

# Grab Your Nuts Cookbook: Mastering Nut Milk & Nut Butter

Over 100 Recipes, Bonus Creations,  
and Exclusive Video Tutorials!





Welcome to Froothie's **Grab Your Nuts Cookbook**, your ultimate guide to mastering the art of nut milk and nut butter. Explore over 100 recipes, bonus creations, and exclusive video tutorials as you delve into the world of nutritious and delicious nut-based creations.

Got a question or need assistance? **Connect with us at [support@froothie.com.au](mailto:support@froothie.com.au) or reach out on WhatsApp at +61 3 8609 2210. You can also give us a call at 1300 309 900.** Our dedicated team is here to ensure your experience is as smooth as the blends you'll be creating.

**Don't miss out on a wealth of inspiration** – explore our YouTube, Facebook, and Instagram pages for a treasure trove of delicious content. Share your culinary masterpieces and beautiful moments **by tagging #froothie, #optimumappliances or mentioning @froothie on Instagram, Facebook, or Youtube.**

**Exciting prizes await the most creative dishes!**

At Froothie, we're not just about high-speed blenders and slow juicers – we're about fostering a community that celebrates the joy of healthy living. We hope these recipes become a source of love, joy, and memorable moments in your kitchen.

**Wishing you an abundance of love and deliciousness,  
The Froothie Team**

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## Useful Blending Tips

 **Roasted nuts** - Release their oil content more readily than raw nuts, this makes the process of forming butter quicker and simpler. The less time the nuts take to blend, the less heat is generated which is good for both the nuts and the blender!


**Note:** The roasted nuts need to be completely cool before you attempt to blend them. This isn't to say you can't make nut butter from raw nuts but we suggest you get used to the process with roasted nuts first and then make the transition once you're comfortable!


 **Order of ingredients** - Always start with the liquid ingredients first (water, juice), followed by softer ingredients (tofu, yoghurt), then juicer fruits and vegetables (grapes, cucumbers), firmer fruits and vegetables (apples, carrots), frozen ingredients (frozen berries) and finally ice.


 **High Speed** - Make sure to use the highest speed on the blender when making any thick recipe, especially nut butter. Using high speed gets the job done faster, generating less heat and reducing strain on the motor.

 **Use the tamper tool efficiently** - The tamper tool needs to be used to constantly press the ingredients down from the sides of the jug, making sure it's being processed by the blades. Air pockets will naturally form if nothing is done to stop them so we recommend constantly tamping around the edge of the jug until the process is completed.

**Note:** Make sure not to rest the tamper in the centre of the jug (directly above the blades) while blending, this will effectively close the centre of the vortex and block air from circulating.

 **Avoid air pockets** - Letting the blender run with an empty jug will cause blade malfunction and your blender will overheat. The same happens when you create air pockets with your ingredients. This can be caused if ingredients are added to the blender jug in the wrong order, if there are too many ingredients in the blender jug, or if the speed is too low. This will prevent the blades from functioning properly and will cause the blender to produce a burning smell due to the motor being overloaded.

 **Make sure the nuts are dry** - If you soak or activate nuts for nut butter, please ensure that they're totally dry before attempting to blend. Using a dehydrator or oven will achieve the fastest results, though make sure the nuts are totally cooled before blending.

 **Quantity** - As a rule of thumb, you should always at least cover the blades by 1-2cm. We recommend a maximum of 2 cups of nuts to make sure you're not overloading the blender. This figure can vary depending on the natural oil content of the nuts. The higher the oil content, the larger the quantity that can be blended at once. On the contrary, if you're using nuts with lower oil content, a lower quantity may be applicable.

## Useful Blending Tips

Every blender jug has a 'Max Line' indicating the maximum level you should add your ingredients to. Anything above the line is overloading and could cause overheating.

**Note:** When blending thick or frozen ingredients such as preparing nut butter or blending frozen fruits, fewer ingredients should be added. Optimum blenders are fitted with automatic or manual overload switches which may prevent them from starting or cause them to stop unexpectedly when overloaded. To resolve this issue, for automatic overloads, unplug the blender from the wall and wait 30-45 minutes. Reduce the quantity of ingredients in the jug, then power up the blender again. For manual overload switches, wait 2 minutes, then reset the blender by pressing the overload button underneath the blender base. Then reduce the quantity of ingredients in the jug and power up the blender again.

**💧 Adding liquid** - Avoid adding water to the nut butter mixture, it will likely make the mixture clumpy and prevent it from properly forming butter. If you're adding any flavourings or powders, please add them once the butter has already formed. If the mixture is too dry, you can add small amounts of oil, we prefer an oil with a neutral flavour.

**⚠️ Another important reminder:** Avoid tilting the jug or removing the jug from the base while the blender is still running at high speed as this can cause damage to the blades and the drive socket.

If you find the process is taking far too long or you notice smoke or steam coming from any part of the blender, please stop blending, and **contact customer service on [support@froothie.com.au](mailto:support@froothie.com.au)** to make sure your blender is functioning properly.

For more information refer to our blender care and maintenance guide on our website:  
**<https://froothie.com.au/pages/blender-care-maintenance-guide>**



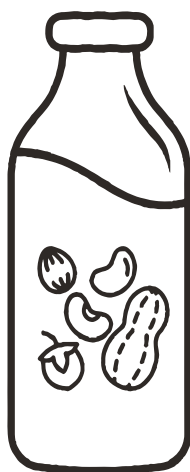
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**PART 1:**  
**DAIRY-FREE**  
**PLANT-BASED MILK**  
**& YOGHURT**

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## Part 1: Dairy-Free Plant-Based Milk & Yoghurt

### Almond Milk

#### Ingredients:

- 1 cup almonds (soaked overnight)
- 1-2 litres water
- 1 tsp maple syrup (optional)
- 1/2 tsp vanilla extract (optional)

#### Preparation:

1. Soak almonds overnight. Rinse and drain the water.
2. Add soaked almonds and water into a blender.
3. Blend at high speed for 45 seconds.
4. Pour all the liquid into a nut milk bag and strain well.
5. Pour the almond milk into a glass container and store it in the fridge for 3-4 days.
6. Enjoy your homemade almond milk!



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### Vegetable Flavoured Almond Milks

#### Ingredients:

- 200g almonds
- 1 litre water
- 4-5 dates
- Strawberries (for pink colour)
- Wheat grass (for green colour)

#### Preparation:

1. Soak the almonds in water overnight or for at least 8 hours to soften them.
2. After soaking, drain and rinse the almonds thoroughly.
3. In a blender, combine the soaked almonds, water, and pitted dates.
4. Blend the mixture on high speed until smooth and creamy, usually for about 2-3 minutes.
5. Strain the almond milk through a nut milk bag or fine sieve to remove any almond pulp.
6. Divide the almond milk into separate containers if you want to add different flavours.
7. For pink almond milk, blend the strawberries separately and strain the juice.

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## Part 1: Dairy-Free Plant-Based Milk & Yoghurt

### Cashew Milk

#### Ingredients:

- 200g cashew nuts
- A pinch of salt
- 2 dates
- 1 litre water

#### Preparation:

1. Soak the cashew nuts in hot water for at least 2-3 hours, or overnight. *(The longer you soak them, the creamier the milk will be).*
2. Drain and rinse the cashews thoroughly.
3. Remove the pits from the dates and chop them.
4. In a blender, combine the soaked cashews, chopped dates, a pinch of salt, and 1 litre of fresh water.
5. Blend on high speed for about 1-2 minutes until the mixture becomes smooth and creamy.
6. Place a nut milk bag over a large bowl and slowly pour the cashew milk mixture over bag.
7. Squeeze out all of the liquid into the bowl.
8. Pour the cashew milk into a glass bottle and store it in the fridge for up to 5 days.
9. Remember to shake the bottle well before using the cashew milk, as it may separate over time.
10. Enjoy your homemade cashew milk in smoothies, coffee, cereal, or any recipe that calls for milk.



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### Macadamia Nut Milk

#### Ingredients:

- 1 litre water
- 1/2 cup Macadamia nuts (soaked or roasted)
- 2 medjool dates
- A pinch of salt

#### Preparation:

1. In your Optimum high-speed blender, combine water, Macadamia nuts, and medjool dates.
2. Blend at high speed for 30-60 seconds until well mixed.
3. Strain the nut milk using a nut milk bag to remove any remaining particles.
4. Store the creamy Macadamia nut milk in a glass jar in the fridge for up to 3 days.
5. Enjoy your homemade Macadamia nut milk!

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## Part 1: Dairy-Free Plant-Based Milk & Yoghurt

### Brazil Nut Milk

#### Ingredients:

- 1 litre water
- 1/2 cup Brazil nuts (soaked overnight)
- Vanilla extract
- 1-2 tsp honey (or other sweetener of your choice)
- A pinch of salt

#### Preparation:

1. Place all the ingredients into your Optimum blender.
2. Blend at high speed for 30 seconds until well combined.
3. Strain the nut milk using a nut milk bag to remove any remaining solids.
4. Pour the creamy Brazil nut milk into a glass jar.
5. Store it in the fridge for up to 3-4 days.
6. Savour the deliciousness of your homemade Brazil nut milk!



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### Chocolate Hazelnut Milk

#### Ingredients:

- 1 cup hazelnuts (soaked overnight)
- 1 litre water
- 2-3 medjool dates
- A pinch of salt
- 2-3 tbsp raw cacao
- 1-2 tbsp honey or maple syrup

#### Preparation:

1. Add all the ingredients into a blender.
2. Blend at high speed for 1-2 minutes until well combined.
3. Strain the hazelnut milk using a nut milk bag to remove any solids.
4. Store your homemade hazelnut milk in the fridge. Enjoy its rich and chocolaty goodness!

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## Part 1: Dairy-Free Plant-Based Milk & Yoghurt

### Tiger Nut Iced Milk

#### Ingredients:

- 100g tiger nuts
- 1 litre water
- 1 tbsp honey
- A pinch of salt
- Ice cubes

#### Preparation:

1. Soak the tiger nuts in water for 24 hours, then strain the tiger nuts.
2. Blend the soaked tiger nuts together with water, honey, and a pinch of salt for about 3 minutes at high speed.
3. Strain the nut milk through a nut bag to remove any solids.
4. Mix ice cubes together with the nut milk until the desired consistency is achieved.
5. Enjoy your refreshing tiger nut milk!



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### Naturally Sweet Almond Milk

#### Ingredients:

- 125g almonds (soaked overnight and blanched)
- 2-3 medjool dates
- A pinch of ground vanilla
- A pinch of salt
- 1 litre water

#### Preparation:

1. Begin by soaking the almonds in a bowl of water in the fridge overnight, ensuring they are fully submerged.
2. Rinse the almonds with fresh water and peel off their skins.
3. Remove the pits from the dates and chop them.
4. In a high-speed blender, combine the peeled almonds, dates, ground vanilla, salt, and water.
5. Blend mixture at high speed until it turns into a creamy consistency.
6. Strain the liquid through a nut milk bag, squeeze out any remaining liquid by gently pressing with both hands.
7. Your homemade almond milk is ready to enjoy immediately, or you can pour it into a bottle and store it in the fridge (with a shelf life of up to 3 days).

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**Tip:** Don't let the leftover almond pulp in the nut milk bag go to waste; it's perfect for making almond cookies!

## Part 1: Dairy-Free Plant-Based Milk & Yoghurt

### Raw Cashew Coconut Yoghurt

#### Ingredients:

- 1 cup cashews
- 1/2 cup water
- 3 tbsp shredded coconut
- 1/2 tsp honey
- 1 tbsp lemon juice
- A pinch of sea salt
- 1/3 cup coconut oil

#### Preparation:

1. Place all ingredients into your Optimum high-speed blender.
2. Blend at high speed until it reaches a thin yoghurt-style consistency. Ensure there are no grittiness or chunks left.
3. Transfer the mixture into a bowl and refrigerate for at least 2 hours.
4. Your raw yoghurt is now ready to be enjoyed!

**Tip:** Always store your raw yoghurt in the fridge.



### Hemp Seed Milk

#### Ingredients:

- 3 cups of water
- 6 tbsp hemp seeds
- A splash of maple syrup (optional, for sweetness)

#### Preparation:

1. Begin by measuring out 3 cups of water and pouring it into a blender.
2. Add 6 tablespoons of hemp seeds to the blender.
3. For a touch of sweetness (optional), include a splash of maple syrup.
4. Blend all the ingredients together on high speed until you achieve a smooth and creamy consistency.
5. After blending, pour the mixture into a jar or container.
6. Refrigerate your homemade hemp seed milk until you're ready to use it.

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## Part 1: Dairy-Free Plant-Based Milk & Yoghurt

### Soy Milk

#### Ingredients:

- 1 cup soybeans (soaked overnight)
- 8 cups of water

#### Preparation:

1. Soak soybeans overnight. Drain and rinse.
2. Add the soybeans and water into your Optimum blender and blend at high speed for 1-2 minutes.
3. Pour milk into a pot and boil at medium heat for 20 minutes. Stir occasionally.
4. Wait for the milk to cool down.
5. Pour milk into a nut milk bag and strain the milk from the beans.
6. Store your soy milk in the fridge for 3-4 days.



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### How To Milk Coconut

#### Ingredients:

- 1 litre hot water (70°C / 160°F max)
- 1 cup desiccated coconut

#### Preparation:

1. Add hot water and desiccated coconut to your Optimum blender jug.
2. Blend at high speed for 1-2 minutes.
3. Strain the milk using a nut milk bag or cheesecloth.
4. Store it in the fridge for 3-4 days. Enjoy your homemade coconut milk!

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## Part 1: Dairy-Free Plant-Based Milk & Yoghurt

### Black Sesame Milk

#### Ingredients:

- 1 cup black sesame seeds
- 3 cups water – to soak
- 2 cups water – to blend

#### Preparation:

1. Soak overnight the sesame seeds in a bowl or jar with 3 cups of water.
2. Rinse off underwater using a sieve.
3. Drain off the liquid and place it into a blender with 2 cups of filtered water.
4. Blend for about one minute until very smooth and creamy.
5. Strain through a nut milk bag and squeeze out as much liquid as you can.
6. Pour into a bottle and store in the fridge for up to 5 days.



