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*Chocolate Mousse*



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# Chocolate Mousse

 Prep 15 minutes / Refrigerate 2 hours

 Serves 6



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**300g dark chocolate melts**

**3 x 59g free range eggs**

**1 cup caster sugar**

**1 tbsp cocoa powder**

**300ml pure cream**

**200g fresh raspberries, to serve**

## Method

1. Place the chocolate melts into a heat proof glass bowl and microwave for 1 minute on high. Remove from the microwave and stir. If not completely melted, melt for a further 30 seconds.
2. Place the eggs and sugar into the mixing bowl, using the whisk attachment, beat on speed 8 for 3 minutes.
3. Reduce to speed 1, fold melted chocolate and cocoa powder together until just combined. Transfer mixture to another bowl.
4. Pour the cream into the cleaned mixing bowl and using the whisk attachment, beat on speed 8 for 1 minute or until soft peaks are achieved.
5. Using a large metal spoon, fold the chocolate mixture through the cream until just combined. Evenly divide the mousse into 6 glasses and chill in the refrigerator for 2 hours and serve with fresh berries.

## Note

Stiff peak consistency is when the cream holds a firm shape when spooned out of the bowl.





*Fruit & Nut Buns*



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# Fruit & Nut Buns

 Prep 15 minutes / Cook 25 minutes

 Makes 12 buns



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205ml lukewarm water  
25ml olive oil  
1 tsp salt  
1 tbsp sugar  
265g wholemeal flour  
60g plain flour  
1 tbsp milk powder  
1 ½ tsp dried yeast  
½ tsp cinnamon, ground  
½ tsp all spice, ground  
¼ cup walnuts, roughly chopped  
¼ cup dried cranberries  
60g butter, melted  
½ cup brown sugar  
Butter, to serve

## Method

1. Place the water, oil, salt, sugar, flours, milk and yeast into the mixing bowl. Using the dough hook attachment, knead on speed 1 for 2 minutes. Remove dough from the mixing bowl, shape into a ball and place into a large glass bowl. Cover with plastic wrap and place into a warm, draught-free place to rise for 1 ½ hours or until doubled in size.
2. Preheat a fan forced oven to 180°C and line 2 baking trays with canola oil spray and baking paper.
3. Place dough ball back into the mixing bowl and add cinnamon, all spice, walnuts and cranberries. Using the dough hook, knead on speed 1 for a further 2 minutes.
4. Cut the dough ball into 12 even sized portions and shape into balls. Place onto the prepared baking trays, roughly 3cm apart and allow to stand for 10 minutes.
5. Brush the rolls with butter and then sprinkle with brown sugar and place into the oven for 25 minutes. Allow to cool until warm and serve with butter





*Cheese & Bacon BBQ Rolls*



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# Cheese & Bacon BBQ Rolls



Prep 15 minutes / Cook 20 minutes



Makes 6 rolls



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**375ml warm water**

**60ml olive oil**

**1 tsp caster sugar**

**1 tsp salt**

**600g bread flour**

**2 tsp dried yeast**

**3 tbsp barbeque sauce**

**1 cup bacon, diced**

**1 cup tasty cheese, grated**

## Method

1. Place the water, olive oil, sugar, salt, flour and yeast into the mixing bowl. Using the dough hook attachment, knead on speed 1 for 3 minutes.
2. Remove dough from mixing bowl, shape into a ball and place in a large glass bowl. Cover with plastic wrap and place into a warm, draught-free place to rise for 1 ½ hours or until doubled in size.
3. Preheat a fan forced oven to 180°C and line a baking tray with canola oil spray and baking paper.
4. Place dough ball into the mixing bowl and using the dough hook attachment, knead on speed 1 for a further 2 minutes. Roll dough ball out onto a floured surface and cut into 6 balls.
5. Place the 6 dough balls onto a baking tray lined with baking paper and allow to rest for 20 minutes.
6. Top each dough ball evenly with barbeque sauce, bacon and cheese and place into the oven and cook for 20 minutes.





*Baked Passionfruit Cheesecake*



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# Baked Passionfruit Cheesecake

 Prep 20 minutes / Cook 50 minutes

 Makes 20cm cheesecake



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**250g digestive biscuits**

**80g butter, melted**

**500g cream cheese, cubed, room temperature**

**1 cup caster sugar**

**300g reduced fat sour cream**

**3 x 59g free range eggs**

**1 tsp lemon rind**

**1 cup passionfruit pulp**

## Method

1. Preheat a fan forced oven to 140°C and line the base of a 20cm springform cake tin with baking paper.
2. Using a food processor, with a blade attachment, pulse the biscuits for 10 seconds or until completely crushed. Pour into a bowl and stir through the melted butter. Firmly press the biscuit mixture into the base of the cake tin and place into the refrigerator to set for 20 minutes.
3. Place the cream cheese and caster sugar into the mixing bowl. Using the scraper beater attachment, beat on speed 4 for 3 minutes.
4. Add the sour cream and beat on speed 4 for a further 30 seconds. Add the eggs on at a time, beating well after each addition.
5. Add the lemon rind and passionfruit pulp and beat on speed 2 for a further 30 seconds.
6. Pour mixture over the biscuit base. Place cake tin onto an oven tray and place tray into the oven to cook for 50 minutes. Allow the cheesecake to cool to room temperature before placing it into the refrigerator overnight to set.



