

# The 'Ones'.

We all have that 'one' recipe. Here's a stack of 'em.

*Fave Recipes of*  
**TWC Members  
& Aussie Health  
Industry Experts**



**twc.**

thewholefoodcollective

# Red Capsicum for dinner.

When I moved out of home at 18 I couldn't cook to save myself. I remember chomping into a whole, raw capsicum for dinner on more than one occasion. Yep. My house mate taught me how to cook a simple casserole for dinner, and that meal is still on rotation at our place to this day (thanks Cheryl!).

Memories of people in my life who gathered their loved ones around them with food (including my own mum), spurred me off on a mission to learn how to cook, and do it well. Recipe books became my best friend and teacher. I consumed piles of them. I'd give anything a go, no matter how detailed or time consuming. When Jordan and I were first married, our meals were simply masterpieces.

But that was life before kids. I kind of kept it going for the first couple kids, but by the time Max (our 4th) came along, our restaurant quality meals were a thing of the past. Creating meals somehow loses enjoyment when there's a screaming toddler at your feet.

Even though the meals have changed (they're simple, quick, less spice, less 'flair', more nutrition - just as tasty), we still gather. Every night around the table, we're all there together. Eating (most of us anyway - there's sometimes one who doesn't eat, but they still sit!), talking, laughing, whinging, breaking up fights, whatever - we're all together.

So why this recipe book? Do you ever get sick of flicking through recipe books, trying to find the ones that you remember didn't flop? I had all sorts of systems I'd use to keep all my 'good' recipes together. And my favourites were always right there at the front. My go-to's. My never-fails. The recipes I'd go to again and again for the friend's BBQ, the picnic lunch, the dinner party with friends, the 'bring a plate's. I think we all have one right?

And with a community of food lovers at our finger tips, what an amazing opportunity to gather all those one recipes's together in one place, for a whole recipe book of never-fails!

So we asked some of our Collective Members and Expert Friends: "What's the one recipe you've gone back to again and again?" and compiled them to bring you our "Ones" recipe book. This is gold. Each recipe has come very highly recommended, and tested again in our TWC kitchen and with our taste testing crew, so you can't go wrong.

Here it is! Enjoy.

A handwritten signature in a cursive script that reads "Laini" followed by a small 'x' mark.

Founder  
The Wholefood Collective



# Need ingredients?

We got you covered.

On each recipe page, at the bottom of the ingredient list, you'll see this button:

**SHOP INGREDIENTS**

Click it if you want to shop premium wholefoods at really affordable prices.

Go on, click now and take a squizz.



**thewholefoodcollective**



**Breakfast**

# Nourishing Maple Crunch

"Use as a breakfast topper, snack or in school lunches, it is so versatile!"



## Meet TWC Member - Danielle McPharlin

Danielle is a Mum of two growing boys of 8 & 5. She's passionate about the health of our families, communities and the planet. Danielle studies at the Integrative Institute of Nutrition and blogs food inspiration at Feed Nurture Thrive.



**Makes**  
A full 1 litre jar



**Prep** 5 mins  
**Cook** 10 mins



**Vegan**

## ingredients

- 3 cups** Coconut flakes
- 1 cup** Almonds chopped
- 1 cup** Pepitas
- 2/3 cup** Walnuts chopped
- 1/2 cup** Sunflower seeds
- 1/4 cup** Sesame seeds
- 1/4 cup** Linseeds
- 2 tbsp** Maple syrup
- 1 tbsp** Hemp seeds
- 1 tbsp** Chia seeds

[SHOP INGREDIENTS](#)

## method

- 1** Preheat oven 160°C.
- 2** Cover large tray in baking paper.
- 3** Place on dry ingredients.
- 4** Pour Maple syrup on, massage thoroughly by hand.
- 5** Bake for 5 mins. Remove and fold through with spoon.
- 6** Return to oven for 3-5 mins, watch for over browning.
- 7** Remove from oven and cool.

# gluten Free Banana Pancakes

"Refined sugar free, super quick, tastes delicious and fills kids tummies!"



