



Mango & Cashew cake

For 2

Prep.time: 10 min

Bottom:

100g cashew nuts

60g dates

Cake:

300g cashew

2 carrots

150g frozen mango

100g coconut milk

4 dates, remove the stones

1 tsp cinnamon

½ tsp aniseed

Accessories:

100g 85% chocolate, cashew

Dried eatable roseleaves

Method:

1. Start by putting all the ingredients to the bottom in the food processor. Blend well.
2. Make 3 small bowl to decorate the cake with, and use the rest as bottom for the cake. I have used a cake tin 15 cm diameter.
3. Melt some 85% chocolate and pour it over the bottom, put in the freezer.
4. Put the 300g cashew nuts in the food processor and blend well.
5. Add the chopped carrots, dates and spice.
6. Now add the coconut milk and blend well.
7. Put the mixture in the cake tin and leave in the freezer for 30 min.
8. Blend well.
9. Enjoy!