

# Module 2

## EQUIPMENT & INGREDIENTS

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### List of Equipment & Tools

- High-speed blender
- Mini food processor
- Dehydrator *(optional)*
- Mixing bowls
- Air-tight glass jars and containers
- Baking pans
- Sealed boxes to store the cakes in the fridge or freezer *(optional)*
- Chef knife
- Pairing knife
- Digital thermometer
- Measuring cups and spoons
- Small offset spatula
- Silicone spatula
- Small hand whisk *(optional)*
- Strainer or *chinois*
- Nut milk bag
- Pastry bags
- Piping tips (you will need at least one star piping tip and a round plain tip)
- Decorating tweezers *(optional)*
- Parchment paper
- Cake molds:
  - 12 cm (5-inch) silicone square cake mold
  - 16 cm (6-inch) silicone square cake mold
  - 16 cm (6-inch) silicone round cake mold
  - Silicone mold for 6 cupcakes
  - 15 cm (5.9-inch) tart pan with removable bottom
  - Ring molds: two of 6 cm (2.4-inch) and one of 9 cm (3.5-inch)

*\* These are the molds I use on the recipe videos of this course, but you don't need to have all of them. You will need at least: one round mold, one square mold, one mold for cupcakes, and a tart pan.*

# List of Ingredients

## Dry Ingredients

### Nuts

- Cashews · 750 g
- Almonds · 500 g
- Macadamia nuts · 200 g
- Brazil nuts · 200 g
- Almond butter · 30 g

### Sweeteners

- Maple syrup · 750 ml
- Runny raw honey · 120 ml (*optional*)
- Medjool dates · 24 units

### Oils & Extracts

- Extra-virgin coconut oil · 350 ml
- Raw coconut butter · 250 g
- Raw cacao butter · 250 g
- Unsweetened coconut yogurt · 120 g
- Pure vanilla extract · 40 ml
- Vanilla beans · 2 units
- Orange essential oil
- Lemon essential oil

### Superfoods, Spices & Others

- Raw cacao powder · 100 g
- Raw cacao nibs · 50 g
- Shredded coconut · 100 g
- Gluten-free oat flakes · 50 g
- Espresso coffee · 90 ml
- Matcha powder (ceremonial grade) · 10 g
- Maca powder · 10 g
- Activated charcoal · 5 g
- Sweet miso (white) · 30 g
- Tamari · 5 ml
- Turmeric powder · Pinch
- Ginger powder · 2 g
- Agar-agar powder · 2 g
- Fine pink Himalayan salt

## Fresh Ingredients

- Orange · 3-4 units
- Lemon · 4-6 units
- Lime · 6-8 units
- Mango · 2-3 units
- Passion fruit · 1-2 units
- Avocado (ripe) · 1 unit
- Raspberries · 200 g
- Blueberries (fresh or frozen) · 100 g
- Ginger · small piece
- Your choice of fresh fruits to decorate the cakes (red currants, blackberries, raspberries, blueberries, physalis...)
- Edible flowers to decorate the cakes