes or until the walnuts are lightly toasted. Place in the refrigerator to cool.

When the walnuts have cooled, place them in a bowl along with the remaining ingredients and combine well.

Serve.



# Green Fruit Salad With Mint

*Serves 6-8*

*½ honeydew melon, cubed*  
*120g seedless green grapes, halved*  
*3 kiwi fruits, peeled, sliced*  
*12 lychee, peeled, halved*  
*1 granny smith apple, cored, diced*  
*6 mint leaves, thinly sliced*

Place all the ingredients in a bowl and combine well.

# Fruit Salad with Almond Jelly Cubes

*Serves 4*

*¼ rockmelon (cantaloupe), diced*  
*¼ honeydew, diced*  
*6 lychees, peeled, halved*  
*2 peaches, diced*  
*4 serves almond jelly (pg 44), cubed*

Place all the ingredients in a bowl and combine well.

# Pineapple, Strawberry & Lychee Salad

*Serves 4-6*

*½ large pineapple, peeled, sliced*  
*1 punnet strawberries, quartered*  
*12 lychees, peeled, halved*  
*Juice of 1 lime*

Place all the ingredients in a bowl and combine well.

# Coconut & Tangerine Salad

*Serves 4-6*

*½ cup coconut milk  
1 tbs honey  
¼ tsp vanilla extract  
1 tbs tangerine zest  
½ cup toasted walnuts,  
roughly chopped  
1 apple, cored, diced  
3 tangerines, peeled,  
roughly chopped  
2 oranges, peeled,  
roughly chopped  
2 tbs shredded coconut,  
toasted*

In a large bowl, whisk together the coconut milk, honey and vanilla extract until smooth. Stir in the tangerine zest and walnuts.

Combine the diced apple with the coconut milk mixture. Add the tangerines and oranges and toss gently to coat. Cover and chill for at least 1 hour, then garnish with the toasted coconut to serve.

# Chargrilled Mango, Lychee & Lime Salad

*Serves 4-6*

*2 mangoes  
1 tbs walnut oil  
1 cup lychee, peeled  
juice of 1 lime*

Preheat a grill to medium-high heat.

To prepare the mango, cut each cheek straight down on either side of the stone. Score the flesh without cutting through the skin and lightly brush the cut surface with some walnut oil. Cook the mango on the grill, skin side down for 2-3 minutes then turn the mango cheeks 90° and cook for a further 2-3 minutes to create a cross grill mark.

Cool the mangoes slightly, then remove the skin and place the diced mango pieces in a bowl along with the lychees and lime juice, combine well.

Serve.

# Rainbow Fruit Salad

*Serves 6-8*

*2 oranges, peeled, segmented  
1 punnet strawberries, quartered  
120g seedless black grapes,  
halved  
1 pear, cored, diced  
1 banana, sliced  
4 passionfruit, pulp*

Place all the ingredients in a bowl and combine well.

# Fig & Walnut Salad

*Serves 6-8*

*6 figs, quartered  
¾ cup walnuts  
80g seedless green  
grapes, halved*

Place the grapes on a plate and top with the fig quarters and walnuts.





# Pineapple & Orange Salad

*Serves 6-8*

*¼ cup honey*

*Finely grated rind of one orange*

*1 pineapple, diced*

*4 oranges, segmented*

*Fresh mint to serve*

Place the honey and orange zest in a saucepan on medium-high heat and bring to the boil for 2 minutes.

Combine the pineapple and orange in a bowl.

Pour the honey syrup over the fruit and scatter with the mint leaves to serve.

# Grilled Figs with Honey Hazelnuts

*Serves 2-4*

*4 large figs, halved*

*¼ cup toasted hazelnuts, chopped*

*2 tsp honey*

Pre heat grill to high heat.

Place the hazelnuts into a saucepan on low-medium heat with the honey and stir until the honey is bubbling then quickly remove from the saucepan and place on a sheet of baking paper.

