Raw Sweet Louise Cake

Vegan, dairy free, gluten free

Recipe by Christine Healy for Sweet Louise

Base

1 ¼ cups coconut

1 ¼ cups whole almonds

½ cup pumpkin seeds

½ cup sunflower seeds

2 tbsp maple syrup or honey

5 tbsp coconut oil

¼ tsp salt

Add the coconut, almonds, pumpkin seeds and salt into a food processor and process until fine. Melt the coconut oil and maple syrup/ honey together until liquid then add to dry ingredients and mix until comes together.

Line a 18 x 28 slice tin with baking paper and press the bake mixture evenly into the slice tin. Put it into the refrigerator to harden.

Raspberry Jam Middle

2 cups frozen raspberries – thawed

3 tbsp maple syrup or honey

¼ cup chia seeds

Mash the thawed raspberries and mix with ¼ cup boiling water. Add the chia seeds and the maple syrup / honey and mix well. Leave for about half an hour for the seeds to infuse. Then cook very gently over a low heat for about ten minutes to reduce the liquid. It should

become more jam like in consistency. Spread over the base and return to the refrigerator to set.

Coconut Topping

2 cups shredded coconut

4 tbsp coconut oil

2 tbsp maple syrup / honey

½ tsp vanilla essence

¼ cup coconut cream

Add all the topping ingredients to a food processor and pulse until combined. Sprinkle evenly over the jam and then pop into the freezer for about an hour to set.

Makes 12 pieces.