

KICK START YOUR HEALTH

25 PLANT POWERED RECIPES



**Ascension
Kitchen**



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KICK START YOUR HEALTH

25 PLANT POWERED RECIPES

Welcome to Ascension Kitchen. I'm Lauren Glucina, Naturopath, Herbalist, Nutritionist, and passionate educator on plant based whole foods.

A whole foods diet is one that embraces real food ingredients in their most natural state. They're incredibly nutrient dense and extremely satisfying. Think whole grains and legumes that have been properly prepared to enhance digestion and assimilation of nutrients (soaking, sprouting, fermenting). Think cultured yoghurts and fermented vegetables. Think greens and raw, rainbow coloured fruits. Think raw nuts and seeds, cold pressed oils, and a healthy dose of antioxidant rich herbs and spices to season.

By consuming more of this good stuff, you'll naturally crowd out the things that simply don't serve you.

All recipes from Ascension Kitchen are plant based in nature, a compassionate approach to eating. In saying this - I welcome all to join me - no matter what your approach or dietary choices - we can ALL benefit from including more plants!

Enjoy the recipes, and stop by the blog to say hello and keep up to date with the latest healthy creations and wellness advice.







COCONUT CACAO SMOOTHIE

A naturally sweet and creamy dairy-free smoothie,
made with coconut flesh and raw cacao.

1 whole young coconut
½ cup blueberries/strawberries or other
1 scoop sprouted plant protein
1 tablespoon chia seeds
2 tablespoons cacao nibs
¼ - ½ teaspoon cinnamon - depending on
your taste
1 teaspoon probiotic powder for a happy
tummy

OPEN THE YOUNG COCONUT, and pour out 1 cup of the water to use in
the smoothie, if there is a little left over, keep in the fridge.

Scoop the flesh out, rinse it to remove any debris, and add to a
blender with the coconut water.

Add all other ingredients and blend well.

SERVES 1

TO SERVE

Coconut yoghurt

- ✓ ANTIOXIDANTS
- ✓ MAGNESIUM
- ✓ HIGH FIBRE
- ✓ PROTEIN
- ✓ PROBIOTICS





PAPAYA LASSI

Papaya is rich in digestive enzymes and anti-inflammatory, wound healing compounds. The cardamom and aloe are particularly soothing to the gut.

1½ heaped cups ripe papaya
 ½ cup coconut yoghurt (thick)
 2 tablespoons nut/oat milk
 2 tablespoons aloe vera juice (or use extra
 nut milk)
 Juice of 1 lime
 2 teaspoons raw Manuka honey
 Few organic/spray-free rose petals
 ¼ teaspoon freshly ground cardamom
 Just a few chunks of ice
 Probiotic powder/capsule for extra good
 bacteria (optional)

BLEND all ingredients and serve.

Sprinkle extra cardamom, rose petals and crushed pistachios if you have them, over the top to decorate.

SERVES 2

TO SERVE

Crushed pistachios over the top

- ✓ ANTIOXIDANTS
- ✓ ANTI-INFLAMMATORY
- ✓ WOUND HEALING
- ✓ PROBIOTICS
- ✓ ENZYMES
- ✓ GUT HEALING





CHOCOLATE CHIA PUDDING

This satisfying breakfast (or dessert) is rich in protein and packed full of brain healthy anti-inflammatory essential fatty acids (EFA's).

1 whole young coconut
 ½ cup chia seeds
 1 tablespoon cacao powder
 1 tablespoon 100% pure maple syrup
 2 tablespoons coconut butter, liquefied
 ½ teaspoon cinnamon
 Pinch of coarse sea salt

TO SERVE

Almonds
 Raw raspberry chia jam

CUT OPEN THE COCONUT and pour the water into a blender.

Scoop the flesh out, and pop it in a sieve. Take a little time to remove any of the husk still attached.

Add to the blender and whiz till creamy, pour the resulting milk into a bowl.

Add the rest of the ingredients and whisk together, then leave it to thicken for 5 to 15 minutes.

If you like a warm breakfast for comfort, you can heat this on low over the stove top.

