

BAKE IT BLUE

RECIPE BOOK 2021



NATURAL BLUE FOOD COLOURING

If you'd like a natural blue food colouring recipe, we are grateful to a supporter who shared this tip using red cabbage!

To make a blue food dye, slice up red cabbage leaves and boil for 10-15 minutes.

Strain out the cabbage, reduce the liquid until it is thick and syrupy (the cooking liquid from a whole cabbage will reduce to about a quarter of a cup).

Add just the tiniest pinch of baking soda (you really have to go slowly here, or you can turn the whole batch green).

Keep adding baking soda in very small amounts until the colour just turns blue. It is important to add only enough baking soda not only for the colour, but for the flavour.

Now you have a blue dye! Use it with a light touch to add blue to icings, cake batters and cookies. Remember that the colour can still change! If you add it to an acidic food, it will go right back to purple.

Submitted by Jeans for Genes supporter, Raylene Robinson



Leo, 4
MCAD Deficiency

BLUE MATCHA CHIA PUDDING



Photo credit: @ari_goes_to_wonderland

Ingredients

1 1/2 cups almond milk
1-2 Tbsp maple syrup
1 tsp vanilla extract
1 tsp blue matcha
(can be bought online)
1/2 cup chia seeds

For Serving
Blue berries
Blackberries
Blue / white icing stars
from supermarket

Preparation

1. To a mixing bowl add almond milk, chia seeds, maple syrup (to taste), and vanilla. Whisk to combine.
2. Take 4/5 of mixture out and set aside in a bowl, cover and put in fridge.
3. Mix blue matcha into the remaining mixture. Cover and refrigerate overnight (or at least 6 hours).
4. In each glass, add a small layer of plain chia pudding, then fill with blue matcha chia pudding, and add the berries and icing stars.
5. Chia pudding will keep covered in the refrigerator up to 5 days (only add the decorations prior to serving).

BLUEBERRY CHIA POTS



Ingredients

1 cup	fresh or frozen blueberries
2 cup	milk of choice, I use a nut milk
2-3 tsp	maple syrup
2/3 cup	white chia seeds
	Yoghurt of choice
	Pinch of cinnamon
Additional toppings, as desired (granola, nuts, coconut shavings)	

Preparation

1. Add half the blueberries, milk, cinnamon and maple syrup to a blender and blend until smooth.
2. Transfer the "Blueberry Milk" to a container and add in the chia seeds. Mix well and let sit for 5-10 minutes.
3. After it's sat for a while, mix well one more time (to ensure no "clumps" are at the bottom), then cover and place in the fridge for at least 5 hours, but preferably overnight.
4. In serving jars, layer chia pudding with yoghurt, toppings and fresh blueberries



BAKE IT BLUE SCONES

Ingredients

3 1/2 cups	self-raising flour
1 cup	cream (preferably full cream)
1 cup	lemonade

Preparation

1. Heat oven to 200C (180C fan forced).
2. Sift flour into bowl, add cream and lemonade. Mix gently and not for long - mixture will be sticky. Add a few drops of blue food colouring, if desired.
3. Put mixture onto floured bench and knead gently and not for long. Push together into a roundish shape of about 3cms depth.
4. Use 8cm cutter (or glass) to make scone shapes - don't twist the cutter - just down and up. Place just touching each other on oven tray lined with baking paper. Brush tops with a little milk.
5. Bake for 15 minutes until golden.
6. Serve warm with jam of choice and cream. They will keep for a couple of days and can be reheated. Scones will freeze well.



BERRY FRIANDS (GLUTEN AND DAIRY FREE)



Ingredients

160g	Nuttelex buttery (or dairy free margarine)
6	egg whites
100g	gluten free flour
200g	icing sugar mix (gluten free)
125g	almond meal
¼ teaspoon	xanthan gum
¼ cup	dried blue berries
½ cup	mixed frozen berries
	Vanilla
	Pinch of salt

Preparation

1. Preheat the oven to 180C.
2. Melt the Nuttelex with the pinch of salt in the microwave, allow to cool slightly.
3. Grease the friand pan with cooking spray.
4. Sift the flour, icing sugar, almond meal and xanthan gum together in a bowl.
5. Place the egg whites into another bowl and whisk until they are white and frothy, but not stiff.
6. Gently mix the egg whites into the flour mixture. Then add the melted nuttelex and vanilla.
7. Fill each friand mould to 2/3 full then sprinkle over the berries.
8. Bake in the oven at 180c for 20-25 mins.
9. Allow the friands to cool for 5mins in the pan after removing from the oven. Dust with icing sugar to serve.



