

## Tahini biscuits

Serves: 15 snacks

Cooking time: 20 minutes

Quick, easy and nutritious! What more needs to be said. Tahini is a great source of calcium for helping to grow and maintain strong bones.

### Ingredients:

- ¼ cup of coconut sugar
- 6 tablespoons of unhulled tahini
- ½ cup Sunflower seed
- 1 cup Rolled oats (OR quinoa flakes if you are looking for gluten free)
- 1 tsp Vanilla
- 1 cup L.S.A (Linseed, Sunflower, Almonds)

### Directions:

Mix sugar and tahini thoroughly. Add all other ingredients and mix well. Drop in teaspoons onto an oven tray covered in baking paper.

Bake at 180 degrees for 10 minutes, or until brown.

Leave to cool slightly before removing.

## Fudge Slice

- 65 grams of almonds
- 35 grams of sunflower seeds
- 35 grams of pumpkin seeds
- 125 grams of desiccated coconut
- 85 grams of cacao
- 85 grams of coconut oil
- 85 grams of honey
- Optional: Freeze dried raspberries /pomegranate/goji berries

Mix together all of the nuts and seeds for 10 seconds on speed 8.

Add all the other ingredients and blend for 15 seconds on speed 6.

Press into a tray and set in the fridge.

When set cut into smaller pieces and serve.

## Beetroot brownies

Serves: 10

Cooking time: 45 minutes

### Ingredients:

- 200g Almond Meal (freshly ground if possible)
- 100g Brown Rice Flour (or Quinoa flour/Spelt Flour)
- 1 heaped tsp Baking Powder
- 6 tablespoons Raw Cacao
- 1 teaspoon of ground Cinnamon
- Pinch of Sea Salt
- 6 Fresh Dates soaked in water until soft
- 1 Medium Beetroot (grated or cooked if you don't have a strong blender)
- 1 cup of ghee
- 3 Organic Free range Eggs
- 1/2 cup Chopped Walnuts

### Directions:

Preheat oven to 175 degrees Celsius.

Combine ground almonds, brown rice flour, baking powder, cacao, cinnamon and salt together in a mixing bowl. In a strong blender combine dates, beetroot, ghee and eggs until a batter is formed.

Stir this spectacularly pink batter into the dry ingredients. You can hardly believe there is no artificial food coloring! Stir in chopped walnuts.

Spread mixture into a lined baking tray.

Bake in the oven for 25-30 minutes. Allow to cool before slicing and devouring.

Keep refrigerated, best served cold the next day.

## 5 Ingredient Avocado Moose

### Ingredients:

- 2 large avocados peeled, pitted, and halved
- 1/3 cup [raw honey](#)
- ½ cup [raw cacao powder](#) or unsweetened cocoa powder
- ¼ cup coconut Milk
- 1/8 teaspoon [sea salt](#)

### Directions:

Add all of the ingredients to a food processor or blender. Process until completely smooth.

Note: You may need to scrape the edges of the food processor to get everything to combine.

Transfer to a sealable container and refrigerate at least 1 hour, or until ready to serve.

## **Cacao Bean Chickpea brownies (high protein)**

Makes 16

Cooking time: 45 minutes

### Ingredients:

- 3 eggs
- 1/3 cup ghee
- 200g can chickpeas, rinsed and drained
- 3 Tablespoon Soy milk
- ½ cup unsweetened cacao
- ½ teaspoon baking powder
- ½ cup rapadura sugar
- 1-2 teaspoons vanilla extract

### Directions:

Preheat oven to 175 c degrees.

Put eggs and oil in the blender and mix for 10 seconds.

Add remaining ingredients into the blender and process until smooth.

Spray 20 x 20 cm pan with cooking spray. Pour batter into pan and bake for about 35 minutes\*, or until brownies are just pulling away from edges of the pan.

Cool, cut and serve.

\*Keep an eye on them after 30 minutes as oven temps can vary.