



GARDEN OF EDEN
NATURAL BAKERY

GARDEN OF EDEN CAKES - BANOFFEE TART AND CHOCOLATE PEANUT BUTTER BLISS BALLS



Banoffee Tart

Base

1 cup cashews
1 cup almonds
1 cup coconut
½ cup soaked dates

Filling

1 cup melted coconut oil
1 cup soaked dates
½ cup pure maple syrup
1 tsp vanilla bean paste
1 ripe avocado
3 large overripe bananas
1 tsp apple cider vinegar
2 tbsp cashew or almond butter

Topping

2 can full fat coconut cream (chill in fridge overnight)
1 tsp vanilla bean paste
2 tbsp maple
2 large bananas
Juice from 1 lemon

Method:

1. In a food processor blend almonds, cashews and coconut. Then add dates and blend again.
2. Roll out base and put in tin then place in freezer while you make filling.
3. In a food processor place all filling ingredients and blend until smooth then pour over base and place in freezer for 4+ hours.
4. To make whipped coconut cream scoop out the hard mass on coconut cream and place in a bowl with vanilla and maple. Beat like you would with normal cream until whipped.
5. Slice up banana and coat in lemon juice then layer on top of tart and top with the coconut cream.

Chocolate Peanut Butter Bliss Balls

4 cups almond meal
1 cup cacao
½ cup coconut oil
½ cup pure maple
½ cup cashew butter
½ cup peanut butter
Dash salt

Method:

In a food processor add in almond meal, cacao, salt, maple, coconut oil and cashew butter and blend till combined.
Roll into balls and then press in the peanut butter