



Sweet Recipe Creations

Grove is the ultimate baking partner.



Nutrient dense & 100% natural,
Extra Virgin Cold Pressed Avocado Oil.



**COOKIE
GOODNESS!
P23**

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Health Benefits



IT'S GOOD FOR YOU

The amazing avocado has many distinctive health benefits and is classed as a superfood by many. On top of the many health benefits here are a few: It may reduce cholesterol, improve heart health and lower blood pressure. It's high in rich Oleic Acid, a very healthy fat. The essential fats found in avocados are essential for digestion and nutrient absorption because they nourish the lining of the gut. It's an all-round super food!



IT HAS A HIGH SMOKE POINT

Not every oil is created equal. The benefit of avocado oil is that it can be heated to very high temperatures. Why is this good? When oil is heated past its smoke point, the fat starts to break down, releasing free radicals and any health benefit that the oil had is lost.

ADD A
DOSE OF
HEALTHY
FATS

Add Avocado Oil to Your Favourite Smoothie

Add a drizzle (or 1 tablespoon) of avocado oil to your favourite smoothie before blending for an extra dose of healthy fat and Vitamin E, and to make your smoothie much more filling and satiating.



PRODUCT USED



Salted Honey Popcorn

INGREDIENTS

- 2 - 3 Tbsp Grove Extra Virgin Avocado Oil
- ½ cup popcorn kernels
- 1 - 2 Tbsp honey (runny, or melted)
- ½ tsp sea salt

METHOD

Heat avocado oil in a medium saucepan over a medium heat, with 3 or 4 popcorn kernels.

When the kernels begin to sizzle, add the remaining kernels and toss to coat in oil.

Cover the saucepan with a lid and wait for the kernels to pop, every few seconds shaking the pot back and forth so that no kernels burn.

Continue to do this until the popping has stopped, then remove from heat.

Transfer the warm popcorn into a serving bowl, drizzle with the avocado oil and honey, and toss popcorn with spoons to combine.

Sprinkle with salt, toss to combine, and enjoy!



PRODUCT USED



Healthy Banana & Oat Muffins

INGREDIENTS

- 1 1/2 cups wholemeal flour
- 1 teaspoon baking powder
- 1 tablespoon cinnamon
- 1 teaspoon ground ginger
- 1/2 cup rolled oats
- 1/3 cup avocado oil
- 1/3 cup maple syrup
- 1/3 cup soy milk
- 2 mashed bananas
- 1 tablespoon apple cider vinegar
- 1 teaspoon baking soda

METHOD

Preheat oven to 180°C and grease a 12-small or 6 large muffin baking tin. In a small bowl combine flour, baking soda, cinnamon, ginger and oats.

In a separate bowl combine avocado oil, maple syrup and milk, give it a stir. Mix in mashed bananas and stir to combine. Add in apple cider vinegar and baking soda, mix until combined. If the batter is too stiff add more avocado oil.

Spoon the batter into the prepared muffin cups filling them halfway. Bake for 25 minutes or until golden. Remove from the oven and let cool in the baking tin for 5 minutes. Let cool completely before serving. Enjoy!



PRODUCT USED



Sunshine Lemon Yoghurt Cake

INGREDIENTS

- 125 g spelt flour
- 125 g quick cook polenta
- 3 teaspoons baking powder
- 125 ml honey
- zest and juice of 2 lemons
- 1 teaspoon vanilla extract
- 125 ml avocado oil
- 250 ml Greek yoghurt
- 3 eggs

METHOD

Preheat your oven to 160°C fan-forced (320°C). Combine the avocado oil, honey, lemon zest and juice, vanilla, yoghurt and eggs in a bowl.

Add the flour, polenta and baking powder, and mix to form a smooth batter.

Pour the batter into a lined loaf pan.

Bake for 50 minutes or until cooked through.

Cool for at least 30 minutes.

Serve by itself or spread lavishly with vanilla yoghurt frosting.



PRODUCT USED

GROVE
STAFF
PICK!



World’s Healthiest Chocolate Cake

INGREDIENTS

125 ml (½ cup) Grove
Extra Virgin avocado oil

125 ml (½ cup) almond
milk

125 ml (½ cup) pure maple
syrup

4 organic eggs

2 teaspoons vanilla
extract

3 teaspoons gluten-free
baking powder

60 g (½ cup) dark cocoa
powder

300 g (3 cups) almond
meal

avocado frosting to serve
(see inspiration)

METHOD

Preheat your oven to 160°C (320°F) fan-forced.

