

RAW AVOCADO CAKE

Ingredients:

Difficulty: Easy

(I used 24cm spring form cake pan)

(In my recipes, 1 cup = 2.4 dl)

For the crust / base:

60 gr. raw almonds

85 gr. raw Brazilian nuts (yupp, very exotic!)

50 gr. raw pecans

200 gr. dried dates, pitted

3 tbsp coconut oil, in liquid form (you can leave it under warm light for a while)

80 gr. desiccated coconut

For filling:

5 ripe avocados, peeled and stoned (do the peeling right before you start making the filling and immediately mix them with lemon juice below to prevent from going brown)

Juice of 1 lemon

150 gr. agave syrup

150 gr. coconut oil (in liquid form)

1/4 tsp vanilla extract

1/2 tbsp rosewater (you can find this in Ruohonjuuri or in some oriental markets in Finland)

To garnish - optional:

zest of 3 limes

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1. Put almonds, Brazilian nuts, pecans and dates in a bowl, cover with water in room temperature and soak for 1 hour.

2. Once the nuts and dates are soaked, drain them well, and put ALL THE INGREDIENTS FOR BASE in a food processor. Process them until you get crumbly dough, which sticks when squeezed together.

3. Put a baking sheet on the bottom of a 24cm spring form pan. Cover the entire base with the crumbly but sticky dough. Put in the fridge while you are preparing the filling.

4. In a food processor, put ALL THE INGREDIENTS FOR FILLING, process until smooth. Pour this over the base; make the surface as smooth as you can. Cover with a lid or stretch film and put back in the fridge for at least 4 hours, or overnight. If you have less time, you can put in the freezer for 30 minutes and then transfer to the fridge for 1 more hour as suggested in the original recipe.

5. Right before you serve, garnish with lime zest (optional). Serve chilled.