## Meet TWC Member - Kylie Ryan

Primary School Teacher, and Mum of 2, Kylie's passionate about health and wellness. Becoming a mum made Kylie even more aware of nutrition and she wants her kids to eat food which helps their little minds and bodies grow and develop.



**Makes**  
4-5 pancakes



**Prep** 5 mins  
**Cook** 10 mins



**Gluten Free**



**Vegan**

## ingredients

- 1 cup** Sorghum / Buckwheat flour
- 2/3 cup** Almond milk
- 2** eggs (or 2 tbspn Flaxseed meal, 5 tbspn water, 1 tsp baking powder)
- 1** small Banana
- 1 tsp** Aluminium free baking powder
- 1 tsp** Cinnamon
- Coconut oil for frying

[SHOP INGREDIENTS](#)

## method

- 1** Mash Banana, whisk in eggs and Almond milk.
- 2** Add flour, Cinnamon and baking powder, whisk to combine.
- 3** Pan fry till golden brown.
- 4** Serve with toppings of choice.  
Kylie recommends natural Peanut butter, Coconut yoghurt, berries and pure Maple syrup.

# *Banana* Peanut Butter Chia Pudding

"This recipe feels like hanging out with your best friend on a Summer's day"



## Meet TWC Member - Melanie Eager

Melanie is a Nutrition coach specialising in genetics health coaching. She teaches that your genes do not have to be your destiny. This journey can be fun and empowering because Melanie believes that life is better when we have fun!



**Makes**  
1 bowl



**Prep** 5 mins  
**Set** Overnight



**Gluten Free**



**Vegan**

## ingredients

- 1/4 cup** Chia seeds
- 400ml** Coconut milk
- 1/4 cup** crunchy Peanut butter
- 1** Banana
- 1** Rice Malt syrup
- 1** Vanilla extract

[SHOP INGREDIENTS](#)

## method

- 1 Combine all goods (minus Chia) in blender.
- 2 Add Chia and stir.
- 3 Transfer to bowl and sit. Stir occasionally to remove clumps.
- 4 Set in fridge overnight.
- 5 Eat.

# Easy Weekend Pancakes

"I don't have to compromise on either taste or nutrition - it's a win-win!"



## Meet TWC Member - Wendy Hodge

Wendy is a Precision Nutrition certified coach and healthy lifestyle advocate at Wendy's Way to Health, where she shares tips, info & recipes. She's created a program for women ready to ditch dieting for health and happiness instead.



**Makes**  
2-3 large pancakes



**Gluten Free**



**Vegan**

## ingredients

- 1/2 cup** Rolled Oats / Green Banana flour (gf)
- 1/2 cup** Almond milk / Coconut cream
- 1/3 cup** Coconut yoghurt
- 1 tbsp** Flax seeds
- 1 tsp** baking powder
- 1/2 tsp** Cinnamon powder
- 1/2 tsp** Vanilla extract
- 1/2 tsp** Banana chopped

[SHOP INGREDIENTS](#)

## method

- 1 Place all ingredients into blender. Blend until smooth.
- 2 Heat pan. Apply oil evenly.
- 3 Pour mix into pan. Cook until golden brown.
- 4 Serve immediately topped with pure maple syrup and fruit.



# gluten Free Plant Based Power Bars

"A delicious snack full of wholefood nutrition that the kids love as well!"



## Meet TWC Member - Rebecca Rowe

Mum of 3 awesome kids (including twins), Rebecca moved her family towards a plant based whole foods lifestyle after discovering gluten intolerance. The move brought increased energy, happier moods, weight loss and improved sleep.