Serve with a dollop of berry jam and a sprinkling of nuts.

SERVES 1

- ✓ EFA'S
- ✓ ANTI-INFLAMMATORY
- ✓ ANTIOXIDANTS
- ✓ MAGNESIUM
- ✓ HIGH FIBRE
- ✓ PROTEIN





THE PERFECT BIRCHER MUESLI

Bircher muesli is a breakfast created in 1900 by a Swiss physician and nutritionist, Maximillian Bircher-Benner. It was part of his therapy for patients in convalescence. Traditionally, the recipe involved rolled oats, fresh apple, and a variety of nuts and seeds. The mixture was soaked overnight (to improve digestion) in yoghurt or fruit juice.

½ cup oats
 ½ cup almond milk (or other plant based milk)
 1 teaspoon chia seeds
 2 tablespoons sunflower seeds

TO SERVE

2 tablespoons slithered almonds
 ½ grated green apple
 1 tablespoon cacao nibs (optional but YUM)
 Organic brown rice syrup (or coconut nectar/pure maple syrup) to sweeten
 Cinnamon powder to dust

COMBINE THE OATS, nut milk and seeds in a bowl and leave to soak overnight, or at least for a few hours.

Grate the apple and top with cacao nibs, sweetener of choice, an extra sprinkle of nuts and a little cinnamon.

SERVES 1

- ✓ HIGH FIBRE
- ✓ B VITAMINS
- ✓ HEART HEALTHY
- ✓ LOW GI





HEALTHY BAKED FALAFEL

This falafel recipe is crammed full of greens, and calls for chickpeas that have been soaked and cooked from scratch, which gives them a lovely crunchy texture. Added benefit – they are much easier to digest once soaked.

1 cup dried chickpeas
 Splash of apple cider vinegar
 ¼ cup + 2 tablespoons chickpea flour
 ¼ cup sunflower seeds
 2 tablespoons sesame seeds
 1 cup of tightly packed spinach (about 50g)
 1 cup fresh parsley
 1 cup fresh coriander
 1 red onion
 3 cloves garlic, minced
 Juice of half a lemon
 ½ teaspoon salt
 1 teaspoon cumin powder
 ½ teaspoon freshly ground black pepper
 2 teaspoons sumac
 ¼ teaspoon hot chilli flakes

TO SERVE

Olive oil
 Sesame seeds

SOAK CHICKPEAS in a large bowl of water with a splash of apple cider vinegar for a full 24 hours – use lots of water as they will double in size. Once soaked, drain well.

Pre heat oven to 180°C.

Roughly chop all the fresh greens/herbs and the red onion, then add all ingredients to a food processor. Blitz till well combined. I found it blended easier when adding the greens first and the chickpeas last.

Roll mixture into balls and place on a baking tray lined with baking paper.

Drizzle a little olive oil and sprinkle sesame seeds over the top.

Bake for 35-40 minutes or till done, flipping them over halfway.

Serve with fresh salad and dress with Turmeric Tahini Dressing (next page).

MAKES 20 FALAFEL

- ✓ GLUTEN FREE
- ✓ SUGAR FREE
- ✓ PROTEIN
- ✓ HIGH FIBRE



TURMERIC TAHINI DRESSING

A thick and gloriously spiced tahini based dressing, destined for healthy baked falafels, but equally as good over any and all salads.

1/3 cup tahini
 ¼ cup + 2 tablespoons water*
 2 tablespoons white wine vinegar/aka
 white balsamic
 2 teaspoons sumac
 1 teaspoon turmeric powder
 1 teaspoon paprika
 ½ teaspoon coarse sea salt
 Few good pinches chilli powder
 Juice of 1 lemon
 1 tablespoon coconut oil, liquefied
 Few grinds of black pepper

BLEND. Serve.

Store in the fridge.