Place each fig on the grill, skin side down first. Grill each side for 2 minutes or until charred and warmed.

To serve, place the figs on a plate skin side down and top with the honey hazelnuts.

# Blood Orange Juice Salad with Plum Sorbet

*Serves 6-8*

*1 punnet strawberries, quartered*

*½ honeydew melon, diced*

*½ pineapple, diced*

*8 mint leaves*

*6 tbs fresh blood orange juice*

*4 serves plum sorbet (pg 61)*

Place all the ingredients but the plum sorbet in a bowl and combine well.

Serve with a scoop of plum sorbet.

# Dried Apricot, Date & Feijoa Salad

*Serves 4-6*

*1 cup dried apricots,  
halved*

*1½ cups water*

*⅔ cup dried dates, halved*

*6 feijoa, chopped*

Place the dried apricots in a covered pan with water on medium-high heat and boil for 10 minutes until soft. Drain and place in a bowl to cool.

Place the dried apricots in a bowl along with the dates and feijoa, combine well.



**misc.**

# Baked Apples with Almond Filling

*Makes 4*

*4 red apples*

*1/3 cup walnuts, chopped*

*1/3 cup almonds, chopped*

*1/4 cup almond butter*

*2 tbs currents*

*1 tbs honey*

*2 tsp cinnamon*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Cut the tops from the apples and use an apple corer to remove and discard the cores. Scoop out a little flesh from the centre to widen the cavity, reserving the flesh.

Place the walnuts, almonds, almond butter, currents, honey and cinnamon in a bowl and combine well.

Fill each apple with the nut mixture then place on a baking tray.

Place in the oven for 40 minutes or until the apples are tender.

Serve warm.



# Orange Walnuts

*Makes about 5 cups*

Make chocolate orange walnuts by dusting with 1-2 tablespoons of cocoa powder to serve.

1 cup honey  
3 tbs coconut oil  
2 tbs orange juice  
3½ cups walnut halves  
(or halves and pieces)  
2 tbs orange zest  
¼ tsp ground cloves

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Put the honey, coconut oil, orange juice and 3 tablespoons of water into a saucepan and bring to the boil, stirring constantly for 3-4 minutes or until a thick syrupy consistency has formed. Add the walnuts and toss to coat in the syrup.

Reduce the heat to medium, constantly toss the walnuts through the syrup until they become caramelized and the liquid has disappeared. Sprinkle the orange zest and cloves over the walnuts. Toss a few more times to combine, then carefully transfer the walnuts onto a sheet of baking paper.

Using two forks, gently separate the walnuts as much as possible then set aside to let cool completely before serving.

# Cardamom Oranges

*Serves 4-6*

4 oranges  
½ cup honey  
3 tbs water  
¼ tsp cardamom seeds,  
crushed

Peel the oranges by cutting off the top and bottom to make them flat and then slicing around the circumference of the orange with a sharp knife, cutting away the peel and white pith. Then cut the orange crosswise into 6 sections and lay them out on a plate.

Add the honey and water to a saucepan and stir constantly over low heat until the honey has dissolved. Turn up the heat to high and bring to the boil.

Once the honey syrup is boiling, add the cardamom seeds and cook for 4 minutes. Remove the cardamom seeds and drizzle the honey syrup over the oranges.

Serve immediately or allow to sit in the refrigerator for a few hours for the oranges to macerate and make a syrup.

# Nut Butter & Medjool Date Delights

*Makes 4*

*4 tbs nut butter (your choice!)*

*4 Medjool date*

Use a knife to cut a slice  $\frac{3}{4}$  through each date, lengthwise.

Spoon the nut butter into the slice to serve

## Dates with Stuffed Rose & Almond Paste

*Makes 12*

Substitute the rose water for vanilla bean seeds. You may need to add a little almond oil if the paste is too dry.

*12 fresh dates*

*$\frac{1}{2}$  cup blanched almonds*

*4 tbs honey*

*1 tsp rose water*

Slit each date lengthways and remove the stone.

