

# DELICIOUS DESSERTS



Mouth Watering Recipes  
That Quickly Burn Fat



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# Introduction

Today is your lucky day!

I'm going to give you 27 of my favorite desserts recipes that will have your mouth watering in no time.

Even though you'll be able to eat all the sweets you want once you've complete the Diabetes Free Program, eating clean is still a good idea. Not only will it prevent you from becoming diabetic again, it will also help you keep the weight off.

These recipes were specifically made with diabetics in mind, yet they're still delicious. So yummy that even your kids won't be able to tell they aren't packed with junk.

I've worked hard to make sure they are easy to make and use ingredients many of us already have in the kitchen.

I hope you enjoy these treats as much as I do. Share them with your friends, family and non-diabetics too.

I can't wait to hear all the Mmm's once you've tried one of my delicious 27 desserts.

Enjoy!!

P.S. If you love baking and have a recipe you would love share with other former diabetics, please feel free send us an email.

# 27 Delicious Desserts

## Flourless Zucchini Chocolate Brownies

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 20 Min    | 40 Min    | 16       |

### INGREDIENTS:

- 1 Cup Creamy Almond Butter
- 2 Medium Zucchini, Shredded (Unpeeled)
- 1/3 Cup Honey
- 1 Large Egg
- 1 Teaspoon Vanilla
- 1 Teaspoon Baking Soda
- 1/2 Teaspoon Ground Cinnamon
- 1 Cup Semisweet Chocolate Chips, Melted



### DIRECTIONS:

1. Preheat oven to 350°F. Grease a 9x9 inch baking pan, set aside.
2. In a large bowl, combine all ingredients and mix thoroughly until smooth. Pour into prepared pan.
3. Bake for 35-40 minutes, or until a toothpick inserted in the center comes out clean.
4. Let cool completely before cutting into squares.

## Coconut Secret Bars

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 20 Min    | 0 Min     | 16       |



### INGREDIENTS:

- Filling:
  - 4 Cups Grated, Unsweetened Coconut
  - ½ Cup Softened Or Melted Coconut Oil
  - 2-4 Tablespoons Coconut Nectar (or Honey)
  - Roasted Whole Or Slivered Almonds
- Coating:
  - ½ Cup Dark Chocolate Pieces
  - 1 Tablespoon Coconut Oil

### DIRECTIONS:

1. In a food processor, put the filling ingredients and process for several minutes. The mixture should soften and heat the coconut oil.
2. Taste for sweetness, add more if you like.
3. Line an 8x8 inch or similar sized pan with waxed paper.
4. Pour the coconut filling in and spread around evenly. If you would like to add almonds, now is the time.
5. Place the pan in the fridge or freezer to speed the solidifying process.
6. Meanwhile, melt your chocolate with the coconut oil.
7. Once solid, lift the whole chunk out by lifting the paper. Cut into desired shapes. Dip each in the chocolate, letting the excess drip back before laying it on waxed paper to solidify.
8. Store in an airtight container on the counter or in the freezer.



## Kind Bars 2.0

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 20 Min    | 20 Min    | 10       |



### INGREDIENTS:

- 1 Cup Almonds
- ½ Cup Walnuts, Pecans Or Any Nut
- ½ Cup Shredded Unsweetened Coconut
- ⅓ cup golden raisins
- ⅔ cup pumpkin seeds
- ⅔ cup sunflower seeds
- 3 Tbsp sesame seeds
- 3 Tbsp chia seeds
- 1 Tbsp orange zest
- 2 Tbsp coconut oil, melted
- ½ cup honey

### DIRECTIONS:

1. Preheat oven to 350°F, and line a cookie sheet with wax paper.
2. Roughly chop nuts and mix all ingredients in a large bowl (Except coconut oil and honey)
3. Separately mix oil and honey, pour over the nut/seed mixture & stir until evenly coated.
4. Pour into lined cookie sheet and spread an even layer. Bake for 15-20 minutes.
5. Remove from oven and let cool for 20 minutes, then lift gently using the wax paper, and place in the fridge for another 45 minutes to harden. Once solid, remove from the fridge and slice into bars of your desired size (it's easiest if you use a nice big, sharp knife).
6. To store, wrap them in parchment paper separately (so that they don't stick together), and keep in an airtight container. I keep mine in the fridge, but you could also keep them at room temp.



