



froothie
A Better Life!

HEALTHY EATS

DELICIOUS RECIPES FOR YOUR
OPTIMUM VAC 2 AIR VACUUM POWER BLENDER



Congratulations and welcome to Froothie!

We hope you enjoy making these deliciously healthy recipes in your Optimum VAC 2 Air Vacuum Power Blender.

Love from friends of



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Note: Most recipes featured can be achieved using the 2 Litre Jug. Recipes specific to your 1.5 Rotating Jug appear at the end of each section where available.

SMOOTHIES & DRINKS





01

GREEN SMOOTHIE supersupercharge me

by Milena Maksimovska, Naturopath, Medical Herbalist, BHSc (Complementary Medicine) MAX Health Store www.maxhealthstore.co.nz

Easy and affordable to make this smoothie is well balanced with protein, carbohydrates, good fats and lots of fibre. It's great for the start of your day or as a 'pick me up' drink later on.

- 1 banana (fresh or frozen)
- 1 kiwifruit
- 1 green apple
- 5 small leaves of kale
- 3 small leaves of silver beet (or 2 tsp of spirulina powder if you don't have fresh greens)
- 1 tbs flax seeds
- 2 tbs sunflower seeds
- 2 tbs Sacha Inchi protein powder (or Pea protein)
- 300ml coconut water or purified water

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Veg & Fruits' preset function and blend until smooth.

APPLE PIE smoothie

by Nicole English www.rawkiwi.com

- 2 peeled apples
- 1 frozen banana
- 2 tbs coconut butter
- 1 cup homemade almond milk
- 1 vanilla pod
- ½ tsp cinnamon
- Pinch of nutmeg
- Quarter of an avocado
- 1 tbs maple syrup

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth.

6



02

**03**

CARAMEL smoothie

by Bianca Slade Wholefood Simply
www.wholefoodsimply.com

- 1 frozen banana, chopped (peel your banana prior to freezing)**
- 6 Medjool dates, seeds removed**
- ½ cup coconut milk**
- ½ tsp concentrated natural vanilla extract**
- 1 cup water**

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth.

**04**

CARIBBEAN green smoothie

by Joseph Di Bennardo Smoojie www.smoojie.com.au

- 2 cups spinach, fresh (tightly packed)**
- 1 cup orange juice**
- 1 cup frozen mango**
- 1 cup frozen peaches**
- 1 banana**
- 1 tsp maca powder**
- 1 tsp spirulina**
- 1 tsp chia seeds**

Tightly pack your leafy greens into a measuring cup and toss into your Optimum high-speed blender. Add orange juice and blend on high together until all leafy chunks are gone. Next add all other ingredients, select 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth.



05

CHOCOLATE shake

by Laura-Jane Rawtarian www.therawtarian.com
[@therawtarian](https://www.facebook.com/therawtarian)
www.twitter.com/therawtarian www.youtube.com/therawtarian

The following raw chocolate shake recipe is so simple but so divine.

Served chilled in a tall cold glass, it's a true treat.

- 1 medium ripe banana
(1 cup banana)
- ¼ cup cashews
- 1 tbs raw cocoa powder
(cocoa powder)
- 1 tbs honey
- ¾ cup water

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth.

TIP: Adjust measurements to suit your taste. I like to go easy on the cocoa powder and then add more if necessary.



06

CRANBERRY bang smoothie

by Marc Dellapia Body Styling Fitness
www.bodystylingfitness.com [@bstylingfitness](https://www.instagram.com/bstylingfitness)

- 1 cup cranberries, or ½ cup unsweetened cranberry juice
- 1 cup baby spinach
- 2 stalks celery
- ½ cup mixed berries, fresh or frozen
- ¼ avocado
- 1 tbs chia seeds
- 1 tsp ginger
- ½ - 1 cup coconut water, as desired

Place your ingredients in your Optimum high-speed blender. Select the 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth.

FUJI APPLE smoothie

by Marc Dellapia Body Styling Fitness www.bodystylingfitness.com @bystylingfitness

- ½ - 1 cup kale
- 1 Fuji apple with skin
- ¼ cup mango, fresh or frozen
- ¼ cup raspberries
- 1 small cucumber
- 2 tbs goji berries
- ¼ cup filtered water, more as desired

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth.

07



08

GET HOOKED green smoothie

By Joelle Vadas Rawfully Healthy
www.rawfully-healthy.com

A good starter smoothie for anyone wanting to get hooked on green smoothies!

- 2 ripe bananas
- 1 Medjool date
- 1 cup water (or almond milk)
- 2 handfuls baby spinach leaves

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth. Use the tamper if necessary.





09

GREEN pina colada mocktail

by Rory Bland The Whole Food Dude www.thewholefooddude.com

Want a delicious mocktail that not only tastes good but alkalises, hydrates, fills you up and heals your body at the same time? This smoothie is fantastic if you want to provide an alcohol free alternative. It's Dairy Free, Gluten Free, Raw, Refined Sugar Free, Alcohol Free, Vegan Friendly AND taste great!

1-2 cups fresh pineapple, skin removed

1-2 frozen bananas

200g coconut meat or coconut yoghurt

1-2 cups coconut water

Place all of the ingredients into your Optimum high-speed blender, select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth. Serve in fancy glasses at parties to impress guests.

10

LEMON BASIL smoothie

by Marc Dellapia Body Styling Fitness
[@bstylingfitness](http://www.bodystylingfitness.com)

2 bananas

½ cucumber

¼ cup fresh basil

1 handful of spinach

1-2 tbs lemon juice

1 tsp chia

1 cup almond milk

Place all of the ingredients in your Optimum Vacuum Power Blender in the above order. Select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth and creamy! TIP: For an extra creamy smoothie, peel and freeze the bananas before blending.

10



11

PUMPKIN PIE liquid

by Nikki Medwell Bed & Broccoli
www.bedandbroccoli.com.au www.facebook.com/bedandbroccoli

1 cup pumpkin purée
1 cup coconut milk
50g palm sugar
¼ tsp nutmeg (or to taste),
plus extra, to serve
½ tsp cinnamon

Place all of the ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Smoothie' preset function and blend until creamy. Sprinkle with a little extra nutmeg.



12

MATCHA GREEN TEA, coconut & mango smoothie

by Bare Blends www.bareblends.com.au

1 organic young coconut
1 serving Bare Blends Organic Vanilla Bean Native WPI
1 frozen mango cheek
1 passionfruit
2g matcha green tea powder
(approx. 1 tsp)
50ml hot water

Whisk hot water and matcha powder in a bowl until completely dissolved and foamy on top. Allow to cool slightly while preparing other ingredients. Open the coconut and pour the water into your Optimum high-speed blender, then scoop out the flesh with a spoon and add it (make sure you remove any woody fragments first). Add the fruit, Organic Vanilla Bean Native WPI and the bowl of matcha tea to your Optimum high-speed blender. Select the 'Vacuum' and 'Smoothie' preset function and blend until smooth and creamy, and serve in the coconut.

**13**

MANGO smoothie

By Sally Symonds www.sallysymonds.com

- ½ peeled mango, seeded
- ½ cup natural low-fat yoghurt
- ½ chilled mineral or soda water
- Pinch of nutmeg and
- a sprig of fresh mint, to serve

Place mango in your Optimum Vacuum Power Blender and blend on high to create a purée. Add in the remaining ingredients, select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth. Serve immediately.

NASHI PEAR & ginger smoothie

by Bare Blends www.bareblends.com.au

Who doesn't love Nashi pears! The ginger in this recipe takes the edge off the greens and elevates it to the next level!

- 1 big handful organic spinach
- 1 Nashi pear
- ½ frozen banana
- 1 serve Bare Greens
- 1cm piece of ginger
- 250ml almond milk / coco-querch / coconut water or other

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth.

12**14**

PINA COLADA smoothie

by Rochelle Cook Chelle's Raw Food Kitchen www.chelleskitchen.com

- 2 cups pineapple
- 1 frozen banana
- 1 cup coconut water or water
- ½ cup coconut cream
- 1 tsp cinnamon (optional)
- ½ tsp nutmeg
- 1 tsp maca powder or protein powder
- ½ cup cashews and almonds (optional)

"Place all ingredients in your Optimum Vacuum Power Blender starting with the nuts, frozen banana and then the water. Add remaining ingredients and select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth. The coconut cream just gives it a creamier more decadent finish."

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16

RASPBERRY & mango smoothie

by Nicole English www.rawkiwi.com

For the base:

- 1 cup of frozen raspberries
- 4 frozen bananas
- 1 fresh, ripe bananas
- A little filtered water or coconut water

For the top:

- 1 cup of frozen mango,
- or 1 fresh mango
- 2 ripe bananas

Place the ingredients to make the base into your Optimum high-speed blender. Select 'Vacuum' and the 'Smoothie' preset button and blend until smooth. Pour into desired glass or jar. Place the remaining ingredients in the jug, select the 'Vegetable and Fruit' preset function and blend until smooth. Pour the mango mixture on top of the base. Use water sparingly as you need to have the layers thick like ice-cream.

13



17

RASPBERRY, WATERMELON & mint smoothie

by Rochelle Cook Chelle's Raw Food Kitchen www.chelleskitchen.com

1 cup frozen raspberries

2 - 3 cups watermelon

Juice of 1 lime

1 cup coconut water

Handful fresh mint, to taste

Place the ingredients into your Optimum high-speed blender. Select the 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth. Pour into a special glass, relax and enjoy. Yummy. Extra: Scoop out the young coconut flesh from you coconut after you have removed the water and place it in the blender too. Gives the smoothie a little more body and tastes divine!"



14



18

RAW VEGAN warrior smoothie

by Rory Bland The Whole Food Dude www.thewholefooddude.com

One of my favourite green smoothies on the go is the "Raw Vegan Warrior". This fuels me for hours upon hours and gives me all the nutrition I need for optimum performance throughout the day. The lemon juice helps to preserve the anti oxidants longer, which is fantastic if you aren't drinking it straight away.

1-2 scoops raw protein powder of your choice

4-5 bananas (using frozen bananas gives a creamy texture)

3 tbs chia seeds

2 Medjool dates

1 cup kale

1 cup sprouts of your choice

1 whole coconut (flesh and water)

1 tbs Coconut Magic coconut oil

Juice of 1-2 lemons

Place all ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth. Serve into a large jar or glass bottle to take with you on the road.