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### Soy Yoghurt

#### Ingredients:

- 1 cup soy beans  
(Soaked for 12 hours)
- 3 cup water
- 2 tbsp rejuvelac
- 1 tbsp maple syrup

#### Preparation:

1. Soak overnight 1 cup of soybeans with plenty water.
2. Drain and rinse the soybeans.
3. Start blending at high speed with 3 cups of water until it turns into milk.
4. Use a cheesecloth to strain out the soybean pulp.
5. Heat the soy milk on high heat until it starts to boil. Make sure you stir it and keep an eye on it as the milk can rise quickly. When it does, take it off the heat. This step is essential to take the “plenty” flavour out of the milk.
6. Leave it to cool down to a lukewarm temperature.
7. Pour milk into a sterilised jar and add 2 tbsp of rejuvelac and 1 tbsp of maple syrup.
8. Put on the lid and store in a warm dark place to ferment. This may take anywhere from 12 to 48 hours depending on your climate. Keep checking until the yoghurt is thick. The longer you leave it the stronger the flavour will be. If yoghurt looks lumpy it's ok! Just add it to a blender and blitz until creamy.
9. Pour it back into your jar and refrigerate until you are ready to eat it.

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# PART 2:

# NUT BUTTER

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## Part 2: Nut Butter

### Nut Butter Three Ways

#### Ingredients:

##### For Crunchy Macadamia Butter:

- 1 cup macadamia nuts

##### For Almond Coconut Butter:

- 1 cup almonds
- 1/2 cup coconut flakes

##### For Hazelnut Chocolate Butter:

- 1 cup hazelnuts
- 2 tbsp cacao powder
- 2 tbsp agave syrup

#### Preparation:

1. Preheat your oven to 180°C (350°F).
2. Roast the nuts: Spread the nuts (macadamias, almonds, and hazelnuts) evenly on a baking sheet.
  - Roast them for about 10-15 minutes until they are fragrant and lightly golden brown.
3. Prepare the ingredients:
  - Let the roasted nuts completely cool.
  - If your nuts have skins, you can rub them in a clean kitchen towel to remove the skins easily.
4. Make the nut butters:
  - **For Crunchy Macadamia Butter:**
    - Add the roasted macadamia nuts to your Optimum blender.
    - Blend on high speed until the nuts are finely ground, and the butter starts to form.
    - For a crunchy texture, pulse a few times to leave some nutty chunks.
  - **For Almond Coconut Butter:**
    - Add the roasted almonds and coconut flakes to your blender.
    - Blend on high speed until smooth and creamy, scraping down the sides as needed.
  - **For Hazelnut Chocolate Butter:**
    - Add the roasted hazelnuts, cacao powder, and agave syrup to your blender.
    - Blend on high speed until smooth and creamy, scraping down the sides as needed.
5. Store the nut butters:
  - Transfer each nut butter to clean, airtight jars or containers.
  - Store them in the refrigerator for up to two weeks.



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## Part 2: Nut Butter

### Pistachio Nut Butter

#### Ingredients:

- 2-3 cups roasted pistachios
- 2 tbsp agave syrup

#### Preparation:

1. Roast the pistachios in the oven at 180°C (350°F) for 15-20 minutes.
2. Allow the roasted pistachios to cool.
3. Add the pistachios and the agave syrup into your Optimum blender.
4. Blend at high speed until smooth, use the tamper tool to assist in the blending process.
5. Enjoy the creamy goodness of your homemade pistachio butter!



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### Chocolate Hazelnut Spread - Healthy Nutella

#### Ingredients:

- 100g roasted hazelnuts (without the skin)
- 100g dark chocolate
- 2 tbsp icing sugar
- 1 tbsp cocoa powder
- 1 tbsp vegetable oil
- Plant milk

#### Preparation:

1. Begin by melting 100g of dark chocolate in a double boiler until smooth and liquid.
2. In a blender, combine the roasted hazelnuts, icing sugar, cocoa powder, and vegetable oil.
3. Blend the ingredients on high speed until well combined.
4. Gradually add the cooled melted chocolate to the blender.
5. Continue blending until the spread is creamy and smooth, adding a splash of plant milk if needed for desired consistency.
6. Voilà! You've got yourself a delicious homemade chocolate hazelnut spread!

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## Part 2: Nut Butter

### Macadamia Nut Butter

#### Ingredients:

- 2 cups raw macadamia nuts

#### Preparation:

1. Place the macadamia nuts into the Optimum blender.
2. Secure the lid and start blending at low speed.
3. Gradually increase the speed to high and blend for about 3-5 minutes or until the nuts start to release their oils and form a smooth butter consistency.
4. You may need to stop and scrape down the sides of the blender occasionally to ensure even blending.
5. Once the macadamia nut butter is smooth and creamy, transfer it to a clean jar or container.
6. Store the macadamia nut butter in the refrigerator for up to two weeks.
7. Enjoy your homemade macadamia nut butter spread on toast, added to smoothies, or used in your favourite recipes!



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### Hazelnut Butter

#### Ingredients:

- 2 cups of hazelnuts (roasted for 10 minutes)
- 1/2 tsp cinnamon
- 2 tbsp stevia blend

#### Preparation:

1. Preheat your oven to 175°C (350°F). Spread the hazelnuts evenly on a baking sheet and roast them for 10 minutes to enhance their flavour. Allow them to cool before proceeding.
2. Once the hazelnuts are cooled, transfer them to your Optimum blender.
3. Add 1/2 tsp of cinnamon and 2 tbsp of stevia blend to blender jug.
4. Blend everything together on high speed until you achieve a smooth and creamy hazelnut spread.
5. Once your hazelnut spread reaches the desired consistency, transfer it to a clean jar or container.
6. Enjoy your homemade hazelnut spread on toast, pancakes, or as a delightful dip for fruits. Store it in the refrigerator for freshness.

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This easy-to-follow recipe will have you enjoying your homemade hazelnut spread in no time!

## Part 2: Nut Butter

### Peanut & Almond Butter

#### Ingredients:

- 400g peanuts
- 100g almonds (you can use shop-bought roasted nuts or roast them yourself)
- 1 tsp of salt
- 4 tsp oil (Optional - any oil of your choice)

#### Preparation:

1. If you are roasting the nuts, ensure to let them cool down before placing them into the blender jug. The maximum temperature of ingredients placed into the jug should be 65°C.
2. Add the nuts to the Optimum blender jug.
3. Add the oil (optional).
4. Secure the lid.
5. First, give 6 pulses (about 3 seconds each), then blend it at high speed for 1 minute using the tamper to press the ingredients towards the blades. If you want a chunky texture you can stop sooner. Et Voila, you have got silky, smooth nut butter.



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### Cashew Butter

#### Ingredients:

- 400g raw cashews
- 4 tbsp extra virgin olive oil

#### Preparation:

1. Place the raw cashews into your Optimum blender.
2. Start and blend the cashews on high speed until they become smooth.
3. To prevent overheating the blender, blend at intervals, and use a tamper to push the cashews into the blade.
4. As the cashews continue to blend, they will start releasing their natural oils, causing the mixture to clump together.
5. At this point, add 4 tablespoons of extra virgin olive oil to help smooth the mixture.
6. Continue blending until you achieve a creamy and smooth cashew butter.
7. Store your homemade cashew butter in the fridge in a glass container.

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## Part 2: Nut Butter

### Chocolate Almond Butter

#### Ingredients:

- 300g peeled and roasted almonds
- 10g cocoa

#### Preparation:

1. Preheat your oven to 180°C (350°F).
2. Spread the peeled almonds on a baking sheet and roast them in the oven for 15-20 minutes until they become fragrant and lightly toasted.
3. Remove the roasted almonds from the oven and allow them to cool completely.
4. Once the almonds are cooled, place them in a blender along with the cocoa.
5. Blend the mixture on high speed until it becomes smooth and creamy, scraping down the sides of the blender as needed.
6. Transfer your homemade almond cocoa butter to a clean, airtight container.



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### Chocolate Hazelnut Spread

#### Ingredients:

- 500g roasted hazelnuts
- 400g milk chocolate
- 80g coconut oil

#### Preparation:

1. Start by placing the roasted hazelnuts in your blender.
2. In a microwave-safe bowl, break the milk chocolate into pieces and add the coconut oil.
3. Microwave the chocolate and coconut oil in 20 seconds intervals, stirring each time, until fully melted and smooth. Be careful not to overheat.
4. Pour the melted chocolate mixture over the roasted hazelnuts in the blender.
5. Blend the mixture until it becomes smooth and creamy, scraping down the sides of the blender as needed.
6. Transfer your homemade hazelnut chocolate spread into a clean, airtight jar or container.
7. Allow it to cool and set at room temperature, or store it in the refrigerator for a thicker consistency.
8. Enjoy your delightful homemade hazelnut chocolate spread on toast, pancakes, waffles, or as a delicious dip for fruits and snacks!

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## Part 2: Nut Butter

### Homemade Nutella Spread

#### Ingredients:

- 250g skinless hazelnuts
- 1 tsp vanilla extract
- 30g cocoa powder
- A pinch salt
- 90g honey
- 1-2 tbsp peanut oil

#### Preparation:

1. Preheat your oven to 180°C (350°F) and spread the hazelnuts evenly on a baking sheet. Roast them for about 5 minutes or until lightly browned.
2. Transfer the roasted hazelnuts a blender. Blend them on high speed until they form a smooth paste, scraping down the sides of the container as needed to ensure even grinding.
3. Add the cocoa powder, honey, vanilla extract, and a pinch of salt to the hazelnut paste. Blend again until all ingredients are well combined and the mixture is smooth.
4. Transfer the hazelnut spread to a jar and store it at room temperature. Avoid refrigerating it, as this can alter the texture.
5. Enjoy your homemade hazelnut spread on toast, fruit, or as a delicious topping for desserts!



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### Natural Peanut Butter

#### Ingredients:

- 2 cups fresh peanuts
- Salt (optional)

#### Preparation:

1. Start by roasting the peanuts in the oven at 175°C (350°F) for about 12 minutes, until they're slightly golden and aromatic.
2. Allow the roasted peanuts to cool completely before proceeding.
3. Place the roasted peanuts into your Optimum blender. If desired, add a pinch of salt for flavour enhancement.
4. Begin blending on low speed, gradually increasing to high speed. Blend until the peanuts break down into a creamy consistency. This might take a few minutes, you might need to pause and scrape down the sides occasionally.
5. Use the tamper tool to push the peanuts down, ensuring smooth blending and preventing overheating.
6. Once you achieve the desired creamy texture, transfer the homemade peanut butter to a clean jar or container.
7. Seal the jar and store the peanut butter in the refrigerator. It should last between 4 to 6 weeks.
8. Spread this delectable goodness on your favourite bread, or spoon it into your breakfast bowls such as oatmeal or yoghurt for an irresistibly nutty addition.

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## Part 2: Nut Butter

### Sweetened Peanut Butter

#### Ingredients:

- 2 cups roasted peanuts
- Honey
- Pinch of Salt

#### Preparation:

1. Start by adding the roasted peanuts to your Optimum blender jug.
2. Drizzle in some honey to add a touch of sweetness to your peanut butter.
3. Don't forget a pinch of salt to enhance the flavour.
4. Blend all the ingredients on high speed until they form a smooth and creamy peanut butter consistency.
5. Once your peanut butter is ready, transfer it to a clean and airtight container.
6. Enjoy your all-time favourite homemade peanut butter on toast, in sandwiches, or as a dip!



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### Pumpkin Seed Butter

#### Ingredients:

- 600g pumpkin seeds
- 1 tsp sea salt flakes

#### Preparation:

1. Preheat your oven to 160°C (320°F).
2. Spread the pumpkin seeds evenly over a baking tray.
3. Bake the pumpkin seeds for 10-15 minutes. Toss them around every 4-5 minutes for even toasting.
4. Once the pumpkin seeds are lightly toasted, allow them to cool completely.
5. Transfer the cooled pumpkin seeds to your Optimum high-speed blender.
6. Add 1 teaspoon of sea salt flakes to the pumpkin seeds.
7. Blend the mixture together on high speed until it reaches a smooth and creamy consistency. This may take a few minutes, and you may need to scrape down the sides of the blender occasionally.
8. Once you achieve the desired creamy consistency, transfer your homemade pumpkin seed butter into a clean glass jar.
9. Store your homemade pumpkin seed butter in the refrigerator, and it can last for a couple of months.

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## Part 2: Nut Butter

### Vegan Kinder Bueno Spread

#### Ingredients:

- 400g hazelnuts
- 100 white chocolate
- Vanilla (optional)

#### Preparation:

1. Blend everything in your Optimum blender on high speed until you achieve a creamy hazelnut butter consistency, which typically takes around 2 minutes.
2. Enjoy!



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### Thermocook Pro M 2.0 How To Make Any Nut Butter

#### Ingredients:

- 500g nuts of your choice

#### Preparation:

1. Preheat your oven to 180°C (350°F).
2. Spread the nuts of your choice evenly on a baking tray and roast them in the preheated oven for 20 minutes. Roasting enhances their flavour.
3. Once roasted, remove the nuts from the oven and let them cool to room temperature.
4. Place the roasted nuts into your ThermoCook bowl.
5. Grind the nuts for 3 minutes on speed 9.
6. Scrape down the bowl to ensure even blending.
7. Continue grinding for an additional 4 minutes at speed 8. If needed, repeat this step until the nuts become a creamy consistency.
8. Scrape down the bowl once more, and then mix for 3 minutes at speed 4, or until the nut butter is nice and creamy.
9. Pour your freshly made nut butter into a clean jar or container. Store your homemade nut butter in the fridge for freshness.

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# PART 3: GRINDING NUTS & GRAINS

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## Part 3: Grinding Nuts & Grains

### Grinding Flax - Linseeds

#### Ingredients:

- 2-3 cups flaxseeds

#### Preparation:

1. Add the flaxseeds into the blender jug.
2. Make sure the lid is securely closed to prevent any spills during blending.
3. Blend using the pulse button on your blender. Press the pulse button in short bursts. This will allow the blender to quickly chop or grind the flaxseeds without over-blending them.
4. Continue pulsing for a few seconds or until the flaxseeds reach your desired consistency. It's important not to over pulse, as flaxseeds can turn into a paste if blended too much.
5. Once you achieve the desired consistency, transfer it to a clean jar or container.
6. You can now use the ground flaxseeds in your recipes or as a nutritious addition to your meals.



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### Vegan Parmesan Cheese

#### Ingredients:

- 1 cup cashew nuts
- 2 tbsp nutritional yeast
- 1 tsp salt

#### Preparation:

1. In the Optimum blender, combine the cashews, nutritional yeast, and a pinch of salt.
2. Blend the ingredients on high speed until you achieve your desired texture. The mixture should resemble the texture of grated parmesan cheese.
3. Sprinkle this tasty vegan parmesan on your favourite dishes such as pasta, salads, and more for an added burst of flavour and a delightful cheesy touch.
4. Enjoy the plant-based goodness!