## Dark Chocolate Mousse

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 20 Min    | 0 Min     | 4        |

### INGREDIENTS:

- 1 ripe avocado
- 1/4 cup date paste or 4 medjool dates, pitted
- 1 tbsp unpasteurized honey
- 1 cup full fat coconut milk
- 1/2 cup organic cacao powder
- 1 tsp fresh coffee grounds
- 1/4 tsp Himalayan salt
- 1 tbsp pure vanilla extract



### DIRECTIONS:

1. Process avocado, date paste (or pitted medjool dates), honey and coconut milk in a small food processor until smooth and creamy.
2. Add cacao powder, coffee, salt and vanilla and resume processing until well incorporated. You might have to scrape the sides once or twice to get all the powder to mix in nicely.
3. Transfer this mixture to the bowl of your stand mixer and whisk on high for 4-5 minutes until light and fluffy. You could also do this with a hand mixer if you don't have a stand mixer.
4. Divide the chocolate mousse between 4 to 6 individual dessert bowls, dust lightly with cacao powder and refrigerate for 4-6 hours, or up to 2 days.
5. Note that this mousse can also be served immediately, but its texture greatly benefits from it sitting in the fridge for at least a few hours.

# Ultimate Soft Chocolate Chip Cookies

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 10 Min    | 10 Min    | 14       |



## INGREDIENTS:

- 1 egg
- ½ cup smooth almond butter
- 1 tbsp coconut oil, melted and cooled
- ½ cup organic coconut sugar
- 1 and ½ tsp pure vanilla extract
- 1 cup blanched almond flour
- ¼ cup coconut flour
- ½ tsp baking soda
- ⅛ tsp fine grain sea salt
- ⅓ cup dark chocolate chips (dairy free)

## DIRECTIONS:

1. Preheat your oven to 350°F and line a large cookie sheet with parchment paper.
2. Beat the egg, almond butter, coconut oil, coconut sugar and vanilla together until smooth. In a separate bowl, combine all the almond flour, coconut flour, baking soda, and salt.
3. Mix the dry ingredients into the wet until a thick dough forms. Add the chocolate chips at the end (if they don't fully combine, you can stick extra chips on top of each cookie before baking)
4. Roll the dough into small balls and then flatten before placing on the parchment lined cookie sheet. (they will not spread much)
5. Bake for about 8-10 minutes in the preheated oven, or until cookies are set and beginning to brown.
6. Remove from oven and transfer to wire racks to cool completely. Enjoy!

## Flourless Peanut Butter Brownie Cookies

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 10 Min    | 10 Min    | 12       |



### INGREDIENTS:

- 1 large egg
- 1 cup peanut butter at room temperature
- 1/3 cup brown sugar
- 1 teaspoon baking soda
- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 3/4 cup peanut butter chips

### DIRECTIONS:

1. Preheat oven to 350°F and line two large baking sheets with parchment paper or silicone baking mats.
2. In a medium bowl, whisk the egg until beaten. Mix in the peanut butter, then the brown sugar, baking soda, and cocoa powder. Mix everything together very well, then mix in the vanilla extract. Finally, fold in the peanut butter chips until combined.
3. Scoop the dough, about 1.5 Tablespoons each, onto prepared baking sheet. Bake two batches - 6-7 cookies on each baking sheet each. Gently press down on the dough mounds with the back of a spoon. If you find the cookie dough balls are a little oily from your peanut butter-- mine usually are-- blot each with a paper towel.
4. Bake for 9-10 minutes. The cookies will look very soft-- that's ok! For crispier cookies, bake up to 11-12 minutes. Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely. Sometimes I press a couple more peanut butter chips into the tops of each cookie immediately after coming out of the oven. This is optional and only for looks!

