

Aisling Kirwan
Nutritional Therapist

CookingUpChange

Little steps Big Changes



Lemon energy Balls

- 1 cup raw almonds
- 8 large, pitted dates
- 3 tbsp freshly squeezed lemon juice
- 2 tsp lemon zest
- 1/2 tsp ground turmeric
- 1/2 tsp ground ginger
- 1/4 tsp cinnamon
- 1/8 tsp black pepper
- 1 cup of gluten free oats

Peppermint Balls

- 1 pkt soft dates
- ½ cup raw cacao powder
- 1 tbl spoon chia seeds
- 1 tbl spoon water
- 2-3 drops of good quality edible peppermint oil
(you could use orange or zest of orange or lemon here either)

Place all ingredients in food processor and blend till a fine dough like consistency adding essence and water by drops as you blend. Roll into balls and cover with:

Dedicated coconut, raw cacao powder, crushed pistachios or crushed hazelnuts.

These will keep in an airtight container for two weeks or more but in reality they will be eaten in a day or two 😊😊.

Raw cacao hot chocolate

Blend milk of choice with 3 dates to sweeten (2 cups milk and 1 cup of water)

Chop about 20 g of cacao block (I'm using nibbed- they are based in kilcoole)

Add milk to pan and add in cacao- stir till melted- you could use immersion or food blender again to make thicker and creamier- serve with cinnamon on top if you wish 😊

FAMILY FLAPJACKS

Kiss bye-bye to those commercial breakfast bars. These flapjacks are cheaper to make and much tastier to nibble.

DRY INGREDIENTS:

- 1 cup Medjool dates, or pre-soaked regular dates
- 1 cup ground almonds
- 2 cups oats

2 tbl cocoa (optional...but who doesn't like chocolate!!)
1/2 cup walnuts, almonds, hazelnuts roughly broken
Handful of sunflower seeds
1/2 cup raisins/dried cranberries or any other fruit mulberries even!!!
½ teaspoon sea salt flakes (adults only)
2 teaspoons cinnamon

WET INGREDIENTS:

1/2 cup honey, brown rice syrup or barley malt extract (or agave for those on a lower glycemic count)
3/4 cup extra virgin coconut oil

Preheat your oven to 170 Celsius / 325 Fahrenheit / 150 fan-assisted. Chop the dates and combine with the remaining dry ingredients in a large bowl.

Using a saucepan, gently melt the coconut oil with your choice of natural sweetener for 2 minutes. Strangely, maple syrup doesn't work. Sorry!

Create a hole in the centre of your dry ingredients and add the sweetened coconut oil to the party. Mix until all the ingredients are glistening. Now you can scrape the flapjack mixture into a parchment-lined tin no bigger than a magazine page. Press down firmly with your fingers. Admire your brilliance. Bake for 30 minutes until lightly golden. Oats will turn bitter if you leave them to brown (agave syrup can accelerate this). Remove the tray from the oven. Carefully press down with your fingers once more, using a clean tea towel. Resist cutting until they have chilled and solidified in the fridge for a few hours. They'll last for 2 weeks if stored in the fridge. 10 seconds if you leave them on the kitchen counter.