



STRAIGHT FROM THE SOURCE

FRESH & LIGHT INSPIRATIONS



the source
BULK FOODS

THE SOURCE WAY

BEFORE SUPERMARKETS, WEEKLY FOOD SHOPPING USED TO BE ABOUT GOING STRAIGHT TO THE SOURCE; LOCAL FARMERS, GROWERS AND PEOPLE WHO MADE THE FOOD WE EAT.

At your local The Source Bulk Food store, we've created a way of shopping which reflects how we used to live – natural ingredients, healthy options and buying only what you need, as you need it.

With over 55 stores around the country and growing, each is owned locally by families who are proud to be bringing The Source way to their communities, allowing even more people the opportunity to experience a better way to shop and a better way to live.

Living The Source way means there's also much we can do to help reduce waste in Australia. Being more considered about how much we buy and how we buy it, is just the beginning. By being a little more conscious of our shopping habits, each of us is helping to make the world a cleaner, more resourceful place to live.

Enjoy our special edition of light and fresh inspirational recipes. We hope it will inspire you to prepare delicious food and make a few small changes for your health and that of our planet.

Enjoy!

The Source Bulk Foods Team.





CLEAN LIVING AT THE SOURCE!

Cleaning doesn't need to be a dirty word! Especially when you can do it using good quality and natural products that don't harm the environment, don't expose the family to nasty chemicals and allow you to reuse the bottles or containers you already have.

We have a full range of high-performance cleaners for the home which are all grey water and septic safe, biodegradable and free of toxins. Here are some of our favourites.

LEMON MYRTLE KITCHEN & BATHROOM CLEANER

This food-safe and effective cleaner kills mould and 99.9% of sickness-causing germs. Add to a bucket of water for floors and hard surfaces, or dilute 20mL with 500mL water in a reusable spray bottle for use on kitchen benches, fridges, cutting boards, bathrooms and kids' toys.

LEMON MYRTLE LAUNDRY POWDER

Our filler-free washing powder is so pure that it gives 50 washes per kilo, about 50c per wash. That's good for the environment and your pocket. Suitable for front and top loaders, cold water and hot. Ideal for nappies and towels since, unlike many detergents, it won't leave a build-up that stops them from being absorbent.

FRAGRANCE FREE STAIN REMOVER & SOAKER

A little goes a long way with this stain remover. Use it to boost a heavily soiled load in a front or top loader, or for soaking colourfast and white garments with stubborn stains. Being free of toxins, fragrance and sensitisers, this stain remover is so pure that it's perfect for even the most sensitive skin.

LEMON MYRTLE DISHWASHER POWDER

Our dishwasher powder is boosted by the natural antibacterial and antifungal properties of Australian lemon myrtle oil to leave dishes clean and sparkling. Highly concentrated with 66 doses in every kilo, that's around 25c per wash. Save on all that single-use plastic that comes when buying dishwasher capsules from the supermarket.

LEMON MYRTLE DISHWASHING LIQUID

The super strength, grease cleaning power of our dishwashing liquid leaves dishes, cutlery and pans squeaky clean. It's highly concentrated so only a small amount is needed and, because it's free of toxins and sensitisers, it is also gentle on hands.

10% WHITE VINEGAR

This is not the regular vinegar for sprinkling on fish, ours is high strength vinegar that is amazing at cutting through grease, removing calcium and soap scum. Use it neat for cleaning built up grime in the bathroom and toilet, dilute it to leave glass sparkling or for cleaning tiles and lino, or combine it with bicarb soda to make a scrubbing paste to remove heavy build up. It can even be combined with salt as an effective weed killer.

WASHING SODA

Washing soda is not just a pre-soak and laundry booster, it can remove hard water deposits in vases, freshen and unclog drain traps, clean greasy build up from pans and oven racks, and make floors sparkle. Sprinkle it on the toilet brush before scrubbing or make it into a paste with hot water for tiles. Outdoors it can be used to clean the barbecue grill and outdoor furniture, remove moss and grease from paths and remove the smell from rubbish bins.

