



gluten free, dairy free, refined sugar free

makes 10 bites

Little lamington bites

Tick all the boxes with these healthy treats that your kids will love to eat

Base

- 3 cups raw cashews
- 1 1/2 cups desiccated coconut
- 1/4 cup full fat coconut cream
- 1 tbsp honey or preferred sweetener
- 1 tsp vanilla essence
- A pinch of salt

Raspberry jam

- 1 cups fresh raspberries or frozen raspberries, thawed
- 2 tbsp black or white chia seeds

Topping

100g dark chocolate or milk chocolate
1 cup desiccated coconut

Recipe by Roberta Nelson

Follow Roberta on Instagram [@naturomedico](https://www.instagram.com/naturomedico)
for more healthy eating inspiration!

The base of these yummy bites are made with cashews, a source of calcium and iron, important nutrients to help support healthy growth and development.

The jam centre is made with chia seeds, and low GI raspberries making them a sweet snack your kids – and you – will love.!





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How to make

1. In a small bowl, mash the raspberries up and mix the chia seeds through the raspberries thoroughly. Set this aside to thicken up and form a jam.
2. In a blender or food processor, blitz the cashews into a flour that resembles the desiccated coconut. Do not over process otherwise the cashews will turn into butter.

Add the desiccated coconut, coconut cream, honey or other sweetener, vanilla essence and a pinch of salt to the mixture and pulse everything together three to four times or until it resembles a sticky dough that holds together. Shape the dough into 10 round sponges with an indent in the middle.

Dollop a teaspoon of raspberry chia jam into each indent and then place the sponges into the freezer to harden.
3. To melt the chocolate, fill a saucepan up with water (about 2cm high) and place a glass bowl on top of the saucepan. Bring the water to the boil and allow the glass bowl to warm up.

While the bowl is warming, chop the chocolate into small chunks and when ready, turn the stove down to low and place the chunks into the heated bowl. When the chocolate is almost completely melted, turn the stove off and leave the remainder of the chocolate to melt on it's own.
4. To coat the sponges in chocolate and coconut, transfer the melted chocolate into a dip small bowl for dipping and place the desiccated coconut onto a plate next to the chocolate.

Start by placing a sponge, raspberry side down, into the chocolate to coat the top half of the sponge then dip it into the coconut. Place the completed lamington onto a cooling rack and then continue with the rest of the sponges.

Once all of the sponges are complete, you can do the bottom of some if you have chocolate left over or just leave them as is. When the chocolate has set, transfer the lamington bites into a airtight container and store them in the fridge for up to 5 days.