

Module 5

FIRST CONFECTIONS

5.1 Avocado & Chocolate Cream

We start off with this simple and versatile recipe. You can serve it as a chocolate mousse or use it to decorate the raw brownie described below.

Avocado is the main ingredient, providing fat and creaminess which allow the mixture, once refrigerated, to come to a nice consistency which is thick enough to be piped and used as a frosting.

Ingredients

RAW



- 1 ripe avocado (around 100 g of pulp)
- ½ cup raw cacao powder
- ¼ cup almond milk
- ¼ cup maple syrup
- 3 Tbsp coconut sugar
- 1 Tbsp extra virgin coconut oil, melted
- ½ tsp pure vanilla extract
- A pinch of pink Himalayan salt

Method

Add all the ingredients to the bowl of a mini-size food processor and process until well incorporated. To get a nice and creamy texture, it's very important to use a ripe avocado.

You have different options:

1. Transfer the frosting to individual parfaits or ramekins and place in the fridge for at least 3 hours, until set. I recommend that you make the frosting the day before you want to use it. Before serving you can sprinkle on some cacao powder, Maldon sea-salt flakes and/or decorate with fresh fruit.
2. Transfer the frosting to an airtight container and store in your fridge for at least 3 hours to thicken. Transfer to a piping bag and use the cream to decorate cakes, cupcakes or even as a filling for cookie sandwiches.



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



6 Prepare this chocolate and avocado cream and store in the fridge. Instead of almond milk, which other nut or seed milk would work well? Would you change any ingredient to create a new recipe?

5.2 Raw Brownie

Depending on how you decide to present it, this recipe can be used as a base for a brownie or to make cookies or protein balls.

To make a nut-free version, use seeds, rolled oats and/or coconut flakes instead of walnuts and pecans.

Ingredients

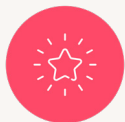
RAW



- 1 + ½ cup walnuts
- 1 + ½ cup pecan nuts
- 16 Medjool dates
- ¼ cup raw cacao powder
- 3 Tbsp cacao nibs
- 2 tsp tahini
- 2 tsp pure vanilla extract
- 2 tsp extra virgin coconut oil, melted
- ¼ tsp pink Himalayan salt

Method

1. Prepare your food processor and measure all the ingredients.
2. Start processing the nuts to a coarse consistency, stopping just before they become flour. Transfer to a big bowl and add cacao powder and nibs. Use a spatula to mix well and set aside.
3. Chop your dates and transfer them to your food processor, along with the liquid ingredients (tahini, vanilla and melted coconut oil).
4. Process until the mixture forms a creamy caramel paste. Make sure no small pieces of date remain. You'll need to stop the machine from time to time to scrape the sides of the bowl with a spatula to help the mixture blend.
5. Once you get a nice, smooth date caramel, incorporate it with the dry ingredients, mixing with a spatula. Use your hands if necessary to ensure all the ingredients are well combined, until a compact and homogeneous dough is formed.



If your dates are not soft enough, I recommend that you soak them in warm water for 10 minutes until you can easily peel them.

Options

Brownie Bites

1. Line an 18-cm mold with parchment paper and distribute the dough evenly. Press firmly with your fingertips, so all the sides of the brownie are even and have the same height. Use a silicone or offset spatula to flatten out the corners.
2. Cover and store your mold in the freezer for at least an hour.
3. Then you can unmold the brownie and cut it into square or rectangular portions.
4. If you wish, decorate using the avocado and chocolate mousse.

Cookie Sandwiches

1. Form the dough into a compact ball, cover it with a cloth and store in the fridge for at least one hour to set. Next, place the dough between two sheets of parchment paper and knead it using a rolling pin until it is about half a centimeter thick.
2. Shape cookies using the cookie cutter you prefer and press the scraps of dough back into a new layer and cut more cookies. Place the cookies on a tray lined with parchment paper, and let them set in the fridge for at least an hour until the cookies are compact and cold (you can also place them in the freezer to speed up the process).

3. Pipe half of your cookies with the avocado and chocolate cream and form sandwiches.



Without the avocado and chocolate cream,
the brownie lasts up to 1 month in the fridge
and 2 months in the freezer



Make this simple recipe and use the avocado and chocolate cream you have ready in the fridge to present it as brownie bites or mini cookie sandwiches. Send us a picture with your final presentation.

5.3 Tahini Fudge



Fudge is a classic sweet made from milk, butter and sugar. Here are the ingredients for a healthy tahini and cacao version.

Ingredients



- 120 ml runny tahini
- ¼ cup raw cacao powder
- ¼ cup coconut nectar
- 2 Tbsp raw cacao butter, melted
- 1 Tbsp extra-virgin coconut oil, melted
- 1 Tbsp water
- ½ tsp pure vanilla extract
- ½ tsp Maldon sea-salt flakes + extra for decoration
- ½ tsp white sesame seeds (raw or toasted)

Method

1. Combine all ingredients, except the water, in the bowl of a mini-size food processor.
2. Pulse until well incorporated. Stop and scrape the sides of the bowl to make sure the mixture is well combined.
3. Stream in the water and process until nice and silky.



In thick mixtures with a high fat content, water is used to help emulsify and avoid separation. This can occur if the ingredients were not at a similar temperature before adding them to the bowl, or if the final temperature of the mixture was too high due to over-processing. If that happens, start by adding a teaspoon of water, blend again, and check to see if the mixture has emulsified. Increase the amount of water if necessary.