OUR TOP 6 PLANT SWAPS

More people are switching to a plant-based diet either fully, or by replacing meat and dairy for a few days each week or just one meal a day. There are many health and environmental benefits to a plant-based diet and because beans, grains and rice can be included, it may even work out to be a bit less expensive as well. Start slowly by making just one plant-swap at a time and drop in to your local The Source Bulk Food store, where the team will be able to show you all the products we stock that make a plant-based diet easy.



SWAP DAIRY MILK FOR...

Any of our nut and coconut milk options. Our organic coconut milk powder is easy to keep in the cupboard until needed. Just combine it with water and store in the fridge or add it directly to laksa and soups for a little creaminess. Alternatively, try our range of nut mylk bases in flavours that include almond, hemp or hazelnut. These are ideal for cooking, baking or drinking.



SWAP EGGS IN BAKING FOR...

Chia or linseed eggs which are quick and easy to make. Simply combine 1 tbs chia seeds or ground linseed with 2½ tbs water and let sit for 10 minutes until thickened. These seed eggs are not suited for all recipes but, because they are gelatinous and sticky, are ideal in pancakes, cookies, quick breads, brownies, puddings & muffins.



SWAP MEAT PROTEIN FOR...

Lentils, chickpeas and just about any of our beans which all rate highly for their protein levels and are easily incorporated into hot and cold meals. For a mid-afternoon protein snack, try our Lime & Black Pepper Fava Beans. A small handful of almonds or pistachios every day will also help to increase protein intake.



SWAP CREAM FOR...

Cashew cream which is both delicious and versatile. Cashew cream makes a velvety base for dips and dressings or adds creaminess to soups and stews. Easily made by soaking 1 cup raw cashews in water overnight, draining, and then combining in a blender with a ½ cup of fresh water. Blend until silky and the texture of cream. Season with a little salt if desired, or for sweet dishes, blend in a pitted Medjool date. Store in the fridge for up to one week.



SWAP CHEESE FOR...

Toasted nutritional yeast flakes which add nutty, cheese flavours to dips, salad dressings, sauces and spreads. It's an excellent source of vitamin B12 which is essential to the body but can be difficult to maintain on a plant-based diet. Sprinkle flakes liberally over grilled vegetables, popcorn and risotto, or make an incredible cheese sauce by stirring 2 tbs through 1 cup cashew cream along with a little lemon juice, garlic powder, salt and pepper.



SWAP BUTTER FOR...

Coconut butter. Enjoy it on muffins, toast, pancakes, oats and sweet potatoes or use it in raw and baked treats. To make, add 400g organic desiccated coconut to a food processor (not a blender). Blend until it starts to break down and add a further 100g coconut. Maintain enough coconut in the processor so the blades can churn it into butter. Continue processing for 8 to 10 minutes until creamy, scraping down the sides occasionally. If desired, add a pinch of salt or vanilla powder. Store in a sealed jar at room temperature for up to two weeks or longer in the fridge.



SWAP HONEY FOR...

Rice malt syrup and agave syrup. Both are very good substitutes if a totally vegan diet is the aim. They taste surprisingly similar to honey and can be used for baking, savoury dishes, or for sweetening tea and desserts. Of course, maple syrup is also a useful sweetener & shouldn't be saved just for pancakes



RECIPES

LIGHT, FRESH AND TASTY INSPIRATIONS AHEAD



BOTANICAL ICED TEA

SERVES 3-4

3 tsp organic chamomile flowers
3 tsp lemon myrtle powder
½ tsp black pepper, whole
750mL boiling water
1 tbs honey or rice malt syrup, to taste
8-10 naked ginger pieces, diced
100mL fresh lemon juice
Lemon slices
Extra naked ginger, for garnish

Combine boiling water with chamomile tea flowers, lemon myrtle and black pepper. Allow to steep for approximately 8 minutes. Strain then add honey and stir. Refrigerate.

Place the naked ginger and lemon juice into a pitcher or jug and muddle by mashing the ginger against the sides using a muddler or handle of a wooden spoon.

Add a generous amount of ice to the pitcher and a few lemon slices. Pour the tea mixture into the jug and stir.

Serve in tall glasses with lemon slices and naked ginger.

