



## HEALTHY WHITE ROCKY ROAD

A healthy twist on a holiday treat with bursts of fresh raspberries, coconut and crunch from roasted almonds and pistachios.

Note: This recipe is free from gluten, dairy and refined sugar.

Serves: 12

Prep: 15 mins + setting time

### Ingredients

120g raw cacao butter\* chopped into small pieces  
6 TBSP cashew butter\*  
2 TBSP pure maple syrup  
1/4 cup macadamias, roughly chopped  
1/4 cup dry roasted almonds, roughly chopped  
1/4 cup pistachios  
1/4 cup organic shredded coconut  
1 punnet fresh raspberries

### Method

1. Place cacao butter into a heat-proof bowl. Place the bowl over another heat-proof bowl filled with hot water. Stir the cacao butter occasionally as it softens until it is all melted. Remove from heat.
2. Once all the cacao butter is melted add cashew butter and maple syrup and stir to combine well. Allow to slightly cool (so the mixture thickens a little) then add macadamias, almonds, pistachios, coconut and raspberries and gently mix well.
3. Pour the mixture onto a lined slice tin and place in refrigerator for 1-2 hours or until the chocolate is firmly set. Cut into shapes. Keep in refrigerator.

### Recipe Tips

\*Raw cacao butter is available from our health food store, Everything Healthy.

\*Cashew butter is 100% cashews ground in to a spread. Available from the health food section of the supermarket or health food store.

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This recipe was designed for Brookside Shopping Centre by Brisbane nutritionist and recipe developer Casey-Lee Lyons from Live Love Nourish: [www.livelovenourish.com.au](http://www.livelovenourish.com.au)