

Raw Oat & Nut Chocolate Cake

BASE

1. Almonds x 1 cup
2. Pecan nuts x 1 cup
3. Whole Organic Oats (unrolled) 1 x cup
4. Coconut flakes, desiccated 2 x cups
5. Seeds of 2 vanilla pods
6. ½ cup Agave nectar
7. ¼ tsp salt

TOPPING

1. Dates, pitted x 4 cups
2. Water 1 cub
3. Raw coconut oil x 1 ½ cup
4. Raw cacao powder x 1 cup
5. 2 Tbsp cacao beans finely ground in a grinder.
6. Seeds of 2 vanilla pods
7. ¼ tsp salt

Preparation

BASE

1. With a grain roller, roll the oats.

Remember once a grain berry has been rolled or milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, delicate nutrients, taste and flavour will be lost and oxidized over time. Solution - only process (roll or stone mill) grains on demand.

2. Add the almonds and pecan nuts in a Magi Mix or a S-Blade food processor and process the nuts until fine.
3. Add the remainder of the base ingredients in the Magi Mix and mix all the ingredients to a uniform consistency.
4. Fit wax paper on the removable base bottom of the spring form cake tin.
5. Place and compact the base ingredients in the spring-form cake tin.

TOPPING

1. Soak the dates in the warm purified water.
2. Blend the soaked dates in a Magi Mix or a S-Blade food processor until fine.
3. In parallel melt the coconut oil in a double boiler.
4. Add the remainder of the topping ingredients in the Magi Mix and mix all the ingredients to a uniform consistency.

Built-up

1. Transfer the topping mixture to on top of the base and spread evenly.
2. Decorate with extra pecans and cocoa beans.
3. Deep freeze for 30 minutes.
4. Cut in thin slices.

Serves at least 16 – 20 people

Enjoy it &

