

# Module 5

## RAW CAKES

### Mocha Cake



Recipe for a round cake, 16 cm (6-inch) in diameter

#### Base

##### Ingredients



- 1 cup Brazil nuts
- ½ cup shredded coconut
- 6 Medjool dates, soft
- 1 Tbsp + 1 tsp raw cacao nibs
- ½ tsp extra virgin coconut oil, melted
- ½ tsp pure vanilla extract
- ¼ tsp pink Himalayan salt

##### Method

1. Start by soaking the dates in warm water for about 10 minutes.
2. In the meantime, grind the Brazil nuts in a small food processor until a grainy texture is obtained.
3. Add the shredded coconut and salt and process for a few more seconds.
4. Peel and chop the dates and spread them around the bowl with vanilla extract and melted coconut oil.



*Soaking the dates in hot water for 10 minutes will help you to remove the skin easily and obtain a more delicate dough. If your dates are very soft, this process won't be necessary.*

5. When you get a slightly sticky dough, add the cacao nibs and process again until they are just incorporated.
6. Place the mold on a tray, pour the dough into the mold and press it down with your fingers.
7. Keep pressing, using an offset spatula until the dough is very flat and evenly distributed.
8. Cover the mold and store it in the freezer while you prepare the coffee filling.

### Coffee Filling

##### Ingredients



- 2 cups of cashews, previously soaked
- ½ cup almond cream
- 8 Medjool dates, soft
- ¼ cup + 2 Tbsp espresso coffee
- ¼ cup + 2 Tbsp raw cacao butter, melted

- 2 Tbsp maple syrup
- 1 Tbsp maca
- 1 tsp pure vanilla extract
- Seeds of half a vanilla pod
- ¼ tsp pink Himalayan salt

## Method

9. Brew some coffee and let it cool down a little bit before pouring it into the jar of the blender along with the cashews and the rest of the ingredients (except the melted cacao butter).



*To make this filling I've used almond cream instead of milk (made blending 2 cups of water with 1 cup of soaked almonds) to achieve a creamier filling, but you can use almond milk instead and you won't notice the difference.*



*Remember to soak the dates in warm water and take the skin off before adding them into the blender. This way you will get a nicer, smoother cream.*

10. Blend until the mixture is very creamy and no small pieces of dates remain.
11. Finally, stream in the cacao butter, while the blender is still running at low speed so that the butter becomes well incorporated with the rest of the ingredients.



*Always stream in oils and fats (coconut oil, cacao butter...) at the end of the blending process, gradually and with the blender running at low speed. It's very important to be sure they are not hot (preferably at room temperature) to ensure they emulsify correctly, yielding a nice, silky texture.*

12. Pour the coffee cream over the base of the cake, holding back about 1 cup in the blender jar.
13. Tap the tray firmly on the counter, cover it, and store it in the freezer for at least 4 hours or until it sets completely.

## Mocha Frosting

### Ingredients

- 1 cup of the coffee filling
- 2 Tbsp raw cacao powder
- 2 Tbsp maple syrup

## Method

14. Add the cacao powder and the maple syrup to the coffee cream you held back, and blend again.
15. Pour the mixture into a container and refrigerate for at least 4 hours, until it solidifies and is the proper consistency for decorating the cake.



*I recommend you to always make both cakes and frostings the day before serving, to make sure they have enough time to cool, set, and achieve the right consistency.*

## Chocolate Ganache

### Ingredients

RAW

- 3 Tbsp raw cacao powder
- 3 Tbsp maple syrup
- 2 Tbsp extra virgin coconut oil, melted
- ¼ tsp pure vanilla extract
- A pinch of pink Himalayan salt

### Method

16. In a small bowl, mix the cacao powder with the maple syrup and a pinch of salt and whisk, using a small whisk for a couple of minutes, until the ingredients are well combined.
17. When the mixture is glossy, add the melted coconut oil and continue whisking until it's fully incorporated and a nice, silky cream is formed.
18. Pour the ganache into a glass container and let it set in the fridge until the cake is ready to be decorated.

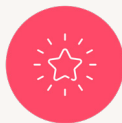
## Decoration

### Ingredients

- Raw cacao powder
- Red currants
- Borage flowers
- Nasturtium leaves
- Coffee beans

### Method

19. Approximately 1 hour before serving, take the mold out of the freezer, and carefully unmold the cake.
20. Take out the frostings from the fridge and prepare two pastry bags, one for each. I've used a medium-size open star piping tip for the mocha cream and a small plain round tip for the chocolate ganache.
21. Using a small strainer, sprinkle some cacao powder over about half the surface of the cake.
22. Pipe the mocha frosting on the part of the cake's surface with no cacao powder, and finish piping the chocolate ganache between the mocha swirls.



