



Raw Chocolate Mousse Cheesecake

Raw cacao beans contain antioxidants and essential minerals, but are particularly rich in magnesium.



Ingredients | method

① *Base*

- 1 cup almonds
- 1 cup hazelnuts
- $\frac{3}{4}$ cup chopped dates
- 3 tbsp water (to process easier)

Blend all ingredients together on high speed in food processor to preferred coarseness. (Soaking ingredients beforehand is an option, to blend faster and make a smoother mix.) Press into the base of a springform tin, with nuts or frozen strawberries scattered on the bottom first, if desired.

② *Filling*

- 3 cups hazelnuts
- 1-2 cups coconut oil (essential to set the cheesecake)
- $\frac{1}{2}$ cup cacao
- $\frac{3}{4}$ cup maple syrup (do a taste test, add more if desired)
- 1-2 cups coconut milk (depending on preferred consistency)
- 1 tsp vanilla essence
- Pinch Himalayan salt

Blend on low speed until combined, then blend on high for 5 mins to form a smooth, moussey mixture. Pour over base and refrigerate until firm.

③ *Our magic chocolate sauce topping*

1½ cups coconut oil, melted slightly
½ cup cacao
½ cup maple syrup
Pinch salt

Combine all ingredients in a small bowl. Pour over cake, then set whole cake in freezer for at least 5 hours. (Can be thawed in fridge for better slicing.) 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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