**19**

SPICED CHOCOLATE CHAGA ELIXIR

by Emma Coconut & Berries
www.coconutandberries.com

- 3 cups hot, brewed Chaga tea***
- ¼ cup hemp seeds**
- ¼ cup cashews, soaked**
- 3 tbs cacao powder**
- 3 tbs coconut sugar**
- 1 tbs lucuma (optional)**
- 1-½ tsp cinnamon**
- Pinch – ¼ tsp cayenne powder**
- ¼ tsp vanilla powder**
- Pinch of salt**

Place all ingredients in your Optimum Vacuum Power Blender and select the 'SOUP' preset function until you have a warm and creamy drink. Taste and adjust any flavours to your preference (more sweetness, more spiciness, etc.). If you prefer your elixir extra hot, pour into a pan and warm gently over low heat. * or substitute with 3 cups hot water and 2 sachets instant Chaga powder.

SPINABANGO smoothie

by Kisane Appleby Realistically RAW You www.RealisticallyRAWyou.com

- 1-2 cups baby spinach**
- 1 cup frozen mango**
- Small handful fresh basil leaves**
- 1 cup filtered water**

Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Vegetable and Fruit' preset function and blend until smooth.

20**15**



21

VANILLA, PEAR & CASHEW

smoothie

by Bare Blends www.bareblends.com.au

1 pear

1 serving Bare Blends Organic Vanilla

Bean Native WPI

1 handful raw organic cashews

1 frozen banana

250ml organic almond milk

Cinnamon, to taste

Soak the cashews for 6 hours to obtain the creamiest result (optional). Place your ingredients in your Optimum high-speed blender, select the 'Vacuum' and the 'Smoothie' preset function and blend until smooth and creamy.

Top with cinnamon. Enjoy!

BREAKFASTS





22

ACAI BERRY granola bowl

by Lauren Glucina. Holistic Health Coach, Raw Foods Chef and Educator, Student of Natural Medicine
Ascension Kitchen www.ascensionkitchen.com rawdessertsapp.com facebook.com/ascensionkitchen instagram.com/rawdessertsapp twitter.com/laurenglucina

Açai berries are a deep blue-purple fruit from the açai palm tree, native to Central and South America. The fruit pulp is freeze dried and sold as a powder. They are antioxidant superstars, and help fight free radical damage, which may help reduce the risk of heart disease and cancer. Açai berries are low GI, so give you a nice slow release of energy.

1 heaped tbs freeze dried açai berry powder

1 frozen banana

½ cup frozen berries

1 Medjool date, pitted

½ cup apple juice, coconut water or almond milk

1 tbs hemp seeds (optional, but adds a lovely creamy texture)

¾ cup granola

Topping

Sliced banana

Goji berries

Bee pollen

Blend the açai powder, banana, berries, Medjool date, juice and hemp seeds on high until smooth and creamy. Pour over your granola. Decorate with banana, goji and bee pollen. It's like having dessert for breakfast, and not feeling bad about it!



23

BLACKBERRY & APPLE skillet breakfast crumble

by Elizabeth, Elizabeth's Kitchen Diary www.elizabethskitchendiary.co.uk

Warming and comforting, seasonal blackberries and apples are coated in an autumnal spiced crumble.

Crumble

100g raw almonds

130g toasted muesli

¼ tsp freshly grated nutmeg

½ tsp ground cinnamon

Pinch sea salt

50g molasses sugar*

4 tbs coconut oil, melted

Filling

150g blackberries

300g apples

50g molasses sugar

¼ tsp grated nutmeg

½ tsp ground cinnamon

Preheat oven to 190°C/350°F. Place almonds in your jug, select the 'Nuts' preset function and grind almonds until finely chopped. Combine in a mixing bowl with the muesli, spices, salt and sugar. Stir in the melted coconut oil until well combined and set aside. Peel and coarsely chop the apples into ¾ inch chunks. Stir the spices into the sugar and set aside. Heat your oven proof skillet over a medium-high heat. Cook the blackberries and apples for a few minutes in the dry pan. The liquid from the fruit will keep it from sticking to the pan. When the fruit has softened slightly sprinkle over the spiced sugar and stir well to combine. Cook for a further minute or so until the sauce is nice and thick. Remove from the heat and sprinkle over the crumble topping. Bake for 20-25 minutes, until the top is golden and the fruit juices are thick and bubbling. Allow to cool slightly before serving. Alternatively, leave to cool and reheat in the morning for breakfast. * Or as dark brown a sugar you can get.



24 PANCAKES

- 450ml skim milk
- 150g caster sugar
- 2 eggs
- 1 tsp vegetable oil
- 1 tsp vanilla essence
- 2 cups (250g) plain flour
- 1 ½ tbs baking powder

Place milk, sugar, eggs, oil and vanilla in the blender. Add flour and baking powder. Blend on high until smooth. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter onto the pan, using approximately four tablespoons for each pancake. Brown on both sides and serve hot.

RAW CASHEW yoghurt

by Laura-Jane Rawtarian www.therawtarian.com
www.facebook.com/therawtarian
[@therawtarian](https://twitter.com/therawtarian) www.twitter.com/therawtarian
www.youtube.com/therawtarian

Kick-start your morning with this creamy yoghurt topped with fruit, crumbled nuts and dates.

- | | |
|------------------------|-----------------------|
| 1 cup cashews | 1 tbs lemon juice |
| ½ cup water | 1 tbs vanilla extract |
| 3 tbs shredded coconut | Pinch sea salt |
| 1½ tbs honey | ⅓ cup coconut oil |

Place all ingredients into your Optimum high-speed blender. Blend on high until it reaches a thin yoghurt-style consistency. There should be absolutely no grittiness or chunks of anything left. Transfer into a bowl and refrigerate for at least 2 hours. You now have raw yoghurt! Tip: Always store your raw yoghurt in the fridge.

20

25





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PORRIDGE crunchy mango, chia & buckwheat

by Roe Roberston Realistically RAW you www.RealisticallyRAWyou.com

This cool porridge breakfast bowl is delicious for those summery months!

2 tbs buckwheat

Filtered water

1 heaped tbs chia seeds

1 cup homemade almond milk

1½ cups frozen mango

1 cup buckinis*

1 tbs Coconut Magic coconut nectar

1 tsp vanilla powder

Topping

Blueberries

Drizzle of Coconut

Magic coconut nectar

Place buckwheat in a small bowl and cover with filtered water. Set aside to soak for 10 minutes. Place chia seed in the bowl of your Optimum Vacuum Power Blender and cover with half of the almond milk. Leave chia seeds to soften while you drain and rinse the buckwheat. Add buckwheat, mango, buckinis, coconut nectar and vanilla powder to the chia seed mixture. Process until well combined, pouring the remaining almond milk in as you go. Do NOT over blend. Scrape down the sides if needed. Final texture should be creamy with a delicious crunch. Serve in bowls topped with blueberries and a drizzle of coconut nectar! *Buckinis are soaked, sprouted and dehydrated buckwheat. Delicious and crunchy!

27

GREEN SMOOTHIE bowl

by Melissa Sinclair 10 Minutes a Day
www.my10minutesaday.com
[@10_MINUTESADAY](http://www.facebook.com/10MinutesADay)

- 1 frozen banana
- 1 avocado
- 1 heaped tsp spirulina
- 1 tbs honey
- ½ tsp cinnamon
- 2 cups oat milk
- Topping**

Cacao nibs, chia seeds, crushed activated almonds, crushed pistachios, bee pollen & goji berries.

Place all ingredients into your Optimum high-speed blender. Blend on high until a beautiful smooth consistency is achieved. Pour into a bowl and top with your desired topping ingredients. Enjoy!



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RAW

OATMEAL

by Laura-Jane Rawtarian www.therawtarian.com
www.facebook.com/therawtarian
[@therawtarian](https://twitter.com/therawtarian) www.twitter.com/therawtarian
www.youtube.com/therawtarian

Raw oatmeal is a perfect way to start your morning. Top with your favourite fruit or whatever suits your fancy!

- 1 ¼ cup steel cut oats
- 1 ½ cups water
- 1 apple (or equivalent to
- 1 cup of cut apples)
- 1 tbs raisins

The night before, place the water, raisins and then the steel cut oats into your Optimum high-speed blender. Let them sit overnight. In the morning, blend on level 6. While the water and oats are blending, chop the apple and then add it to the blender, too. Continue blending until the oatmeal is a nice, smooth texture. Eat!

CHEESE



CHEESE ROUNDS cashew

by Essential Vegan essentialvegan.co.uk/

This vegan cheese is absolutely delicious!! The taste and texture are amazing and it goes extremely well with crackers, salad, grapes and on its own. Give it a go, you'll impress all your friends with this recipe.