*You will notice that if you pipe in areas where the top of the cake has cacao powder, the ganache won't stick. To avoid this, smooth that part by taking off a little bit of the cacao powder with your fingertips before piping the ganache.*

23. Garnish with the red currants, edible flowers, and coffee beans.



**5 days in the fridge  
and up to 2 months in the freezer**

# Matcha & Lemon Raw Cake



Recipe for a square cake, 12 cm (5-inch)

## Base

### Ingredients



- 1 cup raw almonds, peeled
- 1 Tbsp raw honey (or maple syrup)
- 1 Tbsp sweet miso
- 1 tsp extra virgin coconut oil, melted
- ½ tsp activated charcoal powder
- ½ tsp pure vanilla extract
- ½ tsp ginger powder
- ¼ tsp tamari
- 2 drops lemon essential oil

### Method

1. Start by grinding the almonds in a small food processor until you get a grainy texture.
2. Add the rest of the ingredients and keep processing for a few seconds until you get a sticky dough that holds together when you pinch it with your fingers.
3. Prepare a silicone mold on a tray, pour the dough over the base and spread it evenly, using an offset spatula to flatten it well. Make sure it's perfectly level and compact.
4. Cover the mold and let it rest in the freezer.

## Lemon & Activated Charcoal Frosting

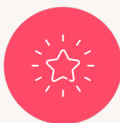
### Ingredients



- 1 cup cashews, previously soaked
- ¼ cup extra virgin coconut oil, melted
- ¼ cup lemon juice
- 2 Tbsp maple syrup
- ½ tsp pure vanilla extract
- ½ tsp activated charcoal powder
- A pinch of pink Himalayan salt

### Method

5. After rinsing and draining the cashews (pre-soaked for at least 6 hours), pour them into your blender, add the rest of ingredients (except the melted coconut oil), and blend to obtain a creamy texture. Stop blending from time to time and stir well to make sure that there are no unblended pieces of cashew and that the cream is very silky.
6. With the blender running on low speed, stream in the melted coconut oil until fully incorporated.



*Adding ½ teaspoon of activated charcoal to the lemon frosting gives it a cement-gray color, but you can adjust the quantity until you get the intensity you are looking for.*

7. Transfer the frosting to a closed container and store it in the fridge for at least 4 hours, until set.

## Matcha Filling

### Ingredients



- 1 + ½ cups cashews, previously soaked
- ¼ cup almond cream
- ¼ cup extra virgin coconut oil, melted
- 3 Tbsp maple syrup
- 1 Tbsp lemon juice
- 1 Tbsp matcha powder
- 1 Tbsp sweet miso
- ½ tsp pure vanilla extract
- ¼ tsp pink Himalayan salt

### Method

8. Start blending all ingredients, except for the coconut oil, which you'll stream in at the end.



*Always use ceremonial grade matcha tea, because it is of higher quality, with a sweeter, more delicate flavor and a vibrant green color. Also, its high antioxidant power is superior to the culinary grade.*

9. Once you get a smooth cream, keep blending at slow speed and stream in the melted coconut oil to emulsify.
10. Take the mold out of the freezer and pour the matcha cream over the crust.
11. Cover the mold, tap it on the counter a couple of times and freeze again for a minimum of 4 hours.



*Save a small amount of this mixture (half a cup approximately) and add half an extra teaspoon of activated charcoal to obtain an intense shade of black. Store in the fridge until ready to be used to decorate your cake.*

12. Approximately 1 hour before serving, remove the cake from the freezer, unmold and plate it. You can leave it in the refrigerator for about half an hour to thaw gradually.

## Decoration

### Ingredients

- Matcha powder
- Nasturtium leaves
- Marigold petals

### Method

13. Spoon the frostings in two pastry bags, each one equipped with a different nozzle. I've used a closed star nozzle for the gray cream and an open one for the black frosting.
14. Finish the decorations with nasturtium leaves and marigold petals.