# Apple Pie With Cashew Crust

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 20 Min    | 35 Min    | 8        |



## INGREDIENTS:

- Apple Pie Crust
  - 1 cup almond meal
  - 1 cup whole unsalted cashew nuts
  - 1 whole egg
  - 1/4 cup coconut oil, melted
  - 1 tsp stevia or 1 tbsp maple syrup
  - 2 tsp vanilla extract
  - 2 tsp cinnamon powder
- Apple Filling
  - 4 apples, apples, thinly sliced
  - 4 regular sized eggs
  - ¾ cup of almond milk
  - 2 tbsp maple syrup

## DIRECTIONS:

1. Greased a pie mold with coconut oil.
2. Pour all the crust ingredient in a food processor with the S blade attachment. Process for 1 minute or until it forms a ball.
3. Place the dough between two sheets of plastic wrap. Roll until about 2-3 mm thick.
4. Remove the first plastic wrap layer and flip onto a greased pie mold.
5. Add thinly sliced peeled apples.
6. In a bowl whisk with a fork the eggs, almond milk and maple syrup.
7. Pour the batter onto the apples.
8. Bake for 35 minutes at 350°F or until golden. Cool down before removing mold.
9. The crust will get harder when it reaches room temperature.

# Cherry Crisp

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 15 Min    | 20 Min    | 8        |



## INGREDIENTS:

- 3 cups cherries, pitted and sliced
- 2 tsp almond extract
- 1/3 cup unsweetened coconut milk
- For the topping:
- 1/4 cup hemp seeds
- 1/4 cup almond flour
- 1/4 cup coconut flour
- 2 Tbsp coconut oil
- 1 Tbsp water
- 1 tsp cinnamon
- pinch of salt

## DIRECTIONS:

1. In a medium bowl, combine the cherries, almond extract, coconut milk and sweetener if using. Make sure there are no pits!
2. In another bowl combine all of the topping ingredients and mix well until crumbly. Pour the cherry filling into one large, 4 medium, or 8 small greased ramekins or oven proof dishes. Top with the crumble mixture and bake for 20 minutes in a preheated 375 degree (F) oven. Remove from the oven and let cool before serving. Yum!



## Raw Chocolate Coconut Banana Tart

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 15 Min    | 8 Hours    | 9        |



### INGREDIENTS:

- Pie Crust
  - 2½ cups raw almonds
  - 1 cup pitted Medjool dates
  - 1 Tbsp. water
  - 1 tsp. pure vanilla extract
  - pinch sea salt
- Coconut Banana Tart
  - 5 ripe medium bananas, cut into ½ inch pieces
  - 1 cup well-shaken full-fat culinary coconut milk (from a BPA-free can)
  - ¼ cup unsweetened cocoa powder
  - 1½ tsp. pure vanilla extract
  - 1 tsp. raw honey
  - ¼ cup chopped or slivered raw almonds
  - 2 Tbsp. raw cacao nib

### DIRECTIONS:

1. **MAKE THE CRUST:** Place the almonds in a food processor and process until coarsely chopped. With the machine still running, add the dates, water, vanilla and salt until it forms a sticky dough.
2. Firmly press the crust mixture into a parchment paper-lined 8x8 inch baking or tart pan to form a thick crust on the bottom and up the four sides of the pan.
3. **MAKE THE TART:** Combine the bananas, coconut milk, cocoa powder, vanilla and honey in a blender; puree until smooth. Pour the mixture over the pie crust. Sprinkle with the almonds and cacao nibs. Cover with wax or parchment paper and freeze for at least 8 hours or overnight. Thaw the tart until it's soft enough to cut into 9 squares.