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## Part 3: Grinding Nuts & Grains

### Protein Nut Powder 8+ Month Baby Food For Weight Gain

#### Ingredients:

- 1/2 cup almonds
- 1/2 cup cashews
- 1/4 cup walnuts
- 1/4 cup pistachios
- 1/4 cup pumpkin seeds
- 2 cardamom pods

#### Preparation:

1. Begin by gathering the ingredients for your homemade nut powder, which includes almonds, cashews, walnuts, pistachios, pumpkin seeds, and cardamom pods.
2. In a dry pan, lightly roast the almonds, cashews, walnuts, pistachios, and pumpkin seeds over low heat. Stir occasionally to prevent burning. Roasting enhances the flavours and helps reduce moisture content.
3. Once the nuts and seeds turn slightly golden and emit a fragrant aroma, remove them from the heat. Allow them to cool completely.
4. After cooling, place the roasted nuts and seeds along with the cardamom pods into a high-speed blender.
5. Blend the mixture at high speed into a fine powder. Ensure that the powder is smooth, without any large or coarse pieces.
6. Your homemade nut powder is now ready to be incorporated into your baby's meals. The recommended serving size varies with age: Use 1 teaspoon for babies aged 8–9 months and 1 tablespoon for babies aged 10–12 months. You can add this nutritious nut powder to various baby and toddler foods, including purees, porridge, milk, smoothies, pancake batter, cakes, cookies, muffins, and more!
7. Incorporate the nut powder into your baby's meals or snacks, providing them with a wholesome source of nutrients and energy. Enjoy nurturing your little one's growth and development with this homemade nut powder.



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# PART 4:

# RECIPES WITH NUTS

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DRINKS



SAUCES  
& DIPS



SOUPS



MAINS



BREAD



DESSERTS

## Part 4: Drinks

### Apple Pie Smoothie

#### Ingredients:

- 2 red apples, cored and cut into chunks
- 1 1/2 frozen bananas
- 1 1/2 cups unsweetened almonds or coconut milk
- 1 tbsp maple syrup or 1 medjool date (pitted)
- 3/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- A pinch of ground nutmeg

#### Preparation:

1. Place all ingredients in a Optimum blender jug, starting with liquids, then soft foods, then hard ingredients.
2. Sprinkle the ground cinnamon, ground ginger, and a pinch of ground nutmeg over the other ingredients.
3. Blend all the ingredients together on high speed until smooth and creamy. If the mixture appears too thick, you can add more almond milk or water to reach your desired consistency.
4. Once smooth, serve immediately and enjoy the comforting flavours of apple pie in this wholesome and delightful smoothie!



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### Blue Smoothie Bowl

#### Ingredients:

- 3 frozen bananas
- 2 ripe bananas
- 4 dates
- 125g coconut yoghurt
- Vegetable milk or water
- 1 tsp blue spirulina
- Topping:**
  - Kiwi
  - Raspberries
  - Oat flakes

#### Preparation:

1. Peel and slice 3 ripe bananas, then leave them in the freezer overnight. The next morning, take them out of the freezer 10 minutes before proceeding to prepare the smoothie.
2. In your Optimum blender, combine the frozen bananas, two ripe bananas, a drop of plant milk, coconut yoghurt, dates, and blue spirulina. Blend at high speed until smooth.
3. Pour the mixture into a bowl and decorate as desired with kiwi, raspberries, and oat flakes.
4. Your Blue Smoothie Bowl is ready to be enjoyed!

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## Part 4: Drinks

### Blueberry Muffin Smoothie

#### Ingredients:

- 2 cups frozen cauliflower
  - 1/2 cup blueberries
  - 1 scoop vanilla protein
  - 1/2 cup supercharged almond milk
  - 1 tbsp blackcurrant powder
- Topping:**
- Coconut yoghurt
  - Keto blueberry muffin
  - Strawberries

#### Preparation:

1. In a blender, combine the frozen cauliflower, blueberries, vanilla protein, supercharged almond milk, and blackcurrant powder. Blend at high speed until smooth and creamy.
2. Pour the smoothie into a bowl.
3. Top the smoothie bowl with coconut yoghurt, crumbled keto blueberry muffin, and sliced strawberries.
4. Enjoy your delicious and nutritious smoothie bowl!



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### Peanut Butter Protein Smoothie

#### Ingredients:

- 1 banana
- 1/2 cup water
- 1/2 cup plant milk
- 2 heaped tbsp peanut butter
- A pinch of cinnamon
- Scoop of protein powder

#### Preparation:

1. In a blender, add the banana, water, and plant milk.
2. Drop in the two heaped tablespoons of peanut butter for that creamy, nutty goodness.
3. Add a pinch of cinnamon to infuse a hint of warm spice, and mix in a scoop of your favorite protein powder to give it that extra boost.
4. Blend all the ingredients together on high speed until you achieve a smooth and creamy consistency. This should take just a minute or two.
5. Once blended to perfection, pour your healthy and delicious smoothie into a glass.
6. Sip and enjoy immediately! It's a fantastic way to kickstart your day or refuel post-workout with a tasty and nutritious treat.

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## Part 4: Drinks

### High-Protein Breakfast Smoothie

#### Ingredients:

- 100g frozen fruit (cherries, strawberries, and currants)
- 1 date (softened in warm water)
- 30g protein powder
- 3/4 cup almond milk
- 1/2 tbsp flax seeds
- Granola of choice (for topping)
- 1/4 cup yoghurt

#### Preparation:

1. Place all the ingredients (except the granola) in your Optimum blender.
2. Blend at high speed until the mixture becomes smooth and free of lumps.
3. Pour the smoothie into a glass or bowl.
4. Sprinkle granola on top for added texture and crunch.
5. Enjoy your delicious high-protein breakfast smoothie!
6. Sit back, sip, and savour the flavours of this nutritious and satisfying smoothie. It's a delightful way to start your day on a healthy note!



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### Fresh Strawberry Banana Smoothie Bowl

#### Ingredients:

- 1 cup fresh strawberries
- 1 ripe frozen banana
- 1/2 cup Greek yoghurt
- 1/4 cup almond milk
- 1 tablespoon honey
- **Toppings:** Strawberries, banana, granola, chia seeds, shredded coconut.

#### Preparation:

1. Wash and hull the fresh strawberries, then slice the banana into chunks.
2. In the Optimum blender, combine the fresh strawberries, banana chunks, Greek yoghurt, almond milk, and honey (if desired).
3. Blend the ingredients on high speed until smooth and creamy.
4. Pour the strawberry banana smoothie into a bowl.
5. Top with your favourite toppings, such as sliced strawberries, banana slices, granola, chia seeds, shredded coconut, or any other desired toppings.
6. Enjoy this refreshing and nutritious strawberry banana smoothie bowl.

## Part 4: Drinks

### Creamy Golden Glow Smoothie

#### Ingredients:

- 2 cups frozen cauliflower
- 1 apple
- ¼ cup Greek yoghurt (or coconut yoghurt for a vegan option)
- 1 1/2 cups almond milk (unsweetened)
- 1 tbsp tahini
- 1 ½ tsp sliced ginger
- 1/2 tsp cinnamon powder
- 1 tsp turmeric powder
- 1/2 tsp pumpkin spice
- 1/3 tsp black pepper
- 2 tbsp honey
- 1 tbsp honey or syrup for swirls

#### Preparation:

1. Add all ingredients into your Optimum blender.
2. Blend on high speed until the mixture is completely smooth and creamy. Adjust the ingredients as desired.
3. Add honey to the glasses and swirl it around for a sweet touch.
4. Pour the smoothie into a glass.
5. Enjoy!



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### Choco Berry Smoothie

#### Ingredients:

- 1 cup almond milk
- 1/2 cup water
- 1 scoop chocolate coconut protein
- 1/2 tsp cacao powder
- 1/4 cup frozen blueberries
- 3-4 frozen cauliflower florets
- Chopped fresh or frozen zucchini (optional)
- 1 tbsp chia seeds for topping

#### Preparation:

1. Add all the ingredients, except the chia seeds, to the blender jug.
2. Blend on high speed until smooth.
3. Once blended, serve into a glass and top with chia seeds.
4. Enjoy a delicious creamy Choco Berry smoothie!

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## Part 4: Drinks

### Delicious Green Smoothie Bowl

#### Ingredients:

- Handful of spinach
- 1 avocado
- 2 kiwi
- 60g raw cashew nuts
- 1 banana
- Apple juice

#### Preparation:

1. Add all ingredients into a blender jug.
2. Blend on high speed until combined and smooth.
3. Pour the smoothie into a bowl.
4. Add fresh fruits, oat flakes or seed as topping
5. Enjoy your nutritious and delicious Green Kiwi Avocado Smoothie Bowl!



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### Apple Banana Spice Smoothie

#### Ingredients:

- 2 peeled apples
- 1 frozen banana
- 2 tsp coconut butter
- 1 cup homemade almond milk
- 1 vanilla pod
- ½ tsp cinnamon
- Pinch of nutmeg
- Quarter of an avocado
- 1 tbsp maple syrup

#### Preparation:

1. Place all ingredients into your Optimum high-speed blender.
2. Blend on high speed until smooth.
3. Serve in a glass and top with a pinch of nutmeg to enjoy your delicious Apple Banana Spice Smoothie!

## Part 4: Drinks

### Chaga Spice Elixir

#### Ingredients:

- 3 cups hot, brewed Chaga tea\*
- 1/4 cup hemp seeds
- 3 tbsp cacao powder
- 3 tbsp coconut sugar
- 1 tbsp lucuma (optional)
- Pinch of cinnamon
- Pinch of cayenne powder
- Pinch of vanilla powder
- Pinch of salt

#### Preparation:

1. Place all ingredients in your Optimum high-speed blender.
2. Blend on high until smooth.
3. Adjust sweetness, spiciness, or any other flavour to your preference.
4. If you prefer your elixir extra hot, pour into a pan and warm gently over low heat.

\*You can substitute with 3 cups of hot water and 2 sachets of instant Chaga powder.

- **Important:** You can add warm ingredients to the blender, but NEVER place hot ingredients above 70°C = 160°F into the blender.



### Vegan Dairy-Free Chocolate Protein Smoothie

#### Ingredients:

- 1 frozen banana
- 1 scoop organic vanilla plant protein
- 1 tbsp cacao powder
- 1 tbsp tahini
- 2 tbsp golden flaxseed, ground

#### Preparation:

1. Add all ingredients into a blender.
2. Blend on high speed until smooth.
3. Enjoy your Vegan Dairy-Free Chocolate Protein Smoothie!

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## Part 4: Drinks

### Mixed Berry Smoothie Bowl

#### Ingredients:

- 150g frozen mixed berries
- 1 banana
- 80ml almond milk
- Red berries (for topping)
- Chia seeds
- Shaved coconut

#### Preparation:

1. Combine frozen mixed berries, banana, and almond milk in your blender.
2. Blend on high speed until smooth.
3. Pour the blended smoothie into a bowl.
4. Top smoothie with sliced red berries, chia seeds, and shaved coconut.
5. Enjoy your Mixed Berry Smoothie Bowl!



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## Part 4: Sauces & Dips

### Dairy-Free Cream Cheese

#### Ingredients:

- 1/2 cup cashews
- Boiling water
- Juice of a small lemon
- 1/2 tsp of salt
- 2/3 tablespoons olive oil (adjust the quantity based on desired thickness)
- 1 garlic clove

#### Preparation:

1. Begin by soaking 1/2 cup of cashews in boiling water for 2 hours. This process helps soften the cashews, making them easier to blend.
2. After 2 hours, drain the soaked cashews and transfer them to a blender jug.
3. Add the juice of a small lemon, a big pinch of salt, 2-3 tablespoons of olive oil (start with a smaller amount and adjust based on desired thickness), and a garlic clove to the blender.
4. Place the ingredients in the Optimum blender jug and blitz on high speed until smooth and creamy.
5. Taste the cream cheese and adjust the seasonings according to your preference. You can add more salt, lemon juice, or garlic if desired.

Enjoy your homemade vegan cream cheese!



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### Creamy Vegan Cheese With Herbs

#### Ingredients:

- 200g blanched almonds
- 3 tbsp lemon juice
- 3 tbsp olive oil
- 1 clove of garlic
- 50g yeast flakes
- 1 1/2 tsp salt
- 1 tsp herbs
- 100ml water

#### Preparation:

1. Soak the blanched almonds in hot water for about 1 hour.
2. Remove blanched almonds from hot water.
3. Finely blend the blanched almonds, lemon juice, olive oil, garlic, yeast flakes, salt and fresh water.
4. Put the mixture into a nut milk bag or cheesecloth and squeeze out all the liquid.
5. Remove from nut milk bag or cheesecloth and press into desired shape.
6. Top with herbs and enjoy!

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## Part 4: Sauces & Dips

### Vegan Cream Cheese Made Out Of Nuts

#### Ingredients:

- 1 cup soaked cashews
- 1/2 tbsp soaked chia seeds
- 1 tsp coarse sea salt
- 2 tsp dried sage leaves
- Dash of black pepper
- 1 tsp garlic granules
- Juice and zest of lemon
- Topping:** 1/4 cup pumpkin seeds (or other herbs and spices you prefer)

#### Preparation:

1. Soak your nuts by covering them with hot water and letting them sit for 2-4 hours (or overnight)
2. Drain the water off the nuts and place them into your Optimum blender.
3. Add all remaining ingredients to the blender as well.
4. Blend at high speed until smooth. If needed, stop the machine and scrape down jug for smoothest results.
5. Chill in the fridge for a few hours before serving.
6. Store in the fridge in a covered container for about 5 days.
7. Enjoy your delicious vegan cream cheese.



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### Heavy Cream Substitute With Nuts

#### Ingredients:

- 1 cup raw cashews (soaked overnight)
- 1 cup water (For blending)
- Optional seasonings: salt, pepper, garlic powder, nutritional yeast, vanilla extract, or sweetener for desserts

#### Preparation:

1. Soak 1 cup of raw cashews in water for 2 hours or overnight.
2. Drain and rinse.
3. In a blender, combine the soaked cashews with 1 cup of fresh water. Blend on high speed until smooth and creamy.
4. Optional seasonings like salt, pepper or sweeteners can be added to your taste, depending on the recipe.
5. Use the cashew cream as a dairy-free substitute in recipes like sauces, soups, and desserts.
6. Store any leftover cashew cream in an airtight container in the refrigerator for up to 3-4 days.
7. Enjoy this versatile homemade cashew cream in various dishes!