**Makes**  
14 bars



**Stores**  
3 wks in freezer



**Gluten Free**



**Vegan**

## ingredients

- 1.5 cups** mixed Nuts
- 1 cup** pitted Dates
- 3/4 cup** desiccated Coconut
- 1/3 cup** Pepitas (+1 extra tbsp)
- 1/3 cup** Sunflower seeds (+1 extra tbsp)
- 1/3 cup** Goji berries (+1 extra tbsp)
- 3 tbsp** Cacao powder
- 2 tbsp** Coconut oil
- 1 tsp** Vanilla extract

[SHOP INGREDIENTS](#)

## method

- 1 Line tin with baking paper.
- 2 Sprinkle extra berries & seeds on tin.
- 3 Blend nuts to fine, in food processor.
- 4 Blend in Coconut, Cacao, Vanilla & Dates for 2-3 mins.
- 5 Blend Pepitas, Sunflower seeds & Goji on pulse to combine for texture.
- 6 Add mix to tin, press down firmly.
- 7 Set in freezer for 20 mins.
- 8 Slice into bars with sharp knife.



# Raspberry Pear & Oat Pancakes

"This is our absolute go-to for breakfast, sometimes even school lunch boxes!"



## Meet TWC Founder - Laini Oldfield

Sick of having to question the labels on foods at health food stores (and paying so much for them), Laini set out to make whole foods more "doable" for her own family & Community. Now, through The Wholefood Collective, all Aussie families have access to highly vetted, organic, whole, real foods, at affordable prices.



**Serves**

2 adults or 4 kids



**Prep** 5 mins

**Cook** 10 mins

## ingredients

- 5 Free Range eggs
- 3/4 cup rolled Oats
- 1 tsp ground Cinnamon
- 1/3 cup shredded Coconut
- 2 tbsp LSA meal
- 1 tbsp Chia seeds
- 1 juicy Pear / Apple grated
- 1/2 cup frozen Organic Raspberries
- Optional** Maca powder (1/2 tbsp)
- Hemp Seeds part swap out for oats

[SHOP INGREDIENTS](#)

## method

- 1 Combine all ingredients into a large mixing bowl.
- 2 Add some Coconut oil to a frypan.
- 3 Add mixture to desired size.
- 4 Lightly pat down with back of large wet spoon.
- 5 Cover pan with lid while cooking.
- 6 Cook and flip as a normal pancake.
- 7 Serve warm.

\*If you're having trouble flipping it, cut into quarters then flip.



**Snacks**



Simple Recipes - Inspired Health

WELL NOURISHED

## No Bake Muesli Bars

"Quick and easy to make, so there's no need for processed bars anymore!"



### Meet Health Expert - Georgia Harding

Georgia is a Naturopath (20+ yrs exp.) author, mother and passionate health educator. She shares fad-free health advice and intolerance/allergy friendly recipes to inspire people to live happy, healthy lives and create delicious food memories.

Visit Georgia at [wellnourished.com.au](http://wellnourished.com.au)



**Makes**  
15 squares



**Prep** 10 mins  
**Set** 10 mins



Gluten Free



Vegan

## ingredients

- 1 cup rolled Oats / Quinoa flakes (gf)
- 1 cup desiccated Coconut
- 125g butter / Coconut butter (v)
- 1/2 cup Pepitas
- 1/2 cup Sesame seeds
- 1/2 cup Sunflower seeds
- 1/2 cup raw Honey /  
brown Rice syrup (v)
- 1 tsp Cinnamon powder

[SHOP INGREDIENTS](#)

## method

- 1 Stir to combine butter, Cinnamon, sweetener in small pot on low heat.
- 2 Add dry goods and combine.
- 3 Firmly press into small slice tin lined with baking paper, using the back of a wet spoon.
- 4 Set in freezer for 10 mins.
- 5 Remove and cut into squares. Best kept in fridge or freezer.

[thewholefoodcollective.com.au](http://thewholefoodcollective.com.au)

twc.

# Lazy Bones Banana Bread

"Quite literally, this Banana bread is the bomb!"



## Meet Health Expert - Belinda Smith

A regular on Ch 7 Sunrise, Bel has been travelling Australia for 2 years and has empowered over 15,000 people to make better food choices. Her belief is when you empower kids, they will work with you to make better food choices.

