

# HEAVENLY HEALTHY CHAI DESSERTS

10 delish recipes



## ABOUT REAL CHAI™

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RealChai is all about giving you the most delicious chai you've ever had.

### It's that simple.

We exist to share the magical experience of drinking really good chai. 100% natural, hand-blended...with love...the way chai should be.

Formed in 2008 Real Chai specialises in unique hand crafted spice tea blends.

Real Chai contains only real tea and real spices. There is nothing artificial. No flavours, colours, sugar or any other hidden nasties.

Is there a secret ingredient? Yes. Love. Real Chai is handblended with love. It's made for chai lovers by a chai lover and you CAN taste the difference.

Now not only can you drink your RealChai but you can totally treat yourself to one of these drool worthy desserts too!

### Special thanks to these gorgeous ladies...

Vanessa Scanes @vscanes on instagram

Catie Keech @catiekeech on instagram

Emma & Carla Papas:

[www.themerrymakersisters.com](http://www.themerrymakersisters.com)

Tegan Westra: [www.essentialexirs.com.au](http://www.essentialexirs.com.au)

Masa Ofei: [www.theminimalistvegan.com](http://www.theminimalistvegan.com)

They've taken my RealChai™ and put their own delicious spin on it for us to enjoy.

So, so, talented. Thank you so much!! xx

**You LOVE dessert AND you care about what you put in your body. Let's face it, you want to have your cake and eat it too (what else would you wanna do with cake anyway?)**

Baby, we've got your covered!

Chai, Coconut, Cacao are having a party and your invited.

These recipes are your ticket to healthy dessert heaven. They're vegan, gluten free, refined sugar free, dairy free and of course.... delicious.

Creating this cook book and "testing", repeatedly :-p, every single recipe has definitely been a perk of the job!

I hope your tastebuds enjoy them as much as mine did.

Happy desserting!



Anthea (aka the chai girl) xx

# THE BASICS

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## Strong RealChai™ concentrate

80 gm. RealChai™ Barista Blend

3 cups of filtered water

Simmer on a gentle heat until liquid is reduced by ½ to a 1/3 depending on desired strength.

**Note:** for chocolate chai or real chai concentrate use 3 cups of water to 2-3 tablespoons of dry chai. Repeat the above method and sweeten to taste as required.

## RealChai™ syrup

1/2-cup honey

1/3-cup chai concentrate

Melt honey and chai concentrate gently at first, and then gently simmer until it forms a syrupy consistency. You can check this by popping a drop of syrup onto a saucer. It is ready when it holds on the plate.

**Hot tip:** This syrup is gorgeous addition to summer time cocoa/coconut smoothies!



## CHAI INFUSED CHOCOLATE MORSELS

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Recipe By Vanessa Scanes

*Not just for dessert. You can sneak these babies in anytime you like, really!*

### Ingredients

120gm cacao butter

3 tbsp of RealChai™ Barista Blend

14 tbsp of organic cacao powder

4-6 tsp of coconut sugar

¼ tsp of whole ground vanilla beans

A pinch of Himalayan salt

### Method

1. Melt cacao butter and add barista chai, gently heat and infuse for around 10 minutes until aromatic.
2. Strain chai solids from liquid in a fine mesh sieve, press the chai with the back of a spoon to extract extra flavour and aroma.
3. Blend by hand, cacao butter liquid (whilst warm) with coconut sugar, cacao and, vanilla powders, and a pinch of salt.
4. Stir all ingredients until well combined, smooth and glossy.
5. Pour into your favourite moulds, set in the fridge and turn out when ready for a tea party!





## CHOCOLATE CHAI VEGAN CUSTARD

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Recipe By Vanessa Scanes

*So simple. So chic. Your 'go-to' dessert when you want something a little special with minimal fuss.*

### Ingredients

400ml coconut cream  
8 tsp of Chocolate RealChai™  
1 tsp whole ground vanilla beans  
(vanilla extract)  
½ cup of dark vegan chocolate pieces  
2 tbsps of yummy honey

### Method

1. Infuse coconut milk with RealChai™ and very gently simmer for about 5 minutes. You will have about 350mls remaining after straining.
2. Once strained and slightly cooled, stir in chocolate pieces and vanilla until dissolved. Check the flavour to see if you want to add more sweetness.
3. Pop into the fridge to cool and set.
4. Serve with fresh figs or raspberries.