*If you wish, before decorating with the frostings, you can sprinkle matcha powder on the surface of the cake, using a small tea strainer. Just keep in mind that matcha tea is absorbed very quickly, so you should do this just at the moment of serving the cake.*



**5 days in the fridge  
and up to 2 months in the freezer**

# Blueberry & White Chocolate Slices



Recipe for a square cake, 16 cm (6-inch)

## Base

### Ingredients



- 1 cup raw macadamia nuts
- ½ cup shredded coconut
- 4 Medjool dates, soft
- 1 Tbsp maple syrup
- ¼ tsp pure vanilla extract
- ¼ tsp pink Himalayan salt

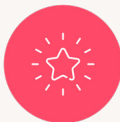
### Method

1. Start by processing the macadamia nuts in a small food processor until a grainy consistency is obtained.



*Process in short intervals, preferably using the pulse function, being careful not to process them too much: macadamia nuts contain a lot of natural oils and can quickly turn into butter.*

2. Continue by adding the shredded coconut and salt, and pulse again for a few more seconds until all the ingredients are well incorporated.
3. Peel and pit the dates, break them into small pieces and distribute them over the surface of the bowl so they blend easily, to form a nice, homogenous dough.
4. Process until it begins to form a smooth, sticky dough that holds its shape when you pinch it with your fingers.
5. Place your mold on a tray and pour in the dough.
6. Distribute it well, pressing down with your fingers and a spatula until you get a very firm and flat crust.



*Use an offset spatula to make sure you reach into each corner of the mold, for crisp, perfect edges and a crust that is as flat and uniform as possible.*

7. Cover the mold and store it in the freezer while you prepare the blueberry and white chocolate creams.

## White Chocolate Frosting

### Ingredients



- 1 + ½ cup cashews, previously soaked
- ½ cup almond milk
- ⅓ cup raw cacao butter, melted
- 3 Tbsp raw honey (or maple syrup)
- 1 tsp lemon juice
- Seeds of 1 vanilla bean
- ¼ tsp pink Himalayan salt

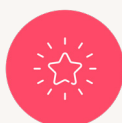
## Method

8. Pour the cashews that have been soaking for at least 6 hours, along with the rest of the ingredients (except the melted cacao butter), into the jar of the blender.



*Once soaked, rinse the cashews thoroughly with abundant water and strain them well before using them in your recipe.*

9. Blend until you obtain a creamy texture, stopping the blender from time to time to scrape down the sides of the jar and incorporate all the ingredients.
10. Finish streaming in the melted cacao butter while the blender is running at the lowest speed, so that it emulsifies with the mixture.
11. Pour the cream into a container and let it set in the fridge until it solidifies and is ready to be piped on top of the cake.



*If you want to have frostings with different tonalities of color, reserve a small amount of this cream and set it aside to mix it later with part of the blueberry filling to obtain a lilac cream.*

## Blueberry Filling

### Ingredients

RAW



- 1 + ½ cup cashews, previously soaked
- ¾ cup blueberries
- ½ cup almond milk
- ½ cup raw cacao butter, melted
- 3 Tbsp maple syrup
- 1 Tbsp + 2 tsp lemon juice
- ½ tsp pure vanilla extract
- ½ tsp pink Himalayan salt

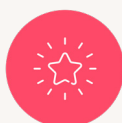
## Method

11. Following the same process as before, place all the ingredients in the blender jar except for the cacao butter, and blend to obtain a lovely, silky cream.



*You can use fresh or frozen blueberries. If blueberries are out of season, it's good to use the frozen ones but make sure you give them enough time to thaw before adding them to the jar of the blender along with the rest of the ingredients.*

12. Strain the mixture through a fine-mesh strainer to get rid of any blueberry skins.



*Although this step is optional, straining the cream helps to remove any pieces of blueberry skin, for a more delicate texture and also a more beautiful, uniform color.*

13. Once strained, pour the cream back into the blender and gradually incorporate the melted cacao butter.
14. Take the mold out of the freezer and pour the blueberry cream over the base.
15. Tap the mold on the counter to distribute the filling, cover it, and store it in the freezer for at least 4 hours, until set.

16. If you had reserved some white chocolate cream, do the same with the blueberry cream so you can mix them and get a lilac-colored frosting. Let it chill in the fridge until ready to use.
17. Approximately 1 hour before serving, take the cake out of the freezer, unmold it, and let it thaw gradually in the fridge.

## Decoration

### Ingredients

- ¼ cup fresh blueberries
- ½ tsp maple syrup
- Cornflowers

### Method

18. Once the cake is ready, prepare two pastry bags, one for each frosting.
19. Prepare a tall glass filled with hot water and soak a large, sharp knife in it.
20. Slice the cake into individual slices of the size you wish.