Visit Bel at [therootcause.com.au](http://therootcause.com.au)



Makes  
1 loaf



Prep 7 mins  
Bake 40-50 mins



Vegan

## ingredients

- 2 cups organic baker's Flour
- 1 cup yoghurt / Coconut yoghurt (v)
- 3 ripe Bananas
- 1/2 cup LSA mix
- 1 tbsp Rice malt syrup
- 3 tsp baking powder
- 1/2 tsp Vanilla powder
- Pepitas and Coconut flakes  
(optional to sprinkle on top)

SHOP INGREDIENTS

## method

- 1 Pre-heat oven to 180°C.  
Roughly mash Bananas in big bowl.
- 2 Add Vanilla & yoghurt, mix with folk.
- 3 Add flour, LSA, baking powder and Rice malt syrup with fork till just combined.
- 4 Pour mix into greased bread tin.
- 5 Sprinkle on topping then bake for 40-50 mins. Skewer test.  
Cool before removing from tin.

# Lunchbox Tahini Biscuits

"Great healthy fats and protein, and nut free for the kids lunchboxes."



## Meet TWC Member - Katherine McCoy

Based in Sydney, Katherine is a part-time teacher, full-time foodie and more than full-time mum to three kids. Life is busy, but Katherine is determined to feed her family real, healthy food – and not break the bank while doing it!



**Makes**  
12-15 cookies



**Prep** 8 mins  
**Bake** 15 mins



**Vegan**

## ingredients

- 1 cup wholemeal Spelt flour
- 1 tsp baking powder
- 30g blender ground seed mix  
(Pepitas, Sunflower seeds,  
Linseeds)
- 80g butter / Coconut butter (v)
- 1/2 cup Tahini
- 1/2 cup Rapadura sugar
- 1 tsp Vanilla extract

[SHOP INGREDIENTS](#)

## method

- 1 Preheat oven 180°C.
- 2 Combine dry goods in mixing bowl.
- 3 Melt wet ingredients in pan on low.
- 4 Combine wet and dry ingredients.
- 5 Line oven tray with baking paper.
- 6 Roll Walnut sized mixture balls, place on tray, flatten slightly with folk.
- 7 Bake for ~ 15 minutes, until brown.
- 8 Store in airtight container.

# Chocolate Hemp Seed Cookies

"I love this recipe because I'm no baker, in fact I really dislike baking."



## Meet TWC Member - Amanda Haywood

When Amanda discovered a balanced approach to eating using whole foods, and focusing on nourishing her body, she (along with her fussy toddler) was able to finally ditch the diet mentality and eat wonderful food without deprivation.



**Makes**  
12-15 cookies



**Prep** 10 mins  
**Bake** 12-15 mins



**Vegan**

## ingredients

- 1 cup organic Spelt flour
- 1/2 cup Almond meal
- 3 tbsp Hemp seeds
- 2 tbsp Cacao powder
- 1 tsp baking powder
- 1 tsp Cinnamon
- 1/4 cup Coconut milk
- 3 tbsp Coconut butter
- 2 tbsp Nut butter of choice
- 2 tbsp raw Honey / Maple syrup (v)
- 1 tsp Vanilla extract

[SHOP INGREDIENTS](#)

## method

- 1 Preheat oven 160°C.
- 2 Mix dry ingredients in a bowl.
- 3 Melt the Coconut butter in small pan on low heat.
- 4 Add all wet ingredients to bowl and combine.
- 5 Place baking paper on baking tray.
- 6 Roll approximately 12-15 balls and place on tray, flatten with fork.
- 7 Bake for 12-15 mins.
- 8 Allow to cool and store in airtight container.

# Fermented Beetroot Dip

"This family favourite recipe is perfect on a delicious platter!"



## Meet Health Expert - Kirsty Wirth

Kirsty' says: we need to accept the cards we have been dealt and take responsibility for our own health and that of the next generation. It's about making sure that we don't continue to hand down these health issues that could be stopped now.

