

RAW GRANOLA BARS

Serves 10–12
Prep time: 10 minutes,
plus 2–3 hours refrigerating

This is something I often make for my brother to fuel him before he goes on long rides, runs, swims or before a hockey match, as the bars are packed with energy-boosting goodies. These granola bars are easy to put together and are perfect for when you're on the go or just need something to curb your appetite in between meals.

120 g (4½ oz/2 cups) puffed quinoa*
135 g (5 oz/1½ cups) desiccated coconut
45 g (1½ oz/1 cup) puffed amaranth*
360 g (12½ oz/1½ cups) almond butter or
Almond, brazil and cashew butter (page 227)
190 ml (6½ fl oz/¾ cup) rice malt syrup*
190 g (6½ oz/¾ cup) date paste*
60 ml (2 fl oz/¼ cup) coconut oil
30 g (1 oz/¼ cup) hemp seeds*,
plus extra for sprinkling
30 g (1 oz/¼ cup) cacao nibs*
2 tablespoons flaxseeds*
2 tablespoons chia seeds*
2 tablespoons sunflower seeds,
plus extra for sprinkling
pinch of salt

Place all the ingredients in a bowl and mix until combined.

Press the mixture into a lined oven dish or 23 cm (9 in) square brownie tin, sprinkle with a little extra hemp and sunflower seeds and place in the refrigerator to harden, 2–3 hours.

Cut into 10–12 bars. Store in an airtight container in the refrigerator for up to 2 weeks.



CHIPOTLE BLACK BEAN TACOS

Serves 4–5

Prep time: 30 minutes, plus resting

Cooking time: 30 minutes

Tortillas

125 g (4½ oz/1¼ cups) masa harina* or
stoneground maize flour (see note)

½ teaspoon salt

150–200 ml (5–7 fl oz) lukewarm water

coconut oil for frying

Chipotle black beans

2 smoked chipotle chillies*, dried or tinned
(if dried, soak in hot water until softened)

1 red chilli

1 small red capsicum (bell pepper)

400 g (14 oz) tinned diced tomatoes

1 teaspoon cumin seeds

½ teaspoon sweet paprika

½ red onion

400 g (14 oz) tinned black beans, drained
and rinsed

Grilled corn salsa

1 tablespoon coconut oil

200 g (7 oz) fresh or frozen (defrosted)
corn kernels

½ green capsicum (bell pepper), diced

½ red onion, finely chopped

¼ bunch coriander (cilantro) leaves,
chopped

juice of ½ lime

Mexican is my all-time favourite cuisine, and I particularly love Mexican street food. I created this taco recipe as I wanted something that was as easy and quick to make as a supermarket taco kit, but the authentic taste of a true Mexican feast. I have never had a bad review of this recipe and would happily challenge any famous Mexican restaurant with it!

For the tortillas, put the flour and salt in a mixing bowl and gradually add the lukewarm water as you work the ingredients together with your hands to form a dough. Cover with plastic wrap and let the dough rest for 15 minutes.

Get the dough in your hands and break it up into 8–10 equal parts and form small balls of dough. If you have a tortilla press, place each ball in the press and press to create the tortilla (see note). Otherwise, simply roll out each tortilla into a large flat circular shape, about 2 mm (⅛ in) thick, using a rolling pin.

Put a small amount of coconut oil in a non-stick frying pan and cook your tortillas, one at a time, on medium heat. If you see them puff up this is good. Once one side is becoming golden, after about 2–3 minutes, flip and cook the other side for another 2–3 minutes.

Try to use the cooked tortillas within 2 hours of making, though the dough can be made in advance a few days before then wrapped in plastic wrap and stored in the refrigerator. If you are making the dough in advance, keep it in the refrigerator but make sure you remove it 20–30 minutes before using it.



CARAMEL SLICE

Makes 9–12 squares

Prep time: 25 minutes, plus soaking and freezing

Cookie base

50 g (1¾ oz/½ cup) macadamia nuts

80 g (2¾ oz/½ cup) almonds

80 g (2¾ oz/½ cup) buckwheat groats*

90 g (3 oz/1 cup) desiccated coconut

10 medjool dates*, pitted

1 tablespoon coconut oil

¼ teaspoon salt

seeds from ½ vanilla bean

Caramel filling

14 medjool dates*, pitted

½ teaspoon salt

155 g (5½ oz/1 cup) cashews (soaked in water overnight or for a minimum of 3 hours)

125 g (4½ oz/½ cup) almond butter

160 g (5½ oz/½ cup) Coconut 'dulce de leche' (page 240)

60 ml (2 fl oz/¼ cup) coconut cream

Chocolate topping

100 g (3½ oz) melted dark chocolate

(at least 70% cocoa solids)

1 tablespoon coconut oil

¼ teaspoon salt

35 g (1¼ oz/¼ cup) caramelised buckwheat*

This recipe towers over any store-bought caramel slice. The taste is absolutely next level and the perfect balance of saltiness in the slice makes it something that you can eat...then eat a little bit more...and a little bit more. It's also very close to being raw and requires almost no cooking – most of it is done by the food processor.

Place all the cookie base ingredients in a food processor and blitz until the mixture is a breadcrumb-like texture and just starting to come together.

Remove the mixture from the food processor and press into the bottom of a 24 × 19 cm (9½ × 7½ in) brownie tin or glass pyrex dish to make a smooth base about 1 cm (½ in) thick. Cover and place in the freezer.

Clean the food processor out with paper towel and then put in all the ingredients for the filling and blitz until a smooth caramel has formed and there are no cashew lumps.

Remove the tin from the freezer and spoon the caramel on top, making sure it is even and smooth. Cover and return to the freezer for 20 minutes.

For the chocolate topping, gently melt the chocolate over a double boiler with the coconut oil and salt.

Remove the slice from the freezer and sprinkle over the caramelised buckwheat. Pour the melted chocolate mix on top and return to the freezer. Once the chocolate has hardened, after about 20 minutes, you're ready to go! You can keep the slice in the freezer for up to 2 weeks. Remove the slice 5 minutes before eating.