Combine avocado oil, almond milk, maple
syrup, eggs and vanilla into a bowl.

Add the baking powder, cocoa and almond
meal and mix through until combined.

Bake for 45 minutes until cooked then remove
from the oven to cool.

Combine frosting ingredients until smooth then
ice the cake generously.

Store in the fridge until ready to serve.

AVOCADO FROSTING

To make the avocado frosting combine the flesh
from 2 ripe avocados with:

125 ml (½ cup/4 fl oz) pure maple syrup,

125 ml (½ cup/4 fl oz) coconut cream,

2 teaspoons vanilla extract,

60 g (½ cup/2 oz) dark cocoa powder and a
generous pinch of sea salt.

Blend until smooth and use as the frosting for
the cake.



PRODUCT USED

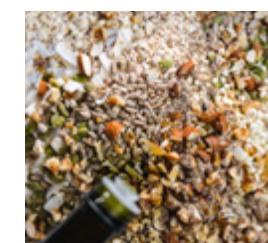
Honey and Cardamom Muesli

INGREDIENTS

- 2 cups rolled oats
- 1 cup puffed rice/millet/quinoa or similar
- 1 cup coconut flakes
- 1 cup of seeds of your choice, eg. pumpkin seeds, sunflower seeds
- 1 cup of nuts of your choice, eg. cashew nuts, sliced almonds, hazelnuts,
- OR, 1 extra cup of seeds
- 1 tsp ground cardamom
- 1/3 cup Grove Extra Virgin Avocado Oil
- 1/3 cup honey (runny, or melted)

METHOD

- Preheat oven to 150C.
- Mix all dry ingredients together in a large roasting pan with sides.
- Drizzle over the avocado oil and honey and mix well to combine with dry ingredients.
- Bake in the oven for 30 minutes or until golden and toasted, turning twice during cooking.
- Add dried fruit (if desired) once cool, and store in an airtight container.



PRODUCT USED



Orange and Pistachio Almond Cake

INGREDIENTS

- 2 large oranges, unpeeled
- 4 large eggs
- 1 Tbsp lemon zest
- ¾ cup sugar
- ½ cup Grove Extra Virgin Avocado Oil
- 2 cups ground almonds/ almond meal
- 2 tsp baking powder
- Extra slices of orange, for topping
- ⅓ cup pistachios, chopped
- For the syrup:**
- Juice of 1 orange
- 1 Tbsp lemon juice
- ¼ cup caster sugar

METHOD

Place the oranges into a saucepan and cover with water. Bring to the boil and simmer gently for 20 - 25 minutes until tender. Drain, and set aside until cool enough to handle. When cooled, cut the oranges in half, and discard any pips.

Preheat oven to 180C, and grease a 20cm round spring form cake tin, and line the bottom with baking paper.

Put the oranges (including skin) into a high speed blender or food processor and blend until smooth.

Whisk together eggs, lemon zest and sugar, add the avocado oil and beat until light and combined.

Mix in the blended oranges, and fold in the almond meal and baking powder.

Pour the mixture into the prepared cake tin, arrange orange slices on top and scatter with pistachios.

Bake for 45 - 50 minutes or until well risen and golden brown, and a skewer inserted comes out clean.

Leave it to cool in the cake tin, prepare the syrup while you wait.

To make the syrup, add the orange juice, lemon juice and caster sugar to a small saucepan, and cook over a very low heat until the sugar has dissolved.

When the cake has completely cooled, remove it from the tin and place on a serving plate, and drizzle over the citrus syrup.



PRODUCT USED

Apple, Berry Lime Crumble

INGREDIENTS

For the filling:

6 apples (Granny Smith or Braeburn), peeled, cored and sliced

¼ cup sugar

¼ cup water

2 cups of mixed berries (thawed if frozen, drained if tinned)

For the crumble topping:

1 ½ cups rolled oats

½ cup plain flour

⅓ cup brown sugar or muscovado sugar

Finely grated zest of ½ a lime

⅓ cup plus extra 2 - 3 Tbsp Grove Extra Virgin Avocado Oil

METHOD

Preheat oven to 180C.

Prepare filling by combining the sliced apple, sugar and water in a saucepan, and cooking for 5 minutes until tender.

Drain off any excess liquid and spread the apple and berries over the base of a medium sized baking dish.