Visit Kirsty at [kulturedwellness.com](https://www.kulturedwellness.com)



**Makes**  
1 small bowl



**Prep** 7 mins



**Gluten Free**



**Vegan**

## ingredients

- 450g** raw Beetroot peeled & chopped
- 120g** Home made Coconut Kultured Wellness yoghurt
- 2** cloves of Garlic
- 1 tsp** ground Cumin
- 1 tsp** Parsley
- 1 tsp** Avocado or Olive oil

[SHOP INGREDIENTS](#)

## method

- 1 Using a food processor, blend all ingredients together until well combined. Keep refridgerated.

\*Note: Beets are a stunning source of antioxidants (fights inflammation), fibre (digestive health), vitamin C (detox). They help lower blood pressure and aid exercise recovery.

# Paleo Zucchini Muffins

"These muffins are the perfect healthy way to satisfy any sweet craving."



## Meet Health Expert - Steph Lowe

Nature knows best. The best thing you will ever do is vow to minimise your packaged food consumption. Stick with natural nutrition and your body will thank you. Make your number one goal nutrient density and JERF – Just Eat Real Food.

Visit Steph at [thenaturalnutritionist.com.au](http://thenaturalnutritionist.com.au)



**Makes**  
12 muffins



**Prep** 10 mins  
**Bake** 35-40 mins



**Gluten Free**

## ingredients

- 2.3 cups** Almond flour
- 3** eggs, beaten
- 1** Zucchini grated
- 1** small Banana mashed
- 1/4 cup** cold pressed Coconut oil
- 1/4 cup** Rice Malt syrup
- 2 tsp** gluten free baking powder
- 1 tsp** Cinnamon
- 1/4 tsp** sea Salt

## method

- 1** Preheat oven to 120°C.
- 2** Combine flour, Cinnamon, baking powder and salt in large bowl.
- 3** Add beaten eggs, oil, Rice Malt syrup and ensure dry mix takes up all liquid.
- 4** Add Zucchini and Banana, combine.
- 5** Scoop into greased muffin tray.
- 6** Bake for 35-40mins, skewer test.
- 7** Serve warm.

[SHOP INGREDIENTS](#)



**Dinner**

Seedy Sicilian  
Pizza Crust

"Pizza Crust that is yeast-free, gluten-free, dairy-free and delicious!"



## Meet Health Expert - Ashley Jubinville

As Australia's leading Kitchen Coach with 16 years of research, practice and passion, Ashley helps families find successful strategies in their transition to a healthier whole food diet while juggling the daily stresses in their world.

Visit Ashley at [thekitchencoach.com.au](http://thekitchencoach.com.au)



**Makes**  
2 bases



**Prep** 15 mins  
**Bake** 25 mins



Gluten Free



Vegan

## ingredients

- 1 cup Rice flour
- 1/2 cup Tapioca flour
- 1/2 cup Polenta
- 1/4 cup Sunflower seeds milled
- 1/4 cup Pepitas milled
- 1/4 cup Sesame seeds
- 1/4 cup Chia seeds
- 3 tbsp Flaxmeal
- 2 tsp green Herb Salt
- 2 tsp baking powder (gf)
- 1.5 tsp italian Herb mix
- 1.5 cups water
- 3 tbsp Olive oil

SHOP INGREDIENTS

## method

- 1 Preheat oven 200°C (with pizza stone if using.)
- 2 Add baking paper to trays/stones.
- 3 Mix all dry ingredients in bowl.
- 4 Work quickly to add all liquids and stir to combine.
- 5 Pour bases out immediately, spread with back of large wet spoon.
- 6 Pre-bake for 15-20 mins.
- 7 Top with pizza toppings, bake another 20 mins (approx), or store in freezer for later use.

# Vitality Boosting Lentil Soup

"The soup that changes everything! Easy to make, and even easier to digest."



## Meet Health Expert - Chara Caruthers

Chara Caruthers is a passionate and outspoken advocate of the power of living your bliss. She's a senior yoga teacher, yoga therapist and Ayurvedic practitioner with a clear and powerful message... Know yourself, Love Yourself.

