

## The Merrymaker Sisters' paleo choc blueberry cake

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Just a handful of berries a day delivers so many health benefits. Why not try your hand at this delightful blueberry cake?

### Ingredients (serves 10-12)

#### BASE

- 1 cup raw walnuts
- 1 cup unsweetened shredded coconut
- $\frac{1}{4}$  cup raw cacao powder
- 2 tbsp [coconut oil](#)
- 1 tbsp raw honey (or rice malt syrup)

#### FILLING

- 2 cups raw cashews, soaked overnight
- 1 cup coconut milk
- 1 cup blueberries, fresh or thawed frozen
- $\frac{1}{3}$  cup coconut oil
- 1 tbsp raw honey

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- 1 tsp 100 per cent vanilla extract

### TOPPING

- 1 tbsp ghee or coconut oil
- 1 tbsp coconut sugar
- ¾ cup raw cashews, crushed
- 1 cup fresh blueberries
- 1 cup raw chocolate, melted

### Method

Line the base of a 20 cm spring form cake tin with baking paper and grease the edges with a little coconut oil.

To make the base, place the walnuts, coconut and raw cacao powder in a high-speed blender or food processor. Whiz these ingredients until a fine meal forms. Add the coconut oil and raw honey and whiz until it becomes a choc butter. Once combined, evenly press the base into the cake tin. Place in the freezer.

To make the filling, drain and rinse the cashews and place them into the food processor along with the coconut milk, blueberries, coconut oil, raw honey and vanilla extract. Whiz until completely smooth; this will take around 5 minutes.

Take the base out of the freezer and pour the filling on top of the base. Shake the tin to even out the top and place the cake into the freezer for around 1 ½ hours or until set. Take the cake out of the freezer and let sit for 10 minutes. Rub the outside with a hot cloth and release the spring form slowly (you may need to run a knife around the edge).

To make the caramelised cashews, melt ghee or coconut oil in a pan over medium-high heat. Add sugar and stir until sugar has dissolved. Toss in cashews and stir to coat. When caramel has thickened, turn off heat and allow to cool.

Top the cake with fresh blueberries, caramelised cashews and drizzle with paleo chocolate. Cut into slices with a hot knife and store any leftovers in an airtight container in the fridge or freezer.

Recipe: [The Merrymaker Sisters](#).

Supplied by: [Australian blueberries](#).

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