SERVES 1

TURKISH DELIGHT ICED TEA

4 tsp Turkish Delight Tea blend

2 whole cloves

4 tsp organic raw sugar

500mL boiling water

Soda or tonic water, as preferred

Organic rose petals

Fresh mint leaves

Add tea leaves, cloves and sugar to a glass jug or plunger.

Pour over the boiling water and allow to steep for up to 8 minutes.

Strain and allow to cool slightly before pouring into a sealable glass bottle and refrigerating.

Fill a tall glass with the tea to around three-quarters full and then top with soda or tonic water. Garnish with rose petals and fresh mint leaves





BERRY CHEESECAKE SMOOTHIE BOWL

SERVES 2

GLUTEN
FRIENDLY

DAIRY
FRIENDLY

2 or 3 bananas, frozen

65g frozen blueberries

2 tbs strawberry coconut yoghurt

20g raw cashews, soaked overnight

Splash of coconut water to blend

2 tsp fresh lemon juice

1 Medjool date or 2 tsp maple syrup (optional)

½ tbs hemp seeds

135g Hazelnut Fig and Cardamom Granola

130g dried blueberries (or fresh berries of choice)

Blend bananas, frozen berries, yoghurt, cashews, coconut water and juice in a blender until smooth and creamy.

For a little more sweetness, add the date or maple syrup as desired.

Divide into two serving bowls and top with hemp seeds, berries and granola to serve.

Recipe & image by @thrivingonplants

SERVES 1

GLUTEN
FRIENDLY

DAIRY
FRIENDLY

RASPBERRY KIWI CHIA PARFAIT

45g frozen or fresh raspberries

½ cup coconut water

½ tsp vanilla extract

⅛ tsp stevia powder, to taste

2 tbs white chia seeds

1 tsp beetroot powder

½ cup almond or coconut milk

Squeeze of lime

1 kiwifruit, sliced

Blend raspberries with the coconut water, vanilla extract, stevia and almond or coconut milk.

Pour into a bowl and stir in the chia seeds and enough beetroot powder to achieve the desired colour. Then add a squeeze of lime.

Cover and place in the fridge overnight.

When ready to serve, place slices of kiwifruit around the sides of a jar or glass, fill with the berry mixture and top with more raspberries.

Recipe & image by @healthyeating_jo





WHITE CHOC RASPBERRY COLLAGEN BARS

SERVES 12

GLUTEN
FRIENDLY

140g raw macadamias
140g raw cashews
115g shredded coconut
2 tbs fresh cashew butter
30g collagen powder (optional)
55g coconut butter
(see recipe on page 7)

3 tbs rice malt syrup
½ tsp vanilla powder
Zest & juice of half a lemon
135g dried raspberries
200g white chocolate, to cover

Prepare a 30cm baking tray by lining with baking paper.

Gently melt coconut butter then place with all other ingredients, apart from the raspberries and white chocolate, into a food processor and blend until combined.

Add the raspberries and fold through with a spatula.

Pour the mixture into the baking tray and press it down firmly.

Place into the freezer to set for around 30 minutes or until solid. Cut the bars into the desired size and return to the freezer.

Melt the chocolate in a heat proof bowl over a saucepan of simmering water. Set aside.

Remove the bars from the freezer and use a fork to dip each piece into the chocolate. Place on a tray to set.

Store in the fridge until ready to enjoy.

MAKES 10

GLUTEN
FRIENDLY

DAIRY
FRIENDLY

PEANUT BUTTER FUDGE BARS

130g fresh peanut butter

125mL maple syrup

Pinch of salt

½ tsp vanilla powder

70g roasted peanuts, roughly chopped

115g coconut butter (see recipe on page 7)

200g dark chocolate buttons, to cover

Prepare a 20cm baking tray by lining with baking paper.

Place peanut butter, maple syrup, salt, vanilla and chopped peanuts into a bowl.

Melt the coconut butter for a few seconds in a microwave and add into the bowl. Stir through until combined.

Press the mixture into the tray and place in the freezer until firm.

Remove from the freezer and chop the fudge into bar shapes. Return to the freezer for a few minutes.