# CHILLI CHAI FUDGE

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Recipe By Vanessa Scanes

*The chilli kick makes this fudge a super satisfying “lighter” option to round off your dinner.*

## Ingredients

- 1/3-cup coconut oil
- ½ cup cacao powder
- Pinch of Himalayan pink salt
- 1 tsp vanilla extract
- 1 tsp cinnamon (optional)
- ½ -2 tsp. cayenne  
(depending on personal spice tolerance)
- ¼ cup RealChai™ syrup

## Method

1. Blend softened coconut oil with nut butter in a food processor until smooth
2. Add sifted cocoa powder and spices and blend
3. Pour in warmed RealChai™ syrup and blend until gooey and glossy.
4. Pour fudge into a lined dish or little Patti pans, decorate the top with goji berries, cacao nibs, crushed nuts or a sprinkle of cinnamon.
5. Place into the freezer to set (30mins)
6. When set, portion your fudge into bite sized morsels and indulge with your favourite chai!





## CHAI SNICKERS WHIP

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Recipe By Catie Keech

*This recipe honestly tastes like a chai snickers but healthy! And raw!  
And vegan!*

### Ingredients

Part 1.

1-cup dates (soaked and pitted to soften)

2 tblsp peanut butter

½ cup mixed nuts (of choice)

¼ cup raw buckwheat

(added at the end for crunch & garnish)

3 tblsp of RealChai™ concentrate

Vanilla to taste

Part 2.

3 frozen bananas

3 tblsp chai concentrate

### Method

1. Strain dates
2. Add dates, peanut butter, vanilla, nuts and blend in the food processor until smooth
3. Add RealChai™ concentrate & blend a little more.
4. Remove half of this blend to a bowl
5. Now add 3 frozen bananas to original mix
6. Blend again until smooth
7. Time to get fancy!
8. Take frozen banana blend, and the date and peanut blend, and swirl together with raw buckwheat
9. Garnish to your hearts desires with extra chunks of banana, peanuts, shaved toasted coconut or even some shaved chocolate!



## CHAI SOFT SERVE

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Recipe By Catie Keech

*Say goodbye to the supermarket ice cream section. You'll never want to visit it again!*

### Ingredients

3 frozen (like rock solid) bananas  
Vanilla extract or whole ground vanilla bean powder (to taste)  
8-10 tblsp of chilled brewed RealChai™ concentrate

*(I used RealChai™ chocolate concentrate with some coconut cream & an extra pinch of cinnamon)*

### Method

1. Break up frozen bananas and pop into food processor bowl
2. Start to blend by using the pulsing function. When the nanas are starting to smooch, add in RealChai™ concentrate and any other spices as desired. Blend until creamy and smooth.
3. Transfer your soft serve into some fancy bowls or glasses and indulge. Garnish with chopped figs, cacao nibs, nuts or coconut!

**Hot tip:** When your bananas are looking sad in the fruit bowl, peel them and place them into zip lock bags, and freeze for ease of use. For smoothies, cakes and raw desserts.





## VANILLA CHAI SPICED BLISS BALLS

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Recipe By Tegan Westra

*They're called bliss balls for a reason.  
Enjoy!*

### Ingredients

2 cups raw cashews  
½ cup desiccated coconut  
6 fresh Medjool dates  
1 tblsp of RealChai™ concentrate  
1 tblsp of chia seeds  
1 tspn of honey or maple syrup  
1 tspn of vanilla extract or  
whole vanilla bean powder  
1 pinch clove powder (optional)  
1 pinch cinnamon powder (optional)

### Method

1. Blitz raw cashews in food processor
2. Add honey, coconut, chia, and vanilla.
3. Add optional spices & dates one by one.
4. Add RealChai™ concentrate
5. Blend until all ingredients form a cohesive mass.
6. Check consistency, when you take a small handful and squeeze, the mix should hold together in a ball.
7. If the mix is too sticky add another tablespoon of chia seeds. If the mix is too dry add a few drops of RealChai™ concentrate.
8. When mix is at desired consistency, roll into balls
9. Roll chai spiced vanilla balls in coconut and store in the fridge for your next chai tea party or little lunch snack.



## CHOCOLATE CHAI PANNACOTTA

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Recipe By Vanessa Scanes

### Ingredients

#### *Almond milk*

1 cup of almonds (soaked overnight)

3 ½ cups filtered water

#### *Chocolate chai infusion*

3 cups almond milk

4 tbsp RealChai™ Chocolate.