½ cup + 2 tbs raw cashews

¼ cup nutritional yeast

½ tsp garlic powder

1 tsp salt

1 + ¾ cups soya milk

½ cup agar flakes,

or 8 tsp agar powder

½ cup vegetable oil

2 tbs white miso

1 tbs lemon juice

Handful of thyme

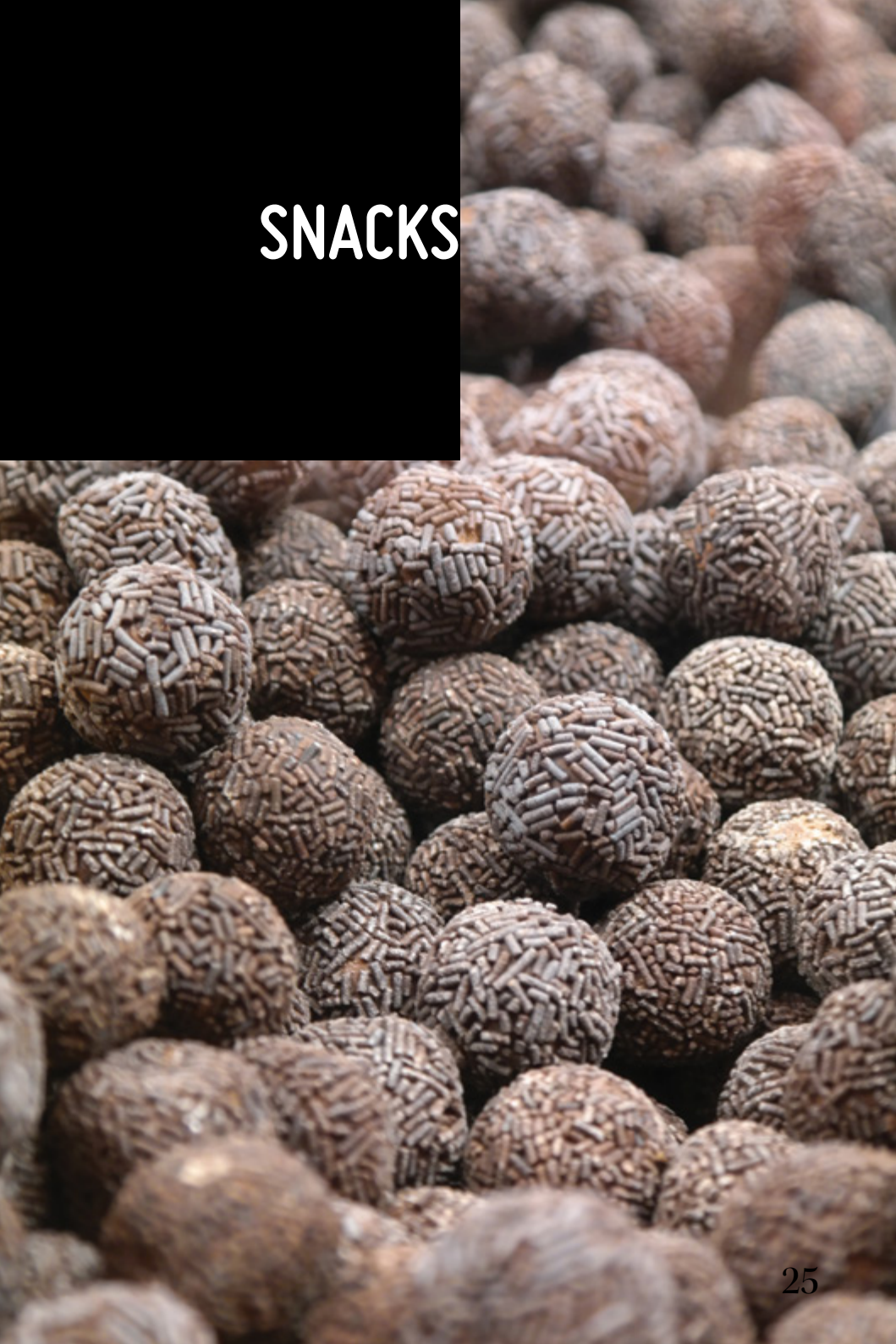
Lightly oil 2-3 small ramekins. Select the preset function 'Nuts' and chop the cashews until fine, but do not allow it

to turn into a paste. Add the nutritional yeast, salt, thyme and garlic powder. Pulse a few more times to blend in the spices.

Combine the soy milk, agar, and oil in a saucepan and bring it to boil, over high heat. Decrease the heat to low, cover and simmer for 10 minutes, stirring occasionally. Allow the milk mixture to cool slightly before gradually pouring through the feeding tube with the blender running. Blend for about 1 minute, or until the mixture is very smooth and creamy. Add in the miso, lemon.

Transfer the cheese to a container; cover and refrigerate until it is very firm, about 1 and half hours. Once it is firm, use a knife to gently remove the cheese from the ramekin. Grate or slice the cheese as desired. The cheese will keep for 4 days, covered and refrigerated.

SNACKS



GOJI BALLS apricot

by Stuart Vettese Cakeyboi www.cakeyboi.com/

Vegan friendly little treats of apricot, goji berry, coconut and cashews.

Little balls of heaven!

- 200g soft, dried apricots**
- 250g raw cashew nuts**
- 25g desiccated coconut**
- 25g goji berries**
- 1 tsp vanilla extract (optional)**

Add the cashew nuts to your Optimum high-speed, select the 'Nuts' preset function and blend until they resemble fine meal. Add the other ingredients and using the tamper tool blend on high until the mixture turns into a solid mass and comes away from the side of the jug. Scoop out balls of the mix and with your hands, roll into bite size balls (about one tablespoon). Chill in the fridge until ready to eat.

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31

CASHEW BUTTER

- 500g Raw Activated Cashews**
- ½ tsp vanilla powder**
- ½ tsp Himalayan salt**

Place the ingredients into your Optimum high speed blender. Select the 'Nuts' preset function and blend until nice and smooth. The mixture will turn into a thick crumbly paste before starting to release their oils and turn into nut butter. If the oils don't come out you can add a bit of coconut oil.

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ALMOND BUTTER

3 cups raw activated almonds
¼ teaspoon Himalayan salt

Place the ingredients into your Optimum high speed blender. Select the 'Nuts' preset function and blend until smooth. Keep blending until the almonds release their oils and turn into a spreadable butter consistency. The salt can be added towards the end of the blend.



33

RAW CUCUMBER bites

by Kisane Appleby Realistically RAW You www.RealisticallyRAWyou.com

Next time you're heading to a gathering and want to take something different that's also gluten free, dairy free, paleo and vegan friendly, give these a go. They're fresh, full of flavour, they look oh so cute!

1 cup raw cashews,
soaked overnight
¼ cup lemon juice
Pinch of sea salt
2 tbs fresh dill, chopped finely
1 tbs fresh chives,
chopped finely
2 Lebanese cucumbers, sliced into
5mm thick rounds
½ punnet cherry tomatoes, halved

For the cashew cream: Place the cashews, lemon juice and salt in your Optimum high-speed blender, and blend on high until smooth. If the mixture is too sticky, add a tiny bit of water (a tsp at a time). Add the dill and chives, and pulse until herbs are mixed through. To build your bites, use the cucumber slice as your base, add one heaped teaspoon of cashew cream mix, and top with a cherry tomato. Yum!



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GRANOLA BARS

gingerbread spiced protein

by Bibi Rodgers Veggie Runners
www.veggierunners.com

*This vegan cheese is absolutely delicious!!
The taste and texture are amazing and it
goes extremely well with crackers, salad,
grapes and on its own. Give it a go, you'll
impress all your friends with this recipe.*

Spices

¼ tsp ground cloves

½ tsp ground cinnamon

½ tsp vanilla extract

Dry

1 cup oats

2 cups nuts and seeds of your choice

½ cup vegan protein powder

Wet

1 cup dried or fresh dates,
roughly chopped

½ cup raisins

1½ cups warm water

½ tsp miso paste (or sea salt)

1 inch piece of root ginger

½ cup crystallised ginger (optional)

Chocolate chips (optional)

Dried cranberries (optional)

Preheat oven to 160°C. Line your tin with baking parchment. Blend the oats in your Optimum Vacuum Power Blender to make a fine flour. Mix this with the spices and protein powder, if using, in a large mixing bowl. Soak your raisins and dates in warm water for 5 minutes, then blend in your Optimum Vacuum Power Blender with the miso and root ginger. Blend for a couple of minutes to ensure the ginger has turned to mush. Pour the date mixture into the dry ingredients and stir thoroughly, to ensure there are no powdery pockets lurking at the bottom. Blend 1 cup of your nuts and seeds for a few seconds to make a fine rubble, then tip into the other ingredients. Roughly chop the other cup of nuts, and add to the mixture and stir. If you are using any of the optional extras, you'll want them hidden at the bottom, so the sugars in them don't burn in the oven. So, spread them on your baking parchment before pouring the mixture over. Wet your hands, and spread the mixture with your fingers. Bake for 20-25 minutes, until it begins to colour and becomes a bit more firm to the touch.



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RASPBERRY snowballs

by Shaheen Allotment 2 Kitchen
www.allotment2kitchen.blogspot.co.uk

- 210g cashew nuts
- 140g fresh raspberries
- 120g Medjool dates
- 100g desiccated coconut, for coating

Place the cashews in your Optimum high-speed blender, select the 'Nuts' preset function and blend until ground. Add in the remaining ingredients excluding the coconut and blitz briefly until it's well combined, but not too much - you don't want it to be too soft, just pliable.



36

SWEET POTATO & fresh ginger protein balls

by Kate Hackworthy Veggie Desserts
www.veggiedesserts.co.uk

Sweet Potato and fresh ginger taste so warmly, vibrantly, autumnal together. Set off with nut butter and rolled in coconut, linseeds or cocoa, these vegan little energy bites are as moreish as truffles.

Protein balls

- 125g (1½ cups) rolled oats
- 200g (1 cup) cooked sweet potato, mashed
- 125g (½ cup) nut butter
- Large pinch of grated fresh ginger
- 1 tbs agave nectar or honey
- ½ tsp vanilla extract
- 1 tbs skimmed milk powder or vanilla protein powder

To Finish

Coconut, milled linseeds, cocoa, sesame seeds, chopped nuts, etc., whatever you have or prefer for rolling.

Scrape into a bowl and using a tbs for measurement, roll out into balls. Gently roll in desiccated coconut and refrigerate until ready to eat. Can be frozen.

BREADS & CRACKERS





37

ALMOND-OAT flatbread with tomatoes & basil cream

by Shaheen Allotment 2 Kitchen
www.allotment2kitchen.blogspot.co.uk

Almond-oat flatbread

$\frac{3}{4}$ cup almond meal*

$\frac{3}{4}$ cup oat flour*

$\frac{1}{2}$ tsp baking powder

$\frac{1}{4}$ tsp salt

1 tbs ground flax

3 tbs water + 1-2 tbs water, if necessary

1 tbs olive oil

1-2 tbs chopped fresh herbs (optional)

Basil cream**

$\frac{1}{2}$ cup cashews, soaked at least 30
minutes and drained

$\frac{1}{2}$ cup water

$\frac{1}{2}$ tsp salt

Handful of fresh basil

(12 medium-large leaves)

Toppings

1-2 large tomatoes, thinly sliced

Handful of fresh basil leaves

Basil cream

Roll out between two sheets of parchment paper until fairly thin (2mm-ish) and shape into an oblong (or whatever shape you like!). Remove top sheet of parchment paper and bake for 20-25 minutes, until just beginning to turn golden at the edges and firm to the touch. Prepare the basil cream while the flatbread is baking. In your Optimum high-speed blender, simply blend all the ingredients until completely smooth. Pour into a bowl and refrigerate to store. Once the flatbread has finished baking, arrange the sliced tomatoes on top, drizzle generously with the basil cream and scatter over the basil leaves.

