



Pineapple Crunch Cake

This winning recipe from the 2014 Tropical Wholefoods recipe competition, submitted by Debbie Cassar Wheelen, ticks all the boxes. The sweet and sticky cake is unbaked and covered with a sinfully crunchy topping of chocolate and coconut. It's rich enough to serve 8-10 people with small slices, but good enough to keep all to yourself. It does need to be frozen overnight and thawed in the fridge for 3 hours before serving, but it is worth the wait.



Ingredients

1 cup Tropical Wholefoods Fairtrade Organic dried pineapple
2 cups oats
1 cup ground almonds
1 lemon squeezed
pinch salt
pinch cinnamon
4 tbsp honey or maple syrup
6 tbsp sunflower oil
4 tbsp carob syrup
coconut flakes

Topping:

6 tbsp sunflower oil
1 1/2 tbsp margarine
185g dark chocolate
pinch salt
1 cup coconut flakes



Method

1. Put pineapple, oats, almonds and squeezed lemon into food processor on high speed until well blended.
2. Add oil, honey or syrup, cinnamon, salt and re-mix in food processor until fully blended creating a sticky mixture.
3. Place into a silicone cake shape, press mixture down tightly and add a layer of coconut flakes onto the top.
4. Put all topping ingredients into a saucepan and melt down.
5. Pour topping onto the cake mixture.
6. Add a top layer of coconut flakes and place cake into freezer overnight.
7. Bring out of freezer and place into fridge 3 hours before serving.