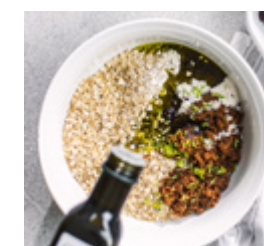
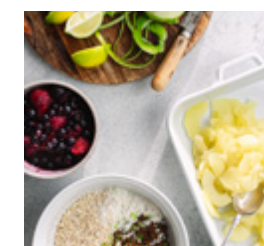
Prepare the crumble topping by mixing all of the dry ingredients together thoroughly (including lime zest).

Add the ⅓ cup of Extra Virgin Avocado Oil and rub the ingredients together with your fingers until the mixture is combined and crumbly, with a few larger lumps as well.

Sprinkle the crumble mixture evenly over the filling, and drizzle over the remaining 2 - 3 tablespoons of Extra Virgin Avocado Oil.

Bake for 25 - 30 minutes or until golden.

Serve warm with custard, ice cream, yoghurt or cream.



PRODUCT USED

Chocolate Mousse

INGREDIENTS

200g dark chocolate, finely chopped

½ cup Grove Extra Virgin Avocado Oil

4 eggs, separated

Pinch of salt

¼ cup sugar

METHOD

Melt the chocolate in a bowl in the microwave, in 20 second bursts, stirring between each. Or melt in a heat proof bowl over a pot of simmering water.

Add the avocado oil in a slow steady stream whilst beating with a hand whisk, until the chocolate and oil is completely combined.

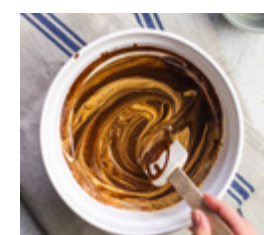
In a medium mixing bowl, beat the egg yolks and half of the sugar, for about 2 - 3 minutes until light and fluffy. Add the chocolate mixture and beat to combine.

In a large mixing bowl beat the egg whites with a pinch of salt, for about 1 - 2 minutes until light and fluffy. Gradually add the remaining sugar and beat until glossy and stiff peaks form.

Using a spatula, scoop out ⅓ of the meringue mixture and mix it into the chocolate mixture. Add another ⅓ of the meringue mixture, and fold in gently. Finally, add the remaining meringue mixture and fold in gently. Folding it in gently ensures that the mousse will be light and fluffy.

Divide the mousse between 4 - 6 serving glasses or ramekins, and refrigerate for 1 - 2 hours, until firm.

Serve with a dollop of whipped cream and chocolate shavings.



PRODUCT USED



Chocolate Chunk Cookies

INGREDIENTS

$\frac{2}{3}$ cup Grove Extra Virgin Avocado Oil

1 cup muscovado sugar (or brown sugar)

$\frac{2}{3}$ cup white sugar

2 large eggs

2 tsp vanilla extract

1 tsp salt

2 $\frac{1}{4}$ cups flour

$\frac{1}{2}$ tsp baking soda

250g dark chocolate, coarsely chopped

METHOD

Preheat oven to 160C, and line 2 baking trays with baking paper.

In a medium bowl, using an electric mixer, beat the avocado oil, sugars, eggs and vanilla together on high speed for about 1 minute, until the mixture is well combined.

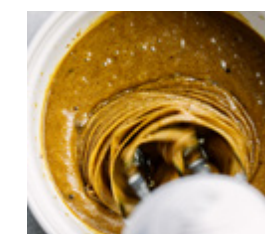
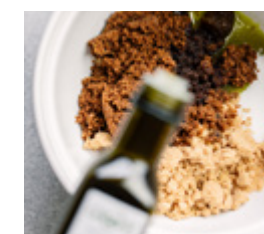
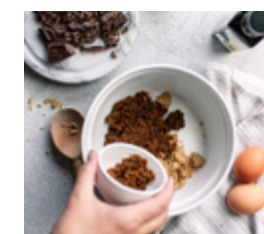
Add the salt, flour and baking soda and fold in using a spatula. The dough might seem a little oily, but this is fine.

Add the chopped chocolate and mix to combine. The more variation in chocolate sizes the better!

Scoop out golf ball sized spoonfuls of dough and roll into balls. Place onto baking trays, allowing space between each for spread, and flatten slightly with the palm of your hand.

Bake the cookies for 15 - 17 minutes, or until golden and the edges are browned.

Leave to cool on the baking sheet for 10 minutes before transferring to a cooling rack.



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