YIELDS ABOUT 1 CUP

*Add more at the very end if a thinner consistency is desired

- ✓ GLUTEN FREE
- ✓ SUGAR FREE
- ✓ ANTIOXIDANTS
- ✓ CALCIUM





CREAMY TURMERIC & BUTTERNUT MILLET WITH QUICK PICKLED RADISH

Millet is an alkaline forming gluten free grain grown mostly in India, China and Africa. You cook it similar to rice, using more water for a softer texture.

QUICK RADISH AND RED ONION PICKLES

1 large red onion
4 red radishes
2 tablespoons umeboshi vinegar
2 tablespoons brown rice vinegar

MILLET

1 cup millet
1 small strip kombu (about an inch)
4 cups water
2 teaspoons organic vegetable stock powder
2 cups butternut squash, in 1 cm cubes (about 280g)
Corn from 2 large cobs (about 250g)
2 heaped tablespoons turmeric root, freshly grated
2 heaped tablespoons ginger root, freshly grated
 $\frac{1}{4}$ teaspoon black pepper
1 yellow onion, cut into rough rounds

TO SERVE

Fresh rocket

QUICK RADISH AND RED ONION PICKLES

Slice onion and radish on a mandolin thinly, arrange on a large plate, toss with the vinegars, place smaller plate on top, place a heavy weight on top, let to press for 1 hour.

MILLET

Soak millet in ample spring water overnight or for 8 hours, then drain and rinse well.

Add millet, water and kombu to a large pot, then layer all other ingredients.

Bring to a boil (will take 5-8 minutes), then reduce to a simmer over low heat, cook for 25-30 minutes or until water has absorbed.

Serve with a simple rocket salad, quick pickled radish and red onion, and generous sprinkle of gomashio. Drizzle with quality olive oil to finish.

SERVES 4-6

- | | |
|---|---|
| <ul style="list-style-type: none"> ✓ GLUTEN FREE ✓ SUGAR FREE | <ul style="list-style-type: none"> ✓ ALKALISING ✓ GROUNDING |
|---|---|





EASY WARMING VEGETABLE STEW

Chickpeas (garbanzo beans) are high in folic acid and manganese, which assists enzymes in the metabolism of macro-nutrients – as well as playing a part in bone formation. They provide a healthy serving of fibre, helping lower cholesterol and improve blood sugar levels.

250g chickpeas, dried
Splash of apple cider vinegar
1 shallot or small red onion, sliced finely
2-3 cloves of garlic, crushed
2 carrots, diced
1 sweet potato, diced
1 parsnip, diced
1 handful of green beans, ends trimmed, and halved
1 large handful of fresh coriander, chopped
1 tin crushed tomatoes (400g)
1-2 tablespoons tomato puree
2 teaspoons turmeric powder
1 teaspoon cumin powder
1 teaspoon coriander powder
1 teaspoon paprika powder
½ teaspoon nutmeg powder

FIRSTLY, SOAK THE CHICKPEAS in water with a splash of apple cider vinegar all day (or overnight). They will double in size so make sure you have plenty of water. Drain them, rinse them, add them to a pot, cover with fresh water and boil with a pinch of salt till they become soft. From here, drain them and set aside ready for the recipe. If this process seems too laborious, you can use a 400g tin of beans instead.

To make the stew, brown the shallots and garlic in a large pot in a little olive oil on medium heat, cook until soft.

Add diced vegetables and beans and stir till coated.

Pour in the tin of tomatoes and add the cannellini beans and tomato puree, stir well

Add all of the spices, stir well, and cook the stew slowly for 20 to 30 minutes.

Serve with a squeeze of fresh lemon, olive oil, a little sea salt and some crunchy toasted buckwheat bread.

SERVES 4

- ✓ GLUTEN FREE
- ✓ SUGAR FREE
- ✓ PROTEIN
- ✓ HIGH FIBRE





HOMEMADE ROASTED TOMATO SAUCE

This homemade roasted tomato sauce recipe is so simple to prepare, and, yields a rich and thick paste. Cooked tomatoes are exceptionally rich in the cancer-protective antioxidant lycopene. If you have ample tomatoes – double this recipe.

