



## Chocolate & raspberry creams

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



686 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 300 g raspberries frozen thaw (no need to them)
- ☐ 1 tbsp brandy
- ☐ 3 tbsp raspberries
- ☐ 175 g chocolate dark grated
- ☐ 300 ml vanilla fresh
- ☐ 6 servings shortbread cookies
- ☐ 2 egg whites
- ☐ 50 g powdered sugar for dusting

- ☐ 100 g almond flour
- ☐ 25 g cocoa powder
- ☐ 50 g powdered sugar
- ☐ 6 blanch ed almonds and
- ☐ 300 g raspberries thick

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ microwave

## Directions

- ☐ Mix the raspberries with the brandy, if using, and raspberry conserve, then spoon into the base of 6 glasses.
- ☐ Break the chocolate into a Pyrex bowl, then melt in the microwave on High for 1-2 mins, or place the bowl over a pan of simmering water and stir until melted. 3 Stir the yogurt and custard into the melted chocolate, then spoon on top of the berries. Cover and chill until ready to serve, then top with grated dark chocolate.
- ☐ To make the chocolate macaroons, heat oven to 190C/fan 170C/gas 5, then line a baking sheet with baking parchment.
- ☐ Whisk 2 egg whites until stiff, then gradually whisk in 50g icing sugar until thick and glossy.
- ☐ Mix 100g ground almonds and 25g cocoa with another 50g icing sugar, then stir into the egg white mixture. Divide the mix into 12, wet your hands, then shape each piece into a ball.
- ☐ Place spaced apart and slightly flattened on the baking sheet. Top each with a blanch ed almond, then bake for 10 mins until firm, but still soft in the centre. Cool. Dust with icing sugar. Can be made 2 days ahead and kept in an airtight container.

## Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:15.06, Inflammation Score:-7, Nutrition Score:19.030434738035%

Flavonoids

Cyanidin: 49.15mg, Cyanidin: 49.15mg, Cyanidin: 49.15mg, Cyanidin: 49.15mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Pelargonidin: 1.05mg, Pelargonidin: 1.05mg, Pelargonidin: 1.05mg, Pelargonidin: 1.05mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 11.96mg, Epicatechin: 11.96mg, Epicatechin: 11.96mg, Epicatechin: 11.96mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 686.15kcal (34.31%), Fat: 29.86g (45.93%), Saturated Fat: 10.39g (64.97%), Carbohydrates: 72.43g (24.14%), Net Carbohydrates: 58.5g (21.27%), Sugar: 40.43g (44.92%), Cholesterol: 0.88mg (0.29%), Sodium: 127.73mg (5.55%), Alcohol: 15.96g (100%), Alcohol %: 7.79% (100%), Caffeine: 32.92mg (10.97%), Protein: 10.74g (21.49%), Manganese: 1.69mg (84.45%), Fiber: 13.93g (55.72%), Copper: 0.84mg (42.04%), Iron: 6.36mg (35.33%), Vitamin C: 28.14mg (34.1%), Magnesium: 123.89mg (30.97%), Phosphorus: 179.09mg (17.91%), Potassium: 547.01mg (15.63%), Vitamin B2: 0.26mg (15.15%), Vitamin E: 2.03mg (13.54%), Vitamin K: 13.69µg (13.04%), Zinc: 1.92mg (12.81%), Folate: 47.46µg (11.86%), Vitamin B3: 2.19mg (10.96%), Vitamin B1: 0.15mg (10.24%), Calcium: 100.17mg (10.02%), Selenium: 6.66µg (9.52%), Vitamin B5: 0.61mg (6.08%), Vitamin B6: 0.11mg (5.4%), Vitamin B12: 0.09µg (1.51%), Vitamin A: 70.96IU (1.42%)