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## Part 4: Sauces & Dips

### Vegan Thyme Cashew Cheese

#### Ingredients:

- ½ cup + 2 tbsp raw cashews
- 8 tsp agar powder
- ¼ cup nutritional yeast
- ½ cup vegetable oil
- ½ tsp garlic powder
- 2 tbsp white miso
- 1 tsp salt
- 1 tbsp lemon juice
- 1 ¾ cups soya milk
- Handful of thyme

#### Preparation:

1. Lightly oil 2-3 small ramekins.
2. Grind the cashews in your Optimum blender at high speed until finely ground but do not allow it to turn into a paste.
3. Add the nutritional yeast, salt, thyme, and garlic powder to the blender. Pulse a few more times to blend in the spices.
4. Combine the soy milk, agar, and oil in a saucepan and bring it to a boil over high heat.
5. Decrease the heat to low, cover, and simmer for 10 minutes, stirring occasionally.
6. Allow the milk mixture to cool slightly before gradually pouring it through the blender lid hole with the blender running at high speed.
7. Blend for about 1 minute or until the mixture is very smooth and creamy.
8. Add in the miso and lemon juice, and blend until well combined.
9. Pour the mixture into the prepared ramekins and refrigerate for at least 2 hours until set.
10. Once set, remove the cheese from the ramekins and grate or slice as desired.
11. The cheese will keep for 4 days, covered and refrigerated. Enjoy your vegan thyme cashew cheese!



## Part 4: Soups

### Creamy Carrot Soup

#### Ingredients:

- 4 carrots
- Handful of cherry tomatoes
- 2 shallots
- 2 cloves of garlic
- 200ml coconut milk
- 400ml vegetable stock
- Handful of cashew nuts
- Chili flakes (to taste)
- Za'atar (to taste)
- Fresh parsley
- Salt and pepper
- Olive oil

#### Preparation:

1. Preheat the oven to 200°C and line a baking tray with baking paper.
2. Clean the carrots, chop them into rough pieces, and chop the shallots. Peel the garlic cloves and halve the cherry tomatoes.
3. Place the carrots, shallots, garlic, and cherry tomatoes on the baking tray. Drizzle with olive oil and season with salt and pepper. Massage the vegetables with your hands to coat them evenly.
4. Roast the vegetables in the oven for 20 minutes.
5. While the vegetables are roasting, heat the vegetable stock in a saucepan.
6. After veggies cool down to 60°C transfer to the blender. Add the coconut milk (reserving 2 tablespoons for garnish), hot vegetable stock, and 1 teaspoon of chilli flakes. Blend on high speed until smooth and creamy.
7. Season the soup with salt and pepper to taste.
8. Serve the soup hot, garnished with a swirl of coconut milk, fresh parsley, a sprinkle of chilli flakes, Za'atar, and cashew nuts. Enjoy your deliciously creamy carrot soup!



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## Golden Sweet Potato Curry

### Ingredients:

- 2 tbsp coconut oil
- 1 brown onion, peeled and cut into chunks
- 2 garlic cloves
- 2 cm fresh ginger
- 2 tbsp fennel seeds
- 2 tbsp ground cumin
- 1 tsp ground turmeric
- 2 tbsp ground coriander
- 2 tbsp garam masala
- Pinch of salt and pepper to taste
- 150g raw cashews
- 5 tomatoes, chopped
- 250g full-fat natural yoghurt
- 180g water
- 1 sweet potato, cut into cubes
- 1 carrot, cut into cubes
- 1 red capsicum, roughly chopped
- 100g cauliflower, cut into florets
- 100g broccoli, cut into florets
- 120g baby spinach

### Preparation:

1. In the Thermocook bowl, add onion, garlic cloves, and fresh ginger. Process the ingredients for 3 seconds at speed 9 to finely chop them.
2. After processing the ingredients, scrape down the sides of the Thermocook bowl with a spatula. Next, add fennel seeds, ground cumin, ground turmeric, ground coriander, garam masala, and coconut oil to the bowl. Saute the mixture at 100°C for 3 minutes at speed 1.
3. Add cashews, a pinch of salt, and chopped tomatoes. Blend the ingredients for 10 seconds at speed 7 to achieve a smooth consistency.
4. Add yoghurt and water to the blended mixture in the Thermocook bowl. Blend the ingredients for 1 minute at speed 4 to combine them thoroughly.
5. Add sweet potato and carrot to the mixture in the Thermocook bowl. Cook the ingredients at 100°C for 18 minutes at reverse speed 1.
6. Add red capsicum, cauliflower florets, and broccoli florets to the mixture in the Thermocook bowl. Cook the ingredients at 100°C for 7 minutes at reverse speed 1. This will allow the vegetables to soften and blend with the flavours of the curry.
7. At the end of the cooking process, add baby spinach and coriander to the curry. Stir them through gently to incorporate them into the dish. This will add freshness and vibrant colour to the curry.
8. Serve with brown basmati rice, quinoa, or cauliflower rice.



## Nachos With Beans & Cashew Sour Cream

### Ingredients:

- 3 sprigs fresh chives, cut into chunks
- 120g raw cashews
- 4 cloves garlic
- 150g water
- 2 tsp sea salt, plus 2 pinches to taste
- 60g brown onion, cut into chunks
- 400g can black beans, drained and rinsed
- 30g tahini
- 2 tsp ground cumin
- 2 pinches ground cayenne pepper, to taste
- 400g can tomatoes
- 60g tomato paste
- 1 tbsp dark brown sugar
- 180g cheddar cheese, cut into cubes
- 20g parmesan cheese, cut into cubes
- 340g corn chips
- 420g can kidney beans, drained and rinsed

### Preparation:

1. Place the chives and one clove of garlic into the Thermocook bowl and chop them for 5 seconds at speed 7. Then, transfer the chopped mixture into a separate bowl and set it aside.
2. In the Thermocook bowl, add cashews, water, 1 tsp of salt, onion, and lemon juice. Blend the ingredients for 20 seconds at speed 9. Remember to scrape down the sides of the bowl with a spatula to ensure all the ingredients are well combined.
3. Add one clove of garlic, drained black beans, lemon juice, tahini, cumin, 2 pinches of salt, cayenne pepper, paprika, and olives into the Thermocook bowl. Mix the ingredients for 15 seconds at speed 7.
4. Transfer the prepared hummus into a sealable jar or container and refrigerate until you're ready to serve. Make sure to clean and dry the Thermocook bowl afterward.
5. Put onion and two cloves of garlic into the Thermocook bowl and chop them for 5 seconds at speed 7.
6. Add butter to the Thermocook bowl and sauté for 3 minutes at 100°C on speed 1.
7. Add chilli flakes, coriander, tomatoes, tomato paste, and brown sugar to the Thermocook bowl. Cook for 3 minutes at 100°C on speed 1.
8. Add the drained kidney beans to the Thermocook bowl and cook for 1 minute at 90°C on reverse speed 1.
9. Preheat the oven to 180°C. Grease a casserole dish and set aside.
10. Place cheddar cheese and parmesan cheese into the Thermocook bowl and grate them for 10 seconds at speed 8. Transfer the grated cheese into a separate bowl and set it aside.
11. Arrange half of the corn chips in the bottom of the prepared casserole dish. Spread half of the reserved kidney bean mixture over the chips and sprinkle half of the reserved cheese mixture on top. Repeat the layering process with the remaining chips, kidney beans, and cheese.
12. Bake the dish for 15-20 minutes, or until it turns golden brown. Serve the nachos hot with black bean hummus and cashew sour cream.



## Paprika Chicken With Sauce

### Ingredients:

- 1060g of water
- 380g Basmati rice
- 3 carrots, peeled and thinly sliced
- 200g green beans, topped and tailed
- 2 zucchini, thinly sliced
- 150g frozen corn
- 700g chicken breast fillets, sliced into 2cm thick pieces
- 60g raw cashews
- 2 tsp chicken or vegetable stock paste (or 1 tsp stock powder)
- 2 tsp smoked Paprika
- 1/2 tsp garlic powder
- 1 tbsp butter or Ghee (optional)
- Pinch of herb salt for seasoning

### Preparation:

1. Rinse 380g of Basmati rice under tap water in the Thermocook bowl's inner basket. Add water to the Thermocook bowl and place the inner basket inside.
2. Sprinkle 1 tsp Paprika, herb salt, and 1/2 tsp garlic powder over the chicken pieces. Place the chicken on a steamer tray and add 1 tbsp of butter or Ghee if using.
3. Cook the rice and chicken together for 20 minutes at 120°C on speed 2. Add the sliced carrots, green beans, and zucchini to the steamer dish when there are 8 minutes left of cook time.
4. Remove the cooked vegetables and chicken from the Thermocook and keep warm.
5. In the remaining liquid in the Thermocook bowl, add 60g of cashews, 60g of water, 2 tsp of stock paste (or 1 tsp stock powder), and the remaining 1 tsp of Paprika. Allow the bowl to cool, then blend for 1 minute at speed 9 until smooth. Season to taste.
6. Serve the cooked rice onto plates, top with vegetables and chicken, and drizzle with the prepared sauce. Enjoy your Paprika chicken with sauce!





## Aromatic Indian Veggie Delight

### Ingredients:

- 1 tsp coconut oil
- 1 medium onion, quartered
- 2 cloves garlic
- 2cm ginger root, peeled
- 1 tbsp fennel seeds
- 1 tbsp ground cumin
- 1 tsp ground turmeric
- 1 tbsp ground coriander
- 1 tbsp Garam Masala
- 150g raw cashews
- 5 vine ripened tomatoes, roughly chopped
- Pinch of sea salt and black pepper to taste
- 250g full fat Greek yoghurt
- 180g water
- 1 sweet potato, sliced
- 1 large carrot, chopped
- 1 red capsicum, diced
- 0.5 cauliflower, broken into florets
- 0.5 broccoli, broken into florets
- 30g baby spinach



### Preparation:

1. Place the onion, garlic, and ginger into the Thermocook bowl and finely chop them for 4 seconds at speed 6. Scrape down the sides of the Thermocook bowl.
2. Add fennel seeds, ground cumin, turmeric, ground coriander, garam masala, and coconut oil. Sauté the mixture for 3 minutes at 100°C on speed 1.
3. Combine cashew nuts, salt, pepper, and roughly chopped tomatoes. Blend the mixture on speed 4 for 20 seconds.
4. Pour yoghurt and water into the mixture, then blend on speed 8 for 1 minute. If the temperature exceeds 60°C, blend on speed 4 instead.
5. Let the sauce simmer by setting the temperature to 100°C and allowing it to cook for 10 minutes at speed 1.
6. Dice the vegetables into uniform chunks. Add the sturdy vegetables to the curry sauce and cook for 10 minutes at 100°C using reverse speed 1.
7. Incorporate the remaining vegetables (excluding spinach) into the mixture. Cook at 100°C using reverse speed 1 for 6 minutes.
8. Once the hard vegetables are cooked, add the spinach to the mixture. Cook at 100°C using reverse speed 1 for 2 minutes.
9. Serve the Aromatic Indian Veggie Delight alongside your preferred choice of Basmati rice, quinoa, or cauliflower rice. Enjoy!

## Savoury Cashew Chicken Stir-Fry

### Ingredients:

- 1 tsp coconut oil
- 3 garlic cloves
- 4 cm piece fresh ginger, peeled
- 400g skinless chicken breast or thigh fillet, cut into strips
- 300g Basmati rice
- 900g water
- 200g broccoli, broken into florets
- 225g bamboo shoots, drained
- 1 carrot, cut into thin slices, diagonally
- 3 celery stalks, cut into 4cm pieces
- 6 spring onions, trimmed and cut into 4 cm pieces
- 0.5 capsicum, deseeded and cut into 1 cm pieces
- 1 fresh long red chilli, deseeded
- 50g roasted unsalted cashew nuts
- 1 tbsp sesame seeds, plus extra for garnishing
- 1 tbsp peanut oil
- 1.5 tsp cornflour
- 1 tsp sesame oil
- 40g soy sauce or Tamari
- 2 tsp honey, to taste
- pinch of salt, to taste
- pinch of pepper, to taste
- 20g lime juice to serve

### Preparation:

1. In the Thermocook bowl, add 1 garlic clove and half of the ginger, then chop for 4 seconds at speed 7. Scrape down the sides of the bowl.
2. Add the chicken strips to the Thermocook bowl with the garlic and ginger mixture. Combine for 5 seconds at reverse speed 1. Transfer the chicken onto a steaming tray.
3. Rinse the Basmati rice under water until the water runs clear. Place the rinsed rice into the simmering basket and place it in the Thermocook bowl with 900g of water. Cook for 15 minutes at 120°C on speed 2.
4. Remove the simmering basket and set aside the cooked rice. Keep the steaming liquid in the Thermocook bowl.
5. Add the broccoli, bamboo shoots, carrot, celery, spring onions, capsicum, chilli, and remaining ginger and garlic to the Thermocook bowl. Chop for 4 seconds at speed 7. Scrape down the sides of the bowl.
6. Add peanut oil and cook for 2 minutes at 120°C on speed 1.
7. Add sesame oil, cornflour, soy sauce or Tamari, honey, and the reserved steaming liquid with cornflour mixture to the Thermocook bowl. Cook for 4 minutes at 100°C on speed 3.
8. Season the sauce with salt and pepper to taste. Allow it to sit for approximately 5 minutes to thicken.
9. Squeeze lime juice over the chicken and vegetables. Mix everything together and sprinkle extra sesame seeds on top as a garnish. Serve with cooked rice. Enjoy!



## Exotic Fusion Chicken Quinoa Salad

### Ingredients:

- 100g quinoa
- 800g water
- 500g chicken breast, cut into 5 cm pieces
- 1.5 cups shredded cabbage
- 1 carrot, julienned
- 100g sugar snap peas, thinly sliced
- 1 handful chopped cashews
- 2.5 tbsp olive oil
- 1 piece ginger (about 2cm knob)
- 3 scallions
- 1/4 cup fresh lemon juice
- 1/4 cup fresh lime juice
- 5 tbsp soy sauce
- 4 tsp sesame oil
- 1 tbsp sweet chilli sauce
- 2 cloves garlic

### Preparation:

1. Place 100g of quinoa in a small steaming basket and add 800g of water to the Thermocook bowl to cook the quinoa.
2. Cut 500g of chicken breast into 5cm pieces. Place them in a steamer tray, drizzle with olive oil, and season with salt and pepper. Cook the chicken at 120°C for 16 minutes at speed 2.
3. Once the chicken has cooled down, transfer it to the Thermocook bowl and pulse for a quick 4-second reverse speed 3. Combine the chicken with the cooked quinoa in a salad bowl.
4. Mix in shredded cabbage, julienned carrot, sliced sugar snap peas, and chopped cashews into the quinoa and chicken mixture.
5. In a clean and dry Thermocook bowl, add 2.5 tablespoons of olive oil, a piece of ginger, and 3 scallions. Mix for 4 seconds at speed 7. Scrape down the sides and repeat the process if needed.
6. Adjust the temperature to 100°C and set the timer for 3 minutes at speed 1. Allow it to cool slightly for approximately 2 minutes.
7. Include 1/4 cup of lemon juice, 1/4 cup of lime juice, 5 tablespoons of soy sauce, 4 teaspoons of sesame oil, and 1 tablespoon of sweet chilli sauce in the Thermocook bowl. Mix them together for 10 seconds at reverse speed 3.
8. Pour the dressing over the salad and mix everything together. Serve and enjoy your Exotic Fusion Chicken Quinoa Salad!