Place the almonds in a food processor and blend until finely chopped, add the honey and rose water until the mixture forms a ball of paste.

Divide the paste into 12 portions, then mould each portion into an almond shape and press firmly into the dates.

## Balsamic Strawberries

*Serves 4-6*

*1 cup balsamic vinegar*

*1 tbs honey*

*2 cups strawberries*

*Fresh mint to serve*

Place the balsamic vinegar and honey in a saucepan on medium heat and bring to simmering point. Simmer for 10-15 minutes, stirring occasionally until the balsamic vinegar and honey has reduced to a thick syrupy consistency.

Cut the strawberries into halves and place them into a serving bowl. Drizzle the balsamic syrup over the strawberries and scatter with mint to serve.

# Grilled Peaches with Balsamic

*Serves 4*

*4 peaches, stoned and halved*

*1 cup balsamic vinegar*

*1 tbs honey*

Preheat grill to high heat.

Place the balsamic vinegar and honey in a saucepan on medium heat and bring to simmering point. Simmer for 10-15 minutes, stirring occasionally, until the balsamic vinegar and honey has reduced to a thick syrupy consistency.

Press the peaches on a paper towel to dry any excess juice, then place the peach halves in batches on the grill, skin side down first for 2 minutes, turn the peaches over and grill for a further 2 minutes, or until slightly charred.

Drizzle the balsamic syrup over the peaches to serve.



# Stewed Apples

Serves 4-6

6 *granny smith apples, cored and sliced*  
½ cup *honey*  
¼ cup *fresh apple juice*  
1 *cinnamon quill*  
½ tsp *ground nutmeg*

Place all of the ingredients in a large saucepan over medium heat and bring to simmering point. Stir occasionally for 20-40 minutes or until the apples become tender.

Cool slightly and remove the cinnamon quill before serving.

# Berry Nut Crunch

Serves 6

6 cups *mixed berries (eg. blackberries, blueberries, raspberries & sliced strawberries)*  
1 tbs *maple syrup*  
1 cup *toasted pecans*  
½ cup *toasted walnuts*  
½ cup *pitted dates, roughly chopped*  
1 tsp *ground cinnamon*

In a serving dish, toss the berries with the maple syrup.

Place the pecans, walnuts, dates and cinnamon into a food processor and pulse until coarsely ground.

Scatter the nut mixture over the berries and serve.

# Honey Meringues

Makes 8-10

6 *egg whites*  
2 tbs *honey*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

In a medium size bowl beat the egg whites until stiff peaks form. Gently fold in the honey then use a tablespoon to spoon individual meringues onto a baking tray lined with baking paper.

Place in the oven for 15-20min or until lightly browned.

Cool before serving.



# Lemon & Lime Soufflé

*tMakes 4*

*4 tbs lemon juice  
2 tbs lime juice  
1 grated lime rind  
2 tbs honey  
3 eggs, separated  
1 tbs arrowroot flour  
¾ cup coconut milk*

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the lemon juice, lime juice, lime rind, honey, egg yolks, arrowroot flour and coconut milk in a bowl and combine well. In a separate bowl beat the egg whites to form stiff peaks. Gently fold the egg whites into the lemon mixture.

Place the mixture into 4 individual ovenproof dishes in an oven tray filled with water reaching half way on the dishes. To help the soufflé rise evenly, run your finger around the edge of each dish.

Bake in the oven for 20-30 minutes or until a skewer inserted into the soufflé comes out clean.

Serve immediately.



# Cherry Crumble

Serves 6-8

You can substitute the cherries in this recipe with other stone fruit or berries, or a combination of fruit.

## Topping

*1½ cups shredded coconut*  
*1½ cups toasted walnuts*  
*½ cup pitted dates*

To make the topping place all of the ingredients in a food processor and blend until the mixture resembles coarse crumbs.

