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# *Beetroot & Raspberry Mousse*

## Ingredients

1 cup cashews soaked in pure water 8 hours, drained  
1/3 cup lemon juice  
1/2 cup coconut cream  
1/4 cup maple syrup  
1 beetroot, peeled and chopped  
1 cup frozen Tasmanian raspberries  
1/4 cup coconut oil melted or liquid coconut oil  
1/2 coconut yogurt

## Method

**Blend the cashews together with the lemon juice until smooth  
With the motor running add the remaining ingredients until  
thick the creamy.**

**Serve topped with edible flowers and toasted slithered  
almonds**