# Hot Chocolate Ice Cream

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 15 Min    | 2 Hours    | 1        |



## INGREDIENTS:

- ½ cup full-fat coconut milk
- 1 teaspoon raw honey
- 1 egg white
- .75 ounces extra dark chocolate

## DIRECTIONS:

1. Warm coconut milk over low heat in a pan. Add one teaspoon raw honey.
2. In the meantime, whisk the egg white until light and frothy.
3. Add dark chocolate warmed milk and continue stirring until the chocolate is melted, being careful not to burn.
4. Pour the egg white into the coconut milk and mix well. Let the melted chocolate cool for about a minute, then pour the melted chocolate into the coconut milk. Mix well.
5. Place in the freezer for 2-3 hours, or until lightly set.
6. Optional: Garnish with dark chocolate flakes.

## Simple Reese Cups

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 10 Min    | 1 Hour     | 12       |

### INGREDIENTS:

- 1 cup natural, sugar-free peanut butter
- ½ cup unsweetened shredded coconut
- 1 tablespoon coconut oil
- 1 tablespoon honey
- 1 cup dark chocolate chips (Enjoy Life brand)

### DIRECTIONS:

1. Place almond butter, oil and honey in a glass bowl then microwave for about 30 seconds or until melted. Stir in shredded coconut until evenly combined. Divide the mixture into each opening of a mini muffin tin (fills 12 openings).
2. Place the chocolate chips in the glass bowl then microwave for about 30 seconds or until melted. Pour melted chocolate on top of each muffin tin then place the tin in freezer for about an hour.
3. Take muffin tin out of freezer. Carefully scrape a knife around the edges and the peanut butter cups will pop out easy. Handle with care.



# Chocolate Chip Cookie Dough

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 10 Min    | 0 Min     | 4        |

## INGREDIENTS:

- 1/2 cup packed almond flour
- 1/4 cup tapioca flour
- 5 tablespoons cold unsalted grass-fed butter
- 2-3 teaspoons honey, to taste
- 3/4 teaspoon vanilla
- 1 ounce chopped dark 85% chocolate
- Generous pinch of sea salt



## DIRECTIONS:

1. Combine all ingredients (except chocolate) in a blender and blend until smooth. Taste and see if you need a bit more honey, vanilla, or salt depending on your taste. If you do just add a little bit at a time until you're satisfied. Stir in the chocolate and enjoy!

## Raspberry Popsicles

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 5 Min     | 15 Min    | 12       |

### INGREDIENTS:

- 1 & ½ cups fresh raspberries
- 2 cups water
- Ice cube tray
- 4-5 Popsicle sticks, cut into 3 equal pieces



### DIRECTIONS:

1. Combine the water and raspberries in a saucepan over medium heat.
2. Let simmer for 10 to 15 minutes, until the mixture sticks to a spoon.
3. Remove from the heat and drain using a fine sieve to remove unwanted seeds.
4. Pour the mixture into each hole of an ice cube tray.
5. Place a popsicle stick piece into each hole, and freeze for at least 2 hours before eating. (If the popsicle sticks won't stay upright in the holes, stick the tray in the freezer and let it freeze for half an hour and then try again)
6. You can also add fresh raspberries to the popsicles before freezing.

## Peanut Butter Banana Ice Cream

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 10 Min    | 0 Min     | 2        |

### INGREDIENTS:

- 2 frozen bananas
- 2 Tbsp. coconut milk (full fat)
- ¼ cup peanut butter

### DIRECTIONS:

1. Place all ingredients in a food processor or high speed blender and blend until combined
2. Serve immediately for soft serve consistency or freeze for later for more ice cream like consistency

