



## Festive Mint Julep Mocktail

Serves 4

### Ingredients:

- 1 cup unsweetened coconut milk
- 1 cup coconut water
- 1 cup Dole pineapple, flesh cut into chunks
- 1 Dole banana, peeled
- 1 cup ice
- 2 tablespoons maple syrup
- 4 fresh mint leaves, chopped

### How to Make:

1. Place all the ingredients (except for the fresh mint) into a blender, blend until smooth.
2. Add the chopped mint to the blender, and stir with a spoon to combine, then pour into four tall chilled glasses and serve.

## Chocolate Strawberry Chunk Cake

Serves 8-10

### Ingredients:

- 4 eggs (free-range if possible)
- 1 cup unsalted butter (melted)
- 1 cup local honey (Coddle Creek Farms)
- 1 cup ground almonds
- 1 cup white whole wheat flour
- ½ unwaxed lemon, zest only
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- ½ teaspoon fine sea salt
- 5 oz dark chocolate (minimum 70% cocoa solids), broken into large chunks
- 2 cups strawberries, hulled and halved

### How to Make:

1. Pre-heat oven to 360°f. Grease and line a 9inch cake tin
2. Whisk the eggs with an electric mixer on a high speed for 4 to 5 minutes, until the eggs are thick and creamy.
3. Pour the melted butter into a large bowl and stir in the honey, almonds, flour, lemon zest, vanilla, baking powder and salt, then gently fold in the whipped eggs until just combined.
4. Pour half of the mixture into the cake tin, sprinkle half the chocolate chunks and half of the strawberries on top and cover with the remaining cake mixture.
5. Top with the remaining chocolate chunks and strawberries.
6. Place the cake into the oven and bake for 35 to 45 hour or until the cake feels firm and springs back to the touch.
7. Leave to cool in the tin for 15 minutes. Remove from the tin and allow to cool completely.
8. Decorate with melted chocolate if you wish or serve as is, enjoy.

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## Roasted Carrot, Celery, Black Beans, Tomato & Quinoa Salad

Serves 4-6

### Ingredients:

- 8 carrots, (medium sized), washed, cut in half lengthways, reserve half the carrot tops
- 8 celery sticks, washed and cut into 4inch pieces, reserve a few celery leaves
- 2 tablespoons olive oil, for roasting
- 1 ½ cups quinoa
- 3 cups low in sodium vegetable stock or water
- 1 teaspoon paprika
- ½ teaspoon turmeric
- 1x 15oz black beans (low in sodium, washed and drained)
- 1 cup cherry tomatoes, halved
- 2 green onions, roughly chopped
- 4 garlic cloves, peeled and minced
- 3 tablespoon sesame oil
- 1 lime, juice of
- 1 tablespoon of sesame seeds
- 1 teaspoon cumin seeds
- ½ teaspoon curry powder
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon chili flakes

### How to Make:

1. Pre-heat oven to 400°F
2. Place the carrots and celery sticks into a small bowl and coat with olive oil, then place on a sheet pan and roast in the oven until charred and tender, approx. 25 to 30 minutes.
3. Remove from the oven.
4. Place a medium size saucepan with 3 cups of stock add the quinoa, turmeric, paprika and place on the stove to a boil, then turn down to a simmer and cook until the quinoa is tender, about 15 minutes.
5. Remove the saucepan from the stove and allow to cool.
6. When the quinoa is cold, finely chop the carrot tops and celery leaves, then combine with the tomatoes, green onions, the minced garlic, black beans, carrots and celery.
7. To make the dressing: Whisk together the sesame oil, cumin seeds, lime juice, sesame seeds, curry powder, ground coriander, cumin, and chili flakes, pour over the salad and lightly toss together and serve.