COOKIE MONSTER CUPCAKES

Equipment

Piping Tip
Piping Bag
Blue cupcake liners

Ingredients

Cupcakes

50g	Self raising flour
50g	Caster sugar (superfine)
50g	Butter or margarine
1	Egg (or any packet mix you like)

Frosting

1 Cup	Unsalted butter room temperature
2 Tablespoons	Milk
2 Teaspoons	Vanilla Extract
4 Cups	Icing Sugar
	Candy eyeballs
	Mini chocolate chip cookies
	Blue food colouring



Photo credit: helloyummy.co

Preparation

Cupcakes

1. Preheat oven to 180°C (fan forced 160°C)
2. Using an electric whisk, food processor or wooden spoon, beat the butter and sugar until light and fluffy
3. Add in the egg, beating it well
4. Fold in the flour
5. Bake in the oven for 10-20 minutes. If a skewer comes out dry then the cupcakes are done. Leave cupcakes to cool on a wire rack.

Frosting

6. To make the frosting, combine all frosting ingredients in a stand mixer or use a hand mixer and beat on medium-high speed until frosting is fluffy and ingredients are well mixed. About 5-6 minutes. Add a few drops of food colouring until desired blue colour.
7. Add frosting to a piping bag with tip, and pipe frosting on top of cooled cupcakes.
8. Add two candy eyeballs and a cookie.

Submitted by Dana Elliott, CMRI



BLUE TIGER CAKE



Ingredients

185g	softened butter	2tbs	cocoa powder
1 ½ cups	caster sugar	1 tbsp	milk, extra
3	eggs	1 tbsp	finely grated orange rind
1 ¾	cups self-raising flour	1 tbsp	freshly squeezed orange juice
¼	cup all-purpose flour	1 tbsp	confectioner's (icing) sugar
¼	cup milk		Favourite blue food colouring

Preparation

1. Preheat oven to 180C. Grease a 21cm kugelhupf (bundt) cake pan; sprinkle with a little cocoa and tap out excess cocoa.
2. Beat butter and caster sugar in a small bowl with an electric mixer on medium until light and fluffy. Beat in eggs, one at a time. Stir in combined sifted flours and milk, in two batches, until just combined.
3. Divide mixture between two medium bowls. Stir sifted cocoa and extra milk into one bowl of mixture. Stir rind, blue food colouring and juice into the other bowl of mixture.
4. Spread one third of the chocolate mixture into pan. Level the mixture with the back of a spoon. Top with one third of the blue-orange mixture. Repeat layering two more times. Gently tap the cake pan on a work surface to remove any air pockets.
5. Bake cake for 50 minutes or until skewer inserted into the centre comes out clean. Leave cake in pan for 5 min before turning onto a wire rack to cool. Just before serving, dust with sifted icing sugar. Serves 8.

BEAUTIFUL BLUE PARMESAN SHORTBREAD



Ingredients

125 gm (4oz)	butter
1 cup	plain flour
1/3 cup	grated parmesan cheese
1 teaspoon	cracked black pepper
`	Few drops of blue food colouring

Preparation

1. Preheat oven 170 degrees (325 degrees F)
2. Place butter, flour, parmesan cheese, pepper and food colouring into a food processor. Process until and smooth dough forms.
3. Roll dough on a floured board to approximately 1cm thick, cut out with a biscuit cutter.
4. Place on tray lined with baking paper. Bake for 15-20 minutes till lightly browned on base of the shortbread.
5. Cool on racks and serve with cheese and quince paste.



BLUE CUPCAKES WITH TOFFEE SHARDS



Cupcake Ingredients

2 1/2 cups (325g)	plain flour
2 cups (414g)	sugar
3 tsp	baking powder
1 tsp	salt
1 cup (240ml)	milk
1/2 cup (120ml)	vegetable oil
1 tbsp	vanilla extract
2	large eggs
1 cup (240ml)	water
Queen blue food colouring	

