

VEGAN CHOCOLATE MOUSSE

SERVES 4

INGREDIENTS

150g dairy-free chocolate
2 large ripe avocados (skinned, pitted, chopped)
2 tablespoons cocoa powder
2 teaspoons vanilla bean paste or essence
3 tablespoons maple syrup
160ml coconut cream

EQUIPMENT

Heat proof bowl (for melting chocolate)
Pan (for boiling water)
Blender (to blend ingredients)
Spoon or spatula (scrap ingredients)
Spoon (serve mixture)
4 serving bowls or cups (to serve meal)

METHOD

STEP 1: Place a heatproof bowl over a pan of boiling water.

STEP 2: Break chocolate into heatproof bowl and allow it to melt, then set aside to cool in fridge.

STEP 3: Add avocado to blender.

STEP 4: Add the remaining ingredients and pulse for a few seconds. Scrape down the sides with a spoon or spatula, then pulse again to combine.

STEP 5: Pour in the cooled chocolate, then pulse until smooth.

STEP 6: Divide the mixture between small bowls. Pop in the fridge to chill for at least 20-30 minutes. Serve with optional grated chocolate & berries or favourite fruit.

VEGAN MAC AND CHEESE

SERVES 4

INGREDIENTS

2 med size sweet potatoes diced (pre boiled)

1 onion diced (pre cooked)

1-2 cups baby spinach

3 - 4 large mushrooms diced (pre cooked)

2 tbsp oil

1/2 cup raw cashews (if you do not have a high speed blender, pre soak cashews in boiling water for 30min, then drain)

1/2 - 1 cup nutritional yeast

1 tbsp paprika

1/4 tsp turmeric

1 tbsp dried thyme

1 cup coconut cream

1 1/2 - 2 cups low sodium veg stock

3 cups pre cooked macaroni pasta (gluten free is great)

1 tsp Salt (Himalayan salt is great, amount adjustable)

1 tsp pepper (amount adjustable)

EQUIPMENT

Large pan (cook ingredients)

Blender (blend sauce)

Large stirring spoon (stir ingredients)

Serving Bowl (serve meal)

Spoon (taste cooking)

METHOD

Step 1: Using blender, process sweet potatoes, cashews, paprika, nutritional yeast, turmeric, salt, pepper, coconut cream & veg stock until smooth. Set aside.

Step 3: On medium heat add oil to large pan. Add mushrooms & onion until warm.

Step 4: Add pasta & sauce to mushrooms & onion. Stir gently. Add baby spinach, thyme & stir again. If needed add more seasoning, yeast or water for your required consistency & cheesiness.