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inspired recipe

Gooseberry Elderflower Fool

by Mark & Charlotte Mabon, creators of Lovechefs

Tart, juicy and quintessentially British, the gooseberry is rich in vitamin C and A, potassium and fibre. The berries in this recipe are uncooked so they maintain their vital enzyme content. It's dairy free but just as creamy and zesty as the cooked version. Combined with the soft scent of elderflower this is a wonderfully delicate summer desert.

Ingredients (serves 5-6):

1 cup strong elderflower water
 2 cups / 270g gooseberries
 1 cup / 120g cashew nuts, soaked for an hour
 1/2 cup / 70g chopped dates, soaked for 4 hours in just enough water to cover
 1/2 cup / 75g coconut oil
 1/4 cup / 65ml maple syrup to taste
 1/2 tsp / 2 1/2 ml vanilla extract
 1/4 tsp / big pinch lemon zest
 1/2 tsp salt
 Sliced almonds to decorate (lightly toasted for added sexiness)

Recipe:

To make the elderflower water, steep 3 heads of elderflowers in a cup of water for 4 hours or more.

In a blender combine the dates with their soak water and a little elderflower water and whizz til you have a smooth paste. Add the rest of the ingredients and whizz again til silky smooth. Serve in ramekins and garnish with a generous sprinkle of the nuts/seeds.

If you cannot get hold of gooseberries you could substitute them with blackberries or strawberries.

...mmm, tantalisingly tasty!



The Lovechefs provide delicious raw and whole food catering for weddings and events as well as teaching raw food preparation courses and retreats.
www.lovechefs.co.uk