

Wholesome Lamingtons

Makes: 24

Prep: 30 min (+ 2 hrs refrigerating)

Cook: 20-25 min



Dietary: V, VEG, EF, DF, NF

Allergens: Wheat

Age group: 12 months+

MindChamps®
early learning & preschool

Wholesome Lamingtons

Ingredients

FILLING

- 2 cups (300g) frozen or fresh raspberries
- 1 tbsp (20ml) maple syrup
- 1 tbsp (20ml) lemon juice
- 2 tbsp (30g) chia seeds

SPONGE CAKE

- 2 ½ cups (310g) wholemeal self-raising flour
- 1 cup (160g) coconut sugar
- 1 tsp (4g) baking powder
- 1 ½ cups (375ml) milk of choice, room temperature
- ½ cup (125ml) melted coconut oil
- 3 tsp (15ml) vanilla extract
- 2 tsp (10ml) apple cider vinegar

CHOCOLATE ICING:

- 1 cup (250ml) melted coconut oil
- 1 cup (100g) cacao powder
- ½ cup (125ml) maple syrup

TOPPING:

- 2-3 cups (160-240g) desiccated coconut

Method

1. To make the raspberry chia jam, place frozen raspberries into a medium saucepan and add maple syrup and lemon juice. Cook on low-medium heat for 5 mins, or until berries are softened. Once soft, use a fork to mash to desired consistency, or blend until smooth.
2. Sprinkle chia seeds over raspberry mixture and mix to combine. Take off the heat and allow to cool.

3. To make the sponge cake, preheat your oven to 180°C and line a large baking tin (approximately 33 x 23 cm) with baking paper.

4. In a large mixing bowl, combine flour, sugar and baking powder and whisk until well combined and free of lumps.

5. Add milk, oil, apple cider vinegar, and vanilla — and mix until the batter is smooth.

6. Pour the batter into the prepared tin and spread it evenly. Bake for 20-25 mins, or until a skewer inserted into the centre comes out clean. Allow the cake to cool completely in the tin.

7. Once cooled, cover the cake and refrigerate for at least 2 hours, or freeze for 1 hour.

8. For the chocolate icing, place all ingredients in a shallow bowl and whisk to combine.

9. To assemble the lamingtons, carefully slice the cake in half vertically down the centre and then slice both halves horizontally as well.

10. Generously spread jam over one half of the cake, then place the other half on top to sandwich it together. Repeat with the other 2 halves. Cut the cake into small squares.

11. Place the desiccated coconut in a shallow bowl.

12. Using a fork, dip each cake square into the chocolate icing, making sure it's fully coated. Let any excess chocolate drip off, then roll the square in coconut until evenly covered. Set aside and repeat with the remaining pieces.

Storing leftovers: Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a gluten-free version: Swap wholemeal flour for a self-raising gluten-free flour blend.