

RASPBERRY BLOOD GUMMIES

Ingredients

1 cup raspberries

1 cup water

3 tbsp raw honey

½ cup gelatin powder or agar-agar

Method

Blend raspberries into a purée, pour into saucepan

Add honey & gelatine or agar-agar. Whisk until thick. Low heat 5-10 minutes

Pour into moulds and refrigerate for 1 hour until set.



CHOCOLATE MOUSSE JACK O' LANTERNS



Ingredients

6 mandarins / oranges

2 cups soaked cashews

1 cup coconut cream

3 tbsp maple syrup

½ cup – 1 cup raw cacao powder (1 cup will have a much richer flavour)

Handful of mint leaves

Method

Prep the mandarins by slicing off the tops (save these) and scooping out the fruit to leave an empty skin. Draw faces on the Jack'O'Lanterns.

Make the chocolate filling by adding soaked cashews, coconut cream, maple syrup and Superfood Chocolate or raw cacao to the food processor and process all ingredients in the food processor until smooth and creamy.

Fill the emptied mandarins with chocolate filling and place in the fridge to set for 1-2 hours.

Slit a small cut in the top of the mandarin tops with a sharp knife and slot in 1-2 mint leaves.

Once the chocolate has set, remove from the fridge and serve with the mandarin tops.

Candy Corn Smoothie

Ingredients

1 cup frozen mango chunks

1 frozen banana

Thumb size piece of turmeric

1 cup frozen pineapple chunks

Method

Place 2 clear cups in the freezer

Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes

Rinse out the blender. Add the mangoes and turmeric and blend until smooth

Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes.

Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.



Chocolate coated strawberry spiders



Ingredients

1 punnet of strawberries

Goji berries, enough for 2 on each strawberry

Batch of raw chocolate recipe or organic dark chocolate

Method

Whisk together your raw chocolate ingredients or melt dark chocolate over boiling water, bain-marie style.

Dip strawberries into the chocolate and place on a tray lined with parchment paper, and save a little bit of extra chocolate to stick goji berry eyes on.

Decorate with plastic spider legs.

Using a toothpick, spot a tiny bit of melted chocolate in the place of the eyes and attach goji berries.

Place into the freezer to allow chocolate to set.

Pumpkin Pie Cheesecake Slice

Ingredients

Base	Pumpkin Cheesecake Layer
1 cup medjool dates	1 cup pureed pumpkin
1 cup almonds	2 cups cashews, soaked overnight
1 tsp vanilla	1 tsp ground cinnamon
1 tsp cinnamon	½ tsp ground nutmeg
2 tsp coconut oil	½ tsp ground ginger
	½ cup maple syrup
	¼ ground allspice
	1 tsp vanilla
	2 tbsp coconut oil

Method

To make the base first, pulse dates, almonds, coconut oil, vanilla, and cinnamon in the food processor into a crumble. Press this mixture into a lined slice tin, pressing down until smooth. Place in the freezer while you create the middle layer.

To make pumpkin purée, take 1/4 of a small pumpkin, chop into even cubes and steam until soft. Once soft enough, place into food processor and process into a smooth purée. Set aside in a bowl to cool.

To make the 'cheesecake' layer, place cashews, maple syrup, cinnamon, nutmeg, ginger, allspice, cloves and coconut oil in the food processor. Process until smooth.

Divide layer in half, leaving one-half in the food processor and pour the other half of the layer over the base, smooth this and return to the freezer to set for about half an hour.

With the half of the mixture still in the food processor, add in the pumpkin purée and process until mixture is nice and smooth.

Pour pumpkin layer on top of the other layer and smooth evenly. Return to the freezer to set.

To serve, remove from freezer about 1 hour before serving and slice while still frozen.



Sweet potato pumpkin face chips



Ingredients

1 large sweet potato

2 tbsp coconut oil, melted

Pinch of salt

1 tsp ground cinnamon

Method

Preheat oven to 400° Fahrenheit. (200° Celsius).

Cut ends off sweet potatoes. Slice them thinly, then using a sharp vegetable knife cut out shapes to resemble Jack O' Lanterns.

In a large bowl, toss sweet potato slices with coconut oil, cinnamon, and salt, making sure all pieces are coated.

Spread out over a baking sheet. Bake for 40-45 minutes (until edges are lightly browned), flipping halfway.

Cheese Monsters



Ingredients

12 mini Babybel cheeses

Handful of Googly Eyes

Method

Unwrap all the cheese

Pull of the central tab strips without removing the rest of the wax

Gently pull the wax apart a little to create wider open 'mouths' for your cheese monsters.

Push googly eyes into the wax. They should stay put by themselves, but you can use a glue stick to stick them more firmly in place if needed.