

# Raw Sapodilla dessert

By Erin Vaid of Alawa Primary School



## Ingredients

### For the filling

**2 cups sapodilla flesh**  
 **$\frac{1}{4}$  cup coconut oil**  
**1 teaspoon cinnamon powder**  
 **$\frac{1}{8}$  teaspoon nutmeg powder**  
**1 teaspoon Himalayan salt**  
**3-4 banana flesh**  
 **$\frac{1}{4}$  cup coconut nectar**  
**(optional)**

### For the base

**$\frac{1}{2}$  cups coconut meat**  
**2 cup activated raw almonds**  
**(soaked in filtered water overnight)**  
**1 tbsp. Organic Honey**  
**1 tbsp Almond butter**  
 **$\frac{1}{4}$  cup Organic Virgin Coconut oil**  
**1 pinch of Himalayan Pink Sea Salt**

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## The base

- Place the base ingredients into the food processor and blitz until well combined
- Using a flan tin, scoop out the mixture into the tin and press firmly until the mixture is tightly packed. Place into the fridge to set.

## The filling

- Make sure all the seeds and skin is removed from the fruits, place all ingredient into a blender or food processor and puree until no lumps are present.
- Pour the mixture onto the base and pop it in the freezer until set.
- Dust with cocoa powder and serve..

Sapodilla is *Manilkara zapota*, a small brown rough skinned fruit resembling a (soft) small potato. It has a rich sugary malt like flavour and is from the Americas. It is grown in the Darwin region.