

# RAW EARTH

# Healthy Bakes

12 delicious recipes



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**ZERO**  
ADDED SUGAR!

# CREATED WITH MONK FRUIT & STEVIA

- LCHF FRIENDLY
- FRUCTOSE FREE
- DIABETIC FRIENDLY
- GREAT FOR COFFEE & TEA
- FORMULATED FOR BAKING



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RAW EARTH MUST BAKES

# RAW EARTH Sweetener Co.

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GREAT FOR BAKING ↗



# JAM DONUTS

**SERVES:** 4-5 **PREP:** 10 MINUTES **COOK:** 35 MINUTES

## INGREDIENTS

- ¾ cup Rolled Oats
- ⅓ cup Cashews
- 1 tbs Raw Earth
- ¼ cup Almond Meal
- pinch Sea Salt Flakes
- ½ tsp Vanilla Extract
- 1 heaped tbs Almond Butter
- ¼ cup frozen Raspberries

## GLAZE

- 2 tbs Coconut Oil, melted
- 1 tbs Raw Earth
- 1 tbs Cornflour

## METHOD

- 1 Combine the oats, cashews, Raw Earth and almond meal in a food processor. Blitz until combined. Add the sea salt, vanilla and almond butter and blitz until combined.
- 2 Roll into small balls and make an indent in the middle with your thumb.
- 3 Fill the indent of half the balls with raspberries and then place an empty piece of dough over the top. Pinch the sides together and form into a ball. Place in the freezer for 15 minutes.
- 4 Make the glaze by combining the ingredients and whisking until smooth and lump free. Dip the donuts in the glaze and place on a piece of baking paper. Sprinkle with extra Raw Earth and cinnamon. Freeze for 20 minutes. Keep chilled.

DAIRY-FREE

GLUTEN FREE

VEGAN

RAW



# VEGAN COFFEE CHOCOLATE TART

**SERVES:** 8 **PREP:** 15 MINUTES **COOK:** 1 HOUR

## INGREDIENTS

### BASE

- 200g Sugar-Free Cookies
- ½ cup Coconut Oil, melted

### FILLING

- 1 tbs Instant Coffee
- 1 cup Almond Meal
- ½ cup Sunflower Seeds
- ¼ cup Raw Cacao Powder
- 2 tbs Raw Earth
- ½ cup Coconut Cream, chilled (the solid cream not the liquid)
- 1 tsp Vanilla Extract
- Cacao Nibs, for sprinkling

VEGAN

## METHOD

- 1 Place the cookies in a food processor and process until they resemble coarse breadcrumbs. Add the coconut oil and pulse until it comes together. Press into a greased and lined loose-bottomed tart tin 20cm. Place in the freezer.
- 2 Wash and dry the processor bowl. Combine the filling ingredients, except the cacao nibs, processing until smooth and no lumps remain.
- 3 Spread over the base. Bang firmly on the bench top to remove air-bubbles. Sprinkle with a generous amount of cacao nibs. Freeze for 1 hour, or until set. The filling should be a firm mousse-like texture. Alternatively leave in the freezer overnight and stand on the bench at room temperature for 20 minutes before serving.





# CHOCOLATE COTTAGE CHEESECAKE

**SERVES:** 12 **PREP:** 10 MINUTES **COOK:** 40-25 MINUTES

## INGREDIENTS

- 500g Cottage Cheese
- 3 Eggs
- 1 tsp Vanilla Bean Paste
- 2 tsps Baking Powder
- 100g Natvia
- 45g Cacao Powder
- pinch of Salt

## ICING

- 100g Sugar-free Dark Chocolate
- 2 tsps Coconut Oil

## METHOD

- 1 Preheat the oven to 180°C
- 2 Beat the ingredients together until combined. Pour the batter into a greased and lined 20cm cake tin. Cover with aluminium foil.
- 3 Bake in the oven for 30 minutes and then remove the foil. Bake for another 10-15 minutes. Remove from the oven and stand until cooled. Chill for at least 2 hours before serving.
- 4 To make the chocolate sauce melt the dark chocolate and then stir in the coconut oil. Drizzle over and serve.

LOW-CARB

DIABETIC FRIENDLY

GLUTEN FREE



# SALTY CARAMEL COOKIES

**SERVES:** 8 **PREP:** 15 MINUTES **COOK:** 1 HOUR

## INGREDIENTS

- 145g Sugar-Free Almond Butter
- 1/3 cup Raw Earth
- 1/2 cup Raw Cacao Powder
- 2 cups Almond Meal
- 2 tbs Coconut Oil, melted
- 100g Sugar-Free Dark Chocolate
- Sea Salt Flakes, for sprinkling

## METHOD

- 1 Combine the almond butter and Raw Earth in a bowl. Stir thoroughly until combined.
- 2 Add the cacao powder and almond meal, stirring until combined. Stir in the coconut oil until combined. Roll into balls, place on a baking paper lined oven tray. Press down with a fork to flatten and refrigerate for 30 minutes.
- 3 Bake for 10-12 minutes.
- 4 Melt the chocolate in the microwave or in a heatproof bowl over a saucepan of simmering water.
- 5 Drizzle the cookies in melted chocolate and sprinkle with sea salt. Stand for 20 minutes until set.



