



Feeling fruity

Nothing says summer like a bowl of freshly picked berries and what better way to celebrate them than with a diverse choice of delicious seasonal recipes

RECIPES AND STYLING: KATE PHILLIPS PHOTOGRAPHY: JO DENISON

BILBERRY TART

Serves: 8-12

Preparation time: 20 minutes

Cooking time: 12 minutes

INGREDIENTS

For the pastry case

- ¼ cup ground almonds
- ¼ cup buckwheat flour
- 1 tbsp coconut oil
- Pinch cinnamon
- 3 drops of vanilla essence

For the pastry cream

- 250g COYO coconut yoghurt
- Zest and juice of 1 lime
- 8 torn mint leaves
- 1 vanilla pod halved and seeded

For the topping

- 300g bilberries
- 2 tbsp icing sugar
- Juice of ½ lemon

PREPARATION

- 1_Heat the oven to 200°C.
- 2_Combine the pastry ingredients and mix into a dough using a food mixer with the paddle attachment at slow to medium speed, adding a dash of cold water if necessary to bind. This can also be done by hand.
- 3_Cover and place in the fridge to rest for half an hour.
- 4_Using baking parchment, line a 37 x 35cm baking tray.
- 5_Using a heavy-based pan, warm the bilberries, stir in the icing sugar and lemon juice and bring to a gentle simmer for 10 minutes, then set aside to cool.
- 6_In a mixing bowl, fold the lime, mint and vanilla into the COYO. Set aside.
- 7_Roll out the chilled pastry on a floured surface and place onto the baking tray.
- 8_Prick the bottom of the pastry base with a fork and blind bake in the oven for 12 minutes, or until cooked but still pale.
- 9_Remove from the oven and set aside to cool.
- 10_Once the pastry is cooled, gently lift the parchment with the pastry base from the baking tray onto a serving board.
- 11_Smooth the pastry cream across the base of the tart, leaving an edge of pastry showing.
- 12_Spoon over the berries and scatter torn mint leaves to garnish.
- 13_Keep chilled until ready to serve.

DESSERT IN A GLASS

Serves: 2-4

Preparation time: 45 minutes

INGREDIENTS

For the nut butter base

- 4 cups of any nuts and/or seeds, either one sort or mixed (for example, 1 cup cashews, 1 cup almonds, 1 cup Brazil nuts, 1 cup sunflower seeds)
- 1 tsp cacao powder
- 2-3 large pinches sea salt

For the fruit compote

- 400g mixed berry fruit
- 1 tsp honey
- Juice of 1 lime

For the cream topping

- 250g COYO coconut yoghurt
- Zest of 1 lime
- 2 tbsp icing sugar
- Berries to finish
- Mint leaves and dark chocolate to garnish

PREPARATION

- 1_ Preheat the oven to 150°C.
- 2_ Roast the nuts gently on a baking tray for 15 minutes and leave to cool.
- 3_ Add the cacao powder, salt and nuts to a food processor, pulsing for up to 10 minutes to get a creamy paste.
- 4_ Line the base of your chosen serving glasses with a couple of spoonfuls of the nut butter and place in the fridge to chill.
- 5_ Put 300g of the fruit into a blender and blitz until it resembles a smooth, thick juice. Empty into a mixing bowl.
- 6_ Stir in 100g of whole fruit pieces, the honey and lime juice and set aside.
- 7_ In a mixing bowl, fold in the lime zest and icing sugar into the COYO.
- 8_ Remove the glasses from the fridge and layer in the fruit mixture and cream topping, finishing off with a few berries.
- 9_ Garnish with fresh, torn mint leaves and grated dark chocolate.
- 10_ Keep chilled until ready to serve.





RASPBERRY SLICE

Serves: 12-16
Preparation time: 20 minutes
Freeze time: 4 hours

INGREDIENTS

For the base

- 12 medjool dates (pitted)
- 1 cup raw cashews
- ½ cup raw cacao powder
- 2 tbsp coconut oil, softened

For the raspberry layer

- 2 cups fresh raspberries (other fruits can be used, but raspberries are best)
- ⅓ cup raw cashews
- 4 tbsp shredded coconut
- 3 tbsp maple syrup, add extra to taste if needed
- 1 tbsp coconut oil, softened

For the chocolate ganache topping

- 80g 100 per cent chocolate
- ½ cup maple syrup
- 3 tbsp coconut cream
- 3-4 drops of vanilla extract

PREPARATION

- 1_ Place all of the base ingredients in a food processor and blitz until a sticky mixture forms.
- 2_ Press the mixture into a greaseproof paper-lined tin or tray approximately 20 x 15cm and place in the freezer.
- 3_ Place all the raspberry layer ingredients into a food processor and blitz until combined.
- 4_ Add to the top of the base layer and return to the freezer.
- 5_ Melt the chocolate in a bowl over hot water, then add the maple syrup, vanilla extract and coconut cream and combine until smooth.
- 6_ Pour over the raspberry layer and freeze.
- 7_ Slice once frozen and store in the freezer or fridge.



GIN AND TONIC

Serves: 1
Preparation time: 5-10 minutes

INGREDIENTS

- 1 tbsp sugar syrup (see below for recipe)
- 3 blackberries
- ½ tsp juniper berries
- 3 mint leaves
- Crushed ice cubes
- 1 tsp lime juice
- 1 cl (1.5 ounce) good quality gin
- Tonic water

For the sugar syrup

- 2 cups caster sugar
- 1 cup of cold water

PREPARATION

- 1_ Pour one cup of water into a saucepan, add one cup of caster sugar and put over a low heat.
- 2_ Gently stir until most of the sugar has dissolved. Add the second cup, stirring as you pour it in. Keep going until no granules of sugar are left visible. Don't let the water boil.
- 3_ Cool the sugar syrup, bottle it and store it in the fridge.
- 4_ Take a gin glass and pour in one tablespoon of sugar syrup.
- 5_ Add the blackberries, giving them a gentle push into the syrup so they release a little juice.
- 6_ Tear the mint leaves and add. Half fill the glass with ice.
- 7_ Pour in the lime juice and the measure of your chosen gin.
- 8_ Top up with tonic water and add the juniper berries to complete the perfect summer gin.