4. Line a 10-cm square mold with parchment paper (for a silicone mold this won't be necessary) and pour in the mixture.
5. Spread evenly with a spatula, making sure all the sides are flat and even.
6. Sprinkle some Maldon sea-salt flakes, cover the surface of the mold (or store it in a sealed box) and place it in the freezer for at least 4 hours.
7. Remove from the freezer, unmold carefully and serve the fudge on a flat plate.
8. You can now cut it into portions and decorate with sesame seeds.
9. Eat immediately or store it covered in the fridge or freezer.



To ensure clean cuts use a long, sharp knife. Have at hand a bowl with hot water and a cloth to heat and clean the blade between cuts.



Up to 1 month in the refrigerator
and 2 months in the freezer



8 Make this delicious tahini fudge and upload a picture of the final result. After that, I challenge you to come up with a totally new recipe. What other flavors can you think of? Instead of tahini, which other ingredient could you use to achieve the same consistency?

5.4 Truffles

In this lesson we will prepare 3 easy-to-make truffles with completely different flavors.

Traditional truffles are made from a creamy ganache, usually using chocolate, butter and cream.

To get the same texture using just natural ingredients, we will need to use an ingredient that contains a good amount of fat (cocoa butter, nut butter, coconut butter...).

5.4.1 Matcha & Orange Truffles



Ingredients



- ½ cup cashew butter (raw or toasted)
- 33 Tbsp maple syrup
- 2 Tbsp raw cacao butter, melted
- 1 Tbsp water
- 1 + ½ tsp matcha
- ¼ tsp pure vanilla extract
- 6 drops orange essential oil
- A pinch of pink Himalayan salt

Method

1. Start by melting the cacao butter, using the double-boiler method over low heat, making sure that the butter does not overheat (remember that over 46 °C (115 °F) the cacao butter won't be raw anymore). Once melted, let it cool to room temperature.
2. Measure the rest of the ingredients, making sure they are all at room temperature. This will prevent the mixture from separating once processed.
3. Add all ingredients, except the water, to the bowl of your food processor and blend until a shiny and silky mixture is formed.
4. Stream in the water (preferably with the machine working at low speed).
5. Prepare a piping bag with a plain medium tip.
6. Line a tray with parchment paper.
7. Transfer your truffle mixture to the pastry bag and pipe it into uniform mounds of approximately 2 cm.



Alternatively, before piping your truffles, you can let the pastry bag rest in the fridge for about 15 minutes, so that the mixture will set a bit and the mounds will spread less when you pipe them out.

8. Store the tray in the refrigerator for about an hour, long enough for the truffles to solidify so they can be easily rolled.
9. One by one, remove the truffles from the paper and roll them in the palms of your hands. Work fast, so that they do not heat up. If your hands get too warm, wash them with cold water before continuing.
10. Place the truffles back in the fridge for at least 30 minutes (or until you serve them).
11. Just before serving, prepare a tray or bowl with matcha powder and cover all the truffles.
12. Serve immediately, since in just a few minutes they start absorbing the matcha powder and don't look as beautiful.



**Up to 1 month in the fridge
and 2 months in the freezer**



Just before you devour them, upload a picture with your beautifully presented truffles. Instead of orange, which other essential oil do you think would pair well with these matcha truffles?

5.4.2 Creamy Chocolate Truffles

Ingredients

RAW



- ¾ cup raw cashew butter
- ¼ cup + 2 Tbsp raw cacao butter, melted
- ¼ cup + 2 Tbsp raw cacao powder
- ¼ cup + 1 Tbsp maple syrup
- ¼ cup water
- ½ tsp pure vanilla extract
- ⅛ tsp pink Himalayan salt

Method

1. Start by melting the cacao butter, using the double-boiler method over low heat and allow it to cool to room temperature.
2. Measure the rest of the ingredients, making sure they are all at a similar temperature to prevent the oil from separating.
3. Add all the ingredients (except water) to your food processor (or blender) and blend until a nice and shiny ganache is formed.
4. Add the water last and blend for a few more seconds, just until well incorporated.
5. Transfer the mixture into a glass container and store it in the fridge for at least 3 hours, until it has hardened enough to easily roll into balls.
6. Line a tray with parchment paper.
7. Scoop the ganache into similarly sized portions (about 2 cm) and shape them with your hands. Traditional truffles are irregular, so you don't have to make them perfectly round.

8. Allow the truffles to set in the fridge for about an hour.
9. Choose toppings to coat your truffles: cacao powder, cacao nibs, bee pollen, chopped nuts... Be creative!



**Up to 1 month in the fridge
and 2 months in the freezer**

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Make these delightful truffles and choose at least 3 different toppings to coat them. Send a picture our way when you plate them and get them ready to serve.

5.4.3 Coconut Truffles

Ingredients

RAW



- 1 + ½ cup raw cashews
- 3 Tbsp extra-virgin coconut butter, melted
- 3 Tbsp maple syrup
- 1 Tbsp water
- 1 tsp pure vanilla extract
- ½ tsp pink Himalayan salt
- Almonds (raw or toasted) to fill the truffles
- Shredded coconut to cover the truffles

Method

1. Process the raw cashews in your food processor, with short pulses to keep the texture and prevent the nuts from turning into butter. Stop between pulses and scrape down the sides and the bottom of the bowl with a spatula.
2. Gently melt the coconut butter, using the double-boiler method.
3. Add the remaining ingredients (except the water) along with the coarse cashews and pulse until all are well combined.
4. Stream in the water and process for a few more seconds.
5. Transfer the mixture into a bowl, cover, and refrigerate for at least 2 hours.
6. Using a spoon, scoop out same-sized portions of about 2 cm, place an almond in the center and shape them into balls.
7. Coat your truffles with shredded coconut and keep them in the fridge until ready to serve.



**Up to 1 month in the fridge
and 2 months in the freezer**