Cupcake Preparation

1. Preheat oven to 350°F (176°C) and prepare a cupcake pan with liners.
2. Add the flour, sugar, baking powder & salt to a large mixer bowl and combine. Set aside.
3. Add the milk, vegetable oil, vanilla extract, food colouring & eggs to a medium sized bowl & combine.
4. Add the wet ingredients to the dry ingredients & beat until well combined.
5. Slowly add the water to the batter and mix on low speed until well combined. Scrape down the sides of the bowl as needed to make sure everything is well combined. This batter will be very thin.
6. Fill the cupcake liners about halfway and bake for 15-17 minutes, or until a toothpick comes out clean.
7. Remove the cupcakes from oven and allow to cool on a cake rack. Once completely cooled they can be iced & add your blue toffee shards

Cream Cheese Icing Ingredients

60g	cream Cheese, softened
30g	butter, softened
1/2 tsp	vanilla essence
3/4 cup	pure icing sugar
Queen Blue food colouring to desired colour	

Icing preparation

1. Place cream cheese, butter, vanilla into a bowl & with an electric mixer beat until very pale.
2. Gradually add icing sugar & beat until fully combined.
3. Add a few drops of blue food colouring at a time until you get the desired shade of blue.

Blue Toffee Shards Ingredients

8 tbsp	sugar
2 tbsp	water
2 tbsp	butter
Blue food colouring	

Preparation of Toffee shards

1. Add all ingredients into a saucepan & bring to the boil, do not stir just allow to boil this will take approx. 6-10 minutes. Once boiling, test if toffee is ready by dropping a small amount into cold water; it is ready when the toffee in the water is hard.
2. Pour onto a buttered tray & allow to set. Once set, break into shards & place on top of your iced cupcakes.

BLUE RICE BUBBLE SLICE



Ingredients

5 cups	Rice Bubbles
2 cups (200g)	white marshmallows
100g	butter, chopped
Queen blue food colouring	

Preparation

1. Grease a 16cm x 26cm slice pan & line with baking paper, make sure the paper is over the edges on all sides for easy removal from slice pan.
2. Place Rice Bubbles in a large bowl.
3. Place marshmallows & butter in a large microwave-safe bowl & microwave on high for 1 minute, stirring every 30 seconds or until the mixture is smooth.
4. Stir in food colouring.
5. Add melted mixture to the Rice bubbles & stir in well till all the Rice Bubbles are coated in the mixture.
6. Press mixture firmly & evenly into your slice pan & decorate with your favourite blue sprinkle.
7. Refrigerate for at least 2 hours until set.
8. Cut into bars.



BLUE CHOCOLATE BARK



Ingredients

1 x 180g	Block White Cooking Chocolate
1 x 290g	White Chocolate Melts
1 tsp	vegetable oil
	Blue Food Colour

Preparation

1. Line baking pan with baking paper
2. Place melts & broken chocolate in a microwave safe bowl & add oil & food colouring microwave for 30 seconds & stir, repeat this process until chocolate is completely melted adding more food colouring if colour is not as dark as you wish.
3. Pour melted chocolate onto the middle of the baking paper & work from the middle out till you have a thin layer of chocolate.
4. You can add your favourite sprinkles at this time.
5. Refrigerate for at least an hour, then break your bark into pieces for serving.



BUTTERFLY PEA LATTE AND ICED LATTE



Photo credit: 7th Heaven Café Sutherland

Decaf

2 teaspoons of butterfly pea powder in milk frother - add in vanilla syrup or honey to sweeten

Caffeinated latte

1 shot of coffee – then 2 teaspoons of butterfly pea powder in milk frother - add in vanilla syrup or honey to sweeten

Iced Latte

1 shot of coffee, mix in 2 teaspoons of butterfly pea powder into cold milk until dissolved, add in with ice - add in vanilla syrup or honey to sweeten

Submitted by Julia Weir, CMRI

BLUE PUNCH



Ingredients

- | | |
|--------|---------------------------------------|
| 3 cups | lemonade |
| 3 cups | Blue Powerade |
| 2 cups | lemon lime soda |
| 1 | lemon sliced or packet of blueberries |

Submitted by Julia Weir, CMRI



BLUEBERRY AND BLUE PLUM CAKE



Ingredients

8	plums, halved and pitted
4	Tablespoons honey
150 gms	softened butter
150gms	soft brown sugar
3	large eggs, beaten
1tsp	vanilla essence
150gms	ground almonds
150	self raising flour
2 Tbsp	milk
	Punnet blueberries

Preparation

1. Preheat oven 180° C. Grease and line 20cm round cake tin making sure paper lines sides so that honey does not seep out.
2. Spoon honey over base of tin and arrange the halved plums on top, cut sides down then fill in gaps with blue berries, as many as required.
3. Beat butter and sugar until light and fluffy, add beaten eggs a little at a time.
4. Stir in vanilla essence and ground almonds. Fold in flour using large metal spoon, then stir in milk.
5. Spoon mixture into tin and level out.
6. Bake 45-50mins, until golden brown and well risen. Insert cake skewer to see if it comes out clean.
7. Cool in tin for 20mins then invert onto cooling rack. Place a blueberry in centre of each plum half.
8. Serve with blueberry ice cream or crème fraiche. Perfect for a winter's day.



