

# XCentric Ideas

A close-up photograph of a metal mesh sieve filled with a fine, reddish-brown powder, likely cocoa powder. The sieve is resting on a rustic, weathered wooden surface. Some of the powder has spilled out onto the wood around the base of the sieve. The lighting is warm and focused on the sieve, creating soft shadows and highlighting the texture of the powder and the wood.

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by

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Recipes and photos:

Alma Pretorius



Dairy-free

## No bake cacao, oats and peanut butter bites

- 1 cup raw dry oats (any kind)
- 1/4 cup honey
- 1/4 cup peanut butter (other nut butter)
- 2 tablespoons cacao powder
- pinch of salt
- 2 tablespoons instant coffee powder (normal or decaf)

In processor, blend oats to a powder. Add all the other ingredients.\*  
Then wet hands. Use a tablespoon to scoop out dough and roll between your palms to form balls.  
Store in the fridge for up to 1 week or in the freezer for up to 3 months.

*\*For this recipe, make sure you use drippy nut butter. The moisture in the oils will help these balls form!  
If your dough is a little too dry, add more honey.*

Gluten-free  
Dairy-free

# No bake cacao, date & citrus bites



- 100 g salted peanuts (or other salted nuts)
- 100 g soft dried dates, cut in small pieces
- 2 tablespoons raw (unsweetened) cacao powder
- 100 g dried citrus peel, chopped fine
- 1 tablespoon room temperature water

Place peanuts (nuts) in food processor and blend till crumbly texture.  
Add the dates, cacao powder, citrus peel and water. Blend for a minute or so.  
It won't come together in a ball. That's okay.

Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together.  
Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour.  
After that, place in sealed container or 'Ziplock' bags and keep at room temperature. Flavours are more pronounced at room temperature.

*Or keep in fridge/freezer but let it sit for a while at room temperature before eating.*



Gluten-free  
Dairy-free

## No bake cacao and date bites

115 g salted peanuts  
200g soft dried dates, cut into smaller pieces  
2 tablespoons cacao powder  
1 tablespoon tap water

Place peanuts in food processor and blend till crumbly texture. Add the dates, cacao and water. Blend for a minute or so.

It won't come together in a ball. That's okay.

Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together. Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour. After that, place in sealed container or 'Ziplock' bags and keep at room temperature. Flavours are more pronounced at room temperature.

*Or keep in fridge/freezer but let it sit for a while at room temperature before eating.*

# Black bean brownies with dates & coffee

- 1 can (425 g) black beans/kidney beans, drained and rinsed very very very very well!!!
- 1 heaped tablespoon coffee powder
- 3 large eggs
- 100 g chocolate slab chips
- 1/2 teaspoon baking powder
- 1/2 cup cocoa powder
- 2 teaspoons vanilla essence (or 1 tsp vanilla extract)
- 3 tablespoons flavored yogurt
- 1/2 cup salted peanuts, chopped coarsely
- 3/4 cup date puree\* (see recipe below)

## **Date puree:**

1 cup pitted dates

1/2 cup hot water

*Blend till they form a smooth paste.*

Preheat oven to 180 °C. Line square baking pan with baking paper.

In food processor, mix the black beans with metal blade till very smooth. (Note: you may need to stop and scrape down the sides a couple times during this step.) Add the eggs, yogurt, baking powder, cocoa powder, coffee granules, vanilla & date puree. Process till nicely blended. Add the peanuts and pulse 5 times. Pour the mixture evenly into the prepared baking pan. Sprinkle with chocolate chips.

Bake for 25 minutes – test if test skewer comes out clean.

Keep in tray for 10 minutes, cut and carefully remove. Place on wire rack and let cool completely before serving.

You can easily freeze this.





*Dairy-free*

## Cacao and aniseed cookies

Makes 10, depending on size

- 8 tablespoons vegetable oil
- 1 cup self-rising flour
- 1 large egg
- 3 heaped teaspoons aniseeds, crushed
- 3 tablespoons cacao powder
- 1/2 cup white sugar
- 1 teaspoon vanilla

Preheat oven to 170 °C. Spray baking sheet. Mix all together, form balls and place on baking sheet – bake for 10 minutes.

# Cacao and sundried tomato pesto cookies

Makes 8 big ones

- 1 cup self-rising flour
- 1 large egg
- 8 tablespoons vegetable oil
- 2 tablespoons cacao powder
- 1/2 cup white sugar
- 1 teaspoon vanilla essence
- 1/2 cup sundried tomato pesto (recipe below)

Preheat oven to 170 °C. Spray baking sheet. Mix all together, form 8 big balls, place on baking sheet – not too close, they do spread. Bake for 12 minutes.