Notes: * Grind whole almonds or oats in your Optimum Vacuum Power Blender to make meal and flour. **You will not need all the basil cream but leftovers are great as a dip for crudité's or a pasta sauce with a little nutritional yeast stirred in.

For the flatbread, preheat oven to 180°C/350°F. In a small bowl, stir together the flax and water and set aside to thicken. Combine all the dry ingredients in a medium bowl (almond meal, oat flour, baking powder, salt and herbs if using).

Add the flax mixture and olive oil and stir well to combine. I find it easiest to use my hands. If it is a little dry and crumbly add a little extra water, half a tablespoon at a time, until it comes together into a dough. It should be a little bit sticky.

HERBES DE PROVENCE seed & nut crackers

by Kellie Anderson Food to Glow
www.kelliesfoodtoglow.com

Easy, nutritious, satisfying, and delicious. No soaking or fuffing, just a quick spin in your Optimum high-speed blender, roll and bake.

2 cups mixed raw, unsalted nuts and seeds*

2 heaped tbs nutritional yeast**

½ tsp ground pepper

½ – ¾ tsp fine salt

2 heaped tsp Herbes de Provence (or mixed dried herbs of choice*)**

1 medium egg OR equivalent vegan 'egg' such as Orgran

1½ tbs water

Poppy seeds, to sprinkle

Sesame seeds, to sprinkle

Preheat the oven to 150°C/300°F. Line a baking tray with parchment paper or Silpat. Coarsely grind the nuts and seeds in your Optimum high-speed blender. You want a coarse mix that is just beginning to clump together. I found it best to whiz on a medium speed and then pulse once it was evenly chopped but not small enough to use as dough. Pour the 'dough' into a mixing bowl. Crumble with your fingers to break up any lumps then stir in the dry ingredients. Take a pinch to test for seasoning, adjusting as needed. Stir in the egg/vegan egg and the water; mix



to form a stiff dough.

Roll out as thinly as you can between two pieces of parchment paper. NOTE:

The ones in the photo are not as thin as they can go but they will be more snappy if you go further. Top with the extra seeds, slightly pressing them on nut and seed crackers. Cut into strips or shapes.

Transfer to your lined baking tray and bake in the centre of the oven for 30 minutes. For further crispness, use a spatula to lift the baked crackers onto a baking rack and return to the oven (lowest shelf) for a further five minutes. This will pull out any residual moisture from the bottom of the cracker. Allow to cool completely before storing in a sealed container.

* I used broken cashews, pumpkin seeds and sunflower seeds ** For a savoury almost cheese-like flavour *** Not old stuff from the back of the cupboard, please!



39

OLIVE TAPENADE sweet tomato bruschetta with

by Katy Beskow Little Miss Meat Free
www.littlemissmeatfree.co.uk

**1 white French stick, cut diagonally
into 2cm slices**

6 red Santini tomatoes*, diced

6 Orange Rapture tomatoes, diced

1 tbs extra virgin olive oil

1 tsp balsamic vinegar

Tapenade

50g mixed olives, stone removed

Juice of ½ unwaxed lemon

Pinch sea salt

Handful of fresh basil leaves

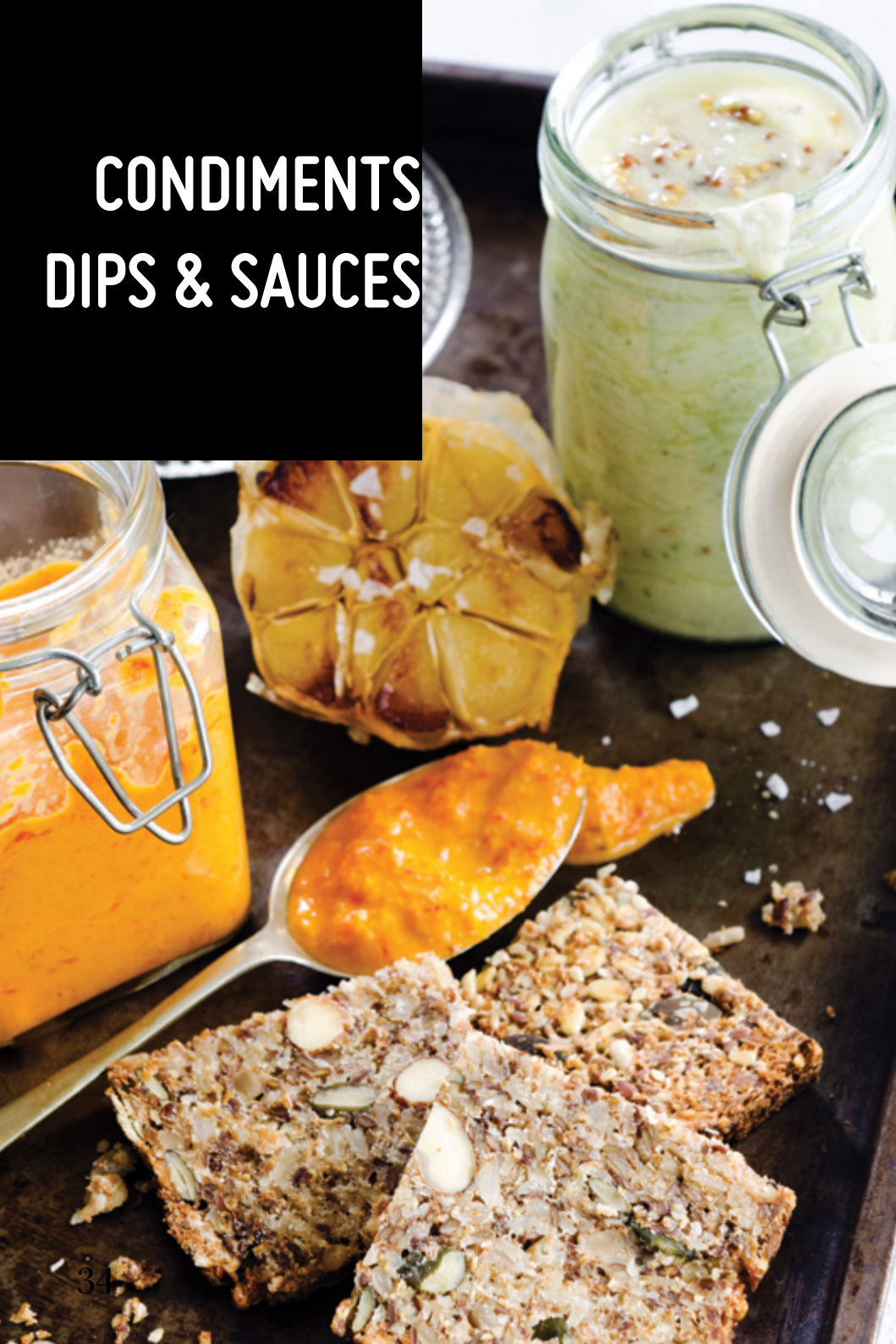
Heat a griddle pan and place the bread slices flat onto the pan. Toast over a

medium-high heat for 4-5 minutes until crisp and golden.

In the meantime, combine both varieties of tomatoes, olive oil and balsamic vinegar in a bowl and set aside. Place the olives, lemon juice and sea salt in your Optimum Vacuum Power Blender and mix over a low speed until combined but still textured.

To assemble, place the toasted bread onto a serving board. Spoon over the tomato mixture and flatten slightly. Add a tsp sized amount of tapenade on top of each bruschetta. Finish with a basil leaf. *If Santini tomatoes are not available purchase the best tomatoes you can afford to buy - this is the trick to a great bruschetta.

CONDIMENTS DIPS & SAUCES





40

CORIANDER PATE chilli, carrot and

by Shaheen Allotment 2 Kitchen
www.allotment2kitchen.blogspot.co.uk

- 1 x 400g tinned chickpeas, drained and rinsed**
- 2 large carrots, peeled and sliced (lightly blanched, optional)**
- Small handful of fresh coriander leaves**
- 2 tbs good olive oil (or more if too dry)**
- Pinch of chilli flakes or chilli powder, to taste**
- Salt and pepper, to taste**

Place all ingredient into your Optimum high-speed blender. Blend on high until smooth. Stop, taste and tweak seasoning before pulsing to a smooth pâté like consistency. Scrape into ramekins or an attractive plate and serve chilled or at room temperature.

SIDES, SALADS & DRESSINGS



**41**

CAULIFLOWER RICE

10-minute

by Kevin Chambers-Paston The Crafty Larder
www.thecraftylarder.co.uk

A brilliant substitute for white rice, made from the humble cauliflower.

1 medium cauliflower

Peel or cut off all the leaves and the stalk of the cauliflower and put these to one side; you could add them to a dish to accompany the rice! Break the cauliflower into rough florets and process in your Optimum Vacuum Power Blender on high until the same size and texture as rice.

Tip into a microwavable dish and cover, then cook on high for around 7 minutes or until cooked through. Serve immediately.

42

CARDAMOM DIP

coconut avocado fries with coconut, cashew &

by Emma Coconut & Berries
www.coconutandberries.com

This is so simple. Creamy, coconut-y avocado slices baked to a gentle crispness, then dipped in a cardamom-infused coconut and cashew dip.

Avocado fries

½ cup unsweetened shredded coconut

1 tbs icing sugar

2 ripe but firm avocados

Dip

5 cardamom pods

250ml (1 cup) coconut cream

½ cup cashews

1 tbs icing sugar

(or sweetener of choice)

1 tsp coconut oil

For the avocado fries, preheat oven to 190°C (375°F). Line a baking tray with parchment paper. Blitz the coconut in your Optimum Vacuum Power Blender until fine (making coconut flour). Slice the avocados into strips, then coat the pieces in the coconut flour. Place onto a lined baking tray and bake for 8-10 minutes until golden.

For the dip, remove the seeds from the cardamom pods and grind them in a pestle and mortar. Add them, along with all other ingredients, to your Optimum Vacuum Power Blender and blitz until smooth. Keep in the fridge until ready to use.