TOPSY TURVY TOPS AND BOTTOMS



Ingredients

Cupcake mix or recipe
Blue food colouring
Spaghetti, fairy floss, candy eyes
etc. for decorations

Note: This uses Jeans for Genes silicone muffin moulds which can be purchased from shop.cmri.org.au.

Preparation

1. Use your favourite cupcake recipe, vanilla or chocolate and use half mixture in the moulds and the rest in mini cupcake baking cups (to make heads)
2. Once baked, cool and cover muffin tops cake with blue icing.
3. Make mini cupcakes into a round shape and cover with icing.
4. Place heads on to jeans bottoms and decorate to make faces. Use coloured angel hair spaghetti by cooking in blue water (use cake colour) or you can use fairy floss or be as creative as you like. The edible eyes can be purchased at any supermarket.

The children love to do this!



BLUEBERRY PROFITEROLES



The recipe describes steps for making choux pastry for the profiteroles, craquelin (the blue crunchy outer coating on the profiteroles) and two fillings – a blue pastry cream and blueberry compote.

Makes 20-24

Ingredients

Craquelin (crunchy dough)

56 g	unsalted butter (room temperature)
67 g	brown sugar
63 g	plain flour
135 g	plain flour (sifted)
115 g	unsalted butter
250 ml	water
1 1/2 tsp	caster sugar
1/4 tsp	salt
4	large eggs (room temperature), beaten with 1/2 tsp vanilla extract
	Blue food colouring (gel or powder)
	Choux pastry for profiteroles

Pastry cream

300	ml milk
75 g	caster sugar
28 g	cornflour (cornstarch)
2	eggs
30 g	unsalted butter (cold)
1/2 teaspoon	vanilla
200 g	thickened cream
	Pinch of salt
	Blue food colouring (gel or powder)

Blueberry compote

170 g	blueberries
50 g	caster sugar
8 g	cornflour (cornstarch)
	Zest and juice of 1 lemon

Notes:

- Instead of the pastry cream and compote, you can add other fillings such as whipped cream, chocolate ganache, or custard. Instead of piping the fillings, you can slice the profiteroles in half, spoon the filling inside.
- Profiteroles can also be made without the craquelin.
- Other decorations could include sprinkling with icing sugar or dipping profiteroles into melted white chocolate (with added blue colouring of course!)

Preparation

Craquelin

1. In a medium bowl, add the butter and sugar together and mix well.
2. Add in the flour and roughly mix to combine.
3. Transfer to a smooth surface and use your hands to smooth out the paste. Add in the food colouring to the desired colour (for example, 4-5 drops of blue gel) and continue kneading the dough (using some food-safe gloves would be handy for this step).
4. Put the dough on a piece of cling wrap and cover with another piece on top. Roll out the dough flat (about 0.5mm) and refrigerate.
5. Profiteroles (choux buns)
6. In a medium pot, add in salt, water and sugar and heat over a medium heat. Once the sugar and salt has dissolved, add in butter and bring to boil.
7. Turn off heat and immediately add in sifted flour. Stir quickly with a wooden spoon.
8. Return the pot to a medium heat and continue stirring until the mixture forms a ball paste. The base of the pot should have a thin layer of dough. Remove from heat.
9. Cool the dough for 10 – 15 mins before adding the eggs. The dough should be at around body temperature to avoid scrambling the eggs. Gradually add in the beaten eggs and vanilla in 3 batches, mixing well between each addition. Continue mixing until a smooth and glossy paste is formed.
10. Transfer the paste into a piping bag and pipe the paste into a lined cupcake tray – fill each cupcake holder about 2/3 full. Alternatively, if you do not want to use cupcake holders, pipe the paste into 2-inch rounds onto a baking tray lined with a baking sheet – with each round spaced about 1-inch apart. You may also use a spoon to measure out the paste if you do not have a piping bag.
11. Take out the chilled craquelin and use a small round cookie cutter (1-2 inch diameter) to stamp out rounds. Place each round on top of the piped choux pastry.
12. Bake at 200°C for 20 mins until puffy and golden brown. Remove from baking tray and cool on a wire rack.