1kg tomatoes
1 onion, peeled and quartered
6 cloves of garlic, peeled
1 teaspoon coarse sea salt
1 teaspoon paprika powder
½ cup loosely packed basil, fresh
1 heaped tablespoon oregano, fresh
2 tablespoons olive oil
1 teaspoon coconut sugar

PRE-HEAT OVEN to 180°C.

Chop the tomatoes in quarters.

In a mixing bowl, combine the tomatoes with the onion, garlic, sea salt, paprika, coconut sugar and olive oil.

Transfer to an oven tray lined with baking paper.

Bake for a good hour and a half, or more. Add the fresh herbs 20 minutes or so before you take them out of the oven, to avoid them charring.

Once roasted, let cool, then whiz in a blender till smooth.

Store in a glass jar in the fridge.

NOTES

Pour some of the sauce into an ice cube tray and freeze, defrosting them one by one as you need them for pizza bases.

YIELDS 1 HEAPED CUP

- ✓ GLUTEN FREE
- ✓ ANTIOXIDANTS
- ✓ LYCOPENE





VEGAN CAULIFLOWER PIZZA

A healthy pizza made from cauliflower, onions and chickpea flour, infused with fresh rosemary. Naturally gluten free

FOR THE CRUST

Half a head of cauliflower, thick stalk and outer leaves removed (mine came to 470g)

2 large onions, peeled and quartered (mine came to 425g)

½ cup chickpea flour

2 tablespoons flax meal

6 tablespoons water

1 heaped tablespoon nutritional yeast

Leaves from a few sprigs of fresh rosemary

1 tablespoon olive oil

¼ teaspoon coarse sea salt

TOPPINGS

Homemade roasted tomato sauce

Fresh rocket

Avocado

Squeeze of lemon

Drizzle of olive oil & balsamic vinegar

PRE HEAT OVEN at 200°C.

Chop the cauliflower into small florets and steam till you can just pierce with a fork, then let cool.

Add cauliflower and onions to a food processor and blitz till fine, then transfer to a nut milk bag or place in fine cheesecloth, and gently press out all of the excess water. Don't skip this step - it helps ensure your pizza isn't soggy.

Meanwhile, add the 6 tablespoons water to the flax meal in a small bowl and let stand for 5 minutes, this is your egg replacer.

In a large bowl, combine all ingredients and use your hands to work them together into a dough. Let stand for 20 minutes to allow flax and chickpea flour to absorb any remaining water.

Line a pizza tray with baking paper, and press dough evenly over the surface.

Fan bake for 25 minutes, at which point, you will want to remove from the oven, slide the pizza onto a plate, flip it back onto the pizza tray, and spread a thick layer of tomato sauce. I have topped mine with fresh rocket, avocado and lemon, but if you want to add other vegetables/mushrooms, now's your chance. Return to oven for another ten minutes (total oven time, 35 minutes), then enjoy!

MAKES 1 PIZZA, SERVES 2

- ✓ GLUTEN FREE
- ✓ FIBRE
- ✓ PLANT BASED





AVOCADO AND HERB STUFFED MUSHROOMS

Mushrooms are a great source of minerals and B vitamins, and are perhaps the only known food source to contain vitamin D, albeit in small amounts. This recipe is easy to prepare and amazing served with a giant salad and a side of plant based protein – tempeh, lentils, beans.

4 large Portobello mushrooms
 ½ a large avocado
 2 slices gluten free bread (brown)
 Large handful of fresh mixed garden herbs – rosemary, parsley, mint, oregano, sorrel, thyme
 ½ small red chilli
 Zest of one lemon
 Olive oil & balsamic vinegar

PRE HEAT OVEN at 180°C.

Slice the avocado and place two slices of each within each mushroom (as in one of the above photos).

In a food processor, tear the bread up and blitz with the herbs and chilli to make the crumb stuffing.

Fill each of the mushrooms with the mixture and sprinkle lemon zest over the top, drizzle with olive oil.

Bake for 20 minutes or until done.

When cooked, drizzle with balsamic vinegar. Great served with grilled tomatoes and rocket salad. Return to oven for another ten minutes (total oven time, 35 minutes), then enjoy!