43

PUDDINGS

perfect yorkshire

by Marie Rayner The English Kitchen
www.theenglishkitchen.blogspot.com

2 large eggs, at room temperature

1 tsp salt

1¹/₃ cups milk, at room temperature

1 cup plain flour

A little oil

Make sure all your ingredients are at room temperature before beginning. Put all of the ingredients except for the oil into your Optimum high-speed blender. Blend on high until completely smooth. Now, this is the important bit: cover it, and let it sit on the bench for one hour.

Preheat your oven to 230°C/450°F. Place a small amount of oil into each cup of a 12 cup muffin tin. Place the tin into the hot oven to heat up until the oil is hot and sizzling. Remove from

the oven and quickly divide the batter amongst each muffin cup, filling them about two-thirds full. Return to the oven and bake for 20 minutes, until well risen, browned and crispy, reducing the oven temperature by 10 degrees every five minutes. Serve hot with plenty of gravy!!

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SOUPS





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TOMATO soup

- 1 cup almond milk
(or any milk that suits you)
- 1 cup filtered water
- 4 roma tomatoes
- 1/2 cup sundried tomatoes
- 1/2 cup capsicum
- 1/2 cup celery
- 1/4 cup red onion
- 1/2 cup cashews (soaked)
- 1/2 carrot
- 1/4 cup fresh basil
- 1/2 tsp cayenne pepper
- 1 tsp cinnamon
- 1 clove garlic
- 2 Tbsp lemon juice
- 1 tsp fresh oregano salt and pepper
to taste

Place all the ingredients into the Optimum Vacuum Power Blender and secure the lid. Select the 'SOUP' preset function and blend until smooth and the desired temperature is reached. Use tamper to press the ingredients into the blades if required. Serve with a side of crisp bread.

40



45

TOMATO CAPSICUM soup

- 1 garlic clove
- 1 red bell pepper (seedless)
- 2 cup tomatoes
- 1/6 cup onion
- 1 tsp cumin
- 1 tsp cinnamon
- 1 1/2 cup liquid vegetable broth
- salt to taste

Place all the ingredients into the Optimum Vacuum Power Blender and secure the lid.

Select the 'SOUP' preset function and blend until smooth and the desired temperature is reached.

Use tamper to press the ingredients into the blades if required.

Season with salt and pepper to taste and serve immediately.



46

TOMATO & BASIL soup

- 2 cup room temperature water**
- 3 tomatoes**
- 1 shallot/spring onion (with root)**
- 1 stick celery**
- 1/2 carrot**
- 1 handful cabbage**
- 1/4 red capsicum**
- 1-2 handful cashews**
- 1 handful basil (with stalk)**
- 1 garlic clove**
- 1-2 tsp herbamare/sea salt or
a Massel stock cube**

Place all the ingredients into the Optimum Vacuum Power Blender and secure the lid.

Select the 'SOUP' preset function and blend until smooth and the desired temperature is reached.

Use tamper to press the ingredients into the blades if required.

Garnish with some thin slices of red capsicum and basil leaves and serve.



47

RAW CORN chowder

by Laura-Jane Rawtarian
www.therawtarian.com
www.facebook.com/therawtarian
[@therawtarian](https://twitter.com/therawtarian) www.youtube.com/therawtarian

When you want comfort food, this thick and creamy raw corn chowder will hit the spot!

1 cup fresh corn kernels
¼ cup cashews
¾ cup water
¾ tsp sea salt
½ cup fresh corn kernels, additional
Coriander, to serve (optional)
Pepper, to taste

Peel your corn on the cob. Slice the kernels off the cob by holding the corn cob vertically and carefully slicing down toward your cutting board. If you're using canned corn, make sure to rinse and drain the corn kernels. Pat dry with a clean tea towel.

Add all ingredients (except the second amount of corn and the pepper) into your Optimum high-speed blender. Select the 'SOUP' preset function and blend until well-blended and the desired temperature is reached. Pour corn mixture into a bowl(s).

Add remaining corn and stir with a spoon. Garnish with pepper and chopped coriander, if using. Eat this raw corn chowder recipe immediately, while still warm from the blender.

TIP: you'll need 3-4 cobs of corn for this recipe. This recipe makes one large single serving, or two small appetiser servings.

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NUTTY MUSHROOM soup

- 2 cup room temperature water
- 150g organic button mushrooms
- 2 shallots/spring onion
- 1/2 cup sunflower seeds
- 1 small handful cashews
- 1 small handful almonds (soaked)
- 1 small handful parsley
- 1/2 tsp herbamare or sea salt

Place all the ingredients into the Optimum Vacuum Power Blender and secure the lid. Select the 'SOUP' preset function and blend until smooth and the desired temperature is reached. Use tamper to press the ingredients into the blades if required.

Serve immediately with a serve of crispy bread.



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MEDITERRANEAN soup

by Tammy Rice Naturally Radiant
www.naturallyradiant.com.au

- 4 tomatoes
- 2-3 zucchini
- 1 small brown onion
- 1 small garlic clove
- 1 cup of raw cashews, soaked overnight
- 1 avocado (optional)
- 1 tbs of organic olive oil
- 1 tsp fresh oregano leaves
- 1 stock cube (yeast and MSG-free)
- 2-3 cups of water
- 1/2 tsp Himalayan salt
- Cracked black pepper, to taste

Soak cashews overnight. Wash all veggies. Chop roughly and add to your Optimum high-speed blender. Add the oregano and garlic to the blender, along with the rinsed cashews and avocado, if using. Add the stock cube and water to the blender with a good crack of salt and pepper, and a small amount of the olive oil.

Select the 'SOUP' preset function and blend until smooth and creamy and the desired temperature is reached.

PEA soup

by Penny Ritson Penny's Recipes
www.pennysrecipes.com

- 250g dried marrowfat peas**
- Boiling water, for soaking**
- 2 tsp bicarbonate soda**
- 1 tsp butter**
- 2 medium leeks, sliced**
- 1 medium carrot, peeled and chopped**
- 1 medium potato, peeled and chopped**
- 4 cups (1L) vegetable stock**
- 150g red lentils**
- Salt and black pepper, to taste**

Place the marrowfat peas in a bowl. Measure 1.5 litres boiling water. Add 2 tsp bicarbonate of soda. Pour over peas and leave to soak overnight, or at least 12 hours.

Rinse the peas thoroughly to prepare for use. In a large saucepan, heat the butter. Add the leek and sauté for a few minutes. Add the carrot and potato and sweat for a few minutes.

Add the peas and stock. Bring to the boil and simmer for about 20 minutes until the vegetables are soft. Season with salt and black pepper. Place in your Optimum Vacuum Power Blender and blend until smooth. Return to the saucepan to heat through. Serve with crusty bread.

50



51

PUMPKIN soup

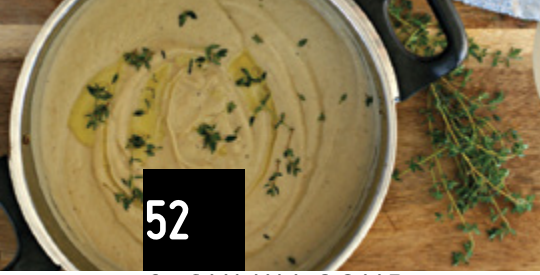
by Sally Symonds www.sallysymonds.com

- 300g pumpkin**
- 3 tbs low-fat ricotta**
- 2 tbs low-fat milk**
- 1 tsp fresh rosemary, chopped**
- Cracked pepper, to taste**
- 1 green onion, thinly sliced, to serve**
- Low-fat bacon, diced and fried, to serve**

Cook pumpkin until tender. Place peeled, seeded pumpkin, along with ricotta and milk into your Optimum Vacuum Power Blender and purée until smooth.

Mix in by hand the rosemary. Warm on stove-top.

Serve and garnish with sliced green onions and crispy bacon, if desired.

**52**

& CUMIN SOUP roasted cauliflower, garlic

by Penny Ritson Penny's Recipes
www.pennysrecipes.com

- 1 head cauliflower, chopped into florets**
- 4-5 cloves garlic, peeled**
- 1 tbs olive oil**
- 1 tsp cumin seeds**
- 1 medium onion, diced**
- 1 handful fresh thyme, chopped**
- 3 cups vegetable stock**
- 1 cup unsweetened rice milk**
- Salt and pepper, to taste**

Preheat your oven to 200°C. Chop the cauliflower into florets and coat in olive oil, salt and pepper. Place cauliflower and garlic cloves in a large baking dish and roast until golden, about 20-30 minutes. Heat some oil in a large pot over medium heat. Sauté the onion for about 5 minutes until soft and fragrant. Add the thyme and cumin seeds and continue to sauté for a minute or two. Add the stock and roasted cauliflower, bring to a boil, reduce the heat and simmer, covered, for 20 minutes. Using your Optimum high-speed blender, purée the soup until creamy and smooth. While you blend, add in the rice milk and combine. Season with salt and pepper, olive oil and fresh thyme leaves.

**53**

TOMATO SOUP roasted squash (pumpkin) &

by Penny Ritson Penny's Recipes www.pennysrecipes.com

- 2 tablespoons olive oil**
- ½ medium Crown Prince squash or Queensland Blue pumpkin**
- 1 large onion, peeled and quartered**
- 450g tomatoes, quartered**
- 2 carrots, peeled and quartered lengthways**
- 2 garlic cloves, peeled**
- 4 cups (1L) vegetable stock**
- 2 tsp paprika**
- ¼ tsp cayenne pepper**
- Salt and black pepper, to taste**

Preheat the oven to 180°C. Remove the seeds from the pumpkin and cut into chunks. Brush each piece with olive oil and place on a baking tray. Place the tomatoes, carrots, onion and garlic on another baking tray. Drizzle with olive oil then stir gently to coat in the oil. Place both the trays in the oven for about 45 minutes.

Scrape the soft squash/pumpkin flesh from the skin and place in a large saucepan. Add all the other vegetables to the saucepan. Add the stock, paprika and cayenne pepper. Stir and bring to the boil. Simmer for 5 minutes. Place in your Optimum Vacuum Power Blender until smooth. Season to taste with salt and black pepper.