Melt the chocolate in a heat proof bowl over a saucepan of simmering water.

Using a fork, dip the bars into the chocolate and place onto a tray to set. Drizzle any extra chocolate over the top with the fork.

Store in the fridge or freezer.

Recipe & image by @pheebfoods





BLACK BEAN QUINOA CHILLI BUDDHA BOWL

SERVES 3-4

GLUTEN
FRIENDLYDAIRY
FRIENDLY

115g dried black beans, soaked overnight

1 small brown onion, diced

2 garlic cloves, crushed

2 tbs tomato paste

2 tsp ground coriander

4 tsp ground cumin

½ tsp dried oregano

½ tsp chilli powder

½ tsp onion powder

Salt and pepper to taste

400g can cherry or diced tomatoes

190g quinoa, rinsed and uncooked

2 cups vegetable stock or water

2 tbs lemon juice

Rinse the soaked black beans. Place in saucepan and bring to the boil. Simmer for 45 minutes. Drain.

In a pot, sauté the onion and garlic over medium heat until lightly browned. If needed, add 1 tbs water to stop the onion from sticking.

Add in the tomato paste and spices. Cook until fragrant, then stir through the canned tomatoes.

Add the uncooked quinoa and vegetable stock. Stir and bring to the boil. Place the lid on and reduce heat, simmering for around 15 minutes until liquid is absorbed and quinoa is cooked.

Stir through the black beans, lemon juice and more spices, if desired.

Serve with baked potatoes, salad, hummus and avocado.

SERVES 4

GLUTEN
FRIENDLY

DAIRY
FRIENDLY

BEETROOT CURED SALMON WITH BUCKWHEAT BLINI & AVOCADO CREAM

500g skinless salmon fillet
90g Australian pink lake salt
60g brown sugar
2 tbs beetroot powder
1 tbs natural lemon pepper
1 tbs fennel seeds, ground
150g Buckwheat Pancake Mix
200mL nut mylk of choice

2 avocados
Juice of 1 lime
¼ tsp Australian pink lake salt,
extra
½ bunch dill, finely chopped
½ bunch chives, finely chopped
4 radishes, finely sliced
Snow pea shoots

On the day prior, cure the salmon by mixing 90g salt with sugar, beetroot powder, lemon pepper and ground fennel seeds in a bowl. Press the curing mix over all sides of the salmon and wrap tightly in a piece of beeswax wrap. Place in a dish in the fridge for 24 hours.

The next day, wash the curing mixture off the salmon under cold running water and then pat dry with paper towel. Thinly slice the salmon and keep in the fridge until ready to use.

To make the buckwheat blini, whisk the Buckwheat Pancake Mix and the nut mylk in a bowl until smooth.

Heat a non-stick frying pan over medium heat and using a pouring jug, pour small amounts of batter into the pan to form blini that are 3cm in diameter. When bubbles start to appear, turn the blini and cook for another 30 seconds until lightly browned.

Prepare the avocado cream by placing the avocado, lime, dill and extra salt into a food processor and blending until smooth.

Serve the salmon slices with the buckwheat blini, avocado cream, chives, radish and snow pea shoots.





PESTO PASTA WITH NATIVE BUSH-SPICED LAMB CUTLETS & ROASTED CARROTS

SERVES 2

GLUTEN
FRIENDLY

DAIRY
FRIENDLY

LAMB CUTLETS & CARROTS

2 cloves garlic
Zest of half lemon
1 tbs Mixed Native Bush Spice
30mL olive oil
4 lamb cutlets
1 bunch baby carrots with tops
125g Organic Quinoa & Rice Penne Pasta
1 bunch asparagus, cut into 2cm lengths
100g snow peas, trimmed
Salt and pepper
Basil leaves
¼ cup Pepita & Macadamia Pesto (see right)

To prepare the lamb, combine the garlic, lemon zest, bush spice and olive oil in a mortar and pestle and grind to a paste. Spread the paste all over the lamb cutlets and place in a sealed container in the fridge for at least an hour or overnight.

Heat oven to 200°C.