1 vanilla bean

3 tbsp pure maple syrup (or to taste )

2 ½ tsp gelatin

2 tbsp hot water to disperse gelatin until dissolved

**Hot tip:** If you would like a more traditional dairy base pannacotta use 1 ½ cups of pouring cream and 1 ½ cups of milk. The ratios and techniques stay the same. If you are a vegan you could use agar which is a bit tricky. You will need a special digital scale that can measure accurately micrograms. The amount of agar required is 1/2 % of the weight of the liquid

### Method

1. Prepare almond milk by blending in a high speed blender, strain with nut milk bag.
2. Infuse almond milk with chocolate chai, vanilla & maple syrup, gently simmering to avoid evaporation
3. Disperse gelatin in a small dish by pouring over warm water and stirring until dissolved
4. Pour gelatin into chai infusion, combining thoroughly.
5. Strain chai infusion through a fine mesh seive into a jug or bowl.
6. Lightly oil moulds with a subtle tasting oil such as sweet almond oil.
7. Pour chai infusion into moulds and pop into the fridge until set .
8. Gently unmould the pannacotta by pressing the pannacotta all around the rim of the mould. Upturn and gently squeeze until it glides onto your plate .
9. Garnish with seasonal poached fruits such as quince or pear and something to add a little crunch like biscotti or a nut praline.







# COCONUT CHAI LAYERED JELLY

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Recipe By Masa Ofei

*One word. Gorgeous!!!!!!*

## Ingredients

Coconut chai jelly layer:

2 tsp agar agar

100 ml boiling water

2 tbsp coconut sugar

4 tsp Original RealChai™

300 ml low fat coconut cream

Chai jelly layer:

2 tsp agar agar

500 ml boiling water

2 tbsp coconut sugar

4 tsp RealChai™

## Method

1. To make the coconut jelly layer, in a saucepan dissolve the agar agar and boiling water.
2. Add the coconut sugar and chai and stir until the sugar dissolves. Bring to a gentle simmer for around 5 minutes.
3. Add the coconut cream and stir letting it simmer for a further 5 minutes to let the flavours infuse.
4. Take off heat and strain the tea leaves and put in pouring jug.
5. Pour the bottom layer of jelly into 3 cups. Make sure you only use half of this mixture. Place in fridge to set.
6. To make the chai jelly layer, follow the same instructions as above without the coconut cream. Make sure to still only use 100 ml of the boiling water to dissolve the agar agar, then add the rest with coconut sugar & chai leaves.
7. Once the coconut chai layer has set, pour the chai jelly over and put back in the fridge to set.
8. Once the second layer has set, pour the remainder of the coconut chai jelly over the top and put back in the fridge to set.
9. Decorate with some spices or toasted coconut. Serve cold.





# RAW CHOC CHAI COCONUT CAKE

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Recipe By Carla & Emma Papas

*The definition of guilt free dessert!!!*

*Thank you merrymakers!!!*

## Ingredients

### **The base:**

2 cups walnuts  
½ cup unsweetened shredded coconut  
¼ cup raw cacao powder  
2 tbsp ghee or coconut oil  
1 tbsp of your favourite RealChai™  
pinch of salt

### **The filling:**

1 ½ cups unsweetened desiccated coconut  
1 ½ cups coconut milk  
¼ cup ghee or coconut oil  
¼ cup raw cacao powder  
1 tsp 100% vanilla extract  
pinch of salt

### **The sauce: (optional)**

50g cacao butter  
1 tbsp raw cacao powder  
1 tsp vanilla powder

## Method

1. Line the base of a 20 cm (8 inch) spring form cake tin with baking paper and grease the edges with a little coconut oil.
2. Start with the base. Place all of the base ingredients into your food processor. Whiz these ingredients until a smooth paste forms.
3. Press the base in to the cake tin, making sure you press it out evenly, covering the entire base.
4. Place in to the freezer.
5. Now for the filling. Place all the filling ingredients into the food processor and whiz. Whiz until completely smooth, this will take around 5 minutes.
6. Take the base out of the freezer and pour the filling on top of the base.
7. Shake the tin to even out the top and place the cake in to the fridge for around 1 ½ hours or until set.
8. Rub the outside of the cake tin with a hot cloth and release the spring form slowly.
9. If you're looking to up the 'pretty cake factor' you should definitely add the delish chocolate sauce. In a double boiler melt the cacao butter.
10. Take off the heat, add the cacao and vanilla powders and stir well with a whisk.
11. Drizzle the sauce all over the cake.
12. Cut in to slices with a hot knife and store any left overs in an airtight container in the fridge or freezer.





