

Blueberry Meringue Cake with Wilfred the Whale

CRUST:

150 grams roasted hazelnuts
150 grams roasted sunflower seeds
10 medjool dates
1 tablespoon coconut oil
a little bit salt

YOGHURT LAYER:

500 grams blueberries
500 grams (soy) yoghurt
zest of 1 lemon
maple syrup

MERINGUE:

4 egg whites
150 grams cane sugar

TOPPING:

blueberries
lemon zest

Crust:

1. Chop the roasted hazelnuts and sunflower seeds (in a blender) and set aside.
2. Put pitted dates and coconut oil in a blender and blend until a smooth dough forms.
3. Knead the date mixture with the chopped nuts and seeds into a ball of dough.
4. Line a baking tin (22cm) with grease proof paper and press the dough flat. Put in freezer.

Yoghurt layer:

1. Puree the blueberries in a blender.
2. In a bowl, gently mix the yoghurt and blueberries.
3. Add lemon zest and maple syrup to taste.
4. Poor this mixture on your crust and put back into freezer.

Meringue:

1. Preheat the oven to 160 degrees and line a baking sheet with parchment paper.
2. Beat egg whites until peaks form and stop when you are able to turn the bowl upside down.
3. Add the cane sugar and whisk on high 6 minutes on high speed, until the mixture shines.
4. Spoon the fluffy mixture on the parchment paper, roughly the same size as your baking tin.
5. Bake for 75 min and let it cool.

Topping:

1. Remove the frozen pie (after +/-4 hours) from the freezer and place the meringue on top.
2. Leave the cake to thaw for a few minutes and decorate with blue berries and lemon zest.
3. Stick in Wilfred and enjoy!

