

Chocolate Olive Oil Cake



Source: Nigella's Recipes
<https://www.nigella.com/recipes/chocolate-olive-oil-cake>

Serves: 12

Prep Time: 15 min
Cook Time: 45 minutes

Instructions

- 1:**
Preheat oven to 170 Celsius. Grease a 22—23 cm springform pan with a little oil and line the base with baking parchment.
- 2:**
Measure and sift the cocoa powder into a bowl or jug and whisk the boiling water until you have a smooth, chocolatey paste. Whisk in the vanilla essence and set aside to cool slightly.
- 3:**
In another small bowl combine the ground almonds or flour with baking soda and a pinch of salt.
- 4:**
Put the sugar, olive oil and eggs in a bowl and beat for about 3 minutes until you have a pale, thickened cream.
- 5:**
Turn the speed down a little and pour in the cocoa mixture, beating as you go. When it's all mixed in, you can slowly add in the ground almond or flour mixture.
- 6:**
Pour the batter into the prepared tin. Bake for 40 to 45 minutes or until the sides are set and the centre still looks slightly damp. The test should come out mostly clean. Let it cool for 10 minutes on a wire rack.

Notes

Replacing butter with olive oil and regular flour with almond flour makes this fluffy, moist cake makes a healthier sweet treat than normal cakes made with butter.

Nutrition per serve (12):

Kj 1143 Carbohydrate 17.7 g | Protein 4.8 g | Saturated fat 2.8 g | Sodium 91 mg

Ingredients

- 150 ml regular olive oil
- 50 grams cocoa powder (sifted)
- 125 ml boiling water
- 2 teaspoons vanilla essence
- 150 grams ground almonds (1 1/2 cups) or 125 grams regular flour (3/4 cup plus 1 tablespoon all purpose flour)
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 200 grams caster sugar
- 3 large eggs



Carrot Cake Energy Bites



Source: Adapted from a recipe on **My kids lick the bowl** <https://mykidslickthebowl.com/carrot-oat-energy-bites/> Prep Time: 10–15 min

Makes: 30 balls

Instructions

- 1:**
Place carrots in a sturdy food processor and blitz until finely chopped.
- 2:**
Add the remaining ingredients, except for the coconut, and blitz again until the mixture comes together like a ball (this could take up to 5 minutes)
- 3:**
Roll 1 tablespoon of mixture into a ball and roll into the coconut.
- 4:**
Refrigerate for a few hours for the balls to set up.

Notes

You can substitute sunflowers for peanuts and sultanas or dates instead of raisins. If your dates are particularly hard, you can soak them in hot water to soften them, then drain off the hot water.

Nutrition per ball (approx. 30 balls):

Energy per ball 267 KJ | Carbohydrate 5g | Protein 1.8g | Saturated fat 1g | Sodium 22mg | Fibre 1g

Ingredients

- 3 medium carrots
- 1 cup rolled oats
- 1 cup roasted peanuts or untoasted sunflower seeds
- 1/2 cup raisins, sultanas or dates
- 1 tablespoon light flavored oil (such as grapeseed oil or coconut oil)
- 1 teaspoon cinnamon
- Desiccated coconut for rolling



Apple, Beetroot, Carrot & Currant/Berry Compote



Source: *Vegful* by Nadia Lim Prep Time: 15 min
Serves: 8 Cook Time: 10 min

Instructions

- 1:**
Combine carrot, beetroot, lemon zest and juice, cinnamon sticks and water in a medium to large pot. Cover and bring to a simmer. Cook on medium heat for about 3 minutes.
- 2:**
Add apples and frozen currants/berries, stir and continue to cook, partially covered, for about 10 minutes or until fruit has softened. Sweeten to taste with sugar or honey. Leave cinnamon sticks in to add more flavour.

Notes

The addition of carrots and beetroot is another way to sneak a few more vegetables into your day. The dark purple colours mean it is packed with health promoting antioxidants as well.

The compote is even more delicious the next day and will keep in the refrigerator up to a week.

Nutrition per serve (8—about 1/2 cup):

Kj 455 | Carbohydrate 22.0 g | Protein 1.3 g |
Saturated fat 0 | Sodium 15 g |

Ingredients

- 1 medium carrot (about 130 g)
Peeled and diced to 1 cm
- 1 medium beetroot (about 82 g)
Peeled and diced to 1 cm
- 1 lemon
Zest and juice
- 2 cinnamon sticks
- 1/4 cup water
- 6 apples (Granny Smith or cooking apple)
Cored, peeled and chopped
- 1 1/2—2 cups frozen blackcurrants and/or berries
- 3 tablespoons sugar or honey



Seed & Nut Crumble



Source: modified from a *Veg-ful* by Nadia Lim
Prep Time: 10 min
Cook Time: 15–20 min
Serves: 16 (about 4 cups in total)

Instructions

- 1: Preheat the oven to 180 C. In bowl, rub the butter or spread into the ground almonds/flour, oats and oatbran with your fingertips until it resembles the texture breadcrumbs.
- 2: Add the remaining ingredients and mix well to combine.
- 3: Spread the crumble on an oven tray and bake for 10–15 minutes until golden and crunchy.
- 4: Sprinkle on top of your stewed fruit or compote and then put back in the oven to heat through.

Notes

This is a delicious way to enjoy more nuts and seeds while making your pudding more healthy. Nuts and seeds contain heart healthy fats and fibre. Replacing some of the butter with an olive oil based table spread will reduce the saturated fat in the crumble. You can store extra crumble topping in the freezer and pull it out as you need it.

Nutrition per serve (about 1/4 cup):

Kj 515 | Carbohydrate 4.9 g | Protein 2.7g | Saturated fat 2.4 g | Sodium 29 mg

Ingredients

- 45g butter + 30 g table spread (or 1/3 cup of either butter or spread)
- 1/2 cup ground almonds or plain flour
- 1/2 cup rolled oats
- 1/4 cup oat bran
- 1/2 cup untoasted nuts
walnuts, pecans or almonds, finely chopped
- 1/4 cup brown sugar
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 6 cups stewed fruit or apple, beetroot, carrot and berry compote