MEALS





55

CARROT & CORIANDER

falafel with lemon tahini sauce

by Katy Beskow Little Miss Meat Free www.littlemissmeatfree.co.uk

Falafel

1 large carrot, grated

1 onion, chopped finely

1 small red chilli, chopped finely

400g can of chickpeas, drained and rinsed

2 tsp ground cumin

1 tsp smoked paprika

30g coriander, chopped roughly, stalks included

2 tbs sunflower oil, plus extra for shallow frying

2 tbs plain flour

Lemon tahini sauce

2 tbs light tahini

Juice of 1 un-waxed lemon

Handful of flat-leaf parsley

2 tbs cold water

To serve

4 flat breads, warmed

2 handfuls of fresh lettuce

Handful of flat-leaf parsley

Pinch of sea salt, to taste

Add carrot, onion, chilli, chickpeas, cumin, paprika, coriander and sunflower oil to your Optimum Vacuum Power Blender and blend on medium until semi-smooth. Dust a clean surface with flour and make small balls with the mixture, coating each in a little flour. Heat enough sunflower oil in a pan to shallow fry. Add the falafel to the pan when the oil is hot, cooking for a few minutes each side, until golden and crispy. Drain on absorbent paper. To make the sauce, combine the light tahini, lemon juice, parsley and cold water and whisk gently. To assemble, place lettuce and falafel on the flat breads and generously spoon over sauce. Garnish with parsley and a sprinkle of sea salt.



56

PIZZA cauliflower

by Penny Ritson Penny's Recipes www.pennysrecipes.com

Pizza crust

2 small or 1 large cauliflower
100g cheddar cheese, grated
75g mozzarella cheese, grated
2 eggs beaten

Toppings

1 small red capsicum, diced
4 tbs tomato purée
2 tsp mixed herbs
2 cloves garlic, crushed
100g goat's cheese, sliced
6 slices chorizo, diced
Handful olives, halved

Preheat the oven to 200°C. Prepare two baking trays with greased baking parchment. Remove the leaves from the

cauliflower. Roughly chop into florets. In batches, place in your Optimum high-speed and blend on low until its like breadcrumbs. Use the tamper to push the florets down as they are pulverised. Place the finished product in a large microwaveable bowl. Microwave on a high setting for 6 minutes. Stir in the cheeses and eggs. Spread in a circle on each of the baking trays, to about a 2mm thickness, smoothing out with the back of a spoon. Bake in the oven for 20 minutes.

Place the tomato purée in a bowl and add the herbs and crushed garlic. When the pizza bases are a light golden brown, smooth on the tomato purée mixture. Arrange the other toppings how you like them. Return to the oven and bake for a further 10-15 minutes. Serve immediately.



57

COCONUT CURRY coriander &

By Laura Scott *How to Cook Good Food*
www.howtocookgoodfood.co.uk

*An aromatic herb based Asian style
curry that cooks in minutes.*

Curry paste

A large bunch of coriander, leaves and stalks roughly chopped

1 red chilli, chopped*

1 large clove garlic

1 knob of ginger, peeled

Zest & juice of 1 lime

2 tbs dark soy sauce

100ml coconut cream or coconut milk

A splash of water or vegetable stock (optional)

Curry

1 tbs groundnut/sunflower oil

1 clove garlic, finely chopped

6 chestnut mushrooms, cut into quarters

1 red capsicum, sliced into thin strips

150g French beans, blanched

A handful of frozen peas, blanched

To serve

2 spring onions, thinly sliced

1 red chilli, chopped

Handful of cashew nuts, toasted**

Basmati rice, cooked***

For the paste, place all of the ingredients into your Optimum Vacuum Power Blender and blitz on high until a thick paste forms. This takes about a minute. Add a splash of water or vegetable stock to loosen the paste if necessary. Store in a sterilised jam jar/glass bottle until you need to use it. It will keep in the fridge for up to four days. For the curry, heat the oil in a wok until very hot, then add in the chopped garlic, frying until the edges turn golden brown. Add the mushrooms and red capsicum and fry for a couple of minutes over a high heat before adding in half the quantity of the curry paste (keep the other half for another curry). Continue frying for a further two minutes before adding the peas, French beans, salt and pepper. Add a few splashes of water or vegetable stock to loosen the curry sauce. Allow the flavours to cook together for a further two minutes, then remove the curry from the heat. Check the seasoning and add more if necessary. To serve, place rice in a couple of shallow bowls before adding your coriander and coconut vegetable curry. Sprinkle over the spring onions, red chilli and toasted cashew nuts.

* Remove membrane & seeds of you like less heat.

** Fry in a dry pan until the nuts turn golden brown, then remove from the heat.

*** Cook rice at the same time as the curry.



58

KIMCHI QUINOA BURGERS

with jalapeño avocado mayo

by Kellie Anderson Food to Glow
www.kelliesfoodtoglow.com

This burger is a budget-minded fare – and full of digestion-friendly probiotics and fibre. Use any beans you fancy – not baked though! The black and white sesame seeds add gorgeous crunch but substitute with Panko crumbs, or even left ‘naked’ – these burgers will still be incredibly tasty.

Burgers

1 cup quinoa, cooked and cooled
1½ cup beans*, lightly mashed
¾ cup cabbage, chopped
(or radish kimchi, drained, liquid reserved)
2 spring onions, sliced
1 chia egg** (or medium hen’s egg)
2 tsp Korean pepper flakes (optional)
2 tbs oil

Avocado jalapeño mayo

½ ripe avocado
1 tbs lime juice
1 spring onion, roughly chopped
(optional)
½ jalapeño pepper, de-seeded
2-inch piece cucumber, peeled
Pinch salt
To serve
Soft lettuce
Sprouts
Wholemeal bread roll
Cucumber slices

Place all of the burger ingredients, minus the sesame seeds and spring onions, into your Optimum high-speed blender. Pulse until you get a half smooth and half chunky mix. Stir in the chopped onion. Or, you could blend half and mash in the remaining. Clean out the blender jug. Sprinkle the seeds onto a plate and, with damp hands, divide the quinoa mixture into five or six balls; press into burger shapes. Lightly coat the burgers in the seeds and place onto a plate or baking sheet, place in the fridge to cool for 20 minutes.

Now make the yummy green mayo. Place all of the ingredients into your Optimum Vacuum Power Blender and blend until smooth. Taste for seasoning and adjust as needed. Make double if you like, because it’s delicious and makes a great, quick, guacamole. Preheat your oven to 180°C/350°F. When the burgers are chilled, pop onto an oiled tray and into the preheated oven; bake for 15 minutes. Carefully flip the burgers and bake for a further 10 minutes. When the burgers are almost ready, heat the oil in a sauté pan over

recipe continues on next page →

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*kimchi quinoa burgers with jalapeño
avocado mayo, continued...*

a medium flame. Put the burgers into the pan and cook for 1½ minutes on each side. Any longer and the sesame seeds may burn. If you aren't coating the burgers then you may wish to fry a little longer to get a nice crust.

Serve on soft lettuce leaves or in a wholemeal roll/bun, topping with the avocado and jalapeño mayo, cucumber slices and sprouts.

TIP: These are GORGEOUS with sweet potato wedges and extra kimchi!

* I used borlotti beans

** a chia egg is made by mixing 1 tablespoon ground chia seeds and 3 tbs water, or in this case kimchi liquid topped up with water. This is what I did, although I used whole chia seeds in this instance.



59

LEMON THYME chicken breast burgers

by Marc Dellapia Body Styling Fitness
www.bodystylingfitness.com @bystylingfitness

2 chicken breasts

1 lemon with rind

2 tbs thyme

¼ cup bread crumbs

Pinch sea salt and pepper

1-2 tbs olive oil

Salad, to serve

Place all ingredients, except the olive oil, in your Optimum Vacuum Power Blender on low (or pulse), until well combined.

Using your clean hands, form patties in your desired size. Drizzle the oil in a large fry-pan and cook the chicken patties on medium heat, until golden brown. Ensure you flip the patties and that they are cooked all the way through.

Serve immediately with a side salad.

First make the marinade for the chicken. Stir together all the ingredients in a shallow glass bowl or a large zip lock bag. Mix them well. Add the thighs, turning them over in the mixture and rubbing it in to coat them well. Cover and set aside at room temperature for at least half an hour, or for best results, cover and leave in the refrigerator overnight.

While the chicken is marinating, you can make the peanut sauce. Combine all the ingredients in your Optimum Vacuum Power Blender and blend on high until smooth. Serve immediately, or store, covered, in the refrigerator for up to a week for later use.

You can either cook the chicken on a grill or on top of the stove. Remove the chicken from the marinade and season lightly.

Thread chicken on to the soaked bamboo skewers, if using, and either place on the heated grill or in a heated heavy skillet that you have sprayed with some cooking oil.

Cook for 5 to 6 minutes per side, basting with some of the marinade, until it is golden brown with slightly darker edges. If you are cooking it on the grill, move it to the sides and put the lid down, cooking it for another 2 to 3 minutes. If you are cooking it in a skillet, lower the heat, cover and cook for another 2 to 3 minutes, or until the juices run clear. Discard any remaining marinade. Remove from the grill or the pan and place on a heated serving plate to rest. Brush with some of the peanut sauce and let rest, covered loosely in foil for about 5 minutes. Serve hot, with the remaining dipping sauce on the side. Delicious!

*Wear gloves to do this and DON'T rub your eyes or lips while preparing jalapeño.



THAI CHICKEN with peanut dipping sauce

by Marie Rayner The English Kitchen
www.theenglishkitchen.blogspot.com

*8 boneless, skinless chicken thighs
Bamboo skewers, soaked in water for
approximately 30 minutes (optional)*

Marinade

2 tbs light soy sauce
2 tbs tamarind Paste
1 tbs ginger, peeled and grated
2 cloves garlic, peeled and minced
2 spring onions, minced, both the green and the white parts
Salt and freshly ground black pepper, to taste

Sauce

¼ cup fresh coriander leaves
4 tbs smooth unsweetened peanut butter
2 tbs rice wine vinegar
2 tbs tamarind paste
2 tbs soy sauce
1 tbs runny honey
1 tbs ginger, peeled and grated
1 clove garlic, peeled and minced
Zest and juice of 1 lemon and 1 orange
2 spring onions, minced, both the green and the white parts
½ jalapeño pepper, cored, seeded and minced*
Crushed red pepper flakes, to taste



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VEGAN PARMESAN, ROSEMARY & SHALLOT SAUSAGES with tomato gravy

by Debbie Maple Spice www.maplespice.com

Sausages

200g extra firm or soft tofu

2 cups (100g) breadcrumbs

½ cup (65g) shallots, finely chopped

1 tsp dried mustard powder

1 tsp fine smoked sea salt

12 grinds ground black pepper

2 tsp fresh rosemary, finely chopped

2 tbs nutritional yeast flakes, finely ground

2 tbs ground almonds

2 tbs unsweetened almond or soy milk, omit if using soft tofu

Olive oil to grease and fry

Gravy

1 tbs olive oil

70g (about 4 large) shallots, sliced

50g sun-dried tomatoes in oil, drained

2 cups (500ml) vegetable stock*

2 tbs soy cream

10 grinds freshly ground black pepper

recipe continues on next page →

vegan parmesan, rosemary & shallot sausages with tomato gravy, continued...

