

Cranberry Ripe Delight

What you need...

Base

250 grams desiccated coconut
200 grams dried cranberries
4 tablespoons coconut oil melted
2 tablespoon maple syrup
4 or 5 fresh strawberries
1 - 2 teaspoons of beetroot powder (This ingredient isn't vital but is a natural way to get that lovely pink colour)

Topping

Block of dark chocolate
1 tablespoon coconut oil
1 tablespoon maple syrup
2 table spoon raw cacao powder
Any nuts or seeds you like - try slivered almonds, chopped pecans or hemp seeds

Utensils

Food processor or blender
Baking tray (20cm x 30cm slice pan will work well)
Measuring cups and spoons

HANDY HINTS

Can't get dried cranberries?
Try using [goji berries](#) or [sultanas](#)

Don't have maple syrup?
Use [honey](#) or [rice malt syrup](#) instead



What to do:

First make your base

- + In a food processor, whizz up all the base ingredients until combined and a sticky mixture is formed
- + Scrape mixture into the tray and squash it down firmly, making sure it fills the tray evenly
- + Cover and put in the fridge to chill for at least an hour
- + Once base is firm, it is time to make the yummy chocolate topping

Prepping the chocolate topping

- + Melt dark chocolate, coconut oil and maple syrup in the microwave or on the stove top
- + Once the mixture is warm and runny, sift in the raw cacao powder and mix through until velvety and smooth
- + Remove the chilled base from the fridge and pour over the melted chocolate mixture
- + Before the chocolate starts to set, sprinkle the top with nuts or seeds of choice
- + Cover and put back into the fridge to set for at least an hour
- + Once set, chop into chunks and enjoy!