SERVES 4

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ HEALTHY FATS





GREEN QUINOA SALAD

A simple, protein rich meal filled with zucchini, avocado and fresh micro greens.

1 cup quinoa
 Half an avocado
 Handful of coriander
 4 tablespoons extra virgin olive oil
 One zucchini, grated
 Large handful of fresh herbs: mint, parsley, oregano
 One stalk of celery, finely chopped
 $\frac{1}{4}$ cup sunflower seeds
 $\frac{1}{4}$ cup pine nuts
 Micro greens
 Sea salt and freshly ground black pepper

PLACE THE QUINOA in a sieve and rinse well, then add to 2 cups of cold water in a pot, bring to the boil, reduce to a simmer, and cook for 15 to 20 minutes.

In a hand held stick blender, blitz the avocado, coriander, olive oil and salt to make a green sauce.

Fold this through the cooked quinoa with the zucchini, fresh herbs and celery.

Gently toast the sunflower seeds and pine nuts, then sprinkle over the quinoa salad.

Top with freshly picked micro greens and fresh herbs, season with sea salt and freshly cracked black pepper.

SERVES 4

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ PROTEIN
- ✓ FIBRE





RAW RAINBOW GOJI SALAD

An easy way to get more phytonutrient rich raw foods into your day.
The goji sauce is divine - a true beauty and immune superfood.

SALAD

1 heaped cup red cabbage, shredded
1 medium beetroot, grated
2 carrots, grated
Corn cut from 1 corn cob
1 spring onion, cut on the diagonal,
white part only

TO GARNISH

Chopped coriander (cilantro) and a
sprinkle of goji berries

GOJI DRESSING

$\frac{3}{4}$ cup goji berries
4 tablespoons apple cider vinegar
1 tablespoon ginger, peeled and
chopped
 $1\frac{1}{2}$ tablespoons white miso
1 tablespoon tahini
Pinch of salt
Grind or two of black pepper

TO MAKE THE SALAD, place the cabbage, beetroot, carrots and corn in a bowl and sprinkle over the onion, gently mix, and garnish with coriander and goji.

Set aside while you prepare the dressing.

TO MAKE THE DRESSING, place goji berries into a glass or mug, and cover them, only just, with filtered water. Let them to soak for up to half an hour till nice and soft, keep the water – don't throw it out.

Blend all ingredients with the goji and their soak water till you've reached a nice consistency, then pour liberally over the rainbow salad and serve.

SERVES 4

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ ANTIOXIDANTS
- ✓ VITAMIN C





RAW ONION BREAD

Raw onion bread is a total Raw Foods classic. The basic recipe calls for onions, sunflower seeds, flax and olive oil – that's it. I have adapted this slightly, adding in some garlic, capsicum, zucchini, fresh thyme from the garden and probiotic rich miso.

3 large yellow onions (about 770g)
 2 cups almond meal
 1 cup flax meal
 ½ cup olive oil
 ¼ cup chopped capsicum (about 80g)
 ¼ cup chopped zucchini (about 80g)
 2 cloves of garlic, minced
 2 tablespoons white or brown miso paste
 1 heaped teaspoon thyme leaves
 Pinch of salt
 Grind or two of black pepper

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ ANTIOXIDANTS
- ✓ VITAMIN C

PEEL AND ROUGHLY CHOP the onions, place in food processor and blend till very fine.

Add capsicum and zucchini and blend again till finely chopped.

Transfer to a large mixing bowl, add all other ingredients and use your hands to work the mixture so that all ingredients come together in a dough.

Spread 2-3 cups of the mixture over a teflex sheet on a dehydrator tray, so it is about ¼ inch thick. Lightly score the surface to make for easier cutting later. Alternatively, press ¼ cup of mixture into a silicon mould (small bread shaped), then pop it out and repeat till you've worked your way through the whole lot.

Dehydrate for one hour at 145°F, this helps seal the outside. Now turn the temperature down to 115°F for a further 12 hours (or longer for a firmer bread). At the halfway mark, cut the bread along the score marks then flip. If you used silicon moulds to shape your bread, flip them over too.