## Filling

*3 cups cherries*  
*½ cup pitted dates*  
*2 tsp lemon juice*  
*1 tsp cinnamon*

To make the filling, place 1 cup of cherries, dates, lemon juice and cinnamon into the bowl of a food processor and blend until smooth. Place the mixture into a bowl and stir in the remaining 2 cups of cherries.

Place the cherry mixture in a dish and top with the crumble.

Serve immediately or place in the refrigerator to chill.

# Basil Poached Peaches

Serves 6-8

*2 cups water*  
*½ cups honey*  
*1 large bunch fresh basil*  
*6 peaches, stoned, halved*

Place the water and honey in a saucepan on medium heat and simmer for 2 minutes.

Place half of the basil into the honey syrup and then gently place the peach halves cut side down into the syrup (you may need to poach in two batches if the peaches will not fit in the pan at once). Poach for 3 minutes, then gently turn the peaches over using a slotted spoon. Continue to poach for a further 3-4 minutes until the peaches are soft, this will depend on the ripeness of the peaches.

Remove the peaches from the syrup and leave to cool slightly. Once cool enough to handle, remove the skin from the peaches and discard.

Add all but six basil leaves to the syrup and boil until the syrup has reduced to about half. Pour any juices that have collected on the plate with the peaches into the syrup and leave to cool at room temperature.

Place the peach halves on a plate, drizzle with the basil syrup and garnish with remaining basil leaves to serve.

# Ginger & Vanilla Poached Pears

*Serves 4*

*4 ripe pears, peeled*  
*6 cups water*  
*1/3 cup honey*  
*300g peeled, fresh ginger*  
*Zest of 1 lemon*  
*1 vanilla bean*  
*1/4 cup pecans, toasted*  
*and finely chopped*  
*2 tsp ground ginger,*  
*finely chopped*

Cut the pears from top to bottom (keep the stem on one half, if you can, for presentation's sake) and core them. Slice the vanilla bean in half and scrape out the seeds.

Combine the water, honey, fresh ginger, lemon zest, vanilla bean and seeds in a saucepan large enough to fit all the pears in a single layer. Arrange the pears cut side down in the poaching liquid. To prevent the pears from floating, cover the surface with baking paper or a lid from a slightly smaller saucepan.

Bring the pears to the boil and slowly simmer for 20-30 minutes, or until the pears are soft and can be easily pierced with a knife. When the pears are done, carefully remove them with a slotted spoon and set aside to cool completely.

Remove the lemon zest and ginger from the saucepan and put the poaching liquid back on medium low heat to create a syrup. Simmer the liquid for 5-8 minutes until the liquid has reduced and thickened to around 3/4 of a cup. Strain the reduced liquid into a pitcher.

To serve, place the pears on a plate, drizzle with the syrup and top with the chopped pecans and ground ginger.

# Coconut Poached Pears

*Serves 4*

*2 cups fresh apple juice*  
*4 pears, cored and halved*  
*1 tbs arrowroot flour*  
*1 cup coconut milk*  
*1 tsp vanilla essence*  
*1/4 cup toasted almonds,*  
*roughly chopped*

Place the apple juice and pears, cut-side down, in a large saucepan over medium heat and bring to simmering point. Cover and cook on low-medium heat for 15 minutes or until the pears are tender.

Remove the pears from the saucepan and place to the side.

Dissolve the arrowroot flour in 3 tablespoons of water in a small bowl then add to the saucepan along with the coconut milk and vanilla essence, stir constantly until the sauce has thickened.

Place the pears in a bowl and serve with an equal portion of the coconut sauce and a sprinkle of chopped almonds.



chestnut



# Chestnut Biscuits

*Makes 12-14*

*2 cups chestnut flour*  
*1/3 cup arrowroot flour*  
*1 cup coconut oil (liquid)*  
*1/4 cup honey*  
*1 egg yolk*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the chestnut flour, arrowroot flour, coconut oil, honey and egg yolk in a bowl and combine well.

