DIY by Panduro

INSTRUCTIONS

88586

Kristian's healthy cake

A truly delicious, beautiful and healthy cake!

kristian

Base

2.25 dl almonds

2.25 dl oatmeal

3.4 dl raisins

Blend the almonds and oatmeal to a milky consistency. Add the raisins and mix until you have a sticky batter.

Press the batter into a springform pan to cover the bottom.

Place in the refrigerator.

Vanilla layer

4 tbs. melted cocoa butter

3.4 dl raw cashews

Scant 1/4 tsp sea salt

3 tbsp. lemon juice

4 tbsp. maple syrup

Scant 1/2 tsp. vanilla powder

Strawberry layer

2.25 dl dried cranberries

1.7 dl almonds

4 tbsp. strawberries

2 tbsp. chopped cooked beets

3 tbsp. maple syrup

3 tbsp. lime juice

4 tbsp. melted coconut oil

Make each layer as follows:
Blend the ingredients to form a thick, smooth batter. If it is too dense for your mixer, add more liquid (maple syrup, melted cocoa butter, coconut oil, lemon juice or lime juice).

You can also add water, but the result will be less creamy. Once you have mixed a vanilla cream and a strawberry cream, apply them to the pan in layers and refrigerate overnight.

Decorate with dried cranberries, goji berries and mint sprigs.