

Westside Baptist Church Cookery Demonstration  
Kate McFarland  
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**Granola (Gluten & Dairy Free)**

2 Cups Nuts  
2 ½ Cups Jumbo Oats  
1 Cup Quinoa flakes (optional)  
1 Cup mix of sunflower & pumpkin seeds  
5 Tbsp milled linseed or ground almonds  
1 Cup desiccated/flaked coconut  
¾ Cup Honey or Maple syrup  
¾ Cup Coconut Oil\*  
Grated zest of 1 orange  
½ tsp sea salt flakes  
1 Tbsp Cinnamon (optional)  
2 Cups dried fruit (raisins,cranberries,dates, apricots)\*\*  
1 Cup dried banana slices\*\*

\*Extra virgin, cold pressed

\*\*Unsulphured if possible

- Preheat the oven to 170°C, line baking trays with parchment paper.
- Chop any big nuts, mix together oats, flakes, coconut, seeds and linseed.
- Gentle melt together coconut oil and honey/maple syrup and mix well into dry ingredients.
- Place on baking trays and bake for 5- 8 minutes at a time before stirring. Get the mixture to a golden brown then allow to cool before adding in the dried fruit.
- Store in an airtight container for 2-3 weeks.

**'I cant believe it beetroot' Cake**

2 Cups pitted dates (280g)  
125g cocoa or cocoa powder  
1 Cup pureed beetroot (4 small vacuumed packed beets)  
2 Tbsp Tamari  
4 medium Eggs  
½ Cup Extra virgin Olive Oil  
2 tsp vanilla extract  
2 tsp baking powder

*Praline Icing*

2/3 Cup cashew butter  
½ C maple syrup  
1 tsp tamari

*Chocolate Mint Icing*

2/3 Cup cashew butter  
½ Cup maple syrup  
1 tsp peppermint essence  
Few Tbsp of boiling water

- Preheat oven to 180°C, grease and line with grease proof paper, a 20cm spring form tin.
- Boil the dates in 3 cm of water for about 10-15 minutes then blend together until smooth. Remove ½ C of the date puree and set aside. (use for another recipe)
- Blend beetroot until smooth, add cocoa, tamari, eggs, vanilla, date puree (1 Cup) & baking powder.
- Pour into the greased tin & reduce the oven temperature to 170°C. Bake for 40-45 minutes until cooked but still moist and rich (not dry). Its more like a ganache torte.
- Allow to cool and chill before removing from the tin.
- Ice with praline or choc mint Icing and serve with vanilla yogurt.
- To make the icing, blend the ingredients together nicely and smooth over the cake.

## **Superhero Tiffin**

1 Cup dark or light Tahini (sesame seed paste)  
6-8 Tbsp maple syrup  
1 Tbsp Carob powder/cocoa powder  
½ tsp vanilla extract  
sprinkle of sea salt  
Handful of raisins  
Handful of Walnuts  
Handful of dark chocolate chips/cocoa nibs (75%+)  
Handful of Goji berries  
2 Tbsp coconut oil, melted

-Find a small, shallow container, line with cling film.  
-Beat together the tahini, cocoa powder, syrup, vanilla and salt.  
-Stir in the fruit, nuts and chocolate chips, finally add in the coconut oil.  
-Transfer to the lined dish, top with a few goji berries and chill. If desired, once chilled, the mixture can be rolled into balls and rolled in cocoa powder as 'truffles'.  
-Eat at will for a great pick-me-up! Store in the fridge or freezer as the mix will soften at room temperature.

## **Flapjacks**

2/3 Cup coconut oil  
1/3 Cup Honey  
1 tsp cinnamon  
1 tsp vanilla extract  
8-10 pitted dates, chopped  
3 Cups oats  
¾ Cup quinoa flour/ground almonds  
1/3 Cup pumpkin seeds, chopped  
1 or 2 ripe bananas, mashed  
handful of dark chocolate chips (optional)  
½ tsp salt flakes

-Grease and line a large pyrex dish. Pre-heat the oven to 170°C.  
-Mix together the oats, cinnamon, ground almonds, pumpkin seeds, salt and chocolate chips.  
-Gently melt the coconut oil and honey and add in the dates and vanilla. Allow to sit for a few minutes for the dates to soften.  
-Mash the bananas and add to the oil mix, blend well.  
-Add the wet ingredients to the dry and flatten into the pyrex before baking for 20-25 mins until just starting to brown around the edges. Don't overcook it or it will go dry.

## **Lemon Curd**

5 egg yolks  
5 Tbsp coconut oil  
5 Tbsp light agave syrup  
Zest and juice of 1 large or 2 small lemons

-Blend all the ingredients together and gently heat, stirring constantly, until the mixture thickens & coats the back of a spoon. Pour into a clean jar and eat with strawberries or yogurt.