
Beetroot & Raspberry Mousse

Ingredients

- 1 cup raw, unsalted cashews
- 1/3 cup lemon juice
- 1/2 cup coconut cream
- 1/4 cup maple syrup
- 1 beetroot, roasted, cooled, 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 in a food processor until finely ground

Blend in 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