



# BECOME A CNM VEGAN NATURAL CHEF

TRAINING WITH THE COLLEGE OF NATUROPATHIC MEDICINE



The College of Naturopathic Medicine is the leader in teaching therapeutic cooking. The Natural Chef course meets the growing demands of a society increasingly fascinated by health-promoting, nutritious food.

Whether you want to learn how to serve up truly delicious, healthy dishes for your family or turn your knowledge into a successful career, this course is for you. Career options include becoming a chef in a restaurant or spa; working as a private chef; developing your own food-based business, from cooking instructor, product developer and consultant, to food and recipe writer, cookbook author and beyond.

CNM (College of Naturopathic Medicine) has a 20-year track record training students for successful careers in **natural therapies, in class and online naturopathy-uk.com**

Credits: © Recipe and photos of recipe Eloise Schwerdt

## CNM<sup>®</sup> Vegan Natural Chef

### ORANGE BLOSSOM PANNA COTTA

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This Panna Cotta is set with seaweed, young coconut meat, and coconut oil to create a silky smooth set custard which still has the 'jiggle' of a traditional recipe.

#### Ingredients:

- ½ cup coconut meat
- 1 cup cashews, soaked
- ½ cup coconut milk
- ¼ cup + 2 tablespoons light agave
- 2 tablespoons Irish moss paste
- ½ tablespoon of orange blossom extract
- ½ vanilla pod, scraped
- ½ cup coconut oil

#### Method:

Blend all ingredients together in a high-powered machine until smooth. Portion ½ cup servings into suitably sized moulds and then place in the fridge to set until ready to serve. Serve alone or with the addition of an infused foam (rose works really nicely) and a blended berry coulis to add flair. Fresh edible rose petals, stewed fruit, activated nuts or a spiced syrup also go very well with this delicious dessert.

**CNM recommends the use of organic ingredients.**