

Coco-choce Mousse

Ingredients:

For the mousse:
 150 g dairy-free dark chocolate bar
 1 tin of coconut cream
 2 large ripe avocados
 2 tablespoons cocoa powder
 1 teaspoons vanilla extract
 3 tablespoons agave syrup
 Pinch of salt

For the garnishing:
 Fresh raspberries
 Desiccated coconut



Break the chocolate bar into pieces and put them in a non-plastic bowl. Place the bowl over a pan of simmering water (make sure the base doesn't touch the water!). Stir until the chocolate is smooth, 2-3 minutes. Set aside to cool slightly. Scoop out avocados' flesh and blend into a food processor. Add coconut, agave, vanilla, salt and the melted chocolate. Blend until creamy, scraping the sides of the bowl. Spoon into small balls and refrigerate for at least 3 hours. Garnish with desiccated coconut and fresh raspberries and serve.

Cat's Polenta Cake

Ingredients:

1 cup of pastry flour
 1/2 cup regular or instant polenta
 1 tablespoon aluminium-free baking powder
 1/4 teaspoon turmeric
 1/2 teaspoon salt
 1/4 cup sunflower oil
 1/2 cup rice syrup
 1/2 cup rice or soy milk
 2 grated zest of organic lemon
 1/2 teaspoon vanilla extract
 4 cups fresh blueberries
 Coconut oil for greasing

Preheat the oven at 350 F / 175 C / gas mark 4.
 Grease and line base and sides of a cake pan with baking parchment, then grease the parchment with coconut oil. Cover the base of the pan with all the blueberries. In a large mixing bowl mix the flours and the baking powder. In another bowl mix all the other ingredients and combine the two bowls, whisking until smooth. Pour into the pan and bake for about 40 minutes, until a skewer inserted comes out clean. Let the cake cool on a rack for about 10 minutes. Carefully turn the cake upside-down onto a serving plate. Best eaten warm!



Other:
 icing sugar, to dust
 fresh strawberries, sliced sugar-free strawberry jam

For the filling:
 2 cups soy or rice milk
 4 tablespoons cornflour
 6 tablespoons raw cane sugar
 2 teaspoons vanilla extract
 2 tablespoons soy spread or margarine

For the cake:
 1 cup raw cane sugar
 1/2 cup soy spread or margarine
 1 teaspoon vanilla extract
 2 cups self-raising flour
 1 cup soy or rice milk
 1 tablespoon apple cider vinegar

Ingredients:

For the cake:

Preheat the oven at 350 F / 175 C / gas mark 4.
 Grease and line base and sides of three 15 cm cake pan with coconut oil.
 In a large bowl, beat margarine, sugar and vanilla and whisk until creamy. Add flour, milk and vinegar until soft.
 Pour the cake mixture into the three tin and bake for 30 minutes until lightly golden on top and a skewer inserted in the center comes out clean.
 Allow the cake to cool on a rack for about 10 minutes and remove from the tin.

For the filling:

Mix the cornflour with a little Soy or Rice milk until it's dissolved. Add this to the other ingredients in a pot, whisk until combined. Place it on medium heat. Keep on stirring and bring to the boil, then take off the heat and allow to cool. Set aside.
 Once the three cakes are cooled, spread some sugar-free strawberry jam on the bottom one. Put the second layer, spread the custard and arrange some fresh strawberries on top.
 Place the third layer of the cake back on. Decorate with some icing sugar and more strawberries.

Baking with Dad

Bee-Happy Bread

Ingredients:

3 very ripe bananas + 1/2 for decoration
 225g gluten free self-raising flour + some for greasing
 125g honey
 1 tsp ground cinnamon
 1/4 teaspoon salt
 40g sunflower oil
 120 ml soy or rice milk
 4 tablespoons of ground flaxseed + 6 tablespoons of water
 1/2 tablespoons bicarbonate of soda + 1 tablespoon of hot water
 coconut oil for greasing

Preheat the oven to 325 F / 170 C / gas 5.
 Grease a 1.5 litre loaf tin with coconut oil + some flour. Combine the ground flaxseed and the water and set aside to thicken. Mash the bananas with a fork, and then add honey, flour, cinnamon, milk, oil and the ground flaxseed mixture. Add the hot water to the bicarbonate of soda (it will foam slightly) and immediately stir into the ingredients. Pour the mixture into the greased loaf. Cut half banana lengthwise and put it on top of the batter. Bake it in the oven for around 50 minutes until golden and an inserted skewer comes out clean. Leave the tin to cool slightly, then turn it out onto a rack to cool completely. Enjoy with a drizzle of honey on top.



Betty Almond Cherry Pie

Ingredients:

For the crust:
 300 g spelt flour
 100 g rice flour
 100 g cornflour
 100 g coconut sugar
 200 ml soy or rice milk
 2 tsp cream of tartar
 100 ml sunflower oil
 A generous pinch of salt
 coconut oil to grease

For the filling:
 1 jar of sugar-free cherry jam
 500 g cherries
 200 g almonds
 Vanilla soy icecream

Combine flours, cream of tartar and sugar in a mixer, and slowly add oil and milk, until you have a soft dough. Transfer to a work surface and knead lightly until the dough comes together into a ball. Split in two balls, wrap them in cling film and put both to the fridge for at least 30 minutes. Take one ball out from the fridge. Remove the cling film and sprinkle a little flour on the ball of dough and on the rolling pin. Roll the dough out into a circle large enough to fit your tart pan. Avoid overworking the dough. Grease a 20 cm round pan lightly. Transfer the dough carefully into the pan and line it neatly. Trim the excess dough with the rolling pin (re-roll it and make some cookies!), and place the pan in the fridge for 30 minutes to rest. After 30 minutes, take out from the fridge and spread some sugar-free sour cherry jam on the bottom. Take the cherries, remove the core and place one almond in each cherry. Take the second ball of dough from the fridge and roll as the first one on some baking paper. Carefully place this top pie crust on and crimp the edges together. Bake pie for approximately 50 minutes. Remove from the oven and allow to cool before serving, as the filling will be very hot. Serve with some vanilla soy icecream.

