

# Un-bake a tasty cake...



## Caramelia Chocolate Mousse Cake

**For the fudgy, chewy base you will need:**

360g medjool dates

2 tbsp tahini

3 tbsp coconut sugar

3 tbsp coconut butter

2 tbsp cacao nibs

4 tbsp carob powder

Process the above ingredients in a good food processor until you get a sticky ball.

Press firmly into a mould or dish of your choosing (I tend to opt for silicone moulds as they make it easy to turn the cake out.)

For the crumbly layer:

Scatter 1 cup of chocolate-covered mulberries over the base and press down firmly. This adds a joyous extra chocolate crumbly crunch!

\*Get your chocolate-covered mulberries from

[www.therawchocolatecompany.com](http://www.therawchocolatecompany.com) For the

This cake is SO decadent and delicious – your guests won't even know it has avocado in it unless you tell them!

**For the rich chocolate mousse:**

2 ripe avocados

1/2 cup coconut cream (or coconut milk)

2 tbsp tahini

100g cacao butter, gently melted

3 heaped tbsp cacao/chocolate powder (or carob or a mix of both)

3 -5 tbsp coconut sugar, depending on how sweet you want it

Blend to a smooth cream and pour over the crumble layer. Set in the fridge for four hours, more if needed.

## Why un-bake?

I love eating cake so much but I realised a few years ago that wheat and gluten are not my best friends! I started experimenting in my kitchen with raw ingredients as I'd eaten a most decadently gorgeous cake, made by raw food guru, Shazzie, and wanted to make similarly lovely cakes for me and my family. Using nuts, seeds, raw honeys, pure cacao, coconut butters, medjool dates, fruits and vegetables, I concocted many different recipes that were not only pleasing to the eye and the taste-buds but to my body as well.

As all my cakes are free from gluten, wheat, eggs, soy, refined sugars and dairy, they are suitable for anyone who loves cake but wishes to avoid these potential allergens. These cakes do not need popping in the oven as they are held together marvellously by the raw, organic butters used. Heating foods can destroy certain elements and nutrients so it's fabulous to know that when you eat one of these raw cakes, they are not only delicious but can also be good for you.

## Peanut Butter Fudge

I love fudge and this tastes like the real deal without the heavy cream and sugar.

5 tbsp peanut butter

5 tbsp lucuma powder

100g cacao butter (melted)

3 tbsp raw honey

Blend well (I use a blender - you can mix but it will all incorporate for a real fudge consistency with an actual blender)

Pour/scrape into a mould and set in the fridge.

Cut into fudgy chunks.

Eat as it is or serve with a lovely bowl of banana ice-cream!

Use cashew or almond nut butter (or any other nut butter) if you don't fancy peanut - and use a different sweetener if you're vegan and don't eat honey. I tried making this fudge with coconut sugar and raw honey - the raw honey one was out of this world and tastes like pure clotted cream fudge!



Victoria Leith is the founder of Caramelia Cakery and recently launched her e-book *Caramelia Cakery... The Raw Un-Bakery*. [www.carameliacakery.co.uk](http://www.carameliacakery.co.uk)

## Incanberry and Black Mulberry Bites

1 cup incanberries

1 cup mixed black and white mulberries (or 1/2 cup of white mulberries and 1/2 cup raisins)

5 tbsp coconut manna (or creamed coconut)

3 tbsp raw honey

1 cup shelled hemp seeds

1/2 cup lucuma

Process the above ingredients in a food processor, shape into little bites and then you have two choices:

1. Pop in your dehydrator and dehydrate for 4-8 hours at 115 degrees.

Or,

2. Pop in the freezer - they will firm up nicely!

Keep in the fridge for a week.