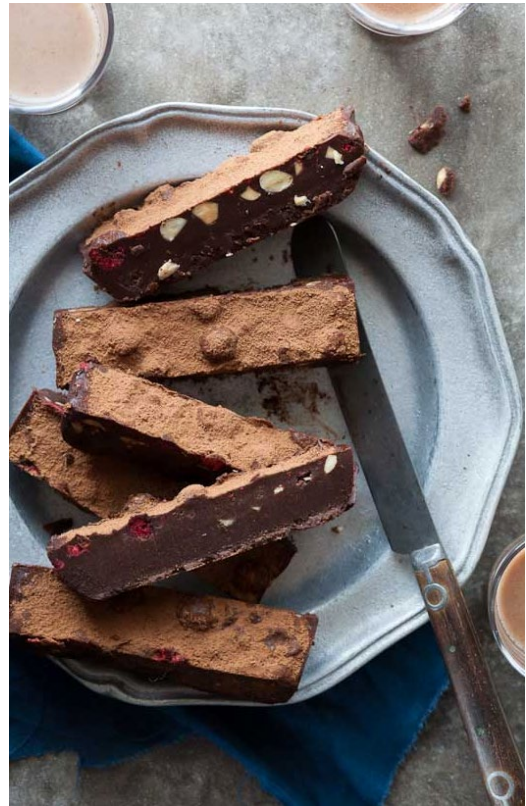


# Chocolate Fudge Cake

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 15 Min    | 1 Hour     | 8        |

## INGREDIENTS:

- ¾ cup/180g coconut oil
- ½ cup/ coconut butter coconut butter
- ½ cup cacao powder
- ½ cup maple syrup
- Pinch of fine sea salt or Himalayan salt
- 1/3 cup freeze dried berries
- ¼ cup roasted almonds coarsely chopped
- 2 Tablespoons cacao nibs
- Extra cacao powder for dusting top



## DIRECTIONS:

1. Line a loaf pan with parchment paper, set aside.
2. Set the coconut oil and coconut butter in a medium bowl placed into a larger one filled a quarter of the way up with hot water. Stir until both are fully liquid and melted.
3. Whisk in the sifted cacao powder until smooth and well incorporated.
4. Whisk in the maple syrup and a pinch of salt until fully combined.
5. Mix in the freeze-dried raspberries, chopped almonds and cacao nibs.
6. Pour into parchment-lined loaf pan. Let set up in the fridge for at least 1 hour.
7. Cut into desired sized pieces and dust with additional cacao powder before serving.



## Peanut Butter & Jelly Ice Cream

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 60 Min    | 30 Min    | 4        |



### INGREDIENTS:

- ¾ Cup strawberry sauce (recipe below)
- 2 Cups full-fat Coconut Milk
- 2 Egg yolks
- 1 Teaspoon pure vanilla extract
- Pinch of sea salt
- 1 Cup frozen strawberries, chopped
- ½ Cup peanut butter
- 1 Tablespoon coconut sugar
- Strawberry Sauce:
  - ½ Cup dates, packed
  - 3 Cups frozen strawberries
  - 1 Teaspoon lemon juice

### DIRECTIONS:

1. Start by making the strawberry sauce. Place the dates, strawberries and lemon juice in a small pot over medium heat. Let the fruit cook down until the strawberries are softened.
2. Transfer everything to a blender and puree until smooth. Place in glass jar and chill.
3. In a blender, combine the coconut milk, strawberry sauce, egg yolks, vanilla and sea salt. Blend until smooth. Set up ice cream maker, pour in the ice cream as per instructions.
4. When ice cream is thickened, add in the chopped strawberries.
5. Mix peanut butter and coconut sugar in bowl and aside.
6. When the ice cream is done churning, take out the container you'll be storing it in. Place a layer of the ice cream at the bottom of the container and drizzle with peanut butter. Continue to layer the ice cream and peanut butter mix until both are used up, ending with a layer of ice cream. Use a butter knife to swirl the ice cream.
7. Chill in the freezer for 1-2 hour for hard ice cream and enjoy!

## No Bake Sun Butter Oreos

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 15 Min    | 20 Min     | 12       |

### INGREDIENTS:

- Cookies
  - 1 Cup sunflower seeds
  - 1 ½ Cups pitted dates
  - 3 Tablespoons cocoa powder
  - ½ Teaspoon pure vanilla extract
  - 2 Tablespoons coconut butter
  - Pinch of sea salt
- Filling
  - ½ Cup sunbutter
  - 2 Teaspoons coconut sugar
  - ¼ Teaspoon pure vanilla extract



