

Celeriac, carrot and apple salad



Celery, carrot and apple salad

For 3-4 servings:

1 celeriac, grated
2-3 carrots, grated
1-2 apples, grated

Avocado Mayonnaise:

2 avocados, pureed
juice of 1/2 lemon
1-2 teaspoons mustard, to taste
salt, to taste

Mix all ingredients for the avocado mayonnaise.

Pour over vegetables and mix.

Serve with bread or as salad next to a main dish.



Valentine's day cake



Valentine's day cake

For 10-12 servings:

26 cm springform

250 g strawberries, sliced

For the leaf:

300 g flour

3 tablespoons cocoa

150 g raw sugar

125 ml sunflower oil

375 ml soy milk

15 g baking powder
a pinch of salt

Mix all the ingredients until the sugar is melted. Grease the springform with a little bit of oil. Pour the mix into the form and bake (in the preheated oven) on medium heat, for 30-40 minutes. Ceck with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer. Allow to cool, remove from the springform and cut horizontally into two equal parts.

Chocolate Cream:

3 ripe avocados
3 tablespoons cocoa
3 tablespoons coconut butter, melted
 $\frac{1}{2}$ cup raw sugar / maple syrup
50 g raisins
3-4 tablespoons amaretto

Soak the raisins in amaretto for at least an hour.

Blend/process the avocados, cocoa, coconut butter, sugar and the amaretto until a very smooth paste is obtained.

Divide the cream into two equal parts. Add the raisins in one part and mix.

Assembling the cake:

Place one piece of leaf on a platter. Add the cream which contains the raisins and spread evenly. Put on top of the cream half of the strawberries. Place the second leaf above and add the rest of the cream. Spread evenly, including the sides.

Garnish with remaining strawberries. Refrigerate before serving.



Valentine's day cake

Raw vegan chocolate cake



Raw vegan chocolate cake

For a medium sized cake, 8-10 servings:

Crust:

2 cups walnuts

1/2 cup raisins

1/2 cup of dates

1 tsp vanilla essence

Put all the ingredients in the food processor. Process until ground fine. Mixture should hold together when pressed. Place

the mixture on a round cake plateau and press until you form the crust. Refrigerate.

Layer 2:

100 g strawberry jam

Spread evenly over the crust. Refrigerate.

Layer 3: cashew cream

2 cups raw cashew nuts

3 tablespoons melted coconut butter

2-3 tablespoons raw sugar / maple syrup

1-2 tsp vanilla essence

Soak the cashew nuts in water for 2-3 hours. Let it drain.

Put all the ingredients in the food processor and process until a smooth paste is obtained.

Pour on top of the jam, spread evenly and refrigerate for at least an hour.

The last layer : chocolate cream

2 ripe avocados

2 tablespoons of melted coconut oil

3 tablespoons cocoa

2-3 tablespoons raw sugar / maple syrup

1 tsp vanilla essence

Process all the ingredients in the food processor until you get a very fine paste. Spread evenly over the cake, including the sides. Refrigerate.

Whipped cream for garnish : see recipe [here](#)

Before serving garnish with vegan whipped cream.

Guacamole



Guacamole

For 2 servings:

1 avocado, mashed
the juice from 1/2 lemon
1 clove of garlic, mashed
chili, to taste, finely chopped
1 red onion/shallot, finely chopped
a pinch of cumin powder
fresh coriander (or parsley), finely chopped
salt and pepper, to taste

Mix all ingredients!

For variation you can add chopped tomatoes, cucumber, olives
...

Avocado sauce



Avocado sauce

1 ripe avocado

1 garlic clove, mashed

the juice of half lemon

salt and pepper

Mashed avocado, add the garlic, lemon juice, salt and pepper to taste and mix.

Use it as dressing for salads, vegetables etc.