

PLANT BASED TIRAMISÙ

This year for a special holiday dinner, why not prepare a plant based Tiramisù. This is a typical Italian dessert that mixes the strong flavour of coffee and cocoa with the sweetness of a soft mouth watering cream. I made it in ramekin dishes, so it's easier to serve.



Ingredients

- 10-12 Rich tea biscuits
- 1 cup of Coffee
- 200g Cashew nuts, soaked overnight
- 4-5 Dates, soaked for ½ hour
- 80ml Plant based milk (I've used unsweetened Oat drink)
- 4tbsp Vegetable oil
- 4 ramekins or dessert glasses
- Cocoa powder to serve

Method

1. Break the biscuits roughly with a rolling pin and place them at the bottom of your dessert glasses or ramekins, pressing down well.
2. Pour the coffee on the biscuit base of each glass/ramekin.
3. Mix the cashew nuts with the dates in a food processor, gradually add the plant based milk and oil.
4. When the mix is creamy and completely smooth, distribute between the cups/ramekins, covering the biscuit base.
5. Cover the cashew cream layer with sieved cocoa powder.

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6. Place the glasses/ramekins into the fridge for about 2 hours before serving.
7. ENJOY!

Note: for a child friendly version you can replace the coffee with dark hot chocolate

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