### DIRECTIONS:

1. Place sunflower seeds in a food processor until well chopped. Transfer to a separate bowl.
2. Place the dates in the food processor and chop. Add in the remaining ingredients, including the previously chopped seeds, and process until a dough forms.
3. Place the dough between two pieces of parchment paper and roll out into a thin square. Use a round cookie cutter to cut cookies out of the dough. If you don't have a round cookie cutter, you can use a thin glass or shot glass. You want to get about 24 cookies to make 12 sandwiches. The amount may vary by the thickness of your cookies and the size of the cookie cutter.
4. Place cookies on a parchment lined baking sheet and transfer to the freezer for 10 minutes.
5. Make the filling by combining all the ingredients in a small bowl and mixing well with a fork.
6. Remove the chilled cookies from the freezer. Place a small dollop (I used half of a small cookie scoop) in the center of one cookie. Sandwich another cookie on top and place the sandwich back on the baking sheet. Repeat with all the cookies.
7. Let the cookies chill in the freezer 5-10 minutes or until ready to enjoy.

## Red, White & Blue Coconut Tarts

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 15 Min    | 3 Min     | 6        |

### INGREDIENTS:

- 1 cup coconut cream concentrate
- 1/4 cup raw honey
- 1/2 cup fresh blueberries
- 1 Tbsp. fresh squeezed lemon juice
- 1 medium ripe banana
- 5 fresh strawberries



### DIRECTIONS:

1. Place the coconut cream concentrate and the raw honey in a small saucepan over medium heat and allow to melt (about 2-3 minutes), stirring occasionally. Remove from heat.
2. Add 1/3 of the coconut cream mixture to the food processor and add the blueberries and lemon juice. Blend until well mixed, then spoon equally into the bottom of 6 silicon baking cups.
3. Rinse the food processor and then add half of the remaining coconut cream mixture. Add the banana and blend until well mixed. Spoon equally over the blueberry layer in the baking cups.
4. Rinse the food processor and then add the remaining coconut cream mixture. Add the strawberries and blend until well mixed. Spoon equally over the banana layer in the baking cups.
5. Place the baking cups on a small tray or plate and place in the freezer to set for about 2 hours. You can eat them right out of the freezer if you like them hard, or let them thaw for 15-20 minutes if you like them soft.

## 5 Minute Blueberry Mousse

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 5 Min     | 0 Min     | 6        |

### INGREDIENTS:

- 1 cup raw cashews
- 2 cups frozen blueberries
- ½ cup full fat coconut milk
- 3 tbs. coconut oil
- 1 Tbs. maple syrup
- 1 tsp. 100% vanilla extract

### DIRECTIONS:

1. Place all the ingredients (except the berries) in to your blender or food processor
2. Whiz for 3 minutes or until super smooth.
3. Now add your frozen berries and whiz for another minute. It will start to instantly turn in to this amazing blueberry frozen mousse!
4. Serve with grated cocoa and fresh blueberries.



## Panna Cotta With Peach Compote

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 10 Min    | 15 Min    | 4        |



### INGREDIENTS:

- FOR THE PANNA COTTA
  - 1 (13 oz.) can full fat coconut milk
  - 1/3 cup raw honey
  - 1 1/2 tsp. vanilla extract
  - 2 tsp. grass-fed gelatin
- FOR THE PEACH COMPOTE
  - 4 ripe peaches, peeled, pitted and sliced
  - 3 Tbsp. raw honey
  - 2 tsp. grass-fed gelatin
- OPTIONAL TOPPING
  - Fresh berries

### DIRECTIONS:

#### TO MAKE THE PANNA COTTA:

1. Place the coconut milk, raw honey and vanilla in small saucepan over medium-high heat and bring to a light simmer, stirring until well combined. Add the gelatin and whisk to combine. Pour into 4 ramekins and place in fridge to set (3 hours or more).

#### TO MAKE THE PEACH COMPOTE:

1. Once the panna cotta has set, place sliced peaches in a food processor and blend until very smooth. Strain out any chunks through a mesh strainer.
2. Place strained peach mixture and raw honey in a saucepan over medium-high heat and bring just to a boil, stirring occasionally. Add gelatin and whisk until well combined, about 1 minute. Pour an equal amount on top of each panna cotta layer and then refrigerate 3 hours or until set. Top with fresh berries (optional) and serve.