Instructions if using soft tofu: Drain the tofu (there is no need to press). Place everything except the milk into a large bowl and mix thoroughly with your hands. When well mixed and thick in texture, wash then grease your hands with some olive oil and shape into 6 sausages. I find it easiest to grease a ¼ cup measuring cup and press the mixture in, scoop it out then squeeze and roll into sausage shapes.

Lay out on a plate lined with cling film, cover with cling film and chill for at least 1 hour. Instructions if using extra firm tofu: Crumble the tofu (no need to press) into your Optimum Vacuum Power Blender and add the milk. Process until fine in texture and well mixed. Add everything else except the shallots and blend well, it should just come together like a dough and should be able to grab a bit of the mixture and squish it together easily. Now add the shallots and pulse a few times until well mixed and the shallots are a little smaller - you still want bits of shallots in here though so don't over mix. Grease your hands with olive oil and shape into 6 sausages. Lay out on a plate lined with cling film, cover with cling film and chill for at least 1 hour.

To fry, add 1½ tbs of olive oil to a large non-stick frying pan and heat to medium. Add the sausages, turning to coat in the oil and fry, turning frequently until equally golden brown all over.

For the gravy, heat the olive oil in a frying pan then gently fry the shallots and pepper until the shallots are really soft and caramelised, a nice golden brown will do.

Tip into your Optimum Vacuum Power Blender with the sun-dried tomatoes and half the vegetable stock. Blend until really smooth, add the rest of the stock and blend again. It will be really watery looking at this point, that's OK! Pour the mixture into a saucepan and bring to medium heat, reduce to low and simmer with the lid off for about 20 minutes until it has reduced in volume and is thicker. Pour in the cream and stir well.

*First, a note on the vegetable stock, it provides a lot of the flavour in this gravy so make sure you use one you really love the taste of.

DESSERTS & TREATS





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WITH RASPBERRIES cacao & fig cheesecake

by Joelle Vadas Rawfully Healthy www.rawfully-healthy.com

Crust

- 1 cup pecans**
- 1 cup Medjool dates**
- ½ cup raw cacao**
- 2 tbs chia seeds**
- 3 tbs coconut sugar**
- Pinch of salt**

Filling

- 1 cup cashews, soaked overnight**
- 1 cup almonds, hot soaked overnight and peeled**
- ½ cup raw Coconut Magic coconut nectar**
- ½ cup Coconut Magic coconut oil liquid**
- 2 tbs lime juice**
- 6 figs, soaked in 1 cup of water for 3 hours, chopped, ¾ cup of soaking liquid reserved**
- ½ tsp salt**
- ½ tsp liquid Stevia (optional)**
- ¼ cup cacao**
- 1 tbs lime juice**
- 2 Medjool dates**

Mix until totally smooth, scraping down the sides of the blender as necessary. Also utilising your tamper will be helpful to keep it all moving. Remove ½ of the mixture and pour over the crust. Smooth out as much as possible.

Put the cheesecake back in the freezer. Add the cacao, lime juice and dates to the remaining cashew mixture blending it together, scraping down again, until the mixture is uniformly combined.

Wait 1 hour before attempting to put the chocolate layer over the top of the pale layer. Smooth over with a knife or offset spatula. Put back in the freezer for another few hours until solid right through. Remove from freezer and leave in the fridge a few hours before serving. Decorate either with thawed frozen or fresh raspberries. You can also use freeze dried raspberries or strawberries and crush them over the top.

For the crust, blend the ingredients on high in your Optimum Vacuum Power Blender until it pulls away from the edges and starts to form a ball. Press the crust into the bottom of desired pan, about ¼ inch (0.6cm) thick. Set aside in the freezer while you are making the filling.

For the filling, add cashews, almonds, coconut nectar, coconut oil, reserved fig soaking liquid, lime juice, figs and salt to your Optimum high-speed blender.



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BROWNIE raw hazelnut

by Joelle Vadas Rawfully Healthy
www.rawfully-healthy.com

- ½ cup raw cacao**
- ½ cup hazelnuts, soaked overnight**
- ½ cup cashews, soaked overnight**
- 2 tbs chia powder***
- 2 figs, soaked for 2 hours**
- 4 Medjool dates**
- A splash of almond milk**

Drain and rinse nuts. Put cashews, figs and dates in your Optimum Vacuum Power Blender on low speed, use tamper to mix it up. Add chia powder and cacao and blend until smooth. Lastly add hazelnut and blend until they are roughly chopped (you want them to be a little chunky).

Remove from your Optimum Vacuum Power Blender and push into a square pan and chill for 3-4 hours. Turn it out and cut into squares. Enjoy!

*You can grind chia seeds in your Optimum Vacuum Power Blender in quantities of ½ cup or more. Store excess ground seeds in a sealed container in a cool dry place.



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CHERRY PIE

raw

by Jules Galloway - Naturopath

www.julesgalloway.com www.facebook.com/JulesGallowayHealth

Gluten free, dairy free, cane sugar free and of course delicious!

Base

1 cup almonds

1 cup desiccated coconut

15 dried dates, soaked in water for 10 minutes

3 heaped tbs cacao powder

1 tsp vanilla powder

Coconut oil, for greasing the tin

Filling

250g cashews

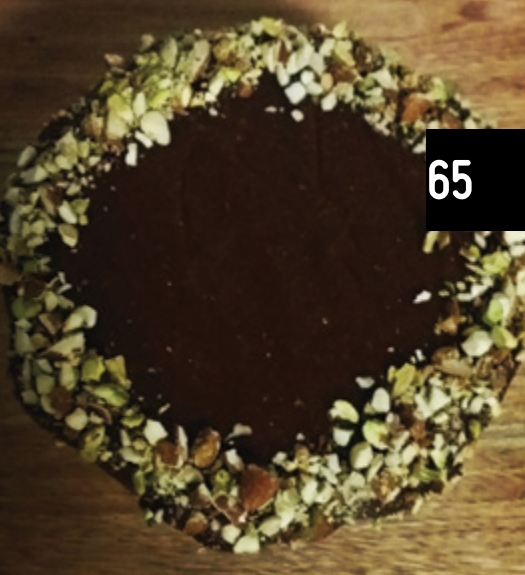
½ cup coconut oil

2 cups of fresh cherries, pitted

1/3 cup honey

Extra cherries, for serving

Place your almonds and coconut into your Optimum high-speed blender, select the 'Nuts' preset function and blend until it reaches a coarse, gravel-like consistency. Add the dates, cacao and vanilla powder and blend on a low speed, stopping occasionally to scrape down the sides, until your becomes slightly sticky (you can test this by pressing a small amount between your thumb and forefinger). Press the mixture into the base and up the sides of a 25-30cm flan tin with a loose base, which has been greased with coconut oil. Next, blend all the filling ingredients on a medium to fast speed until super smooth. Pour into your flan tin and refrigerate until set. If you like, you can transfer to the freezer and it will set faster. Serve with fresh cherries stacked on top.



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CHEESECAKE

raw chocolate caramel

by Melissa Sinclair 10 Minutes a Day
www.my10minutesaday.com
[@10_MINUTESADAY](https://www.facebook.com/10MinutesADay)

Crust

1 cup shredded coconut

1 cup almonds

10 Medjool dates, pitted

1 tbs raw cacao

Pinch salt

Filling

**2 cups cashews, soaked 4 hours,
drained and rinsed**

½ cup honey

⅓ cup raw cacao

¼ cup lemon juice

⅓ cup coconut oil

2 tsp vanilla extract

2 tbs water ‘caramel’

1 cup pitted Medjool dates

½ cup almond milk

1 tbs honey

1 tsp vanilla extract

Pinch of salt

To serve

¼ cup roasted pistachios

¼ cup roasted almonds

A sprinkle of salt

combined and holding together when pinched. Press firmly into a spring-form cheesecake pan and pop into the fridge to set for at least an hour before adding the topping. For the filling, combine all ingredients in your Optimum Vacuum Power Blender and blend until smooth. Pour on top of your crust and pop into your freezer to begin setting while you make your caramel topping.

For the caramel, combine all ingredients in your Optimum high-speed blender, and blend on medium using the tamper. You will need to continue scraping down the sides of the blender and pulsing until the caramel is nice and smooth. Spread over your chocolate cheesecake.

To serve, roughly chop the nuts and mix in a bowl together with the sprinkle of salt. Dust the outside of your cheesecake with the salted nuts, serve and enjoy! To store, keep refrigerated.

For the crust, place the almonds in your Optimum high-speed blender, select the ‘Nuts’ preset function and blend until it reaches a coarse, gravel-like consistency. Add the coconut and pulse to combine.

Add the remaining ingredients and blend, using the tamper, until the crust is well

MOUSSE PIE raw chocolate

by Sheree Adams
www.facebook.com/beingyourbestyou
[@beingmybestm](https://www.instagram.com/beingmybestm)

Base

1 cup cashews,
soaked for one hour
and drained
¼ cup dates, pitted

Mousse

1 large ripe avocado
1 tbs cacao powder
¾ cup dates, pitted
¼ cup Coconut
Magic coconut oil

For the base, blitz all ingredients in your Optimum Vacuum Power Blender on high until you get a buttery consistency. Press firmly and level into a dish greased with some coconut oil.

For the mousse, blitz all ingredients in your Optimum high-speed blender. Pour on top of base and level out. Cover and pop in fridge or freezer to set. Slice and serve with yoghurt and berries.

