

Choc Raspberry Eggs



SERVES 1

Ingredients

Chocolate

- 1 tablespoon cacao
- 1 tablespoon coconut oil
- 1 teaspoon pure maple syrup
- 1 teaspoon vanilla essence

Raspberry cream

- 1 cup cashews – soaked in water for 3 hours
- 3/4 cup water – water for soaking cashews
- 1/3 cup water
- 1/2 cup frozen raspberries

Easter egg moulds to set the chocolate

Instructions

In a small saucepan on medium heat add in coconut oil, cacao, maple syrup and vanilla. This will all melt together quite quickly, once it has pour it into a small jug.

Pour chocolate into the moulds only to half fill the mould, keep the remaining chocolate to finish off the eggs in a minute. Place the mould into the freezer for 10 minutes until the chocolate sets.

In the meantime place cashews, raspberries and 1/3 cup water into a food processor and blend the ingredients until it becomes really creamy.

Once your chocolate has set pull it out and place around 1/2 teaspoon of raspberry cream on top of the chocolate and flatten it down slightly, then pour the remaining chocolate over the top to over the raspberry cream and then place the mould back into the freezer again for around 15 minutes.

This can be a little messy but it doesn't matter, the eggs will still turn out fine.

The eggs are best eaten straight from the freezer as they will have a nice crunch with the sweetness on the inside.