*Lemon & Poppy Seed Cupcakes*



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# Lemon & Poppy Seed Cupcakes



Prep 10 minutes / Cook 17 minutes



Makes 18 cupcakes



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*¼ cup milk*

*2 tbsp poppy seeds*

*125g butter, softened*

*1 cup caster sugar, sifted*

*2 x 59g free range eggs*

*2 tbsp lemon juice*

*2 tsp lemon rind*

*2 cups self raising flour*

*½ cup pure icing sugar, to serve*

*Whipped cream, to serve*

## Method

1. In a jug, combine the milk and poppy seeds and allow to stand for 20 minutes.
2. Preheat a fan forced oven to 170°C and line 3 x 6 holed cupcake pan with patty pans.
3. Place the butter and sugar into the mixing bowl. Using the scraper beater attachment, beat on speed 5 until light and creamy; approximately 3 minutes.
4. Add the eggs one at a time, beating well after each addition until heightened and thick, approximately 1 minute.
5. Using speed 1, fold through the lemon, flour, milk and poppy seeds until just combined.
6. Spoon mixture evenly into prepared cupcake pans and bake for 17 minutes or until a skewer can be removed cleanly. Allow to cool.
7. Dust evenly with icing sugar and serve with a dollop of whipped cream.



*Charcoal Soda Bread*



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# Charcoal Soda Bread

 Prep 10 minutes / Cook 40 minutes

 Makes one small round loaf



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**250g spelt or gluten free flour**

**½ tsp sea salt**

**½ tsp bi-carb soda**

**150ml natural yoghurt**

**100ml milk**

**1 tsp Dijon mustard**

**2 tsp activated charcoal powder**

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## Method

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Place flour, sea salt and bi-carb soda into the mixing bowl. Using the dough hook attachment, fold ingredients on speed 1 for 30 seconds.
3. In a small bowl whisk together the yoghurt, milk and Dijon mustard. While the flour mixture is folding, slowly pour in yoghurt mixture and continue folding for 90 seconds or until dough is formed.
4. Once dough is ready, use a spatula and scrape the dough together in the bowl to form a ball.
5. Place dough ball onto lined tray and bake in the oven for 40 minutes. Allow bread to cool before slicing.

## Tips

Bread will keep for 1-2 days in an airtight container.





*Summer Tart with Oat Crust*



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# Summer Tart with Oat Crust

 Prep 10 - 15 minutes / Cook 25 minutes

 Serves 6-8



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## Tart crust

***½ cup oats***

***1 cup spelt flour***

***½ cup coconut sugar***

***Pinch sea salt***

***½ cup ghee***

***1 tsp apple cider vinegar***

***1 tbs ice cold water***

## Filling

***2 cup coconut or vanilla bean yoghurt***

***Fresh seasonal fruits of choice - mango, berries,  
passionfruit***

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## Method

1. Preheat oven to 108° C. Line the base of a 15cm x 30cm tart tin with baking paper.
2. Place the oats, spelt flour, coconut sugar and sea salt into the mixing bowl. Using the scraper beater attachment, mix ingredients on speed 4 for 1 minute.
3. Whilst mixing, add the ghee and mix for an additional 30 seconds.
4. Combine the apple cider vinegar and water and slowly add into mixing bowl and continue mixing for a further 30 seconds.
5. Remove dough from the mixing bowl and form into a ball. Wrap dough ball in glad wrap and refrigerate for 1 hour.
6. Roll dough on a floured bench top with a rolling pin until rectangular in shape. Lay pastry into prepared tart tin, pressing the pastry into the tin where required.
7. Prick pastry with a few holes and bake in oven for 25 minutes.
8. Let pastry cool completely before topping with yoghurt. Arrange desired fresh seasonal fruit over yoghurt and serve.



*Pumpkin Pie with Quinoa Crust*



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# Pumpkin Pie with Quinoa Crust

 *Prep 20 minutes / Cook 20 minutes*

 *Makes 1 medium tart*



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## Crust

*100g medjool dates, pitted*  
*85g dried figs*  
*1 cup quinoa flakes*  
*½ cup walnuts*  
*½ tsp cinnamon*  
*Pinch sea salt*  
*3 tbsp coconut oil, melted*

## Filling

*1 cup pumpkin puree*  
*1 cup coconut cream*  
*¾ cup maple syrup*  
*½ cup coconut oil*  
*1 tsp cinnamon*  
*½ tsp nutmeg*  
*½ tsp ginger*  
*pinch sea salt*  
*1 tsp ground turmeric*  
*½ cup chopped pecans*  
*Ground cinnamon or cacao nibs to serve*

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## Method

1. *Preheat oven to 180°C. Grease a tart tin with removable base.*
2. *Place all crust ingredients into a food processor and blitz until it becomes a crumb.*
3. *Press crumb into tart tin with removable base ensuring an even cover. Prick tart crust with a skewer a few times and bake for 20 minutes.*
4. *Allow crust to cool completely before adding filling.*
5. *Place all of the filling ingredients into the mixing bowl. Using the whisk attachment, whisk ingredients on speed 4 until well combined.*
6. *Pour filling into cooled tart crust and refrigerate for 2 hours to set.*
7. *Sprinkle chopped pecans, cinnamon or cacao nibs over the top just before serving.*

## Tips

*Store in fridge up to 1 week.*