Roll out the biscuit dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut biscuits on a baking tray lined with baking paper and bake in the oven for 10-12 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.



# Chocolate Orange Chestnut Biscuits

Makes 12-14

1 cup chestnut flour  
1 cup almond meal  
2 tbs cocoa powder  
1 tbs finely grated orange rind  
½ cup coconut oil  
1 heaped tbs manuka honey  
1 egg yolk

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the chestnut flour, almond meal, cocoa powder, orange rind, coconut oil, honey and egg yolk in a bowl and combine well.

Roll out the biscuit dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut biscuits on a baking tray lined with baking paper and bake in the oven for 10-12 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.

# Chestnut & Raisin Biscuits

Makes 12-14

1 cup chestnut flour  
1 cup almond meal  
2 heaped tablespoons raisins  
½ cup coconut oil  
1 heaped tbs manuka honey  
1 egg yolk

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the chestnut flour, almond meal, raisins, coconut oil, honey and egg yolk in a bowl and combine well.

Roll out the biscuit dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut shapes from the dough, re-roll when necessary.

Place the cut biscuits on a baking tray lined with baking paper and bake in the oven for 10-12 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.

# Vanilla & Banana Chestnut Cookies

*Makes 8-10*

*1 cup chestnut flour  
1 cup almond meal  
½ cup coconut oil  
1 tbs honey  
1 tsp natural vanilla  
essence  
1 banana, peeled & sliced*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the chestnut flour, almond meal, coconut oil, honey and vanilla essence in a bowl and combine well.

Roll 2 tablespoons of mixture in the palm of your hands, then place on a baking tray lined with baking paper and press down to create a flat cookie shape. Repeat with the remaining mixture. Place a slice of banana into the centre of each of the biscuits and press slightly into the cookie dough.

Place the cut cookies on a baking tray lined with baking paper and bake in the oven for 10-12 minutes or until they are slightly golden.

Cool the cookies in a refrigerator before serving.



# Coconut Cream Filled Biscuits

Makes 12-14

Add variety to these biscuits by simply using a different flavored coconut cream, see some example flavors on pg 91!

*2 cups chestnut flour*  
*½ cup almond meal*  
*1 cup coconut oil (liquid)*  
*¼ cup honey*  
*½ tbs vanilla essence*  
*1 egg yolk*  
*Chocolate coconut cream*  
*(pg 91)*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the chestnut flour, almond meal, coconut oil, honey, vanilla essence and egg yolk in a bowl and combine well.

Roll out the cookie dough onto a sheet of baking paper, place another sheet of baking paper on the top of the dough to prevent sticking. Roll the dough until 5mm thick. Use a cookie-cutter to cut a 7cm diameter circle shapes from the dough, re-roll when necessary.

Place the cut cookies on a baking tray lined with baking paper and bake in the oven for 10-12 minutes or until they are slightly golden.

Cool the cookies in a refrigerator for 2-3hrs or until hardened.

Spread 1 heaped teaspoon of chocolate coconut cream onto the flat side of one cookie. Sandwich together with another cookie. Repeat with the remaining biscuits and coconut cream.

Serve.





# Chestnut Pastry

*Makes 8*

*1 cup chestnut flour  
½ cup arrowroot flour  
½ cup coconut oil  
1 tbs honey  
2 egg yolks*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the chestnut flour, arrowroot flour, coconut oil, honey and egg yolks in a bowl and combine well.

Remove the mixture from the bowl and knead the mixture together to form a ball. Roll out the pastry onto a sheet of baking paper, place another sheet of baking paper on the top of the pastry dough to prevent sticking.

Press the pastry into a 22cm pie plate using lightly wet hands to help spread the pastry.

Place in the oven for 10-15 minutes or until slightly golden. Cool in a refrigerator.

