



NO BAKE STRAWBERRY, VANILLA & WHITE CHIA SEEDS MOUSSE CAKE

INGREDIENTS

DIRECTIONS (1)

Tip#1: Soak the cashew nuts overnight with double the amount of filtered or purified water – 2: 4 ratio.

Refrigerate if soaking overnight.

Soak for a minimum of 4 hours on top of the counter.

For FAST prep boil filtered water and pour over the cashew nuts – leave for 1 hour at room temperature.

Drain the soaking water and rinse well before adding the nuts to the composition.

Bottom Layer Ingredients:

- 1 cups (140 g) – raw org almonds
- ½ cup (120 ml) – raw org coconut oil
- ½ cup (120 ml) – pure maple syrup
- 2 tbsp (30 g) – org raw cacao powder

PREP TIME: 20 MIN

ASSEMBLY TIME: 10 MIN

**TOTAL TIME: 30 MIN + 12 HOURS
(MINIMUM) REFRIGERATION**

SERVES: 8

RAW VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

Bottom Layer Prep:

Step 1

In a high-speed blender, add the raw almond only, and blend until the almonds turn into a powder like consistency – 2 min max.

Step 2

Add the following ingredients:

- coconut oil
- raw cacao powder
- maple syrup

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high.

After the first 15-sec press pause and scrape down the sides of the blender – continue for another 15 sec. Scrape sides again, and blend for another 15 sec.

Step 3

Add parchment paper just at the bottom an 8-inches Springform Pan with Quick-Release (non-stick coating). Add the raw mixed ingredients to the springform and press it in with the back of a spoon or a flat measuring cup.

Refrigerate while working on the strawberry jelly layer.



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INGREDIENTS

Strawberry Jelly Layer:

- 1 lb (454 g) – fresh org strawberries
- 2 tsp (8 g) – agar-agar powder
- 1 tbsp (14 g) – filtered water
- 1 tsp (4 g) – lemon juice
- ½ tsp (2 g) – stevia based powder sweetener
- ½ tsp (2 g) – beetroot powder (optional)

PREP TIME: 20 MIN

ASSEMBLY TIME: 10 MIN

**TOTAL TIME: 30 MIN + 12 HOURS
(MINIMUM) REFRIGERATION**

SERVES: 8

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DIRECTIONS (2)

Strawberry Jelly Layer Prep:

Step 1

Set aside 6-8 of the larger strawberries (for decoration purposes) – do not wash but refrigerate until ready to decorate.

Wash well and remove the stem of the strawberries.

Step 2

In a high-speed blender add:

- strawberries
- lemon juice
- vanilla extract
- stevia
- beetroot powder (optional)

Blend until all strawberry chunks are mixed well.

Step 3

Add the strawberry mixture to a small pan – cook on top of the stove at low temperature 95° F (35°C):

Leave to simmer to a slight boil for approx 5 min.

Step 4

Mix:

- agar-agar powder
- cold water

After approximately 5 min time of simmering the strawberry mixture ADD the agar-agar gel mixture.

Continue to whisk the formed strawberry jelly for about 2 more minutes until the mixture slightly thickens up.

Step 5

Remove the cooled bottom layer from the fridge and add half of the jelly mixture on top (spreading evenly throughout the entire surface if necessary). Refrigerate the remaining half of the jelly (needed to decorate the top of the cake after the overnight refrigeration time of the cake).

Step 6

Place the cake pan back in the fridge while working on the mousse layer.



NO BAKE STRAWBERRY, VANILLA & WHITE CHIA SEEDS MOUSSE CAKE

INGREDIENTS

Vanilla and White Chia Seeds Mousse

Ingredients:

2 cups (280 g) – raw org cashew nuts (pre-soaking measurements) *Soak as per

Tip#1 instructions

½ cup (120 ml) – pure maple syrup

½ cup (120 ml) – plant-based mylk

¼ cup (56 g) – org white chia seeds

2 tbsp (30 g) - non-alcoholic Madagascar

vanilla extract

¼ tsp – pink salt (or celtic salt recommended)

PREP TIME: 20 MIN

ASSEMBLY TIME: 10 MIN

TOTAL TIME: 30 MIN + 12 HOURS

(MINIMUM) REFRIGERATION

SERVES: 8

RAW VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

DIRECTIONS (3)

Vanilla & White Chia Seeds Mousse Layer Prep:

Step 1

Add the following ingredients to a high-speed blender:

- soaked cashew nuts
- pure maple syrup
- plant-based mylk
- white chia seeds
- vanilla extract
- salt

Blend at high speed for approx 2 minutes until the mixture looks well blended and creamy. There are plenty of wet ingredients in the mix to make the blending fairly easy. Scrape sides as needed. When all cashew nuts are well blended, and smooth looking (with no clumps), the creamy mixture is ready.

Step 2

Remove the cake pan from the fridge, and ADD the creamy blended mixture on top of the refrigerated base and jelly layer.

Refrigerate overnight or for at least 8 hours (12 hours recommended).

Cake Serving and Assembly Directions:

When ready to serve, the cake should be easy to remove from the springform pan. Just use the quick-release handle and remove the parchment paper with cake on a round cake platter. The vanilla and chia seeds mousse is set so you should be able to remove the parchment paper from underneath and top the cake with the refrigerated extra strawberry jelly.

The jelly can be spread on top (without applying much pressure), with a flat kitchen knife or icing knife if available.

Remove the strawberries you've set aside, wash well and remove the stem. Cut them into thin slices across and decorate the top of the cake as desired or as seen in the photographs added to this blog post.

Ready to enjoy! :)

Notes: You can refrigerate the remaining cake and consume within max 5 days.

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