For the pesto, roast pepitas for 5-6 minutes, stirring halfway. Allow to cool.

Combine the pepitas and the remaining pesto ingredients in a food processor and blend until combined. Taste to check for seasoning. Store in the fridge in an airtight container with a thin layer of olive oil over the top to prevent oxidation.

For the carrots, place in a baking tray with a drizzle of olive oil, salt and pepper. Roast for 30-40 minutes, turning halfway.

PEPITA & MACADAMIA PESTO

75g pepitas
40g roasted macadamias
25g washed carrot tops
25g fresh basil leaves
¼ cup nutritional yeast flakes
1 or 2 cloves garlic
Juice of half a lemon
125mL olive oil
1 tbs apple cider vinegar
1 tbs maple syrup
Salt and pepper

For the asparagus and snow peas, prepare a bowl of iced water and bring a small saucepan of water to the boil. Place the asparagus and snow peas in the boiling water and cook for 30 seconds, strain and place in iced water. Strain once cooled.

For the pasta, bring a saucepan of salted water to the boil. Add pasta and simmer for 10 minutes. Strain pasta, saving a small amount of cooking water, then return pasta to saucepan. Stir through ¼ cup of the pesto, the cooked asparagus and the snow peas. Add back a little bit of pasta water if needed.

Heat a small frying pan over medium heat with a drizzle of olive oil. Cook the lamb cutlets, about 2 minutes per side for medium rare, or until cooked to your liking.

Serve the pasta, lamb and carrots with extra basil leaves and pesto on the side.

SERVES 4

CHICKEN SKEWERS WITH QUINOA TABBOULEH, HUMMUS AND FLATBREADS



CHICKEN SKEWERS

1kg chicken thigh fillets, 2cm pieces
 1 clove garlic, minced
 2cm piece ginger, grated
 1 ¼ tbs Outback Bush Curry mix
 ½ tsp Australian pink lake salt
 Zest & juice of half a lemon
 2 tbs olive oil

TABBOULEH

200g tricolour quinoa
 ½ tsp Australian pink lake salt
 ½ lemon, juiced
 60mL olive oil
 1 Lebanese cucumber, diced
 200g cherry tomatoes, halved
 ½ red onion, finely chopped
 ½ cup mint, finely chopped
 ½ cup parsley, finely chopped

For the chicken skewers, place all ingredients in a bowl and mix to combine. Thread onto 12 skewers and keep in the fridge until ready to cook.

For the hummus, place the soaked chickpeas in a saucepan and cover with water. Bring to the boil and cook for 1 hour or until very soft. Strain, reserving ½ cup of the cooking liquid. Place the chickpeas, cooking liquid and remaining hummus ingredients into a food processor and blend until smooth. Pour into a small serving bowl and place in the fridge.

For the tabbouleh, place the quinoa in a saucepan with enough water to cover by 2cm. Bring to the boil, reduce heat and cover. Simmer for 15 to 20 minutes or until water is absorbed and quinoa is fluffy. Set aside and then once cool, combine with the remaining tabbouleh ingredients. Place into a serving bowl and keep in the fridge until ready to serve.

For the flatbreads, combine all ingredients in a bowl and use hands to bring together into a ball. Turn out onto a floured surface and knead briefly until smooth. Cut dough into four pieces and roll each out to 3mm thick rounds. Dust off excess flour and brush with olive oil or butter. Heat a non-stick pan over medium-high heat and cook the flatbread for 1 to 2 minutes on each side, until browned and puffing up. Wrap in a tea towel and set aside until ready to serve.

To cook the chicken skewers, place a grill pan over medium-high heat and drizzle with olive oil. Cook the chicken skewers for 8 to 10 minutes, turning occasionally. Place on a serving platter.

Present the chicken skewers, hummus, tabbouleh, and flatbread in the centre of the table, along with the Bush Dukkah and lemon wedges, so that everyone can serve themselves.