Store in an airtight container.

Serve with:

SLICED AVOCADO + LEMON OR LIME JUICE + CHILLI FLAKES
BEETROOT HUMMUS + SLICED RADISH
CHICKPEA HUMMUS + TOMATO, BASIL & MINT
BLACK TAHINI + SEA SALT
HOMEMADE ALMOND BUTTER + SEA SALT
SMASHED AVOCADO + FRESH ROCKET
RED KRAUT + FRESH HERBS





RAW SUN DRIED TOMATO CRACKERS

If you haven't yet tried making raw flax crackers - you must give these a go. I made them in the dehydrator but a test batch in the oven worked just fine. Jam packed with fibre rich golden flax seeds, sun dried tomatoes, garlic, onion, cayenne, basil, parsley and black pepper.

4 cups golden flax seeds
 ½ cup pecans
 2 cups organic sun dried tomatoes
 4 large cloves of garlic, peeled and minced
 3 tablespoons onion powder
 2 teaspoons coarse sea salt
 1 tablespoon Italian herbs
 Pinch or two of cayenne powder (more if you like it spicy)
 1 tablespoon 100% pure maple syrup
 ½ teaspoon coarse black pepper
 ½ cup tightly packed fresh basil, minced
 ½ cup tightly packed fresh parsley, minced

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ FIBRE

IN A VERY LARGE MIXING BOWL, soak your flax seeds with 6 cups of water for around 30 minutes, or until they have gelled up. Meanwhile, put the pecans in a small bowl, only just cover them with water, and let soak for 30 minutes. Put the sun dried tomatoes in a separate bowl, add 1 cup of warm water, and let soak for the same amount of time.

Once soaked, add the pecans and sun-dried tomatoes with their soak water to a blender and whiz till combined. You'll get a thick paste. Add this to the flax bowl.

Add all other ingredients to the flax bowl and mix in by hand till well combined.

Spread the mixture evenly over dehydrator trays lined with the teflex paper (or baking paper). As a rule of thumb: 3 heaped cups of mixture per tray. Aim to spread it evenly – at least .5cm thick (otherwise they will break). You should get three to four trays out of this.

Dehydrate at 145°C for 2-3 hours, then remove the trays. Place a new dehydrator tray, with just the mesh sheet and no teflex, over the cracker, then flip them over. Gently peel off the teflex sheet – I found that quite a bit stuck to the sheet –that's ok, just scrape it off and place it on a new tray so you don't waste it.

Dehydrate again at 115°C for another 6-8 hours or until dry. Once dry, break them up either by hand or using a knife – expect this process to be a little rustic!

Store in an airtight container.

MAKES A LARGE BATCH





HEALTHY APPLE CRUMBLE

Everybody needs a good crumble recipe up their sleeve. In this recipe, I've swapped the flour for oats, the butter for just a little coconut oil, and completely done away with the refined sugars. A couple of tablespoons of brown rice syrup are enough to sweeten.

8 apples – red and sweet

12 boysenberries (fresh or frozen)

1 cup rolled oats (fine)

40g flaked almonds

½ cup coconut flakes

¼ cup dried goji berries

2 tablespoons brown rice malt syrup (or pure maple syrup, coconut nectar)

2 tablespoons coconut oil

TO SERVE

Coconut yoghurt

PRE-HEAT THE OVEN at 180°C (356°F).

Peel, core and roughly chop the apples, then steam till they are only just soft. Set aside to drain and cool.

Place apples in a medium sized enamel dish, and push in the boysenberries over the top.

To make the topping, combine the rest of the ingredients in a mixing bowl and use your hands to combine. You may like to use a little extra coconut oil if it feels too dry.

Spoon mixture over the apples and berries then bake till golden on top (about 20 minutes). If it starts to brown too quickly, cover with baking paper or tin foil.

Serve with coconut yoghurt. Delish!

