

Sweet health BOOST

CNM, the College of Naturopathic Medicine, present sweet treats combining fruit and nuts for a boost of protein, antioxidants and essential fats

Banana, blueberry and almond loaf

This fruit and nut loaf is full of healthy ingredients, but you'll just love how it tastes!

By CNM Natural Chef student Christele Tai

Serves 8 | Prep 10 mins | Cook 1 hr | Calories 300 (per serving)

3 ripe bananas, mashed	syrup or maple syrup
3 flaxseed 'eggs' – 1 tbsp	180g (6½oz) almond flour
ground flaxseed combined	150g (5¼oz) blueberries
with 3 tbsp water	3 tbsp coconut oil, melted
½ tsp vanilla extract	slice of banana, to
3 tbsp brown rice malt	decorate (optional)

- 1** Make up the flax 'eggs' by combining the ground flaxseed with the water and let sit in the fridge for 15 minutes to thicken up.
- 2** Preheat the oven to 180°C/Gas Mark 4.
- 3** Line a loaf tin with parchment paper.
- 4** Add the 'eggs' to the mashed banana, slowly adding all the other ingredients except the blueberries.
- 5** When the mixture is combined, slowly fold the blueberries into it. Pour into the lined loaf tin and top with a slice of banana, if desired.
- 6** Bake in the oven for 50-60 minutes. Leave to cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.



Check out CNM's health and nutrition cooking courses at www.naturopathy-uk.com

17.4g	5.4g	0.01g	8.1g	5.9g
Total fat	Saturates	Salt	Sugar	Protein



Toasted quinoa cake

Quinoa in a cake?! Try out this gorgeous recipe and you'll be wondering why you didn't think of it before.

By CNM Natural Chef graduate Asmaa Lahlou

Serves 8 | Prep 10 mins | Cook 20 mins | Calories 187 (per serving)

100g (3½oz) buckwheat rolled flakes (or oat flakes)	50g (1¾oz) coconut nectar
100g (3½oz) quinoa, uncooked	50g (1¾oz) almond butter
25g (1oz) chia	50g (1¾oz) roughly chopped almonds
2 tbsp ground flaxseed	½ tsp vanilla extract
1 tsp cinnamon	FOR THE TOPPING
a pinch of Himalayan pink salt	fruit of choice
100g (3½oz) mashed banana	

- 1 Preheat the oven to 180°C/Gas Mark 4 and line a 20cm (8in) diameter round baking tin with parchment paper.
- 2 In a large bowl, mix the dry ingredients: buckwheat flakes, quinoa, chia, flaxseed, cinnamon and salt.
- 3 Next, stir in the banana, sweetener, nut butter, nuts and vanilla extract. Mix well.
- 4 Scoop into the baking tin and press down firmly to form a cake shape. Bake for 15-20 minutes or until golden. Cool completely before slicing it. Serve topped with your fruit of choice.

6.3g	0.6g	0.03g	7g	5.8g
Total fat	Saturates	Salt	Sugar	Protein



Lemon ~~and~~ poppy seed cheesecake

A delectable and creamy cheesecake to delight the tastebuds with its combination of flavours.

By CNM Natural Chef graduate Asmaa Lahlou

Serves 10 | Prep 10 mins plus chilling | Cook none | Calories 424 (per serving)

FOR THE BASE

125g (4½oz) raw almonds
8-10 Medjool dates, pitted (about 175g (6oz))
¼ tsp vanilla paste or 1 tsp vanilla extract

2 tbsp ground flaxseed
2 tbsp raw coconut oil
a pinch of Himalayan pink salt

FOR THE FILLING

250g (9oz) soaked raw cashew nuts

150g (5¼oz) maple syrup
100g (3½oz) coconut oil, melted (about 8 tbsp)
juice of 4 lemons and grated zest of 1 lemon
¼ tsp vanilla paste or 1 tsp vanilla extract

a pinch of Himalayan pink salt
2 tbsp poppy seeds

FOR THE TOPPING

lemon zest, pomegranate seeds, berries, edible flowers

- 1 Line a round 20cm (8in) springform tin with parchment paper and set aside.
- 2 For the base, place the nuts in a food processor and mix until finely ground. Add the rest of the base ingredients and mix well to obtain a sticky mixture.
- 3 Press into the tin to form the base and refrigerate while you make the filling.
- 4 Purée the filling ingredients (except the poppy seeds) in a blender to a creamy consistency, add the poppy seeds and mix with a spatula before you pour the filling over the crust and chill in the fridge for at least 2 hours. Decorate as you wish!

30.2g	13.5g	0.03g	24.5g	7.9g
Total fat	Saturates	Salt	Sugar	Protein



Blueberry lemon mousse cake with scented flowers

It's light, it's fruity and it's topped off with scented flowers, what more can you want from a cake that looks as good as it tastes.

By by CNM Natural Chef Lecturer
Henrietta Inman, author of *Clean Cakes*

Serves **10** | Prep **15 mins** plus soaking and chilling |
Cook **none** | Calories **394** (per serving)

- 1 The night before making, place the can of coconut milk in the fridge. Line the base and sides of a 23cm (9in) springform cake tin with baking parchment.
- 2 Soak the cashew nuts in 300ml (10fl oz) filtered water with ½ tsp of Himalayan pink salt for 3-4 hours.
- 3 For the base, in a food processor chop up the dates with the salt and vanilla seeds to form a ball-like paste. Add the coconut and hemp seeds and blitz to combine. Melt the coconut oil, add to the mix and process until everything is combined. Turn out into the prepared tin and press down to form an even base. Refrigerate.
- 4 In a blender, process 150g (5¼oz) of the blueberries, the lemon zest and juice, coconut nectar syrup and salt to form a purple juice. Drain and rinse the cashew nuts thoroughly, then add them to the blueberry juice and process until smooth.
- 5 Open the can of coconut milk and remove the cream on the top, which will have set overnight. You need 240g (8½oz), so use some of the thinner milk from the bottom of the can if necessary. Whip up the coconut cream in a freestanding mixer or using an electric whisk, until smooth and thick.
- 6 Melt the coconut oil, blend it into the blueberry juice and then add everything in the blender to the whipped coconut cream. Lightly whisk everything once more until just combined. If you overmix, the cake won't be as light as it should be. Fold in the remaining 175g (6oz) blueberries, then pour the mix over the prepared base. Refrigerate for about 2 hours until firm.
- 7 When set, 'de-mould'. Decorate with blueberries and scented edible flowers, and serve immediately.

FOR THE BASE 325g (11½oz) blueberries
90g (3¼oz) pitted Medjool dates
finely grated zest of 2 lemons

¼ tsp Himalayan pink salt 100ml (3½fl oz) plus 1 tbsp lemon juice
1 vanilla pod, split lengthways and seeds scraped out 110g (4oz) coconut nectar syrup

70g (2½oz) plus 2 tbsp desiccated coconut ¼ tsp Himalayan pink salt
35g (1¼oz) hemp seeds 75g (2¾oz) coconut oil

2 tbsp coconut oil **FOR THE TOPPING**
150g (5¼oz) blueberries
scented edible flowers

FOR THE FILLING
400ml (14fl oz) tin of coconut milk
150g (5¼oz) cashew nuts, soaked

30.8g Total fat 20.7g Saturates 0.05g Salt 20.2g Sugar 5.3g Protein



The recipes on pages 88-90 are by the Natural Chefs at the College of Naturopathic Medicine. CNM recommends using organic ingredients. You can train at CNM to become a Natural Chef or a Vegan Natural Chef. www.naturopathy-uk.com