HUMMUS

50g dried chickpeas, soaked overnight
 1 clove garlic
 1 tsp ground cumin
 Juice of half a lemon
 130g tahini
 ½ tsp Australian pink lake salt

FLATBREADS

180g self raising flour
 ½ tsp baking powder
 ½ tsp Australian pink lake salt
 180g plain yoghurt
 Bush Dukkah and lemon wedges
 to serve



MIXED BEAN SALAD WITH COCONUT CRUSTED PRAWNS & MACADAMIA CREAM

SERVES 4

GLUTEN
FRIENDLY

DAIRY
FRIENDLY

BEAN SALAD

80g pepitas

100g black turtle beans, soaked overnight

100g kidney beans, soaked overnight

220g brown rice

2 cobs corn

½ red onion, finely diced

1 small green capsicum, diced

1 long green chilli, finely chopped

1 tsp chilli flakes

**Bunch coriander, finely chopped, some
leaves reserved for garnish**

Juice of 1 lime

1 tbs maple syrup

1 tbs olive oil

Salt and pepper

1 cos lettuce, leaves torn

1 avocado, quartered

For the bean salad, place the soaked black turtle beans and kidney beans in a saucepan and cover with water, bring to the boil and cook for 1 hour or until tender. Strain and place in a large bowl.

Pre-heat oven to 180°C. Place the pepitas on a small tray and roast for 8 minutes, until golden. Set aside.

Meanwhile, place the brown rice in a small saucepan and cover with water, bring to the boil and cook for 30 minutes, strain and add to the beans.

At the same time, bring a large saucepan of water to the boil, add the corn and cook for 20 minutes. Remove from water and allow to cool before cutting off the kernels and adding to the beans and rice.

Add the onion, capsicum, green chilli, coriander, chilli flakes, lime juice, maple syrup, olive oil, salt and pepper to the bean, rice and corn mix. Stir to combine. Set aside.

To assemble salad, place the cos lettuce leaves on a serving platter. Spoon bean salad over the top with quartered avocado and toasted pepitas. Serve with Coconut Crusted Prawns and Macadamia Cream. See next page for recipes.

See next page for recipe.

COCONUT CRUSTED PRAWNS

16 king prawns, peeled and deveined, tails left on
60g tapioca flour
2 tsp paprika
1 tsp salt, plus extra
2 eggs
2 cups shredded coconut
Sunflower oil, for shallow frying
3 spring onion, finely sliced for garnish
Lime wedges, to serve

MACADAMIA CREAM

160g raw macadamias, soaked overnight, liquid reserved
Juice of 2 lime
2 tbs nutritional yeast flakes
½ tsp salt
1 tbs apple cider vinegar

For the macadamia cream, place all ingredients and ½ cup of reserved soaking liquid in a food processor or blender. Blend until very smooth, scraping down the sides when necessary. Scrape into a small bowl and place in fridge until required.

For the prawns, combine the tapioca flour, paprika and salt in a bowl and toss through the prawns. Whisk the eggs in a small shallow bowl. Place coconut in another bowl. Dip prawns one at a time in egg mixture and then coconut, pressing coconut onto prawns. Place on a plate.

Heat sunflower oil in a large frying pan over medium heat. Cook prawns for 1-2 minutes each side, until golden and cooked through. Place on a plate and sprinkle with extra salt.

Serve prawns topped with extra lime wedges and spring onion alongside the Mixed Bean Salad and Macadamia Cream.





ZUCCHINI, PROSCIUTTO AND GOAT'S CHEESE PIZZA ON CHARCOAL SPELT BASE

SERVES 2-3

CHARCOAL SPELT BASE

250g spelt flour, plus extra for kneading
1 tbs baking powder
½ tsp Australian pink lake salt
2 tbs olive oil
2 tbs activated charcoal
¼ to ½ cup warm water

Pre-heat oven to 240°C. Dust two baking trays with spelt flour.

To make the base, combine all dough ingredients in a bowl and mix until just combined. Turn out onto a floured surface and knead until smooth. If dough is too sticky, add a little flour, or if too dry, add a little water.

Cut dough in half and roll each piece out to about 2mm thick. Place these on to prepared trays.