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COCONUT ROUGH raw chocolate &

by Sheree Adams

½ cup dry pitted dates
½ cup cacao
½ cup coconut oil
½ cup shredded coconut

Blitz ingredients in your Optimum high-speed blender. Pour into shallow dish and pop in freezer for 30-60 minutes until set.

Slice into bite size pieces once it has set. Store in fridge.

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CUPCAKES raw coconut & vanilla

by Sheree Adams
www.facebook.com/beingyourbestyou
[@beingmybestm](https://www.instagram.com/beingmybestm)

Cupcakes

1 cup Coconut Magic coconut flour

1 cup coconut milk

1 ripe banana

2 tsp vanilla extract

1 tbs raw honey

Icing

1 cup cashews, soaked for 6-8 hours,
drained

¼ cup coconut milk

1 tbs raw honey

1 tsp vanilla extract

Blitz cupcake ingredients in your Optimum high-speed blender. Press firmly into cupcake trays which have been lightly greased with coconut oil. Place trays in freezer at least one hour. Place icing ingredients in your Optimum high-speed blender and blend until smooth. Store in refrigerator for one hour.

Remove the cupcakes from the freezer and the icing from the refrigerator. Using a piping bag, pipe icing on to the cupcakes. Dust with cacao (optional). Serve! If not eating immediately, store in the freezer.



69

JELLY mango

by Penny Ritson Penny's Recipes
www.pennysrecipes.com

- 2 x 425g tins sliced mango in light syrup**
- 1 tbs lime juice**
- 100g caster sugar**
- 250ml orange juice**
- 6 leaves gelatine**

Empty the contents (fruit and juice) of the mango tins into your Optimum Vacuum Power Blender and blend on high until smooth. Add the lime juice, pulse to combine. Soak the gelatine leaves in water for 5 minutes.

Meanwhile put the orange juice and sugar in a saucepan and heat until the sugar has dissolved and it is just gently simmering. Squeeze excess water from the gelatine leaves and add to the pan.

Allow to dissolve and stir gently. Add the mango mixture to the liquid and stir well. Place all the liquid in a large bowl, jelly mould, or individual serving bowls. Leave in the fridge to set for around 12 hours.



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BROWNIES

maple-roasted nut butter

by Emma Coconut & Berries www.coconutandberries.com

250g (2 cups) mixed nuts, roughly chopped*

1 tbs maple syrup

1 tsp coarse sea salt

4 tsp ground flax

3 tbs water

1½ cups (155g) almond meal, sifted**

¾ cup + 2 tbs (85g) oat flour, sifted

½ cup (60g) cocoa powder

2 tbs arrowroot or tapioca flour

¼ tsp baking soda

¼ tsp salt

75g dark chocolate (70% cocoa solids), plus 25g for topping

6 tbs (80g) coconut oil

1 cup (150g) coconut sugar, ground***

¼ cup (60ml) almond milk

2 tbs instant coffee (optional)

2 tsp vanilla extract

recipe continues on next page →



Preheat the oven to 200°C/400°F, spread the chopped nuts on a parchment-lined baking tray and bake for 3-5 minutes. Drizzle over the maple syrup, sprinkle with sea salt and stir. Bake for 3-5 minutes longer. Cool. Lightly oil a 9x9" brownie pan and line with two sheets of parchment paper, going in opposite

directions, for easy removal. Whisk together ground flax and water and set aside to thicken. In a large bowl, sieve together the almond meal, oat flour, cocoa, arrowroot, baking soda and salt. Melt chocolate in a glass bowl over boiling water, along with the coconut oil. When melted, whisk in ground coconut sugar, almond milk, instant coffee (if using), vanilla and flax mixture. Add wet ingredients to dry and stir well. Fold in 75 g/2.5 oz (approx 1/3) of the roasted nuts and spoon batter into the prepared pan. Spread evenly with a spatula and smooth over the top. Reduce heat to 180°C/ 350°F and bake brownies for 25-30 minutes. Leave to cool completely (at least one hour) before topping. While cooling, add the remaining nuts to your Optimum Vacuum Power Blender and blend until you have a very smooth nut butter. Spread nut butter over brownies (you may not need all of it) and chill for 10 minutes.

Place remaining chocolate in a freezer bag and put in a bowl of boiling water for 10 minutes to melt. Remove from water and set aside for 5 minutes to thicken slightly, snip a tiny corner off the bag and drizzle chocolate generously over brownies. Leave to set completely before slicing into squares.

* You can use any nuts here but I liked the flavour of the mix I used, which included Brazil nuts, almonds, walnuts, hazelnuts and pecans.

** I grind my own meal and flours using my Optimum Vacuum Power Blender which has a jug specially designed to be able to grind grains and nuts.

*** I prefer to use ground coconut sugar for a better brownie texture. You can also substitute with cane sugar.



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CAKES mini raw chocolate

by Nicole English www.rawkiwi.com

Base

1 cup almonds

1 cup soft dates

¼ cup shredded coconut

1 tsp pure vanilla

Almond fudge

¼ cup coconut butter*

¼ cup raw almond butter

¼ cup Coconut Magic coconut nectar

Icing

1 cup soft dates

¼ cup of Coconut Magic coconut oil

¼ cup cacao powder

1 tsp pure vanilla

Place all the base ingredients in your Optimum Vacuum Power Blender and process until the mixture holds together. (Add a teaspoon of water if needed). Press a tbs of mixture into muffin tins. Clean your Optimum Vacuum Power Blender and blend together the ingredients for the 'almond fudge' until well blended. Add mixture to your bases and clean the blender. Place 'chocolate icing' ingredients into Optimum Vacuum Power Blender and blend until smooth. Spread icing over cupcakes. Place in the freezer to set.
* not to be confused with coconut oil.



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COOKIES raw oreo

by Sheree Adams [@beingyourbestyou](https://www.facebook.com/beingyourbestyou)

Biscuits

1 cup almond meal

150g Medjool dates, pitted

3 tbs Coconut Magic coconut oil

2 tbs cacao powder

Water, if needed*

Centre cream

1 cup cashews, soaked 2-4 hours, drained

¼ cup coconut milk

1 tbs raw honey

For the biscuits, place all of the ingredients in your Optimum Vacuum Power Blender and blitz until combined. Using one tablespoon of mixture to form 16 biscuits and pop in the fridge.
For the cream, blitz the cream ingredients in your Optimum Vacuum Power Blender until a creamy consistency. Pull your biscuits from the fridge. Spoon about 2 heaped teaspoons of cream onto 8 of your biscuit bases. Top the biscuits with the remaining bases. Refrigerate before serving.



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CUPCAKES

roasted beetroot & raw cacao nib

by Elizabeth Elizabeth's Kitchen Diary www.elizabethskitchendiary.co.uk

Cupcakes

- 3 medium beetroot
- 2 tbs sunflower oil
- 50g raw cacao nibs
- 225g self-raising flour
- ½ tsp bicarbonate of soda
- 180g light brown sugar
- 125g butter or 130ml sunflower oil
- 100g dark chocolate (70% cocoa solids)
- 3 large free range eggs

Icing

- 300g icing sugar
- 4 tbs butter or solid coconut oil
- 2 tbs full-fat milk or non-dairy milk
- 1 tbs roasted beetroot purée
- Cacao nibs, for decoration

roasted beetroot & raw cacao nib cupcakes, continued.....

Preheat oven to 200°C/425°F. Wash the beetroot thoroughly under cold water to remove any traces of dirt. Leave 2-3 cm of stalk at the top and the root tail intact. Place the beetroot on a baking tray and drizzle with the sunflower oil. Roast for 90 minutes, turning every 20-30 minutes, until the beetroot is tender. A knife will slide in and out of the beetroot easily when it is ready. Remove from the oven and allow to cool completely.

When cooled, the skin will slip off. Discard the skin, top and bottom, and purée the whole beetroot in your Optimum high-speed blender. You will likely need to use the blender tamper to keep things moving.

Preheat oven to 180°C/350°F. Line a 12-hole cupcake tin with large paper cupcake cases. Blend the cacao nibs in your Optimum Vacuum Power Blender until they form a powder. Sift the flour, ground cacao nibs and bicarbonate of soda into a large bowl. You may have some cacao which won't fit through the sieve, just chuck it in the bowl along with the rest and stir in the sugar. Break the dark chocolate into small pieces in a heat proof bowl and suspend over a pan of barely simmering water. Usually I boil the kettle, pour it into a pan, place the bowl on top and leave it off the heat, stirring once or twice, until it has melted.

If using the butter, add the butter along with the chocolate to melt. If using oil, add the oil along with the eggs after the chocolate has melted. Stir 250g of room temperature beetroot purée into the dry ingredients, along with the chocolate mixture. Stir until just combined. Spoon into the paper cupcake cases. They will be full, but rest assured it will be OK. Bake for 25-30 minutes in the centre of the oven until a skewer, inserted into the centre of a cake comes out clean. Transfer to a wire rack to cool completely.

To make the frosting, sift the icing sugar into your Optimum Vacuum Power Blender and blend with the softened butter, milk and beetroot purée until it reaches the desired consistency. Using a plastic disposable piping bag, pipe swirls of frosting on the top of the cupcakes. Decorate with cocoa nibs. Store in an airtight container. Cupcakes will keep for a few days.



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POMEGRANATE BARK

raw white chocolate &

by Jules Galloway - Naturopath www.julesgalloway.com
www.facebook.com/JulesGallowayHealth

½ cup raw cashews

100g cacao butter

¼ cup coconut milk

½ tsp vanilla powder

1 tbs honey

2 tbs desiccated coconut

3 tbs dried pomegranate seeds

In your Optimum high-speed blender, select the 'Nuts' preset function and blend the cashews until they become a fine powder. Next, gently melt your cacao butter in a double boiler, being careful not to heat it above 46°C (if you want your dessert to be officially considered raw).

Once your cacao butter is all melted, blend it together with your cashews, coconut milk, vanilla powder and honey, on a medium speed, until smooth and creamy.

Cover a good sized dinner plate with foil, and gently pour the mixture onto the plate until it's about 2-3mm thick. Sprinkle generously with desiccated coconut and dried pomegranate seeds and refrigerate for 2-3 hours, or until set.

Break up into random sized chunks and serve.

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