ZERO CARBS!  
↶



# CHAI LATTE BROWNIES

**SERVES:** 9 **PREP:** 20 MINUTES **COOK:** 30 MINUTES

## INGREDIENTS

- 2 tbs Flaxseeds + 6 tbs Water
- 2 tbs Chai Masala
- 120g Coconut Oil
- 80g Almond Butter
- 50g Tahini
- 1 tsp Vanilla Bean Paste
- $\frac{3}{4}$  tsp Baking Powder
- a generous sprinkle of Sea Salt
- $\frac{1}{2}$  cup Raw Cocoa Powder
- $\frac{3}{4}$  cup Almond Meal
- $\frac{3}{4}$  cup Raw Earth
- $\frac{1}{4}$  cup Almond Milk
- Ground Cinnamon for sprinkling

DAIRY-FREE

VEGAN

## METHOD

- 1 Make the flax eggs by combining 2 tbs of flax seed with 6 tbs Water and standing for 10 minutes.
- 2 Steep the chai in 1 tbs boiling water for 5 mins.
- 3 Combine the coconut oil and almond butter. Heat in the microwave until warm. Combine the tahini, vanilla, flax seeds and chai and stir until smooth.
- 4 In a separate bowl, combine the baking powder, sea salt, cocoa powder, almond meal and chai. Combine the wet with the dry ingredients and stir with a spatula until combined.
- 5 Pour into a greased and lined brownie tin. Bake for 25-30 mins. Remove and cool. Sprinkle with ground cinnamon. Place on a rack and cool completely before slicing.



KETO-FRIENDLY!



# PEANUT BUTTER MOUSSE

**SERVES: 2 PREP: 8 MINUTES**

## INGREDIENTS

- ¼ cup Natural Smooth Peanut Butter
- ½ cup Coconut Cream, solid part
- 2 tbs Raw Earth
- ½ tsp Cinnamon

## METHOD

- 1 Combine all ingredients in the bowl of an electric mixer. Beat for 5-6 minutes until light and creamy.
- 2 Serve topped with cacao nibs.



GREAT FOR DIABETICS!





# CHOCOLATE PANNA COTTA

**SERVES:** 6 **PREP:** 20 MINUTES **COOK:** 4 HOUR

## INGREDIENTS

- 2 tsp Gelatine
- 250 mls Thickened Cream
- 250 mls Milk
- 50g Natvia (¼ Cup)
- 2 tbsps Cacao Powder, heaped, plus extra
- ½ tsp Vanilla Bean Paste
- ½ tsp Cinnamon
- 1 sheet of pre-made shortcrust pastry

## METHOD

- 1 Sprinkle the gelatin over ¼ cup water and stand for about 5 minutes.
- 2 Combine the cream, milk, Natvia, cacao powder, vanilla and cinnamon in a saucepan and bring to a simmer. Allow to simmer for a couple of minutes before turning off the heat.
- 3 Add the gelatin to the mixture and whisk until dissolved completely. Stand until cooled.
- 4 Pour the mixture into 6 small ramekins or glasses and chill for 3-4 hours.
- 5 Serve in the ramekins or run the base of the ramekin under warm water and then flip onto a plate. Sprinkle with cacao powder to serve.

## NUTRITIONAL TIP

MAKE THIS VEGAN BY SWAPPING THE CREAM AND MILK FOR COCONUT CREAM AND COCONUT MILK, AND GELATINE WITH VEGAN GELATINE POWDER OR AGAR AGAR IN EQUAL AMOUNTS.

LOW-CARB

DIABETIC  
FRIENDLY

VEGAN



# COTTAGE CHEESECAKE

**SERVES:** 12 **PREP:** 30 MINUTES **COOK:** 1 HOUR

## INGREDIENTS

### BASE

- 1 cup Hazelnut Meal
- 1 tsp Cinnamon
- 1 cup Desiccated Coconut
- 90g Unsalted Butter, melted

### CHEESECAKE

- 500g Cottage Cheese
- 125g Greek Yoghurt
- $\frac{3}{4}$  cup Raw Earth
- Zest of 1 Lemon
- 2 Eggs
- 2 heaped tbs Plain Flour
- $\frac{1}{2}$  tsp Vanilla Bean Paste

### TOPPING

- 200g Blueberries
- $\frac{1}{4}$  cup Raw Earth

## METHOD

- 1 Combine the hazelnut meal, cinnamon, desiccated coconut and melted butter in a bowl and stir to combine. Pack into the bottom of a greased and lined 20cm loose-bottomed cheesecake tin and set aside.