*It's very important to wipe the knife clean between each cut to make the slices as neat and nice as possible.*

21. Decorate each portion with the frosting, fresh blueberries, and edible flowers. Take this moment as an opportunity to give your creativity free rein.



*Mix the blueberries with a little bit of maple syrup to make them shine bright and stand out, removing the excess syrup before you place them on top of the cake to avoid drips.*



**5 days in the fridge  
and up to 2 months in the freezer**



# Mango & Lime Cupcakes



Recipe for 6 cupcakes, 2 mini cakes of 6 cm (2.4-inch) diameter, and 1 mini cake of 9 cm (3.5-inch)

## Base

### Ingredients



- 1 cup almonds
- ¼ cup shredded coconut
- ¼ cup gluten-free oat flakes
- 6 Medjool dates, soft
- 1 Tbsp almond butter
- 1 Tbsp cacao nibs
- ½ tsp pure vanilla extract
- ¼ tsp ginger
- ¼ tsp pink Himalayan salt

### Method

1. Start processing the almonds in a small food processor until you obtain tiny pieces, pulsing them so that you don't overblend.
2. Add the oat flakes, shredded coconut, salt, and ginger and process again for a few more seconds.
3. Continue adding the vanilla extract, almond butter, and the chopped dates (previously soaked in warm water if they are not soft enough).
4. Process again until a sticky dough is formed.
5. Finally, add the cacao nibs and pulse a couple of times until they are incorporated.



*Always add the cacao nibs at the end so they keep their texture and give a nice crunchy element to the base.*

6. Place a silicone cupcake mold on a tray or pan.
7. Use a spoon to distribute the dough, filling each cup almost to the top.
8. Firmly press the dough down with your fingers until each base is flat and approximately 1 cm thick.
9. Cover the mold and place it in the freezer.
10. Use the leftover dough to make mini cakes. Start by lining a tray with parchment paper and place the ring molds on top.
11. Following the same steps as before, fill each ring mold with the dough and press it down until firm and compact.
12. Place the tray with the ring molds in the freezer while you prepare the mango cream.

## Mango Filling

### Ingredients



- 1 cup of cashews, previously soaked
- 2 cups fresh mango, cubed
- ½ cup coconut yogurt
- ½ cup extra virgin coconut butter, melted
- 2 Tbsp maple syrup

## Raw Cakes

- 1 tsp pure vanilla extract
- ¼ tsp pink Himalayan salt
- Pinch of turmeric (optional)

## Method

13. Start by chopping the mango into cubes and rinsing the soaked cashews.
14. Add them to the jar of the blender along with the rest of the ingredients and blend until you get a smooth cream.



*Add a pinch of turmeric powder if you want to boost the yellow color of the cream. In small quantities, it won't affect the final taste.*

15. Remove the molds from the freezer and fill them with the cream. Use a small offset spatula to flatten the top of each cupcake.
16. Tap the tray firmly on the counter and store it covered in the freezer for at least 4 hours until the cupcakes are completely set.
17. Repeat the same process with the mini cakes.

## Lime & Avocado Frosting

### Ingredients



- 1 + ½ cup cashews, previously soaked
- 1 ripe avocado
- ½ cup lime juice
- ½ cup extra virgin coconut butter, melted
- 3 Tbsp maple syrup
- 1 tsp pure vanilla extract
- ½ tsp ceremonial grade matcha
- ¼ tsp pink salt
- Zest of 1 organic lime

## Method

18. Add the soaked cashews, lime juice and zest, avocado, maple syrup, vanilla extract and salt to the jar of the blender and blend until you get a nice, silky mixture.
19. Add matcha tea powder if you want to enhance the green color, adjusting the quantity to the intensity you want to obtain.
20. Finally, add the melted coconut butter and blend for a few more seconds, until fully incorporated.
21. Transfer the cream to an airtight container and let it chill in the fridge for at least 4 hours until it achieves a nice texture that can be piped into swirls.
22. Approximately half an hour before serving, take out the molds from the freezer and unmold the cupcakes and the mini cakes.

## Decoration

### Ingredients

- Passion fruit
- Physalis
- Raspberries and blackberries
- Dried lime wheels
- Nasturtium leaves
- Edible flowers (dill and cornflowers)

### Method

23. Fill a pastry bag fitted with a star tip with the lime and avocado frosting.
24. Add a small amount of passion fruit on top of each cake and pipe the frosting on top.
25. Finish your decoration with the fresh fruits and the edible flowers.