Visit Chara at [blissbodyandsoul.com](https://blissbodyandsoul.com)



Makes  
3 servings



Cook 15 min



Gluten Free



Vegan

## ingredients

- 4 cups water
- 1 cup split yellow Mung Dal
- 400g fresh Spinach
- 1/2 tsp Turmeric
- 1/2 tsp fresh Lemon juice
- 1/4 tsp ground Coriander
- 1/4 tsp ground Ginger
- 1/4 tsp ground Cumin
- 1/8 tsp ground Cinnamon
- Himalayan salt to taste

SHOP INGREDIENTS

## method

- 1 Bring water, Mung Dal and spices to the boil in large pan.
- 2 Reduce heat to med-low, cook until the Dal is soft.
- 3 Add coarsely chopped spinach until just blanched.
- 4 Season with salt to taste.
- 5 Serve with squeeze of lemon juice.



# Cauliflower & Dill Fritters

"I use this method of batter all the time now with any kind of quick cooking!"



## Meet TWC's Own - Kate Parker

Kate is an art teacher, photographer, social media manager and vegan foodie. She grew up with big veggie gardens and fruit trees all around, with a love for natural whole foods and creative self sufficiency.



**Makes**  
5 fritters



**Prep** 20 mins  
**Cook** 10 mins



**Gluten Free**



**Vegan**

## ingredients

- 1 head of Cauliflower grated
- 1 small Onion finely sliced
- 1 cup Besan + 1/4 cup contingency
- 1/2 cup finely chopped Dill
- 1 tsp baking powder (gf)
- 1 tsp Himalayan Salt
- 1 generous pinch of Pepper
- zest of 1 Lemon
- Oil for frying

[SHOP INGREDIENTS](#)

## method

- 1 Combined Cauliflower, Onion, Dill, zest, Salt and Pepper in large bowl.
- 2 Mix with fork, set aside for 5 mins.
- 3 Mix in Besan and baking powder, set aside for further 20-30 mins.
- 4 Heat pan with oil, dollop large spoons of mixture onto pan.
- 5 Fry each side for 3-5 mins.
- 6 Serve warm.

# Sweet Veggie Patties

"These burgers are yummy, filling, healthy and a hit with the whole family"



## Meet TWC Member - Tabitha Best

Tabitha is a homeschooling mum of four who lives on a farm in NSW 1.5 hours from nearest town. She loves being healthy and creating recipes that are healthy and delicious. She also knows that her big brother is the boss of her ;) Love ya Sis!



**Feeds**  
family of 6



**Prep** 20 mins  
**Cook** 10 mins



**Vegan**

## ingredients

- 2 cups** Sweet Potato baked, skinned
- 1 cup** Oats
- 1 large** Carrot diced, steamed
- 1 cup** Broccoli diced, steamed
- 1/2 cup** Green peas steamed
- 2** eggs / Flax eggs (v)
- 1/4 cup** Sunflower seeds
- 1 cup** raw mixed Nuts chopped
- 400g** lentils, o'night soaked or canned
- 1/2 cup** Chickpeas cooked
- 1 tbsp** of each crushed Garlic, Cumin & Coriander powder
- 1-2 tbsp** vege stock
- Handful** fresh Parsley chopped

[SHOP INGREDIENTS](#)

## method

- 1** Combine all ingredients into a large mixing bowl. Salt & Pepper to taste.
- 2** \*Optional - for patties that congeal best, sit in fridge for 1-2 hours.
- 3** Roll into patties of desired size.
- 4** Add some Coconut oil to a frypan. Cover pan with lid while cooking.
- 5** Fry up!
- 6** Serve warm.



**Dessert**



Kim Beach<sup>®</sup>

# my Chocolate Brownies

"If you are a chocolate fiend like me this brownie recipe is for you!"



## Meet Health Expert - Kim Beach

In 2001 Kim left her desk to pursue a career in health and fitness. Since then Kim has developed a unique challenge for women of all walks of life to approach health in a sustainable & balanced way, through her exercise and healthy eating programs.

