



## Hazelnut & Cacao Coconut Bombs

DAIRY, GLUTEN & SUGAR FREE

COOKING TIME 2HRS. SERVES 4.

### INGREDIENTS

- 1/2 cup coconut oil
- 2 tbs coconut cream
- 1/4 cup raw cacao powder
- 1/4 cup Mayvers Hazelnut & Cacao Spread
- 1/4 cup Mayvers Peanut & Coconut Spread
- 1 tablespoon honey (melted in 1 tsp water)
- Handful of coconut flakes
- 1 tsp rock salt

### METHOD

1. Combine the coconut oil and cacao powder until smooth.
2. Add the honey and coconut cream.
3. Mix the Hazelnut & Cacao and the Peanut & Coconut spreads together.
3. On a tray layout mini chocoately papers and pour a tiny amount into each. Place in the freezer for 5 minutes and remove.
4. Spoon 1/2 a teaspoon of the Mayvers Nut Spread mixture into each cup and pour the rest of the cacao mixture over them.
5. Sprinkle with sea salt and coconut then refrigerate for 30 minutes or until set. (You can freeze them if you need them quicker).

\*\* *Eat them straight from the fridge as they will melt after a short while.*





## Hazelnut & Cacao Sugar-Free Museli Slice

DAIRY, GLUTEN & SUGAR FREE\*

COOKING TIME 2HRS. SERVES 4.

### INGREDIENTS

3/4 cup natural shredded coconut  
4 tbs coconut oil (melted)  
1/4 cup Mayvers Hazelnut & Cacao Spread  
2 tbs Goji berries  
1/2 cup sesame seeds  
3/4 sunflower kernels  
1/2 cup pepitas  
2 tbs of chia seeds  
2 tsp of vanilla essence  
4 tablespoons Rice Malt Syrup\*  
Good pinch of salt

### YOGHURT TOPPING

1 cup plain greek yogurt, strained  
1 teaspoon vanilla  
1/2 cup honey

### METHOD

1. Mixup all dry ingredients in a food processor slightly. Throw the whole lot in a saucepan and heat on the stovetop until the butter has melted.
2. Press the mixture firmly into a brownie tin.
3. Pop in a preheated oven of about 150°C and cook for approx. 10 mins or until the top goes brown.
4. In a large bowl, whisk together strained yogurt, vanilla and honey. Add in enough honey to reach desired sweetness.
5. Wait till slice is cooled and spread a thin layer of yoghurt over the top.
6. Once yoghurt has set, cut into bars. Keep in the fridge. x

\* To be completely sugar-free just leave off the yoghurt!

\*\* Option to use 4tsp of honey melted in 1 tsp water instead





## Sugar-Free Hazelnut, Cacao & Coconut Biscuits

SUGAR FREE

COOKING TIME 1HR, SERVES 12

### INGREDIENTS

- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 125g unsalted butter, softened
- 4 ripe bananas
- 1 egg
- 1 egg yolk
- 1/4 cup Mayvers Hazelnut & Cacao Spread
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 1/2 cups hazelnuts roughly chopped
- 1/2 cup sugar-free choc chips

### METHOD

1. Preheat the oven to 180°C. Line baking pan with parchment paper or silicone baking mat.
2. In a bowl, whisk together the flour, baking soda, and salt. Set aside.
3. Place butter in the bowl of a stand mixer fitted with the paddle attachment. Cream the butter until light. Add the egg, egg yolk, and both extracts and beat until incorporated.
4. Add the flour mixture gradually and mix just until the dough is incorporated. Stir in the banana, Hazelnut & Cacao Spread, choc-chips and hazelnuts. Transfer dough into an airtight container and refrigerate for several hours or chill overnight for best results.
5. Roll the dough into desired size balls and press down slightly on the dough. Place biscuit sheet with the formed dough balls back in the refrigerator for about 30 minutes to prevent the biscuits from spreading too thin. Bake for 12-14 minutes or until the edges start to turn golden brown and slightly crisp and the centers are still soft. Let biscuits cool completely on the baking sheet.
6. Store at room temperature in an airtight container for up to a week.





## Hazelnut & Cacao Creamy Coconut Ice-Cream

DAIRY, GLUTEN & SUGAR FREE

COOKING TIME 2HRS. SERVES 4.

### INGREDIENTS

- 2 frozen ripe bananas
- 1/2 cup lactose-free yoghurt
- 1/2 cup Mayvers Hazelnut & Cacao Spread
- 3 cups full-fat coconut milk
- 2 tsp vanilla extract
- 1/4 cup coconut flakes
- Handful of hazelnuts
- 1/2 tsp lemon juice
- Tiny pinch of salt

### METHOD

#### (USING AN ICE-CREAM MACHINE)

1. Place all ingredients into a blender or Vita-Mix and blend until smooth and creamy. Immediately pour the liquid into your ice cream maker for approx. 30 minutes and then transferred the container to the freezer. It needs to chill for about 2 hours before serving. Enjoy!