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[www.realchai.com.au](http://www.realchai.com.au)

# SALTED CARAMEL CHAI CHEESECAKE

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Recipe By Catie Keech

*Ok. Here tis. The Pièce de résistance!  
My favourite recipe. Yes it's fiddly but it's  
totally worth the effort. I promise.*

## Ingredients

### **The base:**

- 1 cup almonds
- 1 cup pecans
- 1 cup medjool dates
- 2 tablespoons melted coconut oil

### **The chai filling (cashew and date mix):**

- 1 cup soaked dates or  
fresh medjool dates unsoaked
- 3/4 cup RealChai™ concentrate
- 3 cups raw soaked cashews
- 1/4 cup coconut cream
- 1 tblsp vanilla extract
- 5 tblsp of maple syrup
- 4 tblsp melted coconut oil
- 1 tsp ground cinnamon
- 1 tsp ground all spice

### **The salted caramel filling :**

- 1 cup medjool dates
- 1/2 tblsp of vanilla powder
- 2 tblsp agave or coconut syrup
- 4 tblsp chai concentrate
- 2 tblsp melted coconut oil
- 3 tsp Himalayan salt
- 1/4 cup coconut cream
- 1/4 cup of cashew and date mix

## Method

### **The base:**

1. Deseed dates and pull in half
2. Pulse nuts and dates together in a food processor until it resembles medium to fine crumbs
3. Drizzle in melted coconut oil
4. Check texture by taking a small hand full and forming a fist, mixture should cling together. If not add a few drops of water.

### **The chai filling (cashew and date mix):**

1. Soak and deseed dates
2. Add all ingredients to a food processor bowl and blend until smooth
3. Set aside
4. Start salted caramel mix

### **The salted caramel filling:**

1. Deseed dates
2. Combine all ingredients in food processor bowl and blend until smooth
3. Add 1/4 cup of cashew and date mix, blend again until smooth. Set aside.

### **Construction of the cheesecake:**

1. Build the foundation. Take a 20cm spring form and oil with sweet almond oil or coconut oil.
2. Press the base paste into the springform in a rustic way, building rustic waves around the walls of the tin. Freeze for half an hour until firm
3. Fill the first half of the spring form with the chai filling, making sure you reserve about 1/2 a cup to make some wavy swirls on the top.
4. Next layer is salted caramel, smooth into pan on top of chai filling
5. Place random spoonfuls of reserved chai mix on top of the salted caramel .
6. Taking a skewer, pull through the dallops of chai to create choppy swirls
7. Place into freezer to set
8. When set, release spring form casing and portion using a hot knife .

# SHOP NOW

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## RealChai™ Original Chai

This blend is made for chai lovers who want a wonderful, unforgettable chai experience. You know what I'm talking about... that sweet, warming inner glow, that spreads from your tastebuds to your heart, making the world a better place.

RealChai™ Original is the closest thing to a hug in cup you can get.

Hand crafted with 70% spices (you can see, smell and taste) and 30% single origin low tannin tea. It's the extra spices, the knowledge of how to blend them and dedication to quality that sets RealChai™ apart.

You'll fall in love with the rich, full bodied "this is how chai is meant to be" flavour.

If you're looking for a magical 'classic' blend to elevate your day - this one's for you.

**Ingredients:** Cinnamon, Ginger, Cardamom, Cloves, Black Tea & Love.

**Brewing:** Best brewed on stovetop with water and milk of choice. Sweeten to taste.



# SHOP NOW

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## Realchai™ Chocolate Chai

Two of life's most simple pleasures deliciously rolled into one. Satisfy your chocolate and chai cravings at the same time. Featuring french dark chocolate chunks that melt as you brew. With cinnamon and warm ginger undertones, RealChai™ Chocolate is always a crowd pleaser. And my goodness try it iced just once and you'll have your new 'go-to summer chiller' sorted.

**Ingredients:** French Dark Chocolate, Cinnamon, Ginger, Cardamom, Black Tea & Love.

**Brewing:** Best brewed on stovetop with water and milk of choice. Sweeten to taste.



## Realchai™ Barista Blend

Otherwise known as lazy chai. We've taken our gorgeous Original loose leaf blend, added even more spices and smothered them in honey for a divine cuppa you can brew in just 60 seconds... no stove top required. Our Barista Blend was first made for cafes but then we figured "hey, why not enjoy great chai FAST at home too". The honey adds beautiful caramel notes to this rich full bodied all natural chai. It's hard to stop at just one cup!

**Ingredients:** Cinnamon, Ginger, Cardamom, Cloves, Star Anise, Black Tea, Honey, Salt & Love.

**Brewing:** Simply Steep in hot with water for 60 seconds and add milk of choice.

[www.realchai.com.au](http://www.realchai.com.au)