## Part 4: Bread

### Peanut Butter Banana Bread

#### Ingredients:

##### Wet Ingredients:

- 1/2 cup peanut butter
- 1/3 cup oat milk
- 3 tbsp water
- 1 tbsp chia or flax seeds
- 1 banana

##### Dry Ingredients

- 2/3 cup wholemeal flour
- 1/4 cup sugar
- 1 tsp baking powder
- Optional: 1 scoop vanilla protein,
- 1 tbsp organic lucuma

##### Toppings

- Nuts, chocolate chips, or cranberries

#### Preparation:

1. Preheat the oven to 175°C (345°F) and line a baking tin with parchment paper.
2. Blend wet ingredients: Blend the wet ingredients at high speed until you achieve a smooth consistency. This includes oat milk, water, chia or flax seeds, and the banana.
3. Combine dry ingredients: In a separate bowl, combine the wholemeal flour, sugar, and baking powder. If using, you can also add the optional vanilla protein scoop and the organic lucuma. Mix these dry ingredients together.
4. Mix wet and dry: Gently fold the blended wet ingredients into the dry mixture until just combined. Be careful not to overmix.
5. Batter and toppings: Pour the batter into the lined baking tin, spreading it evenly. On top of the batter, add peanut butter and a generous sprinkle of your choice of nuts, chocolate chips, or cranberries.
6. Place the baking tin in the preheated oven and bake for approximately 40 minutes or until the centre comes out clean when tested with a toothpick.
7. Once baked, remove the banana bread from the oven and allow it to cool before slicing. Slice and enjoy the delightful combination of flavours and textures in every bite!



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## Vegan Cheese Caprese Pizza

### Ingredients for Vegan Mozzarella:

- 140g raw cashews, soaked for at least 4 hours
- 20g coconut oil
- 70g coconut yoghurt
- 110g almond milk
- 30g freshly squeezed lemon juice
- 40g tapioca starch
- 4tbsp nutritional yeast flakes
- 1 tsp fine sea salt, to taste
- Olive oil for greasing

### Ingredients for the Dough:

- 250g flour
- 140g water
- 5g sugar
- 5ml oil
- 5g salt
- 7g dry yeast

### Preparation:

#### Instructions for Mozzarella Preparation:

1. Add all mozzarella ingredients to a blender and blend on high speed until smooth.
2. Cook the mixture on low heat, stirring constantly, until it becomes very thick.
3. Transfer the mixture to a greased bowl and allow it to cool in the fridge.
4. Dollop the mozzarella on pizza and bake in the oven for melty, creamy vegan cheese.

#### Instructions for Dough Preparation:

1. Place all dough ingredients into the Thermocook bowl and use the kneading function to make this simple dough.
2. Roll out the dough and spread tomato sauce and fresh tomatoes on top.
3. Add the vegan mozzarella and bake in the oven until ready.

Enjoy your homemade vegan pizza with delicious melty mozzarella!



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## Cilantro Pesto Pizza

### Ingredients:

- 200g lukewarm water
- 120g dried chickpeas
- 0.5 tsp dried instant yeast
- 2 cloves garlic
- 60g parmesan cheese, cut into 3cm pieces
- 0.5 tsp salt
- 1.5 bunches fresh coriander, stalks and leaves, cut into pieces
- 10g pepitas
- 40g sunflower seeds
- 50g raw unsalted cashews
- 40g lemon juice
- 100g avocado oil
- 1 tsp dulse flakes (optional)
- 50g mozzarella cheese, cut into slices
- 3 fresh tomatoes, cut into slices
- 1 small handful thyme leaves, for garnishing

### Preparation:

1. Preheat the oven to 180°C. Line a pizza tray or baking tray with baking paper.
2. In a jug, combine lukewarm water and dried instant yeast. Set aside.
3. In the Thermocook, blend together dried chickpeas, parmesan cheese, garlic, fresh rosemary, salt, and pepper until fine crumbs form.
4. Add the yeast mixture to the bowl and mix until well combined. Transfer the dough into a greased bowl and let it prove for 1 hour.
5. In the meantime, prepare the cilantro pesto. Blend together garlic, coriander, cashews, sunflower seeds, lemon juice, avocado oil, salt, and dulse flakes until smooth. Transfer to a sealable container and refrigerate.
6. After proving, spread the dough onto the prepared tray. Bake for about 10 minutes until lightly golden brown.
7. Spread cilantro pesto evenly over the pizza base. Sprinkle grated Parmesan cheese on top.
8. Arrange sliced mozzarella, tomatoes, and thyme leaves on top.
9. Bake the pizza for another 10 minutes until the cheese is melted and bubbly.
10. Garnish with fresh thyme leaves before serving. Slice and enjoy!



## Gluten-Free Carrot Almond Cake

### Ingredients:

- 300g carrot, cut into pieces
- 220g blanched almonds
- 100g grapeseed oil, plus extra for greasing
- 1 tsp natural vanilla extract
- 150g light brown sugar
- 3 eggs
- 2 tsp baking powder (gluten-free)
- 2 tsp ground cinnamon
- 2 tsp ground ginger
- A pinch of salt
- 120g raw sugar
- 0.5 orange peel, no white pith
- 90g unsalted butter
- 125g cream cheese

### Preparation:

1. Heat your oven to 170°C and grease a 20cm cake tin, lining it with baking paper. Set it aside for later use.
2. Put 220g of almonds into the Thermocook bowl and grind them for 10 seconds at speed 7 until you obtain a fine powder. Transfer the ground almonds into a separate bowl and set them aside.
3. Add 300g of carrot to the Thermocook bowl and grate it for 5 seconds at speed 6.
4. Add 100g of oil, 1 tsp of vanilla extract, 3 eggs, 150g of brown sugar, 2 tsp of baking powder, 2 tsp of cinnamon, 2 tsp of ginger, a pinch of salt, and the reserved almond meal into the Thermocook bowl. Mix for 10 seconds at speed 5, making sure to scrape down the sides of the bowl.
5. Pour the cake batter into the prepared cake tin and bake it for 45-60 minutes, or until a wooden skewer inserted into the centre of the cake comes out clean. Let the cake cool in the tin for 30 minutes, then transfer it onto a wire rack to cool completely. Make sure to clean and dry the Thermocook bowl afterwards.
6. To prepare the frosting, place 120g of raw sugar and orange peel into the Thermocook bowl and process for 50 seconds on speed 10, until the mixture is finely ground. Scrape down the sides of the bowl and continue milling for 50 seconds on speed 10.
7. Add 90g of butter to the Thermocook bowl and chop for 5 seconds on speed 5.
8. Add 125g of cream cheese to the Thermocook bowl and mix for 25 seconds on speed 5. Spread the frosting onto the completely cooled cake, then refrigerate for 30 minutes to allow it to set.

### Serving Size: 12

**Tips:** Feel free to garnish the cake with your choice of chopped walnuts, pistachios, and almonds. You can chop them in the Thermocook for about 8 seconds at speed 4.



## Savoury Fennel Date Nut Loaf

### Ingredients:

- 100g pepitas
- 400g raw almonds
- 60g sesame seeds
- 100g sunflower seeds
- 120g pitted medjool dates
- 55g macadamia oil
- 70g dried figs, cut into halves
- 1 tsp fennel seeds
- 4 eggs
- 1 tsp bicarb of soda
- 1 tbsp apple cider vinegar
- Pinches of sea salt, to taste
- 1 tbsp caster sugar (optional)

### Preparation:

1. Put a jug on top of the Thermocook bowl lid and measure 55g of macadamia oil into it. Set the jug with the measured oil aside for later use.
2. Add 250g of almonds into the Thermocook bowl and blend them for 10 seconds on speed 9. Use a spatula to scrape down the sides of the bowl.
3. Include pepitas, sunflower seeds, sesame seeds, 2 pinches of salt, 1 tablespoon of sugar (optional), and the remaining almonds into the Thermocook bowl. Mix the ingredients for 40 seconds on speed 8.
4. Scrape down the sides of the bowl and mix for 1 minute on speed 4. While doing so, slowly pour the reserved macadamia oil onto the Thermocook bowl lid, allowing it to trickle into the bowl and emulsify with the mixture until a paste-like consistency is achieved.
5. Continue mixing for an additional 1 minute on speed 8. Transfer the mixture into a sealable storage jar or container and set it aside. Clean and dry the Thermocook bowl.
6. Set the oven temperature to 150°C for preheating. Grease the loaf tin and line it with baking paper, then keep it aside for later use.
7. Add dates, figs, and fennel seeds to the Thermocook bowl. Chop the ingredients for 15 seconds on speed 8.
8. Incorporate eggs, bicarbonate of soda, vinegar, and the reserved nut paste into the Thermocook bowl. Blend the ingredients for 20 seconds on speed 5.
9. Pour the mixture into the prepared tin and optionally sprinkle it with slivered almonds. Bake the loaf for 40-50 minutes at 150°C, or until a wooden skewer inserted into the centre comes out clean. Allow the loaf to cool in the tin, then transfer it onto a wire rack to cool completely before serving.



## Gluten-Free Flaxseed Loaf

### Ingredients:

- 100g almonds
- 20g baking powder
- 260g flaxseed
- 1 tsp salt
- 3 tbsp psyllium husks
- 300g Greek yoghurt
- 5 eggs

### Preparation:

1. In the Thermocook bowl, place almonds and flax seeds. Mill for 10 seconds at speed 10.
2. To the milled mixture, add psyllium husks, baking powder, and salt. Mix for 10 seconds at speed 4. Set aside.
3. Add Greek yoghurt and eggs to the Thermocook bowl. Mix for 30 seconds at speed 4.
4. Add the premixed dry ingredients to the bowl. Mix everything together for 1 minute at speed 4.
5. Preheat the oven to 160°C. Pour the dough into a lined baking tin. Sprinkle black sesame or sunflower seeds on top. Let the dough rest for 5 minutes.
6. Bake the loaf for 70 minutes at 160°C.
7. Once baked, allow the bread to cool completely before slicing.



## Raw and Vegan Gingerbread

### Ingredients:

- 400g cashew nuts, soaked & dried
- 150g cocoa paste
- 320g medjool dates
- 75g cocoa butter
- 100ml of plant-based milk
- 2 tbsp coconut blossom syrup
- 100g ground almonds
- Almond slivers
- 1 tbsp gingerbread spice

### Preparation:

1. Begin by pouring the plant-based milk into your blender. Follow up by adding the remaining ingredients and blend them all together at high speed until you achieve a smooth paste.
2. Next, spread this creamy mixture into a mould and let it chill in the freezer until it solidifies. This typically takes around 4 hours, but for best results, overnight.
3. Once your mixture is frozen solid, cut it into pieces. Place back in the freezer while you prepare the chocolate coating.
4. Gently melt the cocoa paste and cocoa butter using a hot water bath. Then, sweeten the mixture with your favourite liquid sweetener.
5. Now, dunk each slice into the liquid chocolate, allowing any excess to drip off, and place them on parchment paper to dry. If you like, add a touch of flair with some almond slivers while the chocolate is still in its liquid state.

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## Nutty Energy Bars

### Ingredients:

- 32g rice malt syrup
- 65g oats
- 64g desiccated coconut
- 128g raw cashews (unsalted)
- 45g coconut oil
- 1 tsp vanilla extract
- 20 medjool dates (pitted)
- 2 tbsp peanut butter
- 1 tbsp tahini
- 3 tbsp raw cacao powder
- 65g crushed peanuts
- 3 tbsp melted coconut oil
- 2 tbsp rice malt syrup
- A pinch of salt

### Preparation:

1. Prepare a square cake tin by lining it with baking paper.
2. In the Thermocook bowl, combine raw cashews, oats, desiccated coconut, rice malt syrup, peanut butter, vanilla extract, and a pinch of salt. Blitz the mixture for 20 seconds at speed 8.
3. Check the consistency of the mixture; it should stick together like a dough. If it's too dry, add a tablespoon of water and blend for another 10 seconds at speed 8.
4. Remove the mixture from the Thermocook bowl and press it down firmly into the lined cake tin. Cover the tin with cling wrap and place it in the freezer to set firm, approximately 2 hours.
5. Place dates, coconut oil, and a pinch of salt in the Thermocook bowl and blend for 30 seconds at speed 10, until well combined and smooth.
6. Add peanut butter, tahini, and rice malt syrup to the bowl. Blend for another 30 seconds on speed 7, until all the ingredients are well mixed and smooth.
7. Add crushed peanuts to the mixture and mix together for 10 seconds at reverse speed 3.
8. Press down the mixture evenly over the base layer in the cake tin, ensuring it is compacted. Place the tin back in the freezer to set until the mixture becomes firm, approximately 2 hours.
9. In a clean bowl, add melted coconut oil and set the temperature to 35°C. Run the blender at speed 1 for 2 minutes.
10. Add raw cacao powder and rice malt syrup to the melted coconut oil in the bowl. Mix the ingredients for 20 seconds at speed 3.
11. Pour the chocolate mixture over the caramel layer, which should now be set. Place the pan back in the freezer and allow it to set overnight.
12. Once the bars are completely set, cut them into 12 squares. Store them in the refrigerator for a slightly softer texture or enjoy them straight from the freezer for a firmer, chilled treat.





