



# **VEGAN TREATS 22.11.22**

## **METACORE**

**Gustard Apple Cake with Mulberries**

**Tarts with Lingonberry Licorice Mousse**

**Nutless Chocolate Energy Balls**



## **About Lettuce Date**

Lettuce Date Oy is a catering company that produces and delivers high-quality, handmade vegan meals for different events. In addition we offer cooking courses and other well-being packages where nutritious vegan food is included.

Lettuce Date's ideology supports the using of ingredients that are in season and are domestic and/or organic to the extent possible (70-90% depending on the season). We carefully choose ingredients that are vegan, gluten-free, and free of refined sugars and additives using high quality suppliers. The recipes are created with love and intuition using nutrient-rich ingredients.

Our mission is to nurture the mind, body, and soul with nutritious food that will leave you feeling good and keep your energy levels in a perfect balance throughout the day.



# Custard Apple Cake with Mullberries

**SERVES 12; USE E.G. 16 X 16 cm or 17 cm diameter cake form**

## **INGREDIENTS / CRUST**

4 large dates / 8 small dates  
1 tbsp coconut oil  
2 tbsp cacao butter  
1,5 dl pecans  
1,5 dl sunflower seeds  
Pinch of salt

## **PREPARATION**

1. Boil the water for melting the coconut oil and cacao butter.
2. Measure the coconut oil and cacao butter into a stainless steel bowl. Create a bain-marie by adding boiling water into another bowl. Melt the coconut oil and cacao butter in the hot water bath until the substance becomes liquid.
3. Pit the dates.
4. Add the pitted dates, coconut oil and cacao butter liquid, pecans, sunflower seeds and a pinch of salt into a cutter or blender. Alternatively you can use a hand blender or fork and knife. Blend until the mass is even.
5. Pour mass into a cake form with baking paper. Press it even with a spoon and your hands.
6. Put in the fridge/freezer to set while preparing the filling.

## **INGREDIENTS / FILLING**

3 dl cashews  
1,5 dl cacao butter  
1 dl coconut oil  
1 dl coconut manna  
5 large dates / 10 small dates  
2 dl coconut milk  
Pinch of vanilla  
(1-3 tbsp maple syrup)



## **PREPARATION**

1. Soak the cashews over night or at the least for 4h.
2. Boil water for melting the cacao butter, coconut oil and coconut manna.
3. Measure the cacao butter, coconut oil and coconut manna into a stainless steel bowl. Create a bain-marie by adding boiling water into another bowl. Melt the cacao butter, coconut oil and coconut manna in the hot water bath until the substance becomes liquid.
4. Pit the dates.
5. Add the soaked cashews, the liquated cacao butter, coconut oil, coconut manna; dates, coconut milk, pinch of vanilla to the blender jug. Blend until smooth.
6. Taste the sweetness of the liquid. Add maple syrup if needed, one tbsp at a time.
7. Pour the liquid into the cake on top of the crust.
8. Put in the fridge or freezer to set.

## **INGREDIENTS / TOPPING**

- 2 small apples
- 2 tbsp coconut manna
- 2 tbsp peanut butter
- 1 tsp cinnamon
- 1/2 tsp cardamom
- 0,5 dl coconut milk
- (1-2 tbsp maple syrup)
- 2-3 tbsp mulberries

## **PREPARATION**

1. Rinse the apples. Cut the fruit from the core of the apple into chunks.
2. Boil the water for melting the coconut manna.
3. Measure the coconut manna into a stainless steel bowl. Create a bain-marie by adding boiling water into another bowl. Melt the coconut manna the hot water bath until the substance becomes liquid.
4. Add the chunks of apples, melted coconut manna, peanut butter, cinnamon, cardamom and coconut milk into a cutter or blending jug. Cut/blend the into a smooth or mass with small chunks.
5. Add maple syrup if more sweetness is needed.
6. Pour topping mix into cake form on top of the filling.
7. Put in the fridge (4 h) or freezer (1 h) to set.
8. Take out the cake from the cake form. Cut the cake into suitable pieces. Decorate with mulberries.



# Tarts with Lingonberry Licorice Mousse

**SERVES 12**

## **INGREDIENTS / CRUST**

6 large dates / 12 small dates  
2 tbsp coconut oil  
2 tbsp cacao butter  
2 dl rolled oats (gluten-free)  
1 dl coconut flakes  
1 dl pecans  
3 tbsp water  
Pinch of salt

## **PREPARATION**

1. Boil the water for melting the coconut oil and cacao butter.
2. Measure the coconut oil and cacao butter into a stainless steel bowl. Create a bain-marie by adding boiling water into another bowl. Melt the coconut oil and cacao butter in the hot water bath until the substance becomes liquid.
3. Pit the dates.
4. Add the pitted dates, coconut oil and cacao butter liquid, rolled oats, coconut flakes, pecans, water and a pinch of salt into a cutter or blender. Alternatively you can use a hand blender or fork and knife. Blend until the mass is even.
5. Separate the mass into 12 silicon or paper muffin forms (appr. 1 tbsp of mass for each). Press mass with spoon and/or finger into separate crusts.
6. Put in the fridge to set.

## **INGREDIENTS / MOUSSE**

4 large dates / 8 small dates  
1 dl coconut oil  
1 dl coconut manna  
2 dl lingonberries  
2 dl coconut milk  
2 tsp licorice powder  
(1-2 tbsp maple syrup)



## PREPARATION

1. Boil the water for melting the cacao butter and coconut manna.
2. Measure the coconut oil and coconut manna into a stainless steel bowl. Create a bain-marie by adding boiling water into another bowl. Melt the cacao butter and coconut manna in the hot water bath until the substance becomes liquid.
3. Pit the dates.
4. Add the melted coconut mixture, the pitted dates, coconut milk and licorice powder into a blender jug. Blend until the mass is smooth.
5. Blend the lingonberries into the mass.
6. Add maple syrup if extra sweetness is needed.
7. Separate mixture into the 12 crusts.
8. Put in the fridge (2 h) or freezer (30 min) to set.
9. Remove tarts from forms and place on a serving dish.
10. Decorate with eatable flowers and/or berries.

# Nutless Chocolate Energy Balls

**SERVES 20**

## INGREDIENTS

- 4 large dates / 8 small dates
- 3 tbsp coconut oil
- 3 tbsp coconut manna
- 1 dl sunflower seeds
- 1 dl rolled oats
- 1 + 0,5 dl coconut flakes
- 0,5 dl cacao nibs
- 2 tbsp cacao
- 2-3 tbsp maple syrup
- Pinch of salt
- (4 drops of eatable orange essential oil)



## **PREPARATION**

1. Pit the dates.
2. Measure the dates, coconut oil, coconut manna, sunflower seeds and rolled oats into a cutter. Blend to a mass.
3. Add mass in a bowl with coconut flakes (1 dl), cacao nibs, cacao, a pinch of salt, maple syrup and alternitavely drops orange essential oil.
4. Add maple syrup for extra sweetness if required.
5. Roll into approximately 20 balls.
6. Pour the remaining (0,5 dl) coconut flakes into small bowl. Roll each ball in the coconut flakes.