Pastry cream

13. In a small-medium pot, add 90% of the milk (i.e. 270 ml) with half the amount of sugar. Heat the mixture without boiling it. Remove from heat.
14. In a medium bowl, whisk the remaining milk, cornstarch and food colouring (e.g. 1-2 drops of blue gel). Add the remaining sugar, eggs and salt and continue mixing until thick and creamy. Whisk the hot milk into the egg mixture.
15. Transfer the heated mixture back to the pot and return the pot to the stove and whisk constantly over medium-high heat until it bubbles and thickens, about 1-2 minutes.
16. Remove from heat, pour contents back into the bowl and stir in the vanilla extract and butter. Cover with cling film and chill the cream (about 30 min in the fridge).
17. When the pastry cream has cooled completely, stir in 40 g of cold thickened cream to loosen the mixture.
18. Whip remaining cold thickened cream to soft peaks and fold into the chilled pastry cream until thoroughly combined. Keep chilled until ready to use.

Blueberry compote

19. In a small bowl, whisk the lemon juice and cornstarch to create a slurry.
20. In a small to medium pot, add in the blueberries, sugar, lemon zest and the lemon juice-cornstarch mixture. Heat over medium-high heat until the mixture is thickened.
21. Remove from heat. Use a spoon or a stick blender to break apart the blueberries. Strain the mixture to remove the seeds. Keep chilled until ready to use.

Assembling the profiteroles

22. Transfer each of the pastry cream and blueberry compote into separate piping bags.
23. Cut a small hole in the top of the cooled profiteroles if you have used cupcake liners, or at the bottom of each profiterole if they were baked on a baking tray.
24. Pipe the pastry cream into each profiterole, and then pipe in the blueberry compote.
25. Decorate with blueberries or additional cream.

BLUE TIRAMISU CHEESECAKE



Ingredients

Note: Reserve your used coffee grounds (espresso or plunger) for the base of this cake. Begin this recipe 1 day ahead.

250g	chocolate biscuits
2 tbs	reserved coffee grounds
100g	unsalted butter, melted, cooled
1 cup (250ml)	espresso
165ml	Marsala or fortified wine
18	sponge fingers (savoardi)
5	titanium-strength gelatine leaves
1/4 cup (435ml)	pure (thin) cream
1 1/4 cups (275g)	caster sugar
2 tsp	vanilla bean paste
750g	cream cheese, at room temperature
4 cups (1kg)	mascarpone
1 cup (175g)	dark chocolate, chopped
	Blue Food Colouring of choice

Preparation

1. Grease base and side of a 24cm spring cake pan and line with plastic wrap. Place biscuits in a food processor and whiz to fine crumbs. Transfer to a bowl with coffee grounds and butter and stir to combine. Press evenly into base of pan.
2. Place Espresso and ½ cup Marsala in a bowl. Dip the sponge fingers in the espresso mixture one at a time, and place over the biscuit base, breaking in half if necessary to fit in a single layer. Chill until needed. Cover and Chill remaining espresso mixture
3. Soak gelatine in a bowl of cold water for 5 minutes to soften. Meanwhile, place 1 cup cream and 1 cup sugar and 3-4 drops of blue food colouring in a saucepan over medium-low heat stirring until sugar dissolves. Bring to just below boiling point then remove from heat. Squeeze excess water from gelatine, then stir into cream mixture until melted and combined. Set aside to cool.
4. Place vanilla, desired drops of Blue Food colouring, and cream cheese in a stand mixer fitted with the whisk attachment. Whisk on high until very smooth. In 3 batches, add the cooled cream mixture, whisking well between each addition. Add 600g mascarpone and remaining 2 tbs Marsala, and whisk to combine.
5. Spread cream cheese mixture over the sponge biscuits and cover surface with plastic wrap. Chill overnight.