## Crispy Almond Pepita Delights

### Ingredients:

- 60g dried cranberries
- 50g walnuts
- 50g raw almonds
- 40g coconut oil
- 50g pepitas
- 50g rolled oats
- 180g rice malt syrup
- 1 tsp mixed spice
- 180g dark chocolate, broken into pieces
- 1 tbsp plain flour

### Preparation:

1. Preheat your oven to 160°C and prepare two large baking trays by lining them with baking paper.
2. Put almonds, walnuts, and cranberries into the Thermocook bowl and chop them for about 10 seconds on speed 7, or until they are finely chopped. Transfer the mixture into a separate bowl and set it aside.
3. Without cleaning the bowl, add coconut oil and rice malt syrup into the Thermocook bowl. Cook the mixture for 2 minutes at 120°C on speed 1, or until it becomes warm and well combined.
4. Add oats, pepitas, mixed spice, flour, and the reserved nut mixture to the bowl. Combine the ingredients for 20 seconds on reverse speed 2, ensuring they are well mixed together.
5. Place approximately 2 teaspoons of the mixture onto the prepared baking trays. Use damp hands to flatten the mixture slightly and shape it into a rough circle. Repeat this process with the remaining mixture, making approximately 25 cookies and leaving enough space between each cookie for spreading. Bake the cookies for 12 minutes, or until they turn light golden in colour. Afterwards, clean and dry the Thermocook bowl.
6. Take the cookies out of the oven and, if necessary, use a spatula or palette knife to tidy up the edges by gently pushing them in. Let the cookies cool completely on the trays.
7. Add chocolate to the Thermocook bowl and grate it for 6 seconds at speed 8.
8. Scrape the sides of the bowl to ensure all the chocolate is incorporated, then cook for 2 minutes at 80°C and speed 2, or until the chocolate is fully melted. Take each cooled Florentine and spread a thin layer of the melted chocolate on the base. Allow the chocolate to set for a few minutes before serving.



## Healthy Date And Nut Bliss Balls

### Ingredients:

- 1-2 cups pitted dates
- 1-2 cups nuts of choice (walnuts, pistachios, almonds, cashews)
- Handful of seeds such as sunflower, pumpkin, flaxseed

### Preparation:

1. In a Optimum cold press juicer and using the blanks strainer, feed through dates, nuts and seeds, alternating between ingredients.
2. Roll the mixture into balls and serve as a healthy snack.

**Tip:** Experiment and try dried apricots if available.



## Chocolate Chia Seed Protein Blocks

### Ingredients:

- 200g dried dates, soaked in 100ml water for 20 minutes
- 3 tsp chia seeds, soaked in 6 tsp water for 10 minutes
- 20g hemp powder
- 25g pecans
- 25g cocoa powder
- 4 drops of natural vanilla, peppermint, or almond essence
- 3 tbsp agave syrup
- 4 tbsp desiccated coconut (2 for the mix and 2 to coat)

### Preparation:

1. Blend all ingredients on high speed except two tablespoons of desiccated coconut in your Optimum high-speed blender until smooth.
2. Pile the mixture onto a sushi mat lined with clear film. Roll the mat, straightening the clear film as you go. Tuck the ends to make a neat roll then place in the fridge for at least 2 hours.
3. Remove the clear film and place it on the wooden board. Cut into slices about 1 cm thick. Spread the other two tablespoons of desiccated coconut.



## Part 4: Desserts

### Chocolate Pretzel Energy Bars

#### Ingredients:

- 150g dates
- 100g Brazil nuts
- 25g Pretzels
- 50ml hot water
- 4 tbsp chia seeds
- 150g almonds
- 200g dark chocolate

#### Preparation:

1. Line your tray with baking parchment. Chop the dates into pieces and soak them in hot water, then set aside.
2. Roast the almonds and Brazil nuts under a hot grill until they start to turn a deeper brown and smell lovely. Process them in your blender at high speed until they're chopped.
3. Add them along with the dates and chia seeds to a bowl.
4. Melt 150g of the dark chocolate in a heat-proof jug, then add it to the date and nut mixture and mix well.
5. Pour the remaining chocolate into a plastic bag. The easiest way to do this is to put the bag in a glass, open it wide, and pour.
6. Cut a tiny hole in the bag and start streaking the chocolate all over the surface of the date bar. When around two-thirds of the mixture has been drizzled, quickly press the pretzels into the sticky surface, then keep pouring the rest of the chocolate.
7. Leave to rest for at least 20 minutes, then transfer to the fridge for a few hours to set.



### Raspberry Snowballs

#### Ingredients:

- 210g cashew nuts
- 140g fresh raspberries
- 120g medjool dates
- 100g desiccated coconut (for coating)

#### Preparation:

1. In your Optimum high-speed blender, blitz the cashew nuts on high speed until they become ground. Then, add in the remaining ingredients (excluding the coconut) and blitz briefly until it's well combined. Be careful not to over blend; you want it to be pliable but not too soft.
2. Scrape the mixture into a bowl. Using a tablespoon for measurement, roll it into balls.
3. Gently roll each ball in desiccated coconut until coated.
4. Refrigerate until ready to eat. They can also be frozen for later enjoyment.



## Part 4: Desserts

### Sweet Potato & Fresh Ginger Protein Balls

#### Ingredients:

#### Protein Balls:

- 125g rolled oats
- 200g cooked sweet potato, mashed
- 125g nut butter
- Large pinch of grated fresh ginger
- 1 tbsp agave nectar or honey
- 1 tbsp skimmed milk powder or vanilla protein powder

#### To Finish:

- Coconut, milled linseeds, cocoa, sesame seeds, chopped nuts

#### Preparation:

1. Blitz all ingredients in your Optimum blender on high speed until combined.
2. Roll the mixture into teaspoon-sized balls.
3. Roll each ball in a mix of coconut, cocoa, sesame seeds or chopped nuts of your preference.
4. Store the balls in the refrigerator or freezer for later enjoy!



### Raw Hazelnut Brownie

#### Ingredients:

- ½ cup raw cacao
- ½ cup hazelnuts, soaked overnight
- ½ cup cashews, soaked overnight
- 2 tablespoons chia powder\*
- 2 figs, soaked for 2 hours
- 4 medjool dates
- A splash of almond milk

#### Preparation:

1. Drain and rinse the nuts. Place cashews, figs, and dates in your Optimum high-speed blender.
2. Blend on low speed, using the tamper to mix it up.
3. Add chia powder and cacao, then blend until smooth.
4. Lastly, add hazelnuts and blend until they are roughly chopped (you want them to be a little chunky).
5. Remove from the jug and press into a square pan.
6. Chill for 3-4 hours, then turn it out and cut into squares. Enjoy!

\*You can make chia powder by grinding small quantities of chia seeds in your Optimum blender at high speed.

## Part 4: Desserts

### Raw Chocolate Caramel Cheesecake

#### Ingredients:

##### Crust:

- 1 cup shredded coconut
- 1 cup almonds
- 10 medjool dates, pitted
- 1 tablespoon raw cacao
- Vanilla extract
- A pinch of salt

##### Filling:

- 2 cups cashews, soaked for 4 hours, drained and rinsed
- ½ cup honey
- ½ cup raw cacao
- ¼ cup lemon juice
- ½ cup coconut oil
- 2 tablespoons water

##### Caramel:

- 1 cup pitted medjool dates
- ½ cup almond milk
- 1 tablespoon honey
- A pinch of salt

##### To Serve:

- ¼ cup roasted pistachios
- ¼ cup roasted almonds
- A sprinkle of salt

#### Preparation:

1. For the crust, place almonds in your Optimum high-speed blender and pulse until they form coarse gravel.
2. Add coconut and pulse to combine. Add remaining ingredients and blend until the crust is well combined and holds together when pinched. Press firmly into a springform or cheesecake pan and refrigerate to set for at least an hour.
3. For the filling, combine all filling ingredients in your blender and blend on high speed until smooth.
4. Pour onto the crust and place in the freezer to begin setting while you make the caramel topping.
5. For the caramel, combine all caramel ingredients in your blender and blend on low speed until smooth, scraping down the sides as needed. Spread over the chocolate cheesecake.
6. To serve, roughly chop nuts and mix in a bowl with a sprinkle of salt. Dust the outside of the cheesecake with the salted nuts. Serve and enjoy!
7. Store this delicious Raw Chocolate Caramel Cheesecake in the fridge for up to 5 days.





## Part 4: Desserts

### Peanut Butter Choc Oatmeal Slice

#### Ingredients:

- 1 cup oats
- 1 cup almond flour
- 1 3/4 cup peanut butter
- 1 cup maple syrup
- 1 cup coconut oil
- 1/2 tsp baking soda
- 1/2 cup cacao powder
- 1/4 cup coconut sugar
- 3/4 cup boiling water

#### Preparation:

1. Preheat the oven to 180°C and line an 8" square baking tray.
2. In a mixer combine oats, almond flour, peanut butter, maple syrup, coconut oil, and baking soda.
3. Mix on a low speed until combined.
4. Transfer to a baking tray and press to flatten.
5. Bake in the oven for 25 minutes and let cool.
6. Rinse the mixing bowl and begin the peanut butter layer by combining 1 1/4 cup smooth peanut butter, 1/4 cup maple syrup, 1/4 cup coconut oil and boiling water.
7. Mix on a low speed until smooth. Then transfer over cooked oatmeal slices and place in the freezer for 15 minutes.
8. Prepare chocolate ganache by combining 1/2 cup cacao powder, 1/2 cup coconut oil, 1/4 cup coconut sugar and 1/2 cup boiling water in a blender.
9. Pour over the peanut butter layer and return to the freezer for 1-2 hours or until set. Slice and enjoy!



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### Protein Peanut Butter Ice Cream

#### Ingredients:

##### For Ice Cream Base:

- 1 can of coconut milk
- 1/2 cup peanut butter
- 1 tsp vanilla
- 1 scoop protein powder
- 1 tbsps honey

##### For Topping:

- 1/4 cup quinoa
- 1 tsp turmeric
- A pinch of black pepper
- 1/4 cup peanut butter
- 1 tbsps honey

#### Preparation:

1. Combine the ice cream base ingredients in your Optimum high-speed blender. Blend on medium speed until the mixture is smooth.
2. Pour the blended mixture into a loaf pan, preparing it for the topping.

##### For the Topping:

1. Preheat your oven to 175°C (350°F) and line a baking sheet with parchment paper.
2. Spread quinoa evenly over the baking sheet and bake for 5 to 7 minutes, shaking the pan halfway through. It's ready when the quinoa starts turning slightly brown.
3. In a small cup, mix the toasted quinoa with turmeric, black pepper, peanut butter, and honey.
4. Sprinkle the quinoa mixture on top of the ice cream mixture in the loaf pan and swirl it gently using a knife.
5. Place the ice cream in the freezer for 8 hours or overnight.
6. When you're ready to serve, let the ice cream sit for about 15 minutes to soften before scooping. Enjoy!

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## Part 4: Desserts

### Simple Peanut Butter And Oats Cookies

#### Ingredients:

- 1/2 cup oats
- 1/4 cup peanut butter
- 1 tbsp coconut oil
- 2 tbsp yoghurt
- 3 tbsp milk
- 1.5 tsp baking powder
- A pinch salt

#### Preparation:

1. Add ingredients into a blender and blend on high speed until smooth.
2. Bake cookies in the oven at 180°C for 20-30 minutes.
3. Enjoy!



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### Peanut Butter And Cookie Bars

#### Ingredients:

- 8 cookies (Anzac or shortbread)
- 1 tbsp vegan butter, melted
- 1/2 cup peanut butter
- 1/4 cup vegan butter
- 1/4 cup icing sugar
- 1 tsp vanilla essence

#### Preparation:

1. Pulse cookies to a crumbly flour texture using your Optimum blender.
2. Mix cookie crumbs with melted butter and press into a tray.
3. Combine peanut butter, rest of the butter, icing sugar and vanilla essence. Add this mixture on top of the cookie base.
4. Place in the freezer for 2-3 hours.
5. Remove slices from the freezer and from the tray.
6. Melt chocolate and drizzle over each piece.
7. Add roasted peanuts and a little salt on top.
8. Serve straight away or place back in the freezer if serving later.

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## Part 4: Desserts

### Vegan Crunchy Peanut Butter Bars

#### Ingredients:

- 1 cup oat flour
- 1/2 cup smooth natural peanut butter
- 1/3 cup maple syrup
- 80 g vegan chocolate
- 1/2 cup soy crisps
- 1 pinch salt

#### Preparation:

1. Blend a cup of oats on high speed until super fine.
2. Combine the oat flour, peanut butter, and maple syrup.
3. Mix in the soy crisps then press the whole mixture into a lined food container and set in the fridge for 10 minutes.
4. After 20 mins slice it up into bars, melt the choccy, and drizzle all over.
5. Set in the fridge for another 10 minutes and enjoy!



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### Chocolate Protein Balls

#### Ingredients:

- 1 cup almonds
- Sprinkle of peanuts
- 1 1/2 cup dates
- 80g dark chocolate

#### Preparation:

1. In your Optimum blender, pulse almonds until they have a crumbly texture.
2. Add the dates and blend until the mixture becomes sticky and well combined.
3. Transfer the mixture to a mixing bowl.
4. Chop the dark chocolate into small pieces.
5. Add the chocolate to the mixing bowl and mix well.
6. Take small portions of the mixture and roll them between your palms to form bite-sized balls.
7. Sprinkle with peanuts for extra flavour and texture.
8. Place the chocolate energy balls on a lined tray or plate and refrigerate for at least 30 minutes to firm up. Once chilled, the chocolate energy balls are ready to be enjoyed!
9. Store them in an airtight container in the refrigerator for up to a week or freeze them for longer-term storage.

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## Part 4: Desserts

### Healthy Snickers

#### Ingredients:

- 60g medjool dates
- 180g roasted unsalted peanuts
- 120g unroasted cashew
- 180g coconut cream
- 2 tbsp peanut butter
- Roasted peanuts
- Melted chocolate for garnish

#### Preparation:

1. Place dates and peanuts in a blender then blend on high until you obtain a thick crumbly texture. Press the mixture into a loaf pan lined with baking paper.
2. Place the cashew and the coconut cream in your blender, blend on medium speed until smooth and pour over your base.
3. Place in the freezer for 1 hour.
4. When your cashew layer is firm, place your peanut butter layer on top and add your peanut on top.
5. Place in the freezer until firm but not totally frozen for easier to cut.
6. Cut your Snickers and dip them into your melted chocolate and place them back in the freezer. Take them out 15 minutes before serving or they will be too hard. Bon appétit!



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### Pistachio Butter Granola Cups

#### Ingredients:

- For the pistachio butter:**
- 2 cup roasted pistachio
  - 1 tbsp coconut oil
  - 1 pinch salt
- Filling:**
- 1/3 cup coconut cream
  - 1 tbsp pistachio butter
  - 1 small banana

**For the granola cups:**

- 1 1/2 cup rolled oats
- 1 cup crushed almonds
- 1/2 cup sesame seeds
- 1/4 cup sugar-free syrup or honey
- 5 tbsp cocoa powder
- 1/4 cup coconut oil

#### Preparation:

1. Make pistachio butter by adding the ingredients into a blender and blending at high speed until smooth.
2. Preheat the oven to 160°C (320°F).
3. In a large bowl add all the ingredients and mix them well.
4. Grease the cupcake pan and divide the mixture into 10-11 cups, use a spoon to form the crust, and press the mixture well to hold it together. Bake for 20 minutes. Let them cool down completely.
5. To make a filling place about 1 tsp of cream pistachio in the centre of some of the granola cups and add sliced bananas to the others. Then top with about 1/2 tsp of pistachio butter, and decorate and top with your favourite toppings.
6. Allow setting in the fridge for 30 minutes. And enjoy!

