



Matchsticks

THE INGREDIENTS

- 1 sheet frozen puff pastry, thawed
- ¾ cup thickened cream
- 1 teaspoon vanilla essence/extract
- 10-12 Strawberries, slice thin longways

1. Preheat oven to 200 °c. Line a baking tray with baking paper/silicone baking sheet. Cut thawed pastry into 12 rectangles 6cm x 8cm and place onto prepared trays.
2. Cook in oven for 10 minutes or until golden brown and puffy. Remove from oven and allow to cool. Beat cream and vanilla essence together in a bowl until firm.
3. Using a sharp knife, carefully slice each pastry in half horizontally. Pay attention to which half is the top half. Spread 1 tablespoon (or so) of cream onto each half, Lay the sliced strawberries on top of the cream on the bottom half of the pastry. Place the top half of the pastry on top to make a sandwich.
4. Dust with dextrose icing sugar. Serve immediately as the pastry will soften if left to stand for too long.



Choc Balls

THE INGREDIENTS

- 2 cups walnuts
- ¼ cup Cocoa Powder
- 1-2 teaspoons Nativa (Natural Stevia)
- 4 tablespoons Coconut Oil melted

1. Blend nuts, cocoa powder and Nativa well in food processor.
2. blend in oil until moist.
3. Roll into small balls and refridgerate



Almond Gelato

THE INGREDIENTS

- 400ml Organic Almond milk
- Fresh Organic Strawberries
- Seeds of one Vanilla Bean
- Few drops of liquid Stevia

1. Freeze two ice cube trays of Almond milk.
2. Blend with the fresh strawberries in a blender.
3. Add the seeds of the vanilla bean and drops of Stevia.
4. You then have your Strawberry and Almond Milk Gelato