SERVES 4-6

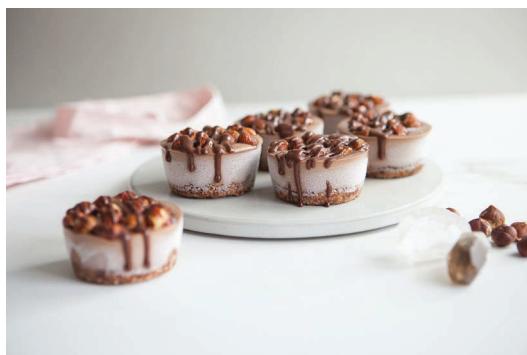
✓ GLUTEN FREE

✓ PLANT BASED

✓ ANTIOXIDANTS

✓ LOW SUGAR





RAW CHOCOLATE HAZELNUT CAKES

These mini chocolate hazelnut cakes taste a bit like nutella x ice cream, though they're entirely raw and made without any dairy, eggs, flour or refined sugar.

BASE

- 1½ cups coconut flakes/chips
- ½ cup rolled oats (fine)
- 1 tablespoon raw cacao powder
- 100g of Medjool dates, pitted (about 6)
- Pinch of coarse sea salt

TO MAKE THE BASE, place oats and coconut in a food processor and blitz for 30 seconds.

Add cacao powder and salt and blend again.

Add dates last, one at a time, and blend till the mixture holds together when pressed. If it is on the dry side, add a tablespoon of coconut oil.

Press mixture evenly into the base of silicon muffin moulds (about 1 heaped tablespoon per cavity, there is enough to fill 12 cavities).

FILLING

- 1¼ cups hazelnuts
- 1¼ cups almond milk (or oat milk/coconut milk)
- 1/3 cup 100% pure maple syrup
- ¼ raw cacao butter, liquefied*
- 1/3 cup raw cacao powder
- 2 teaspoons vanilla extract
- 2 tablespoons coconut sugar
- Large pinch of coarse sea salt

TO MAKE THE FILLING, place hazelnuts and almond milk in a high-speed blender, and whiz till smooth (about 1 minute).

Add all other ingredients and blend for another 1 minute. Stop and scrape the sides down as needed.

Pour filling into the muffin moulds, but don't fill right to the top – leave about a 5mm gap.

Gently press a small handful of whole hazelnuts into the tops.

Transfer to the freezer to set (will take a few hours).

TO TOP

- 1 cup hazelnuts

CHOCOLATE SAUCE

- ½ cup 100% pure maple syrup
- ½ cup raw cacao powder
- 2 tablespoons coconut oil, melted
- ½ teaspoon vanilla extract
- 2 pinches coarse sea salt

TO MAKE THE CHOCOLATE SAUCE, place all ingredients in blender and blend till smooth. Pour into a squeeze-bottle, and drizzle over frozen cakes.

To serve, remove from freezer 15-30 minutes before serving, to soften.

SERVES 12

*To liquefy cacao butter, shave it with a knife and place in a glass jug, stand in hot water till it melts.





ZUCCHINI BREAD

This bread is pure comfort food, and tastes great lightly toasted with a smear of tahini and sea salt, or slices of avocado.

DRY

1 cup buckwheat flour
1 cup almond meal
2 teaspoons baking powder (GF)
 $\frac{1}{2}$ teaspoon baking soda
3 tablespoons psyllium husks
2 tablespoon pure onion powder (not onion salt!)
 $\frac{1}{2}$ teaspoon sea salt, coarse

WET

$\frac{3}{4}$ cup coconut milk
 $\frac{1}{4}$ cup coconut butter, liquefied
 $\frac{1}{2}$ cup brown rice syrup

TO FOLD THROUGH

1½ cups zucchini, grated, tightly packed
 $\frac{1}{2}$ cup sunflower seeds, toasted (for extra flavour)

PRE-HEAT OVEN at 180°C. Line a rectangle bread tin with baking paper.

Sift dry ingredients into a large mixing bowl, adding psyllium husks last.

Blend all wet ingredients till smooth.

Once you've grated the zucchini, pat it dry in between paper towels to remove excess moisture.

