

## BLUEBERRY LEMON MOUSSE CAKE...

BY HENRIETTA INMAN

### Ingredients:

#### For the base:

- 90g pitted Medjool dates
- ¼ tsp Himalayan pink salt
- 1 vanilla pod, split lengthways and seeds scraped out
- 70g, plus 2tbsp desiccated coconut
- 35g hemp seeds
- 2tbsp coconut oil

#### For the filling:

- 1 x 400ml can coconut milk
- 150g cashew nuts, soaked
- 325g blueberries
- Finely grated zest of 2 lemons
- 100ml, plus 1tbsp lemon juice
- 110g coconut nectar syrup
- ¼ tsp Himalayan pink salt
- 75g coconut oil

#### For the topping:

- 150g blueberries
- Scented edible flowers

### Method:

- The night before making, place the can of coconut milk in the fridge. Line the base and sides of a 23cm spring-form cake tin with baking parchment.
- Soak the cashew nuts in 300ml of filtered water with half teaspoon of Himalayan pink salt for three to four hours.
- To make 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.
- In a blender, process 150g 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.
- Open the can of coconut milk and remove the cream on the top, which will have set overnight. You need 240g, 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.
- Melt the coconut oil and 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 over mix, the cake won't be as light as it should be. Fold in the remaining 175g of blueberries then pour the mix over the prepared base. Refrigerate for about two hours until firm.
- When set, 'de-mould'. Decorate with blueberries and scented edible flowers, and serve immediately.

Recipe by Henrietta Inman, author of *Clean Cakes*, and a lecturer on the CNM Natural Chef Course at the College of Naturopathic Medicine. Find out more at [www.naturopathy-uk.com](http://www.naturopathy-uk.com)



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