

Orange Creamsicle Mallowmar

Orange Creamsicle Fluff

- 175g (1 cup packed) young coconut meat
 - 100g (1/2 cup) xylitol, powdered
 - 1 tbsp lemon juice
 - 1/2 vanilla pod scraped or 1/2 tsp vanilla extract
 - 100g (1/2 cup) orange juice
 - 1 tbsp orange zest, on microplane
 - 6 -8 drops orange essential oil
 - 1/2 tsp turmeric powder
 - 80g (1/3 cup) coconut oil, melted
 - 5g (3/4 tbsp) psyllium husk
1. Blend the first set of ingredients and use the tamper stick to keep it all moving until smooth.
 2. At the end, blend in the psyllium. The mix will get thick fast, so blend quickly.
 3. Once ready transfer to a shallow bowl or container and put in the fridge to set. About 1-2 hours depending on how warm the mix got in the blender.
 4. When it's firmed up, transfer to a piping bag fitted with a round tip and store in the fridge while you make the biscuits.

Maple Biscuit

- 65g (1/3 cup) buckwheat
- 50g (1/4 cup) maple syrup
- 40g (scant 1/3 cup) ground almonds
- 1/2 tsp vanilla extract or 4 drops vanilla Medicine Flower Extract
- 1-2 tbsp water
- Pinch sea salt
- 5g (3/4 tbsp) psyllium husk
- 15g (1 1/4 tbsp) coconut flour

1. Soak the buckwheat 20 minutes - 1 hour, drain, rinse and allow to sprout 10 hours. Once sprouted, rinse once more before using.
2. In a high speed blender, combine the first set of ingredients and blend on low/medium to break down the buckwheat. You may need to scrape down the sides a few times as you go.
3. Once it's all smooth, add the psyllium and coconut flour and blend on low to combine.
4. Turn the mix out into a bowl and, using your hands, form into a ball.
5. Roll the dough out to 1/4 inch thickness and cut into rounds. Place the rounds onto a mesh lined dehydrator tray.
6. Dehydrate at 115f for 8-10 hours or until dry on the outside and some 'give' in the middle.
7. Allow to cool before piping on the fluff.

Orange Sugar

- 25g orange zest, using a microplane or box grater
 - 1 tsp turmeric, optional for colour
 - 60g xylitol, powdered
 - 15 drops orange essential oil
1. Mix all ingredients together in a bowl.
 2. Put on a teflex lined dehydrator tray and dehydrate until completely dry about 12-20 hours.
 3. Once dry break it apart between your fingers and bash it up using a mortar and pestle or pulse in the Vitamix.
 4. Store in an airtight jar until ready to use as garnish or a texture.

To finish

- 200g (7 oz) chocolate, melted and in temper
- 1 tbsp orange sugar

1. See video for assembly and finishing tutorial.