**5 days in the fridge  
and up to 2 months in the freezer**

# Chocolate & Orange Ganache Tart



Recipe for a 15 cm (5,9-inches) tart

## Crust

### Ingredients

RAW



- 1 cup of almonds
- 2 Tbsp raw cacao nibs
- 2 Tbsp raw cacao powder
- 2 Tbsp maple syrup
- 2 tsp almond butter
- 2 tsp extra virgin coconut oil, melted
- ½ tsp pure vanilla extract
- ¼ tsp pink Himalayan salt
- Zest of 1 organic orange

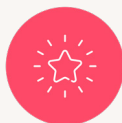
### Method

1. Start by grinding the almonds in a food processor until you get a fine, grainy consistency, making sure no large chunks of almond remain.
2. Add the rest of the ingredients, except the cacao nibs and the orange zest, and process until they are all well combined.
3. Add the cacao nibs last so they give the crust a nice crunch.
4. Finally, zest an organic orange and pulse a few times to distribute it evenly



*Make sure the dough is sticky enough to shape it into the base of the mold. If it doesn't hold together, add half a teaspoon of melted coconut oil and blend again.*

5. Transfer the dough to a tart pan with a removable bottom.
6. Using your fingers, gently start pressing the dough into the base of the tin, making sure it is flat and compact and each part is even and level overall.



*Emphasize the edges of the tin, pressing gently but firmly, to keep them from breaking when you unmold the tart.*

7. Cover the tin and place it in the fridge to chill while you prepare the chocolate and orange ganache.

## Chocolate & Orange Ganache

### Ingredients

RAW



- 1 + ½ cup cashews, previously soaked
- ½ cup + 2 Tbsp orange juice
- ¼ cup + 1 Tbsp raw cacao powder
- ¼ cup maple syrup
- ¼ cup extra virgin coconut oil, melted
- Zest of 1 organic orange
- Generous pinch of pink Himalayan salt
- 6-8 drops of orange essential oil
- 1.8 g agar-agar powder

### Raw Cakes

## Method

8. Rinse and strain the previously soaked cashews and blend them with the freshly squeezed orange juice, the zest, and the maple syrup.
9. Once you get a smooth, lump-free cream, add the cacao powder and salt and blend again.
10. Finally, add a few drops of orange essential oil and stream in the pre-melted coconut oil until it emulsifies.
11. Once you get a silky chocolate cream, add the agar-agar powder and blend for about 1-2 minutes until the mixture reaches 90 °C (194 °F), the temperature at which the agar-agar dissolves completely.
12. Give it a stir with the spatula and immediately pour the ganache over the crust, using a small offset spatula to spread the ganache evenly and remove any excess.
13. Cover the tin and store it in the fridge for about 3 hours until the cream chills and solidifies completely.



*Preparations made with agar-agar are best if they are allowed to set in the fridge instead of the freezer.*

14. Pour the leftover ganache into a glass container and leave it in the fridge until it's time to decorate the tart.

## Chocolate Glaze

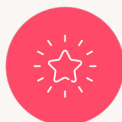
### Ingredients

RAW

- 1/4 cup raw cacao powder
- 1/4 cup maple syrup
- 3 Tbsp melted extra virgin coconut oil, melted
- 1 Tbsp warm water (if needed)
- 2 drops of orange essential oil
- Pinch of pink Himalayan salt

## Method

15. Once the filling of the tart is completely cold, start preparing the chocolate glaze, mixing the cacao powder, maple syrup, and salt in a small bowl.
16. Whisk with a small whisk for about 30 seconds, until you get a smooth and shiny cream with no lumps.
17. Add the orange essential oil and the melted coconut oil and keep whisking until you obtain a silky, shiny glaze.



*If you notice the glaze is too thick, add a little bit of warm water (1 Tbsp approximately) to lighten it. Whisk until you get a fluid, runny glaze that can easily be spread over the surface of the tart.*

18. Pour the glaze in the center of the tart and spread to distribute it.
19. Cover and chill in the fridge for about 15 minutes until the glaze sets.

## Decoration

### Ingredients

- Red currants
- Edible flowers

### Method

20. Fill a pastry bag with the leftover ganache and use it as frosting to decorate the tart.
21. Finish by adding red currants and edible flowers.



**5 days in the fridge  
and up to 2 months in the freezer**