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**Chocolate Mayan yoghurt, cinnabun melba toast, chocolate and hazelnut crumble, and fresh raspberries**

**By Alfred Henry, Southern Sun Cape Sun**

**Cinna bun**

Ingredients:

¾ cups milk

¼ cup butter

3 ¼ flour

10g yeast

¼ cups sugar

½ teaspoon salt

¼ cup water

1 egg

1 cup brown sugar

1 tablespoon ground cinnamon

½ cup butter

Method:

1. Heat milk in a sauce pan, mix in butter and stir until combined. Allow mixture to cool.
2. In a mixing bowl add all dry ingredients except for cinnamon, brown sugar and last butter.
3. Add the milk mixture to the dry ingredients and mix gently.
4. When dough has pulled together, turn out on a lightly flour dusted surface. Cover with a damp cloth and allow resting for 10 minutes.
5. Combine the brown sugar, the rest of the butter and cinnamon to form a smooth paste. - Set aside until required.
6. Roll out the dough to a 12cm by 9cm triangle. Spread dough with butter mixture.
7. Roll up dough and pinch edges to seal.
8. Place in a buttered loaf tin and leave to prove for 30 minutes.
9. Once proved bake at 190°C for 20 to 30 minutes.

**Mayan chocolate sauce and yoghurt**

Ingredients:

1 litre cream

500ml milk

4 cinnamon sticks

2 bay leaves

3 cloves

3 cardamom pods

6-star aniseed

300g cocoa powder

1kg dark chocolate

4 tablespoons honey

Method:

1. Bring milk and spices to the boil. Remove from the heat seal with plastic and leave to infuse for 30 minutes.
2. Strain off the spices from the milk.
3. Make a paste with cocoa powder using a little of the hot liquid, add the chocolate and cocoa paste to the remainder of the infused milk.
4. Return this to the heat and stir till thickened.
5. Remove from the heat and place the mixture in a bowl to cool.
6. Once the sauce has cooled add in Bulgarian yoghurt and honey for sweetener to desired taste.

**Raspberry gel**

Ingredients:

3 cups sugar

3 cups glucose

3 teaspoons water

3 teaspoons bicarb

Method:

1. Blend raspberries and sugar together.
2. Pass this through a sieve to remove the seeds.
3. Place the raspberry puree into a blender adding in the ultra tex power and blend until a smooth gel has formed.

**White chocolate crumb**

Ingredients:

500g ground almonds

500g flour

500g butter

500g hazelnuts crushed

500g granulated sugar

1,5kg caramelised white chocolate

Method:

1. Mix all ingredients, except the caramelized white chocolate until it resembles bread crumbs.
2. Spread out on a baking tray and bake until golden brown and crisp.
3. Break up into crumb texture adding in the caramelized white chocolate pieces.

**Dark chocolate raspberry crunch muffin**

Ingredients:

110g brown sugar

2 eggs

250g raspberry

100g dark chocolate pieces

150g flour

50g cocoa powder

50g fuellitine

50g ground almonds

4 tablespoons oil

100ml milk

2 teaspoon bicarb

Method:

1. Mix all dry ingredients until well combined, add liquid and continue mixing until a batter forms.
2. Spoon batter into paper muffin cups in a muffin tray.
3. Bake at 160 degrees for 15 to 20 minutes until cooked through.

**Raspberry leather**

Blend raspberries and sugar until smooth. Strain all the pips and sped on to silpat mat place in dehydrator overnight.