

CHIANOA CAROB CUP - an original Ahima RECIPE: and nut free!
serves 4:

For the base:

- 1 cup black quinoa
- ¼ cup black chia seeds (optional: pre-soaked)
- ¼ cup currents
- 2 tbsp carob
- 500ml rice milk
- 1 tbsp rice syrup
- 1 tsp garam masala
- 1-2 cups of water

Put all ingredients without the water into a sauce pan and simmer until quinoa is soft (approx. 15 min), add some of the water if mixture gets to thick.

For the middle layer:

- 250g frozen mixed berries
- 1 tsp honey
- little water

Place berries and honey in a blender, add little water if needed, and blend until well combined and creamy.

For the topping:

- 200ml coconut cream
- 4 date (made into syrup)
- 1 tbsp psyllium husk
- ½ tsp pure vanilla

Prepare the date syrup first: place pitted dates together with ¼ cup water into blender and blend well to get a syrup-like consistency. Then combine all ingredients in a mixing bowl and let it set for 15 min.

To make 4 cups or one 1l jar:

place the base batter into the cups or the jar, press down with a spoon until firm, pour the middle layer onto base and keep in the fridge until the topping has thickened. Top the cups or jar with the coconut vanilla cream and may decorate with some carob powder.

ENJOY!