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## Part 4: Desserts

### Coconut Almond Protein Balls

#### Ingredients:

- 1 cup desiccated coconut
- 1/4 cup almond meal
- 1 cup pitted dates, soaked for 30 mins in boiling water
- 1 tsp vanilla extract
- 2 tbsp almond butter
- 1 serve vegan vanilla protein
- 3 tbsp water or milk

#### Preparation:

1. Place all the ingredients in your Optimum blender.
2. Blend on high speed until a thick batter forms, stopping to scrape down the sides as needed. If the mixture is too dry, add a dash of extra milk to help with blending.
3. Roll the mixture into balls.

**Optional:** Melt 3 squares of dark chocolate and drizzle it over the protein balls.

4. Place the protein balls in the fridge for 1 hour to set before enjoying.
5. These delicious protein balls are now ready to satisfy your snack cravings!



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### Prepared in the Optimum Thermocook



### Vegan Raspberry Nut Cheesecake

#### Ingredients:

- 135g coconut milk
- 155g raspberries
- 155g raw, skinless almonds
- A dash of vanilla
- 205g raw cashew nuts
- 65g coconut oil
- 75g agave syrup
- 130g pitted dates
- 35g lemon juice
- 1 block vegan chocolate
- Raspberries for topping

#### Preparation:

1. Soak cashews for 5 hrs in water.
2. Add hot water over the dates.
3. Add almonds to Thermocook bowl and run on speed 6 for 7 seconds.
4. Add 25g coconut oil and dates to Thermocook bowl. Then mix on speed 5 for 20 seconds.
5. Pour the mixture into a round baking tray and let set in the freezer.
6. Drain the cashew nuts and add them to the Thermocook bowl. Mix on speed 10 for 10 seconds.
7. Add lemon juice, the rest of the coconut oil, raspberries, vanilla, coconut milk, and the agave to the Thermocook. Mix on speed 10 for 1 minute.
8. Get the cake out of the freezer and pour the raspberry mix over the mould and put it back in the freezer.
9. Melt dark vegan choc and pour on top, add as many raspberries as you like! Put back in the freezer.
10. When ready to serve, leave it out for 20 minutes so it gradually defrosts and is easy to cut! Enjoy!

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## Part 4: Desserts

### Apple Caramel Nutty Cups

#### Ingredients:

- 1 small apple
- 1/4 cup macadamia nuts
- 1 tsp cinnamon
- 1/4 cup pine nuts
- 1/4 cup almonds
- 1/4 cup crunchy peanut butter
- 1/4 cup pistachios
- 1/4 cup honey or maple syrup

#### Preparation:

1. Finely chop the apple into small pieces and set aside.
2. Briefly pulse all nuts together in your Optimum blender until they are chopped into chunky pieces, not ground.
3. Mix the chopped nuts with the apple, cinnamon, peanut butter, and honey to form a sticky dough.
4. Press the mixture into mini silicone muffin moulds and decorate with additional nuts.
5. Freeze for one hour to set or store in the fridge for up to a week, or in the freezer for up to a month. Enjoy!



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### Homemade LaraBars

#### Ingredients:

- 150g natural raw almonds
- 100g chocolate or chocolate chips of your choice
- 250g dates, pitted
- 2 tbsp nut butter of your choice

#### Preparation:

1. Start by blending almonds on high speed until they are finely chopped.
2. Add the Chocolate to your blender with the chopped almonds and blend on high speed until well combined. Transfer this mixture to a bowl.
3. Add the dates to the jug and blend on high speed until they are finely chopped. Then, add the nut butter of your choice to the dates.
4. Return the almond and chocolate mixture to the jug with the dates and nut butter. Blend everything together on high speed until it forms a cohesive mixture.
5. If the mixture appears a bit dry, you can add a little hot water to add moisture. Continue to blend until you achieve the desired consistency.
6. Transfer the mixture to a lined tray and flatten it out evenly. Refrigerate the mixture for at least 2 hours to firm it up and easy to cut.
7. Enjoy your homemade nutritious bars!

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## Part 4: Desserts

### No-Bake Energy Balls

- Ingredients:**
- 15 pitted dates
  - 1/2 cup almonds
  - 1/4 cup pumpkin seeds
  - (soaked in hot water first)
  - 1/4 cup sunflower seeds
  - 1/2 cup desiccated coconut
  - 1 scoop collagen powder
  - 1/3 cup peanut butter
  - 1/4 cup melted coconut oil

#### Preparation:

1. Begin by soaking the pitted dates in hot water for a short while to soften them.
2. In a blender, blend all ingredients on high speed until they are finely ground and well combined. You should have a sticky mixture.
3. Scoop out small portions of the mixture and roll them into bite-sized balls.
4. After shaping each ball, roll it in additional desiccated coconut to coat the surface evenly.
5. Place the energy balls in the fridge for a little while to allow them to firm up.
6. Once they have set, your delicious and nutritious No-Bake Energy Balls are ready to enjoy!



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### No-Bake Chocolate Biscuit Slice

#### Ingredients:

- 150g of Marie biscuits, thinly ground
- 50g of Marie biscuits, roughly chopped
- 1 tbsp of sliced pistachios
- 1 tbsp of flaked almonds
- 2 heaped tbsp of melted butter
- 200g of melted milk chocolate

#### Preparation:

1. Add 150g of Marie biscuits to a blender jug and grind them on high speed until finely ground.
2. To a bowl, add the 50g of roughly chopped Marie biscuits with the thinly ground ones.
3. Add pistachios, flaked almonds, melted butter and melted chocolate.
4. Mix well and place the mixture in a dish lined with baking paper.
5. Flatten the mixture and let it set in the fridge for at least 2 hours.
6. Cut into slices and enjoy!

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## Part 4: Desserts

### Caramel Slice

#### Ingredients:

##### Base:

- 200g pecans
- 130g almond flour
- 70g melted butter
- 1/8 cup maple syrup

##### Chocolate layer:

- 180g dark chocolate
- 1 tsp coconut oil

##### Caramel filling:

- 300g pitted dates
- 140g melted butter
- 1 tbsp gelatine
- 1 scoop collagen vanilla powder
- 170g Greek yoghurt

#### Preparation:

##### For Pecan-Almond Base:

1. Pulse the pecans in your blender until ground.
2. Mix the ground pecans, almond flour, melted butter, and maple syrup in a bowl until fully combined and crumbly.
3. Press the mixture into a lined brownie tin to create the base. Refrigerate while you work on the next step.

##### For Caramel Filling:

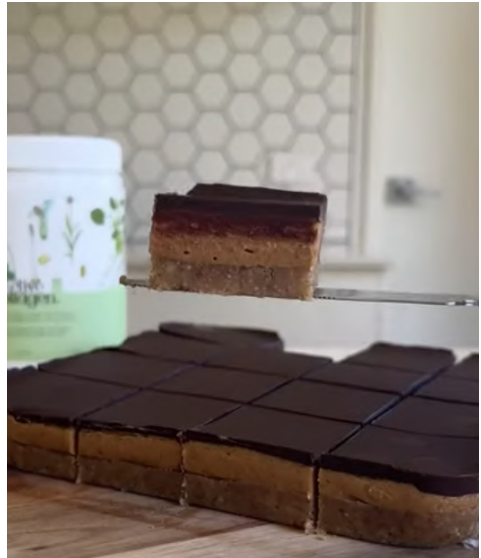
1. Combine pitted dates, melted butter, gelatine, and collagen powder in a bowl. Stir well to incorporate.
2. Add Greek yoghurt and transfer everything to a blender.
3. Pulse until a thick caramel-like consistency forms.
4. Spread the caramel filling over the base in the tin. Freeze for about 30 minutes.

##### Chocolate Layer:

1. Melt dark chocolate and coconut oil together in a microwave-safe bowl.
2. Pour the melted chocolate over the caramel layer, spreading evenly.
3. Refrigerate for 3-5 hours to set.

#### Serving:

1. Remove the chilled dessert from the tin using the parchment paper.
2. Cut into bars or squares and serve.



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## Part 4: Desserts

### Almond Cookies

#### Ingredients:

- 1 cup almonds
- 1 cup caster sugar
- 2 cups plain flour
- 1 tsp vanilla essence
- 1 tsp baking powder
- 3/4 cup canola oil
- 1 egg

#### Preparation:

1. Roughly chop almonds using pulse on your Optimum high speed blender.
2. Add the flour, baking powder, sugar, vanilla essence, canola oil, and egg.
3. Mix on low speed for a couple of minutes until well combined.
4. Form little balls of dough and lightly press them down on a tray lined with baking paper.
5. Bake in a preheated oven at 180°C for 15 minutes.
6. Allow to cool, then enjoy!



### No-Bake Salted Caramel Brownies

#### Ingredients:

- | For the base:               | For the caramel:                                    |
|-----------------------------|---|
| - 280g medjool dates        | - 120g peanut butter                                |
| - 1.5 tbsp raw cacao powder | - 75g maple syrup (or honey for a non-vegan option) |
| - 160g hazelnuts            | - 15g melted coconut oil                            |
| - 20g raw buckwheat         | - Salt flakes                                       |
| - 40g pumpkin seeds         |   |

#### Preparation:

1. Place all the ingredients for the base in the blender and blend on high speed until you achieve a thick batter. Adjust quantities if necessary, depending on the moisture content of the dates.
2. Press the dough into a brownie baking tray lined with baking paper.
3. In a bowl, combine the caramel ingredients and mix until smooth.
4. Pour the caramel over the brownie base and spread it evenly.
5. Cover the tray and refrigerate the brownies for at least 3 hours to set.
6. Just before serving, sprinkle some salt flakes on top.
7. Enjoy your delicious treat!

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## Part 4: Desserts

### Chocolate Almond Coconut Slice

#### Ingredients:

- 2 cups desiccated coconut
- 2 cups almond ground to flour or almond meal/flour
- 1 cup gluten-free flour
- 1 tsp bicarbonate of soda
- 1 cup rice malt syrup
- 1 tsp vanilla essence
- 1 tbsp chia egg
- 1 cup almond milk

#### Icing ingredients:

- 1 cup icing sugar
- 2 tbsp cacao powder
- 3 tbsp vegan butter

#### Preparation:

1. Preheat the oven to 180°C (356 °F) fan force.
2. Blend on high speed all slice ingredients together.
3. Line a baking dish and spoon in the mixture.
4. Bake for 35-40 minutes at 180°C (356 °F) fan forced and remove from the oven once a toothpick comes out clean after pressing it into the middle.
5. Combine icing ingredients and spread over slices once cooled or serve on the side.



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### No-Bake Orange Chocolate Truffles

#### Ingredients:

- 1 tsp vanilla extract
- 1 cup pitted dates
- 2 tbsp almond butter
- Zest and juice of 2 oranges
- 1 cup almond meal
- 45g vegan chocolate protein
- ¼ cup cacao powder

#### Preparation:

1. Start by soaking the pitted dates in boiling water for 30 minutes. Afterwards, discard the water.
2. In a blender, combine the soaked dates, almond butter, orange zest, orange juice, and vanilla extract. Blend on high speed until the mixture becomes smooth, occasionally scraping down the edges for even consistency.
3. Transfer the mixture into a mixing bowl and then add the remaining dry ingredients. Gently fold everything together until a thick dough forms. If it appears too dry, you can add a splash of your favourite plant-based milk to achieve the desired texture.
4. With your dough ready, shape it into delightful balls.
5. You can optionally drizzle melted dark chocolate over.
6. Place your truffle balls in the refrigerator for about an hour to let them firm up.
7. Finally, it's time to indulge your homemade no-bake orange chocolate truffles.

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## Part 4: Desserts

### No-Bake Peppermint Slice

- Ingredients:**
- 3/4 cup desiccated coconut
  - 1 cup medjool dates, soaked
  - 1/4 cup 1/4 vegan protein
  - 1 tbsp coconut oil
  - 1-2 tsp peppermint extract
  - 3/4 cup almond meal
  - Dark chocolate, melted
  - 1/3 cup cacao powder
  - Sprinkles of your choice

#### Preparation:

1. Begin by soaking the medjool dates until they become soft. Then, place them in your blender along with 1 tbsp of the soaking liquid and the coconut oil. Blend on high speed until you achieve a smooth consistency.
2. In a mixing bowl, combine the almond meal, cacao powder, desiccated coconut, peppermint extract, and the date mixture. Mix until it forms a thick mixture.
3. Transfer the mixture into a lined baking tin, pressing it down firmly to create an even slice.
4. Pour the melted dark chocolate over the top, spreading it evenly. Add your choice of sprinkles for a delightful touch.
5. Place the baking tin in the fridge for 2-3 hours to allow the slice to set before cutting.
6. Enjoy your delicious creation!



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### No-Bake Vegan Cake

- Ingredients:**
- 100g dates
  - 70g chocolate oat flour
  - 60g oat milk
  - 20g cocoa
- For pistachio custard:**
- 150g oat milk
  - 15g cornstarch
  - 20g pistachio paste

#### Preparation:

1. Begin by blending all the ingredients on high speed except the ones for the pistachio custard until well combined. Adjust the consistency with additional cocoa if needed, and knead the mixture until it reaches the perfect dough consistency.
2. Take a 10 cm pastry cutter and press two-thirds of the dough onto the bottom and sides of a tart pan to form a delightful shell.
3. In a mixing bowl, combine the ingredients for the pistachio custard to create a smooth custard filling.
4. Pour the pistachio custard into the prepared chocolate tart shell and seal the tart with the remaining dough.
5. Chill the tart in the refrigerator until set, allowing the flavours to meld and the custard to firm up.
6. Once chilled, slice and serve this indulgent chocolate and pistachio tart to delight your taste buds!

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## Part 4: Desserts

### No-Bake Vegan Chocolate Banana Tart

#### Ingredients:

##### For the Base:

- 150g instant oat flour
- 50g almonds
- 30g maple syrup
- 60g coconut oil
- 20ml vegetable milk
- 6 dates, pitted and soaked in hot water

##### For the Filling:

- 2 bananas
- 200g melted dark chocolate
- Unsweetened cocoa powder

#### Preparation:

1. Add all ingredients for the base into a blender and blend on high speed until well-mixed.
2. Roll out the mixture into an 18 cm mould, forming small borders.
3. Blend the filling ingredients on low speed until smooth.
4. Pour the filling over the prepared base.
5. Decorate the tart with a sprinkle of unsweetened cocoa powder.
6. Enjoy!



