



## Blackberry fig and honey cake

Sweet and juicy, blackberries are high in fibre and a good source of Vitamins E and C, while figs provide potassium, calcium and iron.



(A powerful blender or a Thermomix is essential for this cake.)

### Ingredients | method

#### 1 *Base*

Line the base of a springform cheesecake tin with baking paper and set aside.

- 1½ cups activated (soaked) figs and dates
- 1 cup cashews
- ½ cup walnuts
- pinch salt
- 1 tsp bee pollen

Blend to preferred consistency and press into base of lined tin.

#### 2 *Fig and honey layer*

- 1 cup activated (soaked) figs – blend into mince first
- 1 cup finely ground cashews
- 1½ cups coconut milk
- 4 tbsp raw honey
- 1 tsp bee pollen
- 1 cup coconut oil (essential to setting cake)

1 tsp vanilla essence  
pinch salt

Blend to moussey consistency and spread evenly over base. Set aside in freezer to set firm enough before spreading on the next layer.

### 3 *Blackberry layer*

1 cup finely ground cashews  
1½ cups blackberries  
2 tbsp honey  
½ cup coconut milk  
1 cup coconut oil (essential for setting layer)  
pinch cinnamon  
pinch salt

Blend to smooth moussey consistency and spread over previous layer. Set in freezer for at least 4 hours. Thaw in refrigerator for an hour or two before serving. Enjoy!

## Alchemy Café

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, smoothies, juices, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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