- 2 Place the cottage cheese, yoghurt, zest and Raw Earth in the bowl of a food processor and blitz until smooth. Add the eggs and pulse until combined. Sprinkle over the flour and vanilla and pulse until combined and smooth.
- 3 Pour the mixture over the base and cover with aluminium foil, leaving space at the top for the cake to rise.
- 4 Bake for about 45-50 minutes. Remove the aluminium foil and bake for a further 15-20 minutes, until the very centre of the cake only just wobbles slightly.
- 5 Turn off the oven and stand the cake in the oven for 4 hours or overnight.
- 6 Cook the blueberries and Natvia with  $\frac{1}{2}$  cup water on the stovetop for about 10-15, mash the berries slightly with a fork and then pour this over the cheesecake before serving.

# VEGAN LEMON AND BLUEBERRY CAKE

**SERVES:** 8-10 **PREP:** 1 HOUR 20 MINUTES **CHILL:** 25 MINUTES



## INGREDIENTS

### CAKE

- 125g Coconut Oil, softened
- ½ cup Coconut Cream
- 1 tsp Vanilla Extract
- ½ cup Raw Earth
- 1 tsp Lemon Zest
- 1 ¾ cups Wholemeal Spelt Flour
- 4 tsp Baking Powder
- 1 ½ cups Coconut Milk

### COCONUT CREAM

- 1 cup Raw Cashews
- ¾ cup Coconut Cream
- 2 tbs Lemon Juice
- 250g Blueberries
- 1 tsp Lemon Zest

## METHOD

- 1 Combine the coconut oil with the coconut cream and beat with an electric mixer until combined. Add the vanilla and the Raw Earth. Beat until combined.
- 2 Sift over the flour and baking powder. Add the lemon zest and pour in the coconut milk. Fold in until combined.
- 3 Pour into 2 x greased and baking paper lined 20cm cake tins. Bake for 20-25 minutes at 180°C. Remove from the oven. Stand in the tins for 10 minutes before removing to a wire rack to cool.
- 4 To make the cashew cream, soak the cashews in hot water for 1 hour. Drain and rinse thoroughly. Blend together with the coconut cream and lemon juice. Place in the fridge for 1 hour until thickened.
- 5 Slather the top of one of the cakes with the thickened cream, sprinkle with half of the blueberries and then place the other cake on top, bottom side facing up. Coat with remaining cream and decorate with remaining blueberries and lemon zest. You can also sprinkle over extra Raw Earth.

DAIRY-FREE

VEGAN

GLUTEN FREE



# MANGO AND BERRY CHEESE TART

**SERVES:** 8 **PREP:** 35 MINUTES **COOK:** 10 MINUTES

## INGREDIENTS

### BASE

- 150g Sugar-Free Biscuits
- 100g Rolled Oats
- 100g Unsalted Butter, melted

### FILLING

- 1 ½ cups Mango, pureed
- 250g Cream Cheese
- 1 tbs Lemon Juice
- 1 tsp Vanilla Bean Paste
- ½ cup Raw Earth
- Blueberries, for garnishing
- Raspberries, for garnishing
- desiccated Coconut, for garnishing
- Cacao Nibs, for sprinkling

## METHOD

### PREHEAT OVEN TO 200C

- 1 Combine the biscuits and rolled oats in the bowl of a food processor. Blitz until fine. Add the butter and process until combined.
- 2 Press into the bottom of a 15cm tart tin. Poke a few holes in the base and then bake for 8-10 minutes. Remove from the oven and allow to cool completely. Remove from the tart tin carefully.
- 3 Wipe the food processor clean and then add the cream cheese, lemon juice, vanilla, Raw Earth & quarter of the mango puree. Process until smooth.
- 4 Spread over the base of the tart shell. Top with the mango puree. Decorate with the berries and some desiccated coconut.

GREAT FOR  
DIABETICS!





# CHOCOLATE SPONGE CAKE



**SERVES:** 12 **PREP:** 25 MINUTES **COOK:** 25 MINUTES

## INGREDIENTS

### INGREDIENTS

- 4 Eggs
- ¼ cup Raw Earth
- 1 tbs Extra Virgin Olive Oil, light tasting
- 1 tsp Vanilla Essence
- ¾ cup Cake Flour
- ¼ cup Raw Cacao Powder
- 1 pinch Salt

### Ganache

- 150g Thickened Cream
- 150g Dark Chocolate, chopped

## METHOD

### PREHEAT OVEN TO 170C

- 1 Beat eggs and Raw Earth for 8-10 minutes, until light and fluffy. Beat in the olive oil and vanilla.
- 2 Sift over the flour, cacao powder and sprinkle in the Salt. Fold in with a spatula until combined.
- 3 Pour into a greased and lined 20cm cake tin. Bake for 20-25 minutes, until a skewer inserted, comes out clean. Remove from the oven and stand to cool for 5 minutes before removing to a wire rack.
- 4 Heat the cream in a heat-proof bowl over a saucepan simmering with water. Add the chocolate and stir until melted and combined. Remove from heat and stir. Stand until thickened.
- 5 Dollop the ganache over the Cake once cooled and sprinkle with extra cacao powder.



WANT MORE  
YUMMY  
RECIPES?