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### Mini Key Lime Pie

#### Ingredients:

##### For the Crust:

- 1 cup dried figs
- 1/2 cup oats
- 1 tbsp coconut oil

##### For the Filling:

- 1 cup cashews (soaked in water for 8 hrs + drained)

- 1/3 cup plant-based milk
- 1 tbsp coconut oil
- 2 tbsp maple syrup
- 1/4 cup lime juice
- 1 tbsp lime zest
- 1/2 tsp matcha powder (optional)

#### Preparation:

1. Place the crust ingredients in your Optimum blender and pulse until you have sticky crumbles.
2. Divide the crumble among 6 tart tins and press down evenly using the bottom of a glass. Place in the freezer.

#### Assembly:

1. Place all filling ingredients in your blender and blend for 1 minute on high speed until completely smooth.
2. Divide the filling among the 6 tins and even out the top. Place in the freezer for a minimum of 4 hours to firm up.

#### Finishing Touches:

1. Decorate the tarts as desired.
2. Enjoy your delicious Fig Lime Cashew Tarts!

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## Part 4: Desserts

### Apricot Cashew Energy Balls

#### Ingredients:

- 200g soft, dried apricots
- 250g raw cashew nuts
- 25g desiccated coconut
- 25g goji berries (optional)

#### Preparation:

1. Add the cashew nuts to your Optimum high-speed blender and blitz at high speed until they reach a fine consistency.
2. Add the dried apricots, desiccated coconut, and goji berries (if using) to the blender.
3. Blend on medium speed until the mixture turns into a solid mass and comes away from the side of the jug.
4. Scoop out balls of the mixture and, with your hands, roll into bite-size balls (about one tablespoon each).
5. Chill the energy balls in the fridge until ready to eat.
6. Enjoy your homemade Apricot Cashew Energy Balls as a nutritious snack!



### Raw Vegan Chocolate Mint Energy Bars

#### Ingredients:

- 200g dried dates, soaked in 100ml water for 20 minutes
- 3 tsp chia seeds, soaked in 6 tsp water for 10 minutes
- 20g hemp powder
- 25g pecans
- 25g cocoa powder
- 4-5 drops peppermint or vanilla essence
- 3 tbsp agave syrup
- 4 tbsp desiccated coconut (plus extra to coat)

#### Preparation:

1. Blend all of the ingredients at high speed except two tablespoons of desiccated coconut in your Optimum high-speed blender until smooth.
2. Pile the mixture onto a sushi mat lined to make a neat roll, then place it in the fridge for at least 2 hours until firm.
3. Once firm, remove the roll from the fridge and sprinkle the other two tablespoons of desiccated coconut on top.
4. Cut the roll into bars or slices, and enjoy your delicious Raw Vegan Chocolate Mint Energy Bars!



## Part 4: Desserts

### Raw Almond Cupcakes With Almond Fudge And Chocolate Icing

#### Ingredients:

##### For Base:

- 1 cup almonds
- 1 cup soft dates
- ¼ cup shredded coconut
- 1 tsp pure vanilla extract

##### For Almond Fudge:

- ¼ cup coconut butter
- ¼ cup raw almond butter
- ¼ cup coconut nectar

##### For Icing:

- 1 cup soft dates
- ¼ cup coconut oil
- ¼ cup cacao powder
- 1 tsp pure vanilla extract

#### Preparation:

**For Base:** 1. Place all the base ingredients in your blender and process on high speed until the mixture holds together. Add a teaspoon of water if needed.

2. Press the mixture into cupcake moulds to form the base of the cupcakes.

**For Almond Fudge:** 1. In your Optimum blender, blend together almond fudge ingredients on high speed until smooth.

2. Add the almond fudge mixture on top of the prepared bases in the cupcake moulds.

**For Icing:** 1. Clean the blender and place the icing ingredients into the blender. Blend on low speed until smooth.

2. Spread the icing over the almond fudge layer in the cupcake moulds.

**Setting:** Place the cupcakes in the freezer to set for an hour. Enjoy!



### Raw Chocolate Cream Biscuits

#### Ingredients:

##### For Biscuits:

- 1 cup almond meal
- 150g dates, pitted
- 3 tbsp coconut oil
- 2 tbsp cacao powder

##### For Centre Cream:

- 1 cup cashews, soaked 2-4 hours, drained
- ¼ cup coconut milk
- 1 tbsp raw honey

#### Preparation:

##### For Biscuits:

1. In your Optimum high-speed blender, combine all biscuit ingredients and blitz on medium speed until combined. Add water if needed to achieve the right consistency.

2. Use one tablespoon of the mixture to form 16 biscuits. Place them in the fridge to set.

**For Centre Cream:** In the same blender, blitz the cream ingredients on medium speed until a creamy consistency is achieved.

##### Assembly:

1. Retrieve the biscuits from the fridge.

2. Spoon about 2 heaped teaspoons of cream onto half of the biscuits.

3. Sandwich them with the remaining biscuits to form cream-filled biscuits.

4. Refrigerate before serving. Enjoy your delicious creation!



## Part 4: Desserts

### Raw Avocado Chocolate Mousse

#### Ingredients:

##### For Base:

- 1 cup cashews, soaked for one hour and drained
- ¼ cup dates, pitted

##### For Mousse:

- 1 large ripe avocado
- ¾ cup dates, pitted
- 1 tbsp cacao powder
- ¼ cup coconut oil

#### Preparation:

##### Base:

1. Blitz all ingredients in your Optimum high-speed blender on high speed until you achieve a sticky consistency. Press the mixture into the base of a serving dish.

##### Mousse:

1. In your Optimum high-speed blender, blend all mousse ingredients on medium speed until smooth and creamy.
2. Pour the mousse on top of the base layer and level it out with a spatula.
3. Cover the dish and place it in the fridge or freezer to set.
4. Once set, slice the mousse into portions and serve with yoghurt and berries for a delightful treat.



### Vegan Baked Oats

#### Ingredients:

- 1 ripe banana
- 30g oats
- 1 tbsp sugar-free maple syrup
- Splash of plant milk
- 1 scoop chocolate protein of your preference

#### Preparation:

1. Start by mashing the ripe banana in a mixing bowl.
2. Add the oats and sugar-free maple syrup to the mashed banana.
3. Pour in a splash of plant milk to achieve your desired consistency. Stir until well combined.
4. Gently fold in the scoop of chocolate protein. Mix until everything is thoroughly incorporated.
5. Pour the mixture into a greased ramekin.
6. Bake for 10-15 minutes at 180 degrees.
7. Top with your favourite fruits and enjoy your delicious and protein-packed breakfast creation!



## Part 4: Desserts

### Vegan Tiramisu Overnight Oats

- Ingredients:**
- 1/3 cup oats
  - 1 tbsp chia seeds
  - 3/4 cup almond milk
  - 2 shots of espresso
  - 1 tbsp maple syrup
  - 1 scoop vanilla protein powder
  - Cocoa powder for dusting
- For Topping:**
- 1/2 cup silken tofu
  - 1/2 cup low-fat cottage cheese
  - 1 tbsp maple syrup

#### Preparation:

1. In a medium-sized bowl, whisk together oats, chia seeds, vanilla protein powder, almond milk, espresso, and maple syrup until well combined.
2. Cover the bowl and refrigerate it overnight.
3. In a blender, mix the topping ingredients on low speed until smooth.

#### Assembly:

1. Once the oat mixture has been refrigerated, pour it into a ramekin or serving dish.
2. Spoon the tofu topping onto the oat mixture and spread it evenly.
3. Dust cocoa powder over the top to cover.
4. Serve and enjoy your delicious and nutritious Vegan Tiramisu Overnight Oats for breakfast!



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### Vegan Chocolate Ice Cream

#### Ingredients:

- 4 frozen bananas
- 2 tbsp peanut butter
- 1-2 tbsp cacao
- 1 splash plant-based milk

#### Preparation:

1. Peel the bananas and slice them into small pieces. Place the banana pieces in a zip-lock bag and freeze them for at least 2 hours or until frozen.
2. Once the bananas are frozen, take them out of the freezer and let them thaw for 8 minutes to soften slightly.

#### Assembly:

1. Add the frozen banana slices, peanut butter, cacao, and a small amount of plant-based milk to your blender.
2. Blend the ingredients on high speed until they are smooth and creamy. If the mixture is too thick, add a little more milk to help the blender.
3. Once the mixture has a smooth ice cream-like texture, transfer it to a bowl.
4. Add the toppings of your choice, such as peanuts and blueberries.
5. Serve immediately and enjoy your delicious vegan chocolate nice cream! Bon appétit!

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## Part 4: Desserts

### Chocolate Espresso Bean Granola Bars

#### Ingredients:

- 125ml coffee, room temperature
- 6 medjool dates
- 60ml coconut oil
- 440ml rolled oats
- 1 tsp chia seeds
- 1 tbsp hemp seeds
- 125ml raisins or dried fruit
- 60ml raw honey
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 125ml espresso beans dipped in dark chocolate
- 1 tbsp raw cacao

#### Preparation:

1. After infusing coconut oil in the Magicook herbal infuser, set aside 60 ml to cool.
2. Remove the pits from the dates and soak them in coffee for up to 1 hour. After, blend on high speed until the mixture is smooth and creamy. Pour the mixture into a large bowl.
3. Add coconut oil, honey, and vanilla to the coffee date mixture and stir until combined.
4. In a separate bowl, mix together oats, chia and hemp seeds, dried fruit, cinnamon, espresso beans, and cacao.
5. Add the oat mixture to the wet mixture, making sure the oats are well coated.
6. Pour the granola into a 20x20cm dish that has been lightly coated with infused coconut oil.
7. Gently press the mixture down, then place the dish in the refrigerator for 1-2 hours.
8. Remove from the refrigerator and cut into bars. Enjoy!



### Peanut Butter Honey Cups

#### Ingredients:

- 250ml infused coconut oil
- 500ml peanut butter powder
- 60ml local raw honey

#### Preparation:

1. After infusing coconut oil in the Magicook Infuser, set aside the above amount to cool.
2. When coconut oil is cooled but still in a liquid state, pour into a measuring cup with a spout, adding in peanut butter powder, 125ml at a time, stirring well, until peanut butter is smooth and slightly runny (like pancake batter).
3. Grease a muffin tin on the bottom and sides.
4. Gently pour a small amount into the bottoms of the tins, about 1/4 of the way up. Carefully place the tray into the freezer for 10 minutes.
5. From the freezer, remove them and drop a teaspoon of honey on top of the frozen peanut butter bottoms. Return the dish to the freezer for 10 minutes to allow the honey to slightly harden.
6. Remove the tray from the freezer and pour the remaining peanut butter mixture over the honey to cover the entire peanut butter cup.
7. Return them to the freezer for another half hour, or until the peanut butter and honey cups are solid.
8. Serve immediately or store in the refrigerator. Enjoy the delightful combination of flavours in every bite!



## Part 4: Desserts

### Almond Butter Cookies

#### Ingredients:

- 60ml infused coconut butter
- 250ml almond butter
- 375ml almond meal
- 1 tsp almond extract
- ½ tsp sea salt
- 1 egg or chia seeds soaked in 3 tbsp water for 10 min
- 1 tbsp slivered almonds

#### Preparation:

1. After infusing coconut butter in the Magicook, set aside the specified amount to cool.
2. Preheat the oven to 160°C.
3. In a large bowl, mix coconut butter, almond butter, almond extract, and egg or chia seeds previously soaked.
4. In a separate bowl, combine almond meal and salt.
5. Combine the dry and wet ingredients.
6. Fold in slivered almonds.
7. Place the batter in the refrigerator for 15 minutes.
8. If the batter is too runny, add 60ml more almond meal.
9. Using a cold tablespoon, scoop out tablespoon-sized balls onto a parchment paper-lined baking sheet.
10. Bake in the preheated oven for 8–10 minutes, or until the edges are golden brown.
11. Remove from the oven and cool on a cooling rack before serving.



### No-Bake Hibiscus Vanilla Vegan Mini Cheesecakes

#### Ingredients:

##### For the Base:

- 1 cup dates
- 1 cup raw almonds
- 1/2 cup desiccated coconut

##### Toppings:

- Raw vegan white chocolate
- Pistachios
- Dried hibiscus leaves

##### For the Filling:

- 1/2 cup coconut milk
- 1/2 cup hibiscus-infused coconut milk
- 1/2 cup agave
- 200 g raw cashews (pre-soaked for 8 hours)
- 1/2 tbsp vanilla
- 1/2 cup unrefined coconut oil

#### Preparation:

1. Make the crust by pulsing all the base ingredients in an Optimum blender.
2. Press the crust into the bottom of a cupcake tray and refrigerate it to chill.
3. Add the cheesecake filling ingredients to a blender and pulse until creamy.
4. Pour the raw cheesecake filling over the crust.
5. Place cheesecake in the freezer for 30 minutes to set.
6. Remove from freezer and serve with toppings. Enjoy!



## Part 4: Desserts

### Juice Pulp Bars

Servings: 8 bars

#### Ingredients:

- 1 cup leftover fruit/vegetable fibre pulp from juicing or morning smoothie
- 2 cups oats
- ½ cup chopped walnuts
- ½ cup honey
- ¼ cup unsweetened almond butter
- 1 tbsp flax seeds

#### Preparation:

1. Preheat the oven to 180°C.
2. Place leftover fruit or veggie pulp in a large bowl.
3. In your Optimum blender, lightly pulse the oats and then combine them with the pulp. Add the walnuts and flax seed and continue pulsing.
4. Add the honey and almond butter to the bowl and mix all together. Once the mixture has formed a dough, take it out and roll it out evenly on a cookie sheet.
5. Cut the dough into bars and spread them slightly apart.
6. Bake in the oven for 35-40 minutes until cooked through. Cool for 10 minutes.
7. Store in the fridge in a plastic container.



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**Disclaimer:** The recipes and images in this recipe book are a collection of our own creations as well as content received from our partners. Additionally, some images used are stock photos from Canva. We extend our heartfelt thanks to everyone who contributed to this project.

Got a question or need assistance? [Connect with us at support@froothie.com.au](mailto:support@froothie.com.au) or reach out on [WhatsApp](https://www.whatsapp.com) at +61 3 8609 2210. You can also give us a call at 1300 309 900. Our dedicated team is here to ensure your experience is as smooth as the blends you'll be creating.