#### (WITHOUT AN ICE-CREAM MACHINE)

1. Prepare your ice cream mixture, then chill it over an ice bath.
2. Put a deep baking dish, or bowl made of plastic, stainless steel or something durable in the freezer, and pour your mixture into it.
3. After forty-five minutes, open the door and check it.
4. As it starts to freeze near the edges, remove it from the freezer and stir it vigorously with a spatula or whisk. Really beat it up and break up any frozen sections. Return to freezer.
4. Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have one, you can use a hand-held mixer for best results, or use a stick-blender or hand-held mixer.
5. But since we're going low-tech here, you can also use just a spatula or a sturdy whisk along with some modest physical effort.
6. Keep checking periodically and stirring while it freezes (by hand or with the electric mixer) until the ice cream is frozen. It will likely take 2-3 hours to be ready.





## Hazelnut & Cacao Sugar-Free Coconut Brownie

DAIRY, GLUTEN & SUGAR FREE

COOKING TIME 2HRS. SERVES 4.

### INGREDIENTS

- 1 tin 400g red kidney beans
- 1/2 cup Mayvers Hazelnut & Cacao Spread
- 1/2 cup raw cacao
- 1/2 cup goji berries
- 2 eggs
- 80g coconut oil
- Pinch of salt
- 1 tsp vanilla (optional)

### METHOD

1. Melt butter/coconut oil and add goji berries into butter and leave while assembling other ingredients,.
2. Drain and rinse beans.
3. Put all ingredients into a food processor. Blend until smooth. Mixture should be quite thick.
4. Pour into brownie tin and baked at 180°C until firm to touch, around 30mins.







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## *Hazelnut & Cacao Sugar-Free Pumpkin Chocolate Cake*

DAIRY, EGG & SUGAR FREE

COOKING TIME 1HRS, SERVES 6

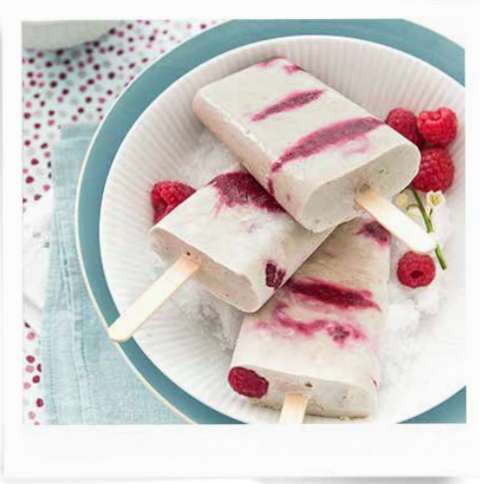
### INGREDIENTS

3 cups plain flour  
2 tsp bicarb soda (baking soda)  
2 tbs white vinegar  
1/2 cup Mayvers Hazelnut & Cacao Spread  
1/2 tsp nutmeg (optional)  
1/2 tsp cinnamon (optional)  
2 tsp vanilla extract  
1/2 cup heaped raw cacao or cocoa  
between 3/4 – 1 cup cooked pumpkin  
1 tbs stevia  
2/3 cup coconut oil  
1 cup hot water

### METHOD

1. Put all ingredients into a food processor and process until smooth (or mix by hand)
  2. Bake in moderate oven at 180°C for around 40 mins or until skewer comes out clean.
  3. Brush with a light layer of coconut oil and sprinkle loose coconut flakes across the top.
- \*\* Tastes divine served up with a raspberry coulis made from frozen fresh raspberries, 4 tbs water and a teaspoon of honey





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## Hazelnut & Cacao Sugar-Free Coconut Icy Poles

DAIRY, GLUTEN & SUGAR FREE

COOKING TIME 1HRS, SERVES 6

### INGREDIENTS

#### Dry Ingredients

- 3/4 cup coconut flour
- 1/4 cup arrowroot flour
- 1/2 cup almond flour
- 2 tsp cinnamon
- 2 tsp baking soda
- 1/4 tsp sea salt
- 1/2 cup chopped walnuts
- 1/2 cup raisins

#### Wet Ingredients

- 2 medium bananas
- 2 very ripe plantains
- 3 large eggs
- 1/2 cup coconut milk
- 1/2 cup Mayvers Hazelnut & Cacao Spread
- 1 tsp pure vanilla
- 1/4 tsp pure almond extract

### METHOD

1. Preheat oven to 350F; Line a loaf pan with parchment paper or grease well with coconut oil and set aside.
2. In a small bowl mix flours, cinnamon, baking soda, and salt. Add walnuts and raisins and stir until well coated and set aside.
3. In the bowl of your food processor, combine all the wet ingredients and process until very smooth.
4. Add that to the dry ingredients and mix with a rubber spatula until well combined, no more.
5. Pour the batter into the prepared loaf pan and sprinkle with coconut and chopped pistachio. Place in the oven and bake 70-75 minutes, until the center is set (a toothpick inserted in the middle of the loaf should come out clean).
6. Set loaf on a wire rack and let it cool in the pan for about 5 minutes before unmolding it. Finish cooling on the rack and transfer to the refrigerator, where it will keep for up to a week in an airtight container.