Next Day:

1. Make ganache, place chocolate in a heatproof bowl. Place remaining ¾ cup cream in a saucepan over medium heat. Bring to a simmer, then pour over chocolate. Set aside for 30 seconds to melt, then stir until smooth. Cool. Remove plastic wrap from surface of cake and pour over ganache. Chill for 2 hours or until set.
2. Combine reserved espresso mixture with remaining ¼ cup sugar in a saucepan over medium heat, stirring until sugar dissolves. Simmer for 5 minutes or until slightly thickened. Cool.
3. Carefully remove the sides and base pan and transfer cake to plate. Add blue colouring to 400g mascarpone then spread over ganache, swirling to create peaks. Drizzle with espresso syrup to serve.

BLUEBERRY PIE



Ingredients

$\frac{3}{4}$ cup	white sugar
3 tablespoons	cornstarch
$\frac{1}{4}$ teaspoon	salt
$\frac{1}{2}$ teaspoon g	round cinnamon
4 cups	fresh blueberries
1	recipe pastry for a 9 inch double crust pie
1 tablespoon	butter

Preparation

1. Mix sugar, cornstarch, salt, and cinnamon, and sprinkle over blueberries.
2. Line pie dish with one pie crust. Pour berry mixture into the crust, and dot with butter. Cut remaining pastry into 1/2 - 3/4 inch wide strips, and make lattice top. Crimp and flute edges.
3. Bake pie on lower shelf of oven for about 50 minutes, or until crust is golden brown.

Submitted by Jennifer Philps, CMRI (recipe by ASHESP Allrecipes.com)



BLUE LAMINGTONS



Ingredients

White chocolate lamingtons

6	eggs
2/3 cup (150g)	caster (superfine) sugar
80 gram (2½ ounces)	white eating chocolate, chopped finely
1/2 cup (75g)	plain (all-purpose) flour
1/3 cup (50g)	self-raising flour
1/3 cup (50g)	cornflour (cornstarch)
2 cup (150g)	desiccated coconut
100 gram (3 ounces)	white eating chocolate, grated finely

Icing

3/4 cup (640g)	icing (confectioners') sugar
3/4 cup (180ml)	milk
Few drops blue food colouring	

Preparation

1. Preheat oven to 180°C (160°C fan-forced). Grease a 20cm x 30cm (8-inch x 12-inch) rectangular pan; line base and sides with baking paper, extending the paper 5cm (2 inches) over sides.
2. Beat eggs in a medium bowl with an electric mixer about 10 minutes or until thick and creamy. Gradually add sugar, beating until sugar dissolves. Fold in chopped chocolate and triple-sifted flours. Spread mixture into pan.
3. Bake cake about 35 minutes. Turn cake onto a baking-paper-covered wire rack to cool; refrigerate until required.
4. To make icing; sift icing sugar into a medium heatproof bowl; stir in milk. Place over a medium saucepan of simmering water; stir until icing is of a coating consistency. Add blue food colouring and mix thoroughly. Cut cold cake into 35 squares; dip each square in icing, drain off excess. Toss squares in combined coconut and grated chocolate; place on a wire rack to set.

*Submitted by Lorel Colgin, CMRI (derived from Women's Weekly
<https://www.womensweeklyfood.com.au/recipes/white-chocolate-lamingtons-9411>)*

LEMON BLUE LAMINGTONS

Ingredients

1 jar lemon curd
Sponge cake
Blue food colouring
Desiccated coconut

Preparation

1. Add blue food colouring to a jar of lemon curd, mix well and place in a mixing bowl
2. Cut sponge cake into rectangles or squares. Thoroughly dip sponge cake pieces in the blue lemon curd mixture.
3. Transfer to another mixing bowl with desiccated coconut and coat well. Place on a cookie sheet to dry for about 1 hour before serving.

Submitted by Lorel Colgin, CMRI

BLUE MATCHA CASHEW CAKES:



Visit: <https://www.ehvegan.com/bite-size-blue-matcha-cashew-cakes/> for ingredients and instructions.

This simple raw dessert is healthy, with no food colouring, and impressive! The best bit is you don't have to cook.

MINI BLUEBERRY CHEESECAKES



Visit <https://www.bluezones.com/recipe/blueberry-cheesecake/> for recipe.

Cashews are the key ingredient in these cupcakes which mimic dairy, so they are still very creamy despite being dairy-free!

BLUE SURF CAKE



Visit: <https://www.unconventionalbaker.com/recipes/blue-surf-cake/> for recipe.

The best thing about this cake is that the author suggests lots of natural ways to colour it blue including matcha powder, spirulina and blueberries.



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HAVE YOUR OWN BLUE RECIPES?

Submit to marcomms@cmri.org.au
and you could have it included in the

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