TOPPING

½ cup tomato pasta sauce
180g prosciutto
150g goat's cheese
1 zucchini, sliced into long ribbons
Juice of half a lemon
2 tbs olive oil
Bunch of basil, leaves picked
30g toasted pine nuts
Lemon wedges, extra
Olive oil, extra
Natural lemon pepper

Spread the pasta sauce evenly over the bases leaving 1 cm around the edge. Top with the prosciutto and goat's cheese then bake in the oven for 8 to 10 minutes until the base is cooked and the goat's cheese is starting to brown.

Meanwhile toss the zucchini ribbons with the lemon juice and olive oil. Top the cooked pizza with the zucchini ribbons, basil, and pine nuts and serve with the extra lemon wedges, olive oil and lemon pepper.

SERVES 4

DAIRY
FRIENDLY

PEANUT BUTTER & CHOCOLATE ICE CREAM CAKES

BASE

85g rolled oats or 230g shredded coconut

6 Medjool dates, pitted

2 tbs cacao powder

1 tbs rice malt or maple syrup

PEANUT BUTTER ICE CREAM

250mL coconut milk

3 tbs fresh peanut butter

2 tbs maple syrup

5 Medjool dates, pitted

Pinch Himalayan fine salt

TOPPING

150g dark chocolate buttons, melted

100g roasted unsalted peanuts, chopped

For the base, blend the rolled oats (or coconut), dates, cacao powder and syrup in a food processor until all the ingredients come together. Press into three 8cm cake tins that have either a push-out base or no base but sitting on a tray.

For the ice cream, place the coconut milk, peanut butter, maple syrup, dates and salt into a food processor and pulse until the mix is a smooth, creamy consistency.

Pour into the prepared bases and sprinkle with whole peanuts.

Place in the freezer to set for at least four hours.

Remove from the freezer and drizzle with melted chocolate and a sprinkle of peanuts.

Keep in the freezer until ready to serve.

Recipe & image @rawspirations





BLUEBERRY ICE CREAM WITH OAT BISCUIT CUPS

SERVES 4

DAIRY
FRIENDLY

BASE

90g rolled oats
50g shredded coconut
120g buckwheat flour or 115g
wholemeal spelt flour
65g coconut sugar
2 tbs coconut oil, melted
110g rice malt syrup
¼ tsp vanilla powder
½ tsp bicarb soda

BLUEBERRY ICE CREAM

½ cup coconut cream
75g raw cashews, soaked for an hour
1 tbs coconut oil
50g frozen blueberries
1 tbs lucuma powder (optional)
35g maple syrup

To make the base, place all ingredients except the bicarb soda into a bowl. Mix the bicarb soda with 2tbs water and add to the bowl. Mix all ingredients until well combined and sticking together

Press into 4 silicone cupcake trays.

Bake for 10 minutes on 180°C or until lightly golden.

Remove from oven and allow to rest for 20 minutes.

To make the ice cream, blend all ingredients in a high speed blender until smooth and creamy.

Pour ice cream mixture into each cup and freeze for at least 3 hours before serving.

Recipe & image @rawspirations

STORE LOCATIONS

GATHERING YOUR INGREDIENTS AT YOUR LOCAL THE SOURCE BULK FOOD STORE

Are you wanting to reduce waste? Try bringing your own containers to fill in-store. We will weigh them before you fill them and then deduct that weight so that you only pay for what's inside.

NSW

Balgowlah
Balmain
Bowral
Byron Bay
Crows Nest
Dural
Erina
Glebe
Katoomba
Lane Cove
Mullumbimby
Newcastle
Rhodes
Rouse Hill
St Ives
Surry Hills
Wagga Wagga
Warriewood
Wollongong
Zetland

QLD

Bulimba
Cairns
Caloundra
Fairfield
Hope Island
Lutwyche
Maleny
Maroochydore
Miami
Noosa
North Ward
Southport
Springfield
Toowoomba
West End

VIC

Balaclava
Ballarat
Berwick
Brunswick
Burwood
Camberwell
Fitzroy
Geelong
Hampton
Malvern
Moonee Ponds
Prahran
Rowville
Traralgon

ACT

Belconnen
Dickson

SA

Glenelg
Mitcham

WA

Clarkson
Floreat
Vic Park

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