

## Sweet happiness!

A piece of chocolate, a lovely dessert or a delicious homemade cake, I love it!

I want as frequently as possible enjoy all these delicacies and I always try to make myself the healthy version of it. The easiest way is to take a recipe and then see what ingredients you can replace. For example, wheat flour replaced by spelled flour or buckwheat flour, milk yogurt be replaced by goat yogurt, sugar replaced by agave syrup, butter replaced by sunflower oil. And then just start baking or cooking.

Last Friday was my birthday and I baked a cake and two pies. A carrot cake, chocolate pie and lemon cheesecake. Responsibly, without E-numbers, no sugar and gluten free! They tasted delicious!

The recipes I want to share with you!





## Chocolate pie with raspberries

needed:

125 ml sunflower oil

375g 85% chocolate (preferably sugarless)

100 ml agave syrup

35 gr buckwheat flour

2 tablespoons rice milk

120 g almond flour

5 eggs

cocoa, in order to pollinate

Set the oven to 170 gr. Melt the chocolate and mix with sunflower oil and agave syrup. Then add the flour, milk and eggs. Mix well. Put the mixture in an oiled cake tin, cover with aluminium foil and put it in the oven for 40 minutes. Then let it cool and dust with cocoa. Take a piece of cake with raspberries beside and enjoy!

## Carrot Cake

needed:

- 250 gr grated carrot
- 2 eggs
- 200 ml of sunflower oil
- 100 ml agave syrup
- 100 g buckwheat flour
- 100 g almond flour
- 100 g chestnut flour
- 1 tablespoon cinnamon
- 1 tablespoon mixed spice
- 2 teaspoons baking powder

Preheat the oven on 180 degrees. Mix the sunflower oil, eggs and agave syrup. Then add the flour, spices and baking powder. Oil in a cake tin and add the mixture into. Put 45 minutes in the oven. You can make a topping. Take 125 g soft goat cheese, 4 tablespoons soft butter and a tablespoon of agave syrup.







## Citroen kwarktaart

Nodig:

2 citroenen

150 ml agave siroop

10 blaadjes witte gelatine

25 gr. roomboter

200 gr. amandelmeel

500 gr. geitenkwark

250 ml. soja room

Rasp de citroenen en pers ze uit. Week de blaadjes gelatine in een kom met ruim koud water. Vul het citroensap met water tot 100 ml. Breng dit citroensap met de geraspte schil aan de kook en laat het ca. 2 minuten zachtjes sudderen. Knijp de gelatine goed uit en los ze, van het vuur af, al roerende op in het hete sap. Meng ook de agavesiroop in het sap. Laat dit mengsel iets afkoelen. Smelt de boter en doe daar de amandelmeel en 2 eetlepels agavesiroop door. Vet een springvorm in en druk dit deegmengsel uit op de bodem (met bolle kant van een lepel). Klop de soja room stijf. Spatel voorzichtig de geitenkwark en het gelatinemengsel door soja room. Schep het mengsel op de taartbodem en strijk de bovenkant glad. Laat de taart in de koelkast in ca. 4 uur opstijven.