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*Heart-healthy eating with Marketa Schellenberg*

ELDERBERRY JELLY WITH CASHEW-VANILLA CREAM



• We wish you bon appetit! •

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## ELDERBERRY JELLY WITH CASHEW-VANILLA CREAM

(vegan, lactose-free, gluten-free)

Serves 4

### Ingredients

250 ml	elderberry juice	50 ml	still mineral water
40 grams	raw cane sugar	20 grams	cashew mousse
A pinch	of agar-agar	40 grams	raw cane sugar
60 ml	elderberry juice to add to the agar-agar	2 grams	vanilla seeds
100 grams	blueberries	A pinch	of turmeric
100 ml	soy whip	Berries, herbs or edible flowers to garnish	

### To prepare

Blend the agar-agar with elderberry juice and simmer. Fold the sugar into the rest of the elderberry juice and simmer. Pour the agar-agar mix into the juice and sugar blend and gently simmer for about a minute. Clean the blueberries and place in 4 glasses.

Pour the liquid over them and leave to cool for 2 hours.

Warm the soy whip and water in a pan and add the cashew mousse, sugar, turmeric and vanilla. Leave for 5 minutes then whip using a blender. Spoon the mix onto the jelly, garnish and serve.

### The health factor

This is a vegan desert that's low-fat and gluten-free. The elderberries and blueberries make it sweet so it doesn't need much additional sugar. The berries are also high in bioactive substances (anthocyanine) – the same substance that gives blueberries their color.

Phytochemicals protect the quercetin and beta-carotene against free radicals, helping prevent premature aging – a side effect of circulation problems and cancer. Tannin in the berries has an anti-bacterial effect and helps fight infections and boost bowel function. The dish is vegan, lactose and gluten-free. Contains soy and nuts.