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VEGAN DETOX RECIPES to RECOVER YOUR HEALTH mm

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in the new many second and the A VERY VEGAN VALENTINES: Sweet Treats for the One You Love

WIN A COPY of the 'WEEKNIGHT ONE POT VEGAN COOKING' COOKBOOK

## VEGAN VALENTINE'S DAY RECIPES .....

## ROSE AND CHOCOLATE RAW SLICE

#### By Masa - The Vegan Minimalist

This recipe is for anyone with a sweet tooth, everyone who has tried it has fallen in love!

## INGREDIENTS

#### BASE:

- 2 cups almonds
- 1 cup desiccated coconut
- 6 pitted medjool dates
- 2 tbsp coconut oil

#### TOP:

- 3 cups cashews (soaked for at least 2 hours)
- 3 tbsp rose water
- <sup>1</sup>/<sub>3</sub> cup cacao powder
- 2 tbsp coconut oil
- 4 tbsp maple syrup
- Water if needed
- Dried pink rose petals for decoration

## INSTRUCTIONS

- Line a baking tray (approximately 16cm x 25cm) with unbleached baking paper and set aside.
- 2. In your food processor with the large bowl (if you have different food processing bowl sizes), place all the base ingredients in and blend for around 3-4 minutes, stopping to scrape the sides down. Once the mixture starts to stick together when you pinch it, it's ready to go in the baking tray.
- Line the baking tray with the base mix pressing down with a spatula or using your fingers. Place in fridge.
- 4. No need to wash the food processor. Place all the topping ingredients in the food processor and blend until smooth. You will probably have to pause a few times and scrape down the sides. If the mixture feels a little dry, add a little water.
- Once the mixture is blended to an almost smooth consistency, pour it on top of the base and smooth out with the spatula. It may seem a little sticky at first but keep persisting with it and it will get better as it settles on top of the base.
- Sprinkle a handful of rose petals on top and place in the fridge for about 30 minutes until the topping has firmed up.
- 7. When ready to serve, run a sharp knife under hot water and cut while still wet. Repeat process for every cut you make to ensure the knife doesn't stick to the slice. This should yield 16 pieces.



Masa is a content creator and recipe developer at theminimalistvegan.com. Their blog is dedicated to sharing delicious vegan recipes and starting conversations about empathy and mindfulness when it comes to what we put in our body and how we can/do affect the natural state of the earth.

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