

ONE BITE

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Vegan Magazine

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VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



RAW BERRY MANGO FROZEN FRUIT CAKE *with Chocolate Crust*

INGREDIENTS

FOR THE FROZEN CAKE FILLING:

- 1 cup of cashews (118g)*
- Coconut milk from a can (I use light version for less fat option, but if you want it to be creamier go for full fat coconut milk.)
- 1 tablespoon apple cider vinegar (10g) – optional*
- ¼ cup of lemon juice (40g)
- 1 teaspoon vanilla extract (6g)
- 3 medjool dates (55g)
- tiny pinch of salt

FRUIT:

- The flesh of one small/medium mango (or around 160g of frozen mango chunks)
- Frozen or fresh mixed berries (strawberries, blueberries, raspberries) – (around 150g)

CHOCOLATE CRUST:

- ½ cup almonds (80g)
- ½ cup cashews (70g)
- 3 tablespoons of cacao powder (22g)
- 5 medjool dates (93g)
- ⅛ teaspoon Himalayan salt

OPTIONAL TOPPING IDEAS:

- fresh or frozen berries
- kiwi
- mulberries
- cacao nibs
- coconut shreds
- coconut butter

By Jen Sage

Mixed berries meet sweet, sweet mangoes in this delicious frozen fruit cake that is perfect for summer – oh, and that crust has chocolate, too. So yum!



PREP TIME:
25 Minutes

TOTAL TIME:
25 Minutes

YIELD:
6 bars



Jen Sage

Jen is the creator of Sprouting Zen. She's obsessed with creating healthy vegan meals that taste deliciously amazing. Most of the recipes you'll find on Sprouting Zen are refined-sugar free and oil-free, with almost zero processed ingredients, if any!

Visit her website: sproutingzen.com

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INSTRUCTIONS

1. Begin by making the chocolate crust – Add almonds, cashews, cacao powder, dates and salt to food processor, and process until you have a sticky dough-like mixture (usually once the mixture begins to stick to the walls of the food processor it means it's ready.) If it is still very crumbly and not holding together then process a little bit more but be careful not to over-process.
2. Using an 8×4 loaf pan lined with parchment paper, press the sticky dough-mixture along the bottom of the pan until you form a crust. Set aside.
3. Make the filling – Add cashews, coconut milk, lemon juice, apple cider vinegar (optional), vanilla extract, dates and salt to your blender and blend until smooth and creamy. If you do not have a really powerful blender you should soak your cashews for a few hours (or overnight) for ultimate creaminess. If using Vitamix or similar blender, no need to soak.
4. Pour out half of the blended mixture and set aside for now. Add mangoes to the blender and blend until smooth. Add mango filling to the loaf pan (on top of crust) and set in the freezer for 15 minutes, or until semi-solid.
5. Now make the berry filling – Add the other half of the mixture (that we separated earlier) back into the blender (no need to rinse blender) along with the mixed berries and blend until smooth. Once the mango layer is a bit solid (around 15 minutes), add the berry layer on top of the mango layer and set back in the freezer. If adding fresh fruit on top, let the mixture set in the freezer for a few minutes and then add toppings and let freeze completely.
6. Freeze for 4 to 6 hours, or preferably overnight.
7. Once ready to serve – let thaw a bit, cut into bars, and drizzle coconut butter on top. Keep left overs in the freezer.

NOTES

1. I don't usually soak my cashews because I use a Vitamix and the result is really creamy and smooth, however, feel free to soak cashews for a few hours (or at least 30 minutes at a minimum) for ultimate creaminess if not using a high speed blender.
2. I always use light coconut milk from a can and I am happy with the results. However, feel free to use regular coconut milk for a creamier finish.