

Unbakery Cafés

Organic NZ talked with Megan May and Jeremy Bennett, owners of the two – and soon to be three – Unbakery Cafés in Auckland.

How did your cafés start up?

We wanted people to experience what fresh, raw (nothing heated above 46°C), organic food, that also happens to be free of gluten, dairy and cane sugar, could taste like, and most importantly give people the tangible experience of how good it can make them feel.

We originally started the café as an extension of our Little Bird Organics wholesale products (grawnola – that's raw granola, crackers and macaroons) in a small garage space in Kingsland, but it was a lot more popular than we ever anticipated, so we opened a larger café in Ponsonby that showcases what is possible when cooking and uncooking with organic botanical-based cuisine.

Why did you choose the organic path?

There isn't really a choice for us; organics is the natural way to grow food. It's not just about the food or the health of the person eating it, it's about the people who work growing that food, and their families. Farmers should not have to be exposed to unnecessary chemicals, nor should the natural ecosystems that surround them.

What else do you do sustainably in your business?

Sustainability is ingrained in many aspects of the business, from the packaging we use in stores to the way we deal with waste, how we grow our business and our style of staff management.



Above: Megan May.



Above: Unbakery Café in Ponsonby.

Hazelnut chocolate mousse

Rich, chocolatey and good for you. This is a delicious way to get some goodness into you while treating yourself to dessert. It's also really quick to put together.

Preparation time: 10 minutes, setting time: 2 hours.

Serves 4-6.

- 2 large ripe avocados
- 3 T raw almond or hazelnut butter
- ¾ cup hazelnut milk
- ¾ cup cacao powder (cacao is raw; cocoa has been heated)
- ¾ cup organic maple syrup, coconut nectar or raw agave
- ½ t vanilla extract
- Pinch of salt

Optional – for a richer mousse texture add 2 T coconut oil or cacao butter.

1. Place all ingredients in food processor and process until very smooth. If using oil, add this at the end while the food processor is running until it is completely combined into the mixture.
2. Pour into individual cups and refrigerate for 2 hours (the mousse will not achieve the required taste until well chilled).
3. If you want to speed up the setting process, place in the freezer for 20 minutes.
4. Top with crushed hazelnuts or candied hazelnuts.



Nutritional highlights

- **Hazelnuts** contain vitamins, minerals, protein, fibre and healthy fats. They also contain phytochemicals, including proanthocyanidins, quercetin and kaempferol. These proanthocyanidins belong to a group called the flavonoids. Flavonoids may support brain health, improve circulation and reduce symptoms associated with allergies.
- **Avocados** contain many nutrients that you need in your diet; they are full of healthy fats like oleic acid, which can actually help reduce cholesterol. Avocados contain more potassium than bananas, something that is essential for muscle growth and organ function. Avocados also contain vitamins C and E, antioxidants that keep the immune system strong and your skin beautiful.

What sets your business apart from others?

That we make everything! Anyone that spends time in the kitchen soon realises that we really do everything from scratch, we make everything fresh – nut milks, yoghurt, kefir, breads, crackers even our vanilla bean powder. We spend a whole day cracking fresh coconuts each week. There is no skimping on using the best products we can find, and using them in their wholefood form.

How have you overcome any challenges?

Challenges of all kinds constantly present themselves when you're running a business, that's the nature of it. We take each one as it comes and try to learn as much as we can in the process. There are usually little gems of wisdom in each obstacle so it's about being able to see them and not get caught up in any difficulties.

What have been the highlights and successes?

One of the biggest and most unexpected highlights has definitely been employing so many amazing staff. Our business is as much about the people as it is about the food.

Late last year we released our cookbook called *The Unbakery* which took a huge amount of work and weren't sure how it would be received, so when its first print run sold out in a few months, we were pretty happy about that.

What are your future plans?

We hope to share our food with more people throughout New Zealand, whether that be through online or stores, we don't know just yet. We are about to open a new takeout café in Britomart (downtown Auckland) which we are really excited about, serving takeout food so people can have really healthy food quickly, and a deeper focus on juices and functional drinks has always been something we wanted to do more of. ☺

Unbakery Cafés

littlebirdorganics.co.nz/collections/unbakery

1. **Kingsland:** 385 New North Road
8 am – 2.30 pm Mon–Fri
8 am – 3 pm Sat–Sun
Phone 09 550 7377
2. **Ponsonby:** 1a Summer Street
Open 7 am – 4 pm daily
Phone 09 555 3278
3. **Britomart café** – opening soon

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