

# HEALTHY COOKING

## ▶ RASPBERRY & COCONUT MOUSSE CAKE



Blend all filling ingredients in a food processor until smooth. In a clean food processor blend all ingredients for the base, some texture is ok. Press base mix into a pie dish, pour the filling into the base and chill for at least 3 hours before serving.

### Each serving:

**Protein: 14.5g | Carbohydrate: 9.6g | Oil: 11ml | Nuts ¼cup**

SERVES 4

### INGREDIENTS

#### Filling:

- ▶ 2 punnets (240g) fresh raspberries – If using frozen berries reduce to 200g due to water content
- ▶ 300g silken tofu – press between paper towels/ muslin to remove as much fluid as possible
- ▶ 1 Tbs fresh lemon juice
- ▶ 12-15 drops of stevia (to taste)

#### Base:

- ▶ ½ cup (60g) almonds
- ▶ ½ cup (60g) shredded coconut
- ▶ 3 Tbs coconut oil
- ▶ Pinch of nutmeg
- ▶ Pinch of cinnamon
- ▶ Pinch of cardamom