*SUNDRIED TOMATO PESTO*  
*Makes 250 ml*

- 1 cup sundried tomatoes*
- 1/2 cup peanuts (or other)*
- 1/8 cup vegetable oil*
- 1/2 cup grated Cheddar cheese*
- Pinch salt*

*Blend. Use in recipe above.*





Dairy-free

## Cacao, black pepper and rosemary cookies

*Inspired by Nataniël*

Makes about 18 cookies, depending on size

- 7 tablespoons vegetable oil
- 1 large egg
- 1 cup self-rising flour
- 1/2 cup white sugar
- 2 heaped tablespoons cacao powder
- 1/2 teaspoon (not more) finely chopped fresh rosemary
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon vanilla essence

Preheat oven to 170 °C. Spray baking sheet. Mix all together – mixture will be crumbly. Take tablespoon mixture, compress in one hand, then other hand (continue doing that) till it forms a ball – put on baking sheet. Bake for 12 minutes.

# Cacao, citrus peel, cherries and olive cookies

*Dairy-free*

Makes 24, depending on size

- 8 tablespoons vegetable oil
- 1 large egg
- 1/2 cup white sugar
- 2 tablespoons cacao powder
- 1 teaspoon vanilla essence
- 1/4 cup chopped candied citrus peel
- 1/4 cup sliced black olives
- 1/4 cup chopped red glacé cherries
- 1 cup self-rising flour

Preheat oven to 170 °C. Spray baking sheet. Mix all together, form walnut-size balls and place on sheet – not too close. Bake for 10 minutes. Let cool on sheet for 5 minutes.



# No bake cacao, ginger, citrus and biscuit squares



Dairy-free

- 200g cream crackers /*marie biscuits*, chopped very roughly (not too smooth)
- 500g icing sugar, sifted
- 250 g butter/margarine
- 75 ml cacao, sifted
- 1 egg
- 100 g preserved ginger in syrup, drained and chopped
- 100 g citrus peel, chopped

Melt the butter/margarine in a deep pot on stove. Add icing sugar & cocoa and stir over medium heat till smooth. Beat in the egg quickly. Remove the mixture from the stove and add the biscuits. Add the chopped ginger and citrus peel and stir well. Spoon into a greased pan, press lightly down all over and let it cool. Cut into squares when its set and keep in the fridge.



## Cacao and beetroot cookies

Makes 20, depending on size

7 tablespoons oil  
1/2 cup beetroot (in vinegar)  
1 large egg  
1 cup self raising flour  
1/2 cup white sugar  
1 teaspoon vanilla essence  
2 tablespoons cacao powder

Preheat oven to 170 °C. Spray baking sheet. Rinse the beetroot under the kitchen tap. Put in processor and chop fine. Add the rest of the ingredients. Mixture is soft, so drop walnut-size portions on baking sheet – about 20 (not too close, they do spread). Bake for 10 minutes. Let cool. Sandwich them together with frosting.

# Cacao and olive pesto cookies

Makes 8 big ones, depending on size

1 cup self-rising flour  
1 large egg  
2 tablespoons cacao powder  
1/2 cup white sugar  
1 teaspoon vanilla essence  
1/2 cup olive pesto (recipe below)  
8 tablespoons vegetable oil



Preheat oven to 170 °C. Spray baking sheet. Mix together the cacao, sugar, egg, olive pesto, essence and oil. Add the flour and form 8 big balls and place on baking sheet with a distance from each other. Bake for 12 minutes.

## *OLIVE PESTO*

*Makes 250 ml*

*1 cup seedless black olives  
1/2 cup peanuts (or other)  
1/4 cup vegetable oil  
1/2 cup grated Cheddar cheese  
Pinch salt*

*Blend. Use in recipe above.*



## cacao and blue cheese cookies

Makes 6 big cookies

8 tablespoons vegetable oil  
1 large egg  
1 cup self-rising flour  
1 teaspoon vanilla essence  
2 tablespoons cacao powder  
1/2 cup white sugar  
About 46 g blue cheese

Preheat oven to 170 °C. Spray baking sheet. In bowl, crumble the blue cheese and mix with the flour (so that they don't clump together). Add rest of ingredients. Form 6 (almost tennis ball-size) balls, place on sheet (not too close, they do spread) and bake for 10 minutes.

Remove from oven and GENTLY flatten the cookies with a flat-bottomed glass (or mug). Let cool.