

KINDNESS CAFÉ

FRIDAY'S MENU

BACKSTAGE at the Festival Kitchen

There's a lot of work that goes on behind the scenes here at Norfolk and Waveney Mind...including, well, baking!

Today, the lovely Rose Coppard has shared her delicious recipe for **salted tahini brownies**. Rose is a Peer Support Worker for the Wellbeing service - City Team, based in Norwich. Wellbeing Norfolk and Waveney provide a range of support for people with common mental health and emotional issues, helping them to improve their wellbeing and quality of life.

Superstar ingredients: tahini and non-refined sugar



Tahini is a thick paste made from ground sesame seeds, which is high in protein, minerals and a rich source of vitamin B6 (see Tuesday's menu in the Kindness Café to find out why vitamin B6 is so important).

This recipe also uses non-refined sugar - maple syrup and coconut sugar are used instead as natural sweeteners. This makes it a delicious and chocolatey treat whilst being a bit kinder to your body, immune system and teeth (!) than most sweet treats.



What are you waiting for? It's time for a treat!

KINDNESS CAFÉ

Backstage Baking!

Salted Tahini Brownies

By Rose Coppard, Wellbeing Service

Makes: 15

INGREDIENTS

- 1 cup tahini
- ½ cup coconut sugar (you can buy this from Lidl!)
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 2 x eggs
- 1/3 cup unsweetened cocoa powder
- 1 tbsp coconut flour (you can get this from Lidl too!)
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- 1/3 cup of either (or a mixture of all, if you wanna go for it!):
chocolate chips (or broken up chocolate) pecans / cashews/ hazelnuts



For the chocolate drizzle:

- 2 tbsp chocolate chips or cocoa powder
- 1 tsp coconut oil

METHOD

- Pre-heat oven to 350F/176C and grease a 9x9 inch baking pan with no-stick spray or grease-proof paper.
- In a large bowl, combine the tahini, coconut sugar, maple syrup, vanilla extract and the eggs until smooth and well combined.
- Gently fold in the cocoa powder, coconut flour, salt and bicarbonate of soda until you have a smooth batter. Fold in your chocolate chips or nuts.
- Spread into the prepped baking tin and bake for 22 – 30 minutes, or until a knife inserted into the middle comes out clean. Don't over-bake!
- Put on a cooling rack when cool enough to handle.
- Put a saucepan over a low heat, add the chocolate chips and coconut oil, stirring frequently until melted and smooth. (If you don't have chocolate chips, you may need to play around with more coconut oil and cocoa powder. I also like to add some salt to this drizzle too!) Drizzle over the brownies.

KINDNESS CAFÉ

FRIDAY'S MOCKTAIL

Here's a recipe for a deliciously thick drink that features sesame seeds - these also being the key ingredient of tahini, which stars in today's recipe. This recipe is featured in the book, *Smoothies & Juices*, by Marks and Spencer, Copyright © Exclusive Editions 2006.

THE BELOW RECIPE IS © Smoothies & Juices, Marks and Spencer © 2006

Berry Booster

Sesame seeds are an unusual addition but they give this smoothie a little something extra. Sprinkle some over the top to decorate if desired.

Serves: 1

INGREDIENTS

- 25g / 1 oz blueberries
- 85g / 3 oz raspberries, thawed if frozen
- 1 tsp clear honey
- 200ml / 7fl oz live or bio yoghurt
- About 1 heaped tbsp crushed ice
- 1 tbsp sesame seeds

METHOD

- Put the blueberries into a food processor or blender and process for 1 minute.
- Add the raspberries, honey and yogurt and process for a further minute.
- Add the ice and sesame seeds and process again for a further minute.
- Pour into a tall glass and serve immediately.



SMART SWAPS

If you can't eat **sesame**, then this recipe works just as well **without** the sesame seeds. The yoghurt can also be swapped for a **vegan yoghurt**, such as a coconut or soya-based one. You could also exchange the honey for **pure maple syrup**.