



Photo credit: Kristen Wood

Mango Salad

INGREDIENTS

- 2 large ripe mangoes, peeled and cubed
- 1/2 cup chopped green onion
- 1 iceberg lettuce, chopped
- 1/2 cup cherry tomatoes, halved
- 2 large cucumbers, sliced
- 2 tbs fresh coriander, chopped

Dressing

- 1/4 cup lemon juice
- 1/4 cup olive oil
- 2 tbs maple syrup
- Salt
- Pepper

METHOD

1. Place all the salad ingredients in a big bowl.
2. Whisk lemon juice, oil and maple syrup in a small bowl.
3. Add to the big bowl. Mix the salad gently and serve.

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Photo credit: Coles Magazine

Mango Cheesecake

INGREDIENTS

Cake Base

- 1 1/4 cup walnuts
- 1/4 cup Rapadura (whole cane sugar)
- 1/2 cup shredded dried coconut
- 1/2 cup Raisins
- Pinch of Himalayan pink salt
- 1 Tbs coconut oil
- 2 Tbs water (if required)

Cheese Filling

- 1 1/2 cup cashews (soaked for at least 6 hrs, drain the water and rinse in cold water).
- 1 cup young coconut flesh or 1/2 cup shredded coconut, soaked
- 1/2 cup freshly squeezed lemon juice
- 1 cup agave or coconut nectar
- 1/4 cup dates (soaked for 1 hour and chopped)
- 2 cup mango, chopped, skin off
- 1/2 tsp turmeric
- 1 cup coconut oil, melted
- Pinch of Himalayan salt
- Cherries, for garnish

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Mango Cheesecake

METHOD

1. Place the walnuts, Rapadura and coconut into a food processor, fitted with an S blade. Process until finely ground.
2. Add the raisins, salt, coconut oil and water and blend until it begins to stick together.
3. Place it in a cake tin and spread evenly all over the base. Press it down firmly to the edges.
4. Place the cashews, coconut flesh, lemon juice, agave syrup, dates, mangoes, turmeric and salt in a blender and process until very a smooth cream-like texture
5. Stop occasionally to scrape down the sides of the blender with a spatula.
6. Add the melted coconut oil and process until blended. Not more than 15-20 seconds
7. Pour the filling into the crust and spread it evenly with a spatula or hold the cake tin and shake it gently until its evenly spread
8. Garnish with cherries and chill in a freezer for at least 3-4 hours.
9. When ready to serve, take it out of the freezer 30 minutes prior slice the cake into smaller pieces. Top with mango and cherry.

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