Serves 8

Ingredients

NUTTY CRUST

- **1 cup *Chia Seeds***
- **1 cup *Flax Seeds*** (ground)
- **2 cups <u>dry-roasted</u> *Almonds*** (finely chopped)
- **½ cup *Cocoa Powder***
- **½ cup *Coconut Shreds***
- **½ cup *Sunflower Butter***
- **16 *Medjool Dates***
- **8 scoops *Garden of Life Organic Proteins + Greens***

COCONUT CENTER

- **¼ cup *Coconut Oil*** (soft)
- **½ cup *Coconut Milk***
- **½ cup *Maple Syrup***
- **½ cup *Cocoa Powder***
- **½ cup *Cashews***

FRUIT TOPPING

- **8 cups <u>fresh or frozen</u> *Berries***
  - ***OR* 1 jar <u>organic/no-fillers</u> *Berry Preserves***
- ***OR use 4 cups of berries and ½ jar of preserves***
  - *Customize it for your taste and budget*
- ***OR substitute for any desired fruit to match your taste preferences…***

COFFEE

- **1 bag <u>whole-bean</u> *Coffee***
- **½ cup *Coconut Milk***

Instructions

CRUST

1. Put ***all ingredients*** into blender or food processor
2. Blend until well mixed crust forms
3. Press mixture into a square pan

COCONUT CENTER

1. Put ***all ingredients*** into blender or food processor
2. Blend until creamy mixture filling appears
3. Pour mixture on top of crust

FRUIT TOPPING

1. Blend <u>**frozen or fresh**</u> ***Berries*** until mixed pulp forms

2. Pour pulp over cake coconut center
3. (Pour preserves over cake or top with whatever fresh fruit you desire)

PUT CAKE IN THE FRIDGE TO SETTLE for .. Minutes

Brew **COFFEE** while you wait
1. Grind *Coffee* and use favorite brewing method
2. Add *Coconut Milk* as creamer if desired
3. Enjoy coffee and play games while you wait for your cake

.. Minutes Later…

BREW MORE COFFEE & ENJOY YOUR CAKE! 🙂

Recipe made for *Feel Better Eating* with love from *The Staniers*

Find the video of this recipe and other videos about natural healing by visiting:
www.youtube.com/@thestaniers