



SATURDAY DEMO – 16:30-17:00

BANANA & COCONUT ICE CREAM WITH PEANUT BUTTER, CHOCOLATE AND RAISIN

This creamy, dairy-free treat blends the tropical flavours of banana and coconut with the rich taste of peanut butter and chocolate, all topped with sweet sultanas. It's a decadent dessert that's sure to delight your taste buds, a unique and irresistible treat perfect for any occasion.

Ingredients

6 frozen bananas
6 Tablespoons all-natural peanut butter ([The Loving Chef](#))
1 teaspoon vanilla extract
1 Can FULL FAT coconut milk – been in the fridge for 12 hours
2 handfuls of vegan dark chocolate chips
2 handfuls raisins
1 teaspoon cinnamon

Method

Open the can of coconut milk and scoop out the top fat layer of the milk that will be fairly solid – leaving the clear liquid behind and place in the bowl of a large food processor fitted with an "S" blade. Process the coconut milk until thick and creamy.

Cut the frozen bananas into coins, so they will process faster. Then add them to the food processor with the peanut butter and cinnamon.

Process until the bananas are smooth, stopping to scrape down the sides of the food processor, as needed. It is ready when it has a soft-serve consistency.

Add the raisins and chocolate chips and then pulse a couple of times to mix everything together.

Serve immediately for a soft-serve style dessert, or transfer to a sealed container and store in the freezer for 1 to 2 hours for a firmer, scoop-able ice cream. Banana ice cream can be stored in an airtight container in the freezer for up to 2 weeks without the flavour being affected.



SATURDAY DEMO – 16:30-17:00

ENERGY PEANUT BUTTER PROTEIN BALLS

These bite-sized delights are packed with wholesome ingredients, including creamy peanut butter, oats, and plant-based protein. Perfect for a quick snack or post-workout treat, they offer a delicious and nutritious way to keep you fuelled throughout the day!

Ingredients

200g 100% Peanut butter (**The Loving Chef**)

15g Vanilla Protein powder

½ teaspoon vanilla extract

100g Pitted Dates – pre-soaked in Hot water until soft

25ml plant-based milk

50g toasted peanuts – roughly chopped

50g Sunflower seeds – roughly chopped

100g vegan dark chocolate – optional (**Friars Farm**)

Method

Drain the soaking dates, keeping the liquid and place into a food processor with “S” blade with 50 ml of the water that they were soaked in and blitz until they form a smooth paste.

Place the peanut butter, protein powder, vanilla extract, and milk into the date paste in the blender and blitz again until well combined.

Remove the mixture from the blender and place into a bowl and mix in the chopped peanuts and sunflower seeds.

The mixture should hold together to form ball, if it is too crumbly, add in some more milk.

Take a heaped tablespoon of the mixture and roll into a ball – repeat this process until the mixture has finished.

If you are using the dark chocolate – melt gently either in the microwave or in a bowl over a saucepan of simmering hot water. Once melted dip each ball into the chocolate and allow to set. place in an airtight container and keep in the fridge.

These will keep for up to 3 weeks when stored in an airtight container and in the fridge.



SATURDAY DEMO – 16:30-17:00

SALTED MAPLE WALNUT VEGAN FUDGE

A rich and creamy delight made with pure maple syrup, punctuated with crunchy walnut pieces and a smattering of sea salt crystals, it's like salty, sweet perfection! It's a deliciously guilt-free treat that satisfies every sweet tooth.

Ingredients

1 cup creamy cashew butter, be sure to mix the natural oils which rise to the top.
½ cup maple syrup, make sure it's real maple syrup and not the cheap flavoured stuff
½ teaspoon smoked salt flakes ([Friars Farm](#))
½ cup plus 1 tablespoon and 1 teaspoon coconut flour
½ cup chopped walnuts nuts
1 teaspoon vanilla extract
[OPTIONAL extra walnuts and smoked sea salt flakes for sprinkling \(Friars Farm\)](#)

Method

Add the cashew butter, maple syrup and salt to a bowl and mix together really well.

Add the coconut flour, vanilla and walnuts to the cashew butter mixture and stir really well again until there is no dry flour showing at all. Be very thorough and make sure you scrape into the bottom of the bowl with the spatula. It gets thick and hard to stir. That's normal.

Line a 1lb loaf pan (or other similar size container) with either cling wrap or parchment paper. Cling wrap I found is a tighter fit and makes it look neater when you turn it out. If you don't have anything suitable you can make them in muffin cases instead.

Pack the fudge mixture into the loaf pan and flatten out the top so it's neat. Get a mug of water and dip a spatula in it then shake it off to remove any excess, before spreading the top of the fudge and you will find that it won't stick all over the spatula and will make your job much easier. You can dip in the water every few spreads to keep the effect up.

Once the top is level sprinkle some more walnuts and some smoked sea salt flakes on the top for decoration and press them lightly with your fingers into the fudge, so they stick.

Put the whole pan in the freezer for about 30 minutes, then remove, lift out of the pan and cut into pieces.

The fudge can be stored in the freezer or in the fridge after the initial set. If kept in the fridge it will stay quite soft but still firm enough to hold and bite into, whereas from the freezer, it will be harder but not completely solid. When it's frozen it's best just to leave it for a minute or two before eating. It's great both ways so try both and see which you prefer. Or go 50/50!