



## CHOCOLATE FROSTING

### ALLERGIES:

No grains  
No dairy  
No eggs  
No gluten  
Low disaccharides

Prep time: 15 mins

Cook time: Nil

Serves: 8



### INGREDIENTS

- 150g raw cashews
- 30g cacao powder
- 4 Medjool dates, remove stones
- 2 tsp vanilla extract
- 60g rice malt syrup (or maple syrup)
- 50g water

### METHOD

- In high speed blender, (I use my thermomix), blend cashews and cacao powder.
- Add all other ingredients and blend for 30 seconds.
- Scrape sides down and blend another 20 seconds.
- If mixture is a bit thick, add a little water and blend again, repeating this until it is the consistency you want.