

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Raw Chocolate Torte

From www.roarfood.com.au

Crust:

1 ¼ cup raw cashews

1 ½ cups unsweetened, shredded coconut

2/3 cup of sulphur-free dried apricots – soaked for ½ hour

1. Pulse in a food processor until fine, and then press into a pie dish.

Filling:

2-3 avocados – pit and skin removed

½ cup raw cacao powder (I have Navitas Naturals brand which I ordered on www.amazon.com)

½ cup coconut oil

1 ¼ cups pitted dates – soaked in hot water for 10 minutes to soften

Optional: Grated rind of two oranges

1. Pulse filling ingredients in a food processor until smooth and spread into crust.

If you want the filling to be sweeter, add a little raw honey.