# Chestnut Cake

*Serves 12*

*2 cups chestnut flour  
1 cup almond meal  
1 cup coconut milk  
2 egg yolks  
⅓ cup manuka honey  
4 tbs walnut oil  
5 egg whites*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Sift the chestnut flour and almond meal through a sifter into a large bowl. Add the coconut milk, egg yolks, manuka honey and walnut oil and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Fold into the cake mixture.

Line a cake tin with baking paper and pour in the cake mixture.

Place in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked through.

# Moist Chocolate Chestnut Muffins

Makes 8

50g 70% chocolate  
½ cup water  
¼ cup almond meal  
¼ cup chestnut flour  
¼ cup coconut oil  
¼ cup honey  
2 eggs, separated

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Melt the chocolate and water in a pan over low-medium heat.

Place the almond meal, chestnut flour, coconut oil, honey and egg yolks in a bowl and combine well. Stir in the melted chocolate and water.

In a medium size bowl beat the egg whites until stiff peaks form. Gently fold into the chocolate muffin mixture.

Place the paper muffin holders in a muffin tray and spoon three heaped tablespoons of mixture into each muffin holder. Place into the oven for 30-40 minutes or until cooked. Test by inserting a knife into the middle of the muffins, if it comes out clean the muffins are cooked through.



# Custard Tart

Serves 8-12

1 batch pre-made chestnut pastry (pg 83)  
2 cups almond milk  
1 tsp natural vanilla essence  
3 egg yolks  
1½ tbs honey  
½ cup water  
1½ tbs arrowroot flour  
1 tbs ground cinnamon  
½ tbs ground nutmeg

In a bowl whisk together the almond milk, natural vanilla essence, egg yolks and honey.

Pour the almond milk mixture into a pan on low-medium heat and stir constantly until the custard thickens. In a cup combine the arrowroot flour in 1/2 cup of water. Add to the pan and stir constantly for 3-4 minutes, or until the custard has thickened.

Remove the pan from the heat and place to the side for the custard to cool slightly.

When the filling has cooled to a warm temperature pour into the pre-made baked chestnut pastry base. Cover with cling film and place in the refrigerator for 2-4 hours or until set.

Combine the cinnamon and nutmeg in a small bowl then using a sieve, evenly sprinkle over the top of the custard tart before serving.

# Lemon Tart With Chestnut Pastry

*Serves 8-12*

*1 batch pre-made chestnut pastry (pg 83)*

*2 cups coconut cream*

*1/3 cup lemon juice*

*Rind of 1 lemon, finely grated*

*1 tbs honey*

*2 eggs*

*1/2 cup water*

*1 tbs agar agar powder*

*1 tbs arrowroot flour*

Place the coconut cream, lemon juice, lemon rind, honey and eggs in a bowl and whisk together well with a fork.

Place the coconut mixture into a saucepan on medium heat and bring to simmering point, stirring regularly.

In a cup combine the agar agar and arrowroot flour in 1/2 cup of water. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved and coconut mixture has thickened.

Remove the pan from the heat and place to the side for the lemon filling to cool slightly.

When the filling has cooled to a warm temperature pour into the pre-made baked chestnut pastry base. Cover with cling film and place in the refrigerator for 2-4 hours or until set.

Serve.



# Raspberry, Almond & Sunflower Seed Tart

*Serves 8-12*

*1 batch pre-made chestnut pastry (pg 83)*

*Almond and Sunflower Seed Milk*

*3 cups water*

*1 cup almonds*

*1 cup sunflower seeds*

*Filling*

*300g raspberries*

*2½ cups almond and sunflower seed milk*

*2 tbs arrowroot flour*

*1 tbs agar agar powder*

*Honey (optional)*

To make the almond and sunflower seed milk, place the almonds and sunflower seeds in a blender along with 3 cups of water and blend for 1 minute. Strain the nut milk through a nut milk bag into a bowl or through a sieve (using a sieve may result in a little bit of almond fibre in the milk).

Place the raspberries in a saucepan on medium heat and bring to simmering point for 2 minutes. Pour the raspberries into a sieve over a medium size bowl and use a wooden spoon to sieve through everything but the seeds. Discard of the seeds.