Fold grated zucchini and toasted sunflower seeds through dry mixture. Create a well in the centre and pour in wet ingredients. Use a spatula to fold the mixture together till it creates a dough.

Transfer mixture to baking tin, then let rest for 15 minutes, giving the psyllium husks time to swell and bind with other ingredients.

Bake at 180°C for 40-45 minutes, then let cool before slicing. Serve with avocado, coriander, sea salt, tahini or coconut butter.

Remove from freezer 15-30 minutes before serving, to soften. Store in an airtight container.

MAKES 1 LOAF

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ FIBRE
- ✓ LOW SUGAR





MEXICAN HOT CHOCOLATE COOKIES

Healthy and delicious Mexican Hot Chocolate Cookies spiced with mesquite, ginger and cayenne.

DRY

1 cup sweet white sorghum flour
 ¼ cup raw cacao powder
 2 teaspoons mesquite powder
 1 tablespoon flax meal
 1 teaspoon ginger powder
 ¼ teaspoon cayenne pepper (this will give quite a kick, halve it if you prefer it milder)
 ½ teaspoon sea salt, coarse
 ½ teaspoon baking soda

WET

½ cup homemade almond butter (or natural, unsalted store-bought)
 ½ cup rice malt syrup
 2 tablespoons coconut oil, liquefied

TO MIX THROUGH

40-50g quality 70% dark chocolate, chopped

TO DECORATE

Cacao nibs
 Coarse sea salt

PRE-HEAT OVEN at 180°C.

Sift dry ingredients into a large mixing bowl, stir to combine, then mix in the chopped chocolate.

Blend all wet ingredients till smooth, then pour over the dry mixture.

Use a spatula to fold the mixture together till it forms a dough.

Divide mixture into two balls, then make six smaller balls with each. Press onto a baking tray lined with baking paper, leaving space for the cookies to expand. Sprinkle a few cacao nibs over each.

Bake at 180°C for 10 minutes.

Remove from oven and let cool, so cookies can set.

To serve, sprinkle a little coarse sea salt over the top.

NOTES

Store in an airtight container. You may like to try switching the sorghum for oat or buckwheat flour.

MAKES 12

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ ANTIOXIDANTS
- ✓ MAGNESIUM





RAW GINGER SLICE

A healthy take on the Kiwi classic. Still very much a treat - but free from refined white flours, butter and sugar.

BASE

2 cups coconut flakes
1 ½ cups cashews
¼ cup + 2 tablespoons coconut butter, softened*
2 tablespoons 100% pure maple syrup
1 teaspoon ginger powder
Small pinch of fine sea salt

ICING

2/3 cup coconut butter, softened*
½ cup 100% pure maple syrup
2 tablespoons ginger powder

*To soften coconut butter, stand the jar in a pot of hot water till it liquefies

TO MAKE THE BASE, place all ingredients in a food processor and whiz till very well combined.

Press the mixture into a 9 inch tin lined with baking paper and even out the surface.

TO MAKE THE ICING, blend all ingredients on high till smooth.

TO ASSEMBLE, spread the icing evenly over the base.

Set in the freezer.

Cut into small squares or bars to serve (these are lovely and rich, I'm sure you'll be happy with a smaller sized portion).

SERVES 16

- ✓ GLUTEN FREE
- ✓ PLANT BASED
- ✓ REFINED SUGAR FREE

Ascension Kitchen

ascensionkitchen.com

Ascension Kitchen aims to inspire and educate on how to be healthy and well on a plant-based diet. Plant-based, whole food recipes are presented alongside helpful nutritional information. A common thread throughout the site's four years' worth of content, is eating to support gut health. I hope you find this helpful, as digestive imbalances are often the root cause of many different diseases.

Recipes and blog posts are written by me - Lauren. I'm a trained Raw Foods Chef, Holistic Health Coach, Naturopath, Medical Herbalist and Plant-Based Nutritionist. I'm a wee bit hippy, and a wee bit science nerd!

Thank you for joining my newsletter list - I look forward to sharing with you on a weekly basis.