



## VEGAN MONTE CARLO BISCUITS

This weeks recipe of the week is a super delicious Vegan Monte Carlo biscuit. Made by our very own Meg Phillips ... recipe creator for Affordable Wholefoods.

### **Ingredients:**

#### For the Biscuit

1 cup buckwheat flour

1 and 1/2 cups of almonds (blended to a fine meal, or alternatively use 1 1/4 cups of natural almond meal)

4 tablespoons of coconut sugar

1/4 cup of rice malt syrup

1/4 cup coconut oil

1/2 teaspoon baking powder

pinch of vanilla powder or 1/2 teaspoon vanilla essence

1/4 cup almond milk

### **Method:**

Mix all the ingredients together until a dough forms, roll into golf ball sized balls and press down with a fork.

Bake in the oven at 150°C for 15 minutes or until golden on top.

Let the biscuits cool on the tray (biscuits will harden as they cool).

#### For the Cream

1 cup of cashews soaked overnight

1/4 teaspoon of vanilla powder or 1 teaspoon of vanilla essence

2 tablespoons of rice malt syrup

1 tablespoon of coconut oil

**Method:**

Drain the cashews and add to a blender or food processor with remaining ingredients.

Blend until smooth and creamy

Transfer to a bowl and place in the freezer to set for a couple of hours (you want this cream to be quite thick so that it holds the biscuits together).

For the Jam

1 cup of frozen raspberries

1 teaspoon chia seeds

**Method:**

Melt the raspberries over a low heat and mix in the chia seeds

Place in the fridge to thicken for approximately 20 minutes

**Gluten Free | Dairy Free | Vegan**