Visit Kim at [kimbeach.com](http://kimbeach.com)



**Makes**  
1 batch



**Prep** 2 hrs (soak)  
**Set** 2 hrs



Gluten Free



Vegan

## ingredients

- 1 cup Pecans soaked
- 1 cup Dates pitted
- 1/2 cup Almonds soaked
- 1/2 cup Cacao powder

[SHOP INGREDIENTS](#)

## method

- 1 Soak Nuts overnight (min. 2hrs).
- 2 Pulse all ingredients in a food processor until well combined.
- 3 Place mixture onto baking paper, put another sheet on top.
- 4 Roll out with rolling pin until square / rect. shape is made.
- 5 Place into same shape container.
- 6 Set in freezer for 2 hours.  
Remove 10 mins before serving.

# Raw Coconut Lime Cheesecakes

"These mini raw coconut lime cheesecakes will soon be your hero recipe!"



## Meet Rachel Morrow of Food Matters

Rachel is the Social Media and Communications Guru for Food Matters, and a qualified Nutritionist. When she isn't mingling with you on Social Media, she's busy creating delicious, healthy recipes in the Food Matters kitchen to share with you!

Visit Food Matters at [foodmatters.com](http://foodmatters.com)



**Makes**  
6 mini cakes



**Prep** 6 mins  
**Set** 3 hrs min.



Gluten Free



Vegan

## ingredients

### BASE

- 1/2 cup** Macadamias / Almonds
- 1/2 cup** medjool Dates
- 2 tbsp** Coconut oil
- 2 tbsp** shredded Coconut

### FILLING

- 2 cups** raw Cashews soaked o'night
- 1 cup** Coconut cream
- 1/4 cup** Maple syrup
- 1 tsp** Food Matters Superfood Greens
- 1** Lime juice and zest

[SHOP INGREDIENTS](#)

## method

### BASE

- 1 Blitz all goods to fine in food processor.
- 2 Press mix firmly into 6 silicone mini moulds or line tin with baking paper.
- 3 Place in freezer to set, make filling.

### FILLING

- 1 Blitz all goods until smooth and silky.
- 2 Take bases from freezer, pour in mix.
- 3 Set in freezer for at least 3 hours.
- 4 Store there until 10 mins prior to eating.
- 5 Top with fresh lime and crushed nuts.

# Chocolate *Gooey* Pudding

"I made it for my family one year on Christmas Eve. It's been a family fave ever since!"



## Meet Health Expert - Alexx Stuart

Alexx Stuart founded the Low Tox Life as a community hub for positive, delicious change for people and planet. Alexx helps people who are curious about HOW to and WHY to lower their toxic load across food, body, mind and home.

Visit Alexx at [lowtoxlife.com](http://lowtoxlife.com)



**Makes**  
2 servings



**Prep** 8 mins  
**Cook** 30 mins



**Gluten Free**

## ingredients

- 125ml Coconut oil
- 2 tsp baking powder heaped
- 1/3 cup raw cacao powder
- 150ml Maple syrup / Honey
- 4 eggs
- 1/3 cup Coconut flour
- 2/3 cup Tapioca / Buckwheat flour
- 2 tsp Vanilla extract

### GOOEY SAUCE

- 1/3 cup Maple syrup / Honey
- 1/2 cup salted butter melted
- 3 tbsp Cocoa powder heaped

## method

- 1 Preheat oven 180°C.
- 2 Mix sauce ingredients over heat until all incorporated well.
- 3 Pour into bottom of pudding dish.
- 4 Blend eggs on med. speed for 6 secs.
- 5 Add the rest of the list, blend 6 secs.
- 6 Pour mix on top of sauce, will look messy, but it's fine.
- 7 Bake ~30 mins (25 mins fan forced).
- 8 Test by pressing edges, look for spring back. Skewer test should have a little pudding on it.

[SHOP INGREDIENTS](#)

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