

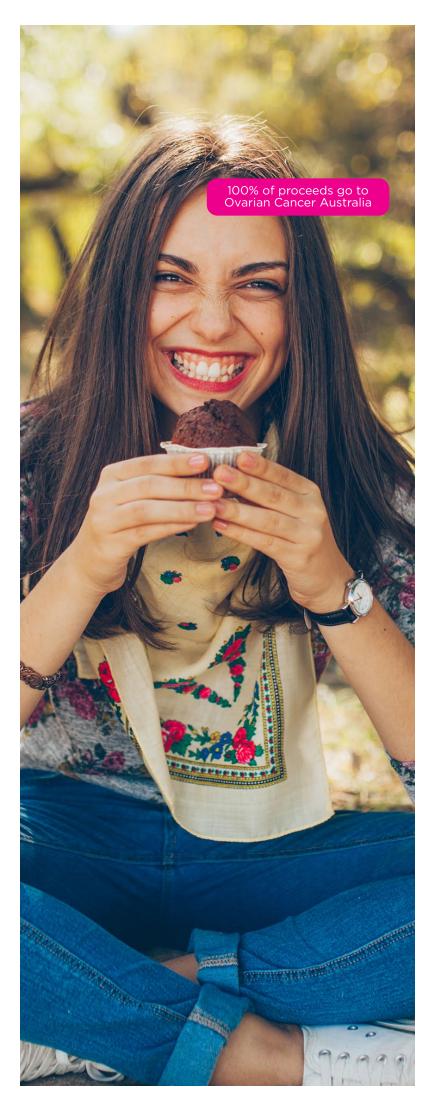




Hello lovely ladies, welcome to the festive season. Warmer days, more time spent with family and friends, beach trips and yummy food!

We've pulled together our favourite Fernwood sweet treats for you, ideal for entertaining, festive events, a snack at the beach, or just because you feel like appeasing your sweet tooth.

#### **HAPPY TREATING!**





## **NO BAKE BROWNIES**

#### INGREDIENTS

3/4 cup roasted hazelnuts
½ cup almonds
½ cup cacao powder
Sprinkle of sea salt
1 cup pitted dates
2 tsp vanilla extract
2 tbsp almond milk
¼ cup coconut oil
¼ cup rice malt syrup

#### **METHOD**

- **01.** Add hazelnuts, almonds, cacao powder, sea salt to a food processor, and process until finely ground.
- **02.** Add pitted dates and 1 tsp vanilla extract, and process until finely ground.
- **03.** Pour mixture into a tray lined with baking paper and press down with the back of a spoon.
- **04.** Place the brownies in the fridge to set.
- **05.** In a saucepan, add almond milk, coconut oil, rice malt syrup, cacao powder and vanilla extract.

- **06.** Stir and heat mixture on stove until smooth.
- **07.** Pour the mixture over the chilled brownies, and sprinkle with roasted hazelnuts, then chill again for one hour or until firm.
- **08.** Cut into pieces and enjoy!



1/4 cup cacao powder



### MINI VEGAN CHEESECAKES

#### INGREDIENTS

1 cup pitted dates
1 cup raw walnuts
Oil to grease muffin tray
1½ cups of cashews
¾ cup coconut milk
⅓ cup coconut oil
¼ cup lemon juice
½ cup rice malt syrup
1 cup mixed frozen berries

#### **METHOD**

- **01.** Place dates into a food processor and process until coarsely chopped. Place into a bowl.
- **02.** Add walnuts to food processor and process until finely chopped. Add dates to food processor with walnuts.
- **03.** Lightly oil a 12-muffin cooking tray, and divide mixture evenly and press down. Set aside.
- **04.** In a food processor, add cashews, coconut milk, coconut oil, lemon juice, and rice malt syrup, then blend until smooth.

**05.** Pour the mixture evenly over each base. Top each with a few frozen berries, then freeze for 4-6 hours.





## PEANUT BUTTER SLICE

#### INGREDIENTS

½ cup rice malt syrup

1 cup peanut butter

2 tsp vanilla extract

1 cup plain or whole wheat flour

1/4 tsp salt

1 tsp baking soda

½ cup almond milk

½ cup dark chocolate chips

#### **METHOD**

- **01.** Preheat oven to 180C and line a baking dish with baking paper.
- **02.** Blend rice malt syrup and peanut butter until combined, then add vanilla extract.
- **03.** Add flour, salt and baking soda and mix. Gradually add almond milk, mixing until a dough forms, then fold in dark chocolate chips.
- **04.** Press the dough into the lined baking dish, and bake for 17-20 minutes until lightly golden.
- **05.** Let cool completely then cut into squares and drizzle with melted dark chocolate.





# **CHOCOLATE BARK**

#### INGREDIENTS

250g dark chocolate
¼ cup roughly chopped almonds
¼ cup roughly chopped pistachios
¼ cup roughly goji berries
1½ teaspoons coarse sea salt

#### **METHOD**

- **01.** Melt dark chocolate in a microwave safe bowl, then stir.
- **02.** Pour chocolate evently onto a baking pan lined with baking paper.
- **03.** One at a time, sprinkle over almonds, pistachios, goji berries and sea salt, then place in the fridge to set, for at least 90 minutes.
- **04.** Break the chocolate into pieces. Enjoy!





# **GINGERBREAD BLISS BALLS**

#### INGREDIENTS

 $1 \frac{1}{4}$  cup of softened pitted dates

½ cup almond meal

3/4 cup oats

1 tsp cinnamon

1 tsp ginger

1 tsp nutmeg

1 tsp vanilla

#### **METHOD**

- **01.** Place all ingredients into a food processor and process until roughly chopped and mixed together.
- **02.** Roll into balls, eat and enjoy!



# We're a le bunch

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