

# delicious.

## Teresa Cutter's healthy Australia Day lamingtons



|                          |                           |                       |
|--------------------------|---------------------------|-----------------------|
| <b>MAKES</b><br>40       | <b>PREP TIME</b><br>-     | <b>COOK TIME</b><br>- |
| <b>INGREDIENTS</b><br>13 | <b>DIFFICULTY</b><br>EASY | ★★★★★                 |

"What would Australia Day be without a lamington or two? These delicious spelt-flour lamingtons, from my Healthy Baking Cookbook, are a healthy take on the culinary icon. Rich in wholefood goodness, with a taste that's purely delicious – you'll never choose a store-bought version again!" - Teresa Cutter.

### INGREDIENTS

- 250g butter, softened
- ½ cup (180g) raw honey
- 2 tsp vanilla extract or paste
- 4 organic eggs, at room temperatur
- ½ cup (125ml) buttermilk or drinking coconut milk
- 2½ cup (300g) wholemeal spelt flour
- 3 tsp gluten-free baking powder
- 125g fresh or frozen raspberries
- Shredded coconut, to roll

### NAKED CHOCOLATE DIPPING SAUCE

### METHOD

1. Preheat the oven to 160°C (fan-forced).
2. Line the base and sides of a 30cm x 20cm shallow baking tray with baking paper.
3. Place butter, honey and vanilla in a stand mixer fitted with the paddle attachment and beat until creamy.
4. Add eggs, 1 at a time, beating well after each addition.
5. Add buttermilk, then flour and baking powder, and fold in by hand using a large spoon or spatula until combined.
6. Spoon the batter into the prepared tray and sprinkle with raspberries
7. Bake for 50 minutes or until cooked, then remove from oven to cool completely.
8. Cut the cooled lamington into squares.

2 tbs tahini, at room temperature

½ cup (125ml) extra virgin cold-pressed coconut oil, melted

4 tbs Naked Chocolat (from thethehealthychef.com) or cacao

2 tbs maple syrup

9. For the naked chocolate dipping sauce, combine all ingredients in a small bowl.
10. Dip each lamington piece into chocolate sauce, then roll in the coconut and allow to set before serving.

---

DELICIOUS TEAM PICK

