

The Autism Food Club



Cherry & Nut Mousse Cake



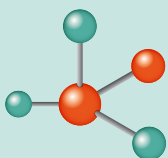
Ingredients

BASE INGREDIENTS

- 70g** ground almonds
- 130g** pecans
- 1/4 teaspoon** sea salt
- 60g** stoned dates
- 1 teaspoon** vanilla extract
- 1 tablespoon** dairy-free spread

TOPPING INGREDIENTS

- 110g** raw cashews (covered with water & soaked at room temp for 3-4 hrs)
- 250g** cherries (the frozen morello ones work well for this recipe or fresh)
- 3 tablespoon** honey or maple syrup
- 5 tablespoon** soya yoghurt
- 1 tablespoon** fresh lemon juice
- 1 tablespoon** lemon zest
- 3 leaves** gelatin



Sprinkling of science

Normally associated with the Middle East and Mediterranean climates, dates have been around as part of our menus for several thousands of years. With various different varieties, dates are used in both sweet and savoury dishes alike. A great source of dietary fibre, dates also contain vitamin B6, potassium and manganese; essential vitamins and minerals for multiple biochemical processes in the body.



Method

- 1** In a food processor or blender fitted with the steel blade, process all the base ingredients until it forms a loose dough.
- 2** In a loose bottomed 20cm tin press the dough over the base and up 2.5cm of the sides of your tin and place in the fridge to chill.
- 3** Drain the cashews and add them to the bowl of the food processor or use a blender along with the cherries, yoghurt, honey, lemon juice, and lemon zest.
- 4** Process until smooth for about 3 minutes, stopping occasionally to scrape down the sides of the bowl with a rubber spatula.
- 5** Place the sheet of gelatine to some cold water until it becomes soft and remove and squeeze out the excess water.
- 6** Place in a dry pan and allow the gelatine to melt; this should only take 30 seconds, and pour this in to the mixture and blend to mix in.
- 7** Pour the mixture on to the chilled base and allow to set in the fridge.