Return the raspberries to the pan and place back on the heat. Add 2 cups of almond and sunflower seed milk and bring to simmering point.

In a cup combine the agar agar and arrowroot flour in the remaining ½ cup of almond and sunflower seed milk. Add to the pan and stir constantly for 3-4 minutes, or until the agar agar has dissolved and raspberry mixture has thickened. Add a teaspoon of honey at a time if the raspberry filling requires a slightly sweeter taste (this largely depends on the sweetness of the raspberries being used).

Remove the pan from the heat and place to the side for the raspberry filling to cool slightly.

When the filling has cooled to a warm temperature pour into the pre-made baked chestnut pastry base. Cover with cling film and place in the refrigerator for 2-4 hours or until set.

Serve.

# Raspberry Pots with Custard & Chestnut Crumble

Makes 4

Try this with Chocolate & Macadamia Chestnut Crumble too (pg 88)

*300g raspberries*

In a bowl whisk together the coconut milk, egg yolks and manuka honey. Scrape the seeds from the vanilla bean and add to the coconut milk along with the pod.

*Custard*

*2 cups coconut milk*

*3 egg yolks*

*1 tsp manuka honey*

*1 vanilla bean*

Pour the coconut milk and egg yolks into a pan on low-medium heat and stir constantly until the custard thickens.

Remove from the pan, place in a bowl and cover with cling film, then place in the refrigerator overnight to chill.

*Chestnut Crumble*

*½ cup chestnut flour*

*¼ cup almond butter*

*¼ cup coconut oil*

*1 tbs manuka honey*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

To make the crumble, place the crumble ingredients in a bowl and combine well. Create with your hands bite size pieces of crumble and place on a sheet of baking paper on an oven proof baking tray. Bake in the oven for 8-10 minutes or until they are slightly golden. Cool slightly then place in the refrigerator to cool completely and for the crumble to harden.

To serve, divide half of the raspberries amongst 4 cups. Place an even portion of raspberries at the bottom of each cup and top with a portion of custard. Lightly add an equal portion of chestnut crumble on-top of the custard and repeat with process again with the raspberries, custard and chestnut crumble.

Serve.



# Chocolate & Macadamia Chestnut Crumble

*½ cup chestnut flour*  
*¼ cup macadamia butter*  
*1½ tbs cocoa powder*  
*¼ cup coconut oil*  
*1 tbs manuka honey*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the chestnut flour, macadamia butter, cocoa powder, coconut oil and manuka honey in a bowl and combine well.

Create with your hands bite size pieces of crumble and place on a sheet of baking paper on an oven proof baking tray.

Bake in the oven for 8-10 minutes or until they are slightly golden. Cool slightly then place in the refrigerator to cool completely and for the crumble to harden.

Serve.

# Chocolate & Chestnut Soufflé

*Serves 4*

*200g 70% chocolate*  
*⅔ cup coconut oil*  
*¼ cup honey*  
*5 eggs, separated*  
*2 tbs chestnut flour*  
*2 tbs cocoa powder*

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Melt the chocolate, coconut oil and honey in a pan over low-medium heat.

Meanwhile, whisk the egg yolks with a fork in a small bowl, stir into the melted chocolate along with the chestnut flour and cocoa powder, stir gently for 1 minute then remove from heat.

In a medium size bowl beat the egg whites until stiff peaks form. Gently fold into the chocolate mixture.

Spoon the mixture into four individual oven proof bowls then place into the oven for 20-30 minutes or until just firm to touch.

Cool slightly before serving.

# Chestnut Pancakes

*Makes 8-10*

*1 cup chestnut flour*

*½ cup almond meal*

*⅔ cup coconut milk*

*1 tbs honey*

*2 egg whites*

*Coconut oil*

Place the chestnut flour, almond meal, coconut milk and manuka honey in a bowl and combine well.

In a medium size bowl beat the egg whites until stiff peaks form. Gently fold into the chestnut pancake batter.

Heat 1 teaspoon of coconut oil into a frying pan on medium heat.

Spoon 2 heaped tablespoons of the pancake mixture into the frying pan to create one pancake. Fry for 3 minutes before flipping over and cooking for a further 3 minutes on the other side.

Serve.



# Banana & Chestnut Pancakes

*Makes 8-10*

*2 medium bananas,  
mashed*

*1 cup sifted chestnut flour*

*1 egg*

*½ cup coconut water*

*Coconut oil*

Combine all ingredients, except for the coconut oil in a bowl.

Heat 1 teaspoon of coconut oil into a frying pan on medium heat.

Spoon 2 heaped tablespoons of the pancake mixture into the frying pan to create one pancake. Fry for 3 minutes before flipping over and cooking for a further 3 minutes on the other side.

Serve.

# Chocolate Chestnut Pancakes

*Makes 8-10*

For chocolate orange chestnut pancakes, add 1 tablespoon of freshly grated orange rind to the pancake mixture

*1 cup chestnut flour*

*¼ cup almond meal*

*¼ cup cocoa powder*

*⅔ cup coconut milk*

*2 tbs honey*

*2 egg whites*

*Coconut oil*

Place the chestnut flour, almond meal, cocoa powder, coconut milk and manuka honey in a bowl and combine well.

In a medium size bowl beat the egg whites until stiff peaks form. Gently fold into the chestnut pancake batter.

Heat 1 teaspoon of coconut oil into a frying pan on medium heat.

Spoon 2 heaped tablespoons of the pancake mixture into the frying pan to create one pancake. Fry for 3 minutes before flipping over and cooking for a further 3 minutes on the other side.

Serve.



# Coconut Cream

*1 can coconut cream*

Place the can of coconut cream in the fridge overnight to allow the fats to solidify in the cool temperature.

Open the can of coconut cream, ensuring not to shake the can before opening. Using a spoon, scoop out the solid coconut cream from the can and place into a medium sized mixing bowl. Discard of any coconut water.

Use an electric beater to beat the coconut cream for 1-2 minutes until light and stiff peaks form.

Serve.

Add flavor to your coconut cream!

## Chocolate Coconut Cream

*Whipped coconut cream  
(recipe above)*

*3 tbs cocoa powder*

*1 tbs manuka honey*

Use an electric beater to beat the cocoa powder and manuka honey into the whipped coconut cream for 20-30 seconds.

## Cinnamon Coconut Cream

*Whipped coconut cream  
(recipe above)*

*1 tsp ground cinnamon*

*1 tbs manuka honey*

Use an electric beater to beat the cinnamon and manuka honey into the whipped coconut cream for 20-30 seconds.

## Lemon Coconut Cream

*Whipped coconut cream  
(recipe above)*

*1 tsp lemon juice*

*1 tsp finely grated lemon  
zest*

*1 tbs manuka honey*

Use an electric beater to beat the lemon juice, grated lemon zest and manuka honey into the whipped coconut cream for 20-30 seconds.

# Conversion Chart

## Oven Temperatures

250° Fahrenheit	120° Celsius	1/2	
275° Fahrenheit	140° Celsius	1	Cool
300° Fahrenheit	150° Celsius	2	
350° Fahrenheit	180° Celsius	4	Moderate
400° Fahrenheit	200° Celsius	6	Moderately Hot

## Liquid Measures

1/2 fluid oz.	15ml	1 tbs
1 fluid oz.	30ml	1/8 cup
2 fluid oz.	60ml	1/4 cup
4 fluid oz.	120ml	1/2 cup
8 fluid oz.	240ml	1 cup
16 fluid oz.	480ml	1 pint

## Dry Measures

7g	1/4 oz.
14g	1/2 oz.
28g	1 oz.
56g	2 oz.
115g	4 oz.
225g	8 oz.
455g	16 oz.
900g	32 oz.

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