## Chocolate Mug Cake

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 3 Min     | 15 Min    | 1        |

### INGREDIENTS:

- $\frac{3}{4}$  teaspoon coconut oil
- 1 large egg
- 2 tablespoons pure honey
- 2 tablespoons unsweetened almond milk
- $\frac{3}{4}$  teaspoon pure vanilla extract
- 2 tablespoons almond meal or flour
- 2 tablespoons unsweetened cocoa powder
- $1\frac{1}{2}$  tablespoons flaxseed meal
- 1 pinch salt
- 1 pinch baking soda
- 1 pinch espresso powder (optional)



### DIRECTIONS:

1. Add coconut oil to 12oz mug and place in preheated oven to 350°F. I use a toaster oven.
2. After 1 min, remove mug and rotate to coat the entire inside with the oil.
3. Whisk the egg in a small bowl, then whisk in the honey, almond milk, and vanilla.
4. Stir in the almond meal, cocoa powder, flaxseed meal, salt, baking soda, and espresso powder until smooth.
5. Pour off any extra coconut oil from the mug into the batter and stir it in.
6. Pour the batter into the prepared mug and bake in oven at 350°F for 15 min.
7. Note the mug will be very hot and cake will continue to cook after you remove it.



## Fresh Tangerine Sorbet

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 10 Min    | 3 Hours    | 3        |

### INGREDIENTS:

- 3 cups fresh squeezed tangerine juice (strain out any seeds or pulp)

### DIRECTIONS:

1. Pour the juice into a gallon zip lock bag. Seal it securely and lay it flat on a tray.
2. Put it in the freezer until frozen solid.
3. Break up the frozen juice and put it in a food processor or strong blender. Blend until smooth, stopping occasionally to break up large chunks and help the machine along. Work quickly to minimize melting.
4. Spread the sorbet into a metal loaf pan, cover with foil, and put back in the freezer to firm up to a scoop-able consistency. This will take several hours.



# Strawberry Crumble

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 15 Min    | 30 Min    | 3        |

## INGREDIENTS:

- Strawberry Filling
  - 4 cups fresh ripe strawberries, halved
  - 2 tablespoons tapioca flour
  - 2 teaspoons pure vanilla extract
  - 1 tablespoon fresh lemon juice
  - 2 tablespoons pure maple syrup
- Grain-Free Crumble Topping
  - 1 cup blanched almond flour
  - ½ teaspoon kosher salt
  - 3 tablespoons coconut oil
  - 3 tablespoons pure maple syrup



## DIRECTIONS:

1. Preheat the oven to 350°F.
2. In a mixing bowl, toss together the strawberries, tapioca flour, vanilla extract, lemon juice, and maple syrup. Transfer to an 8" x 8" baking pan.
3. Mix together the ingredients for the crumble topping in a mixing bowl. Evenly spread it over the strawberries and bake in the oven for 30 minutes, until the strawberries are juicy and bubbly and the topping is golden-brown.
4. Let stand for 10 minutes before serving with ice cream (See recipe in this book).

## Baked Pears With Walnuts & Nuts

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 10 Min    | 30 Min    | 4        |

### INGREDIENTS:

- 2 large ripe pears
- 1/4 tsp ground cinnamon
- 2 tsp honey
- 1/4 cup crushed walnuts

### DIRECTIONS:

1. Preheat the oven to 350°F.
2. Cut the pears in half and place on a baking sheet.
3. Using a measuring spoon or melon baller, scoop out the seeds.
4. Sprinkle with cinnamon, top with walnuts and drizzle 1/2 teaspoon honey over each one.
5. Bake in the oven 30 minutes. Remove, let cool and enjoy!



## Reese's Eggs

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 15 Min    | 20 Min     | 10       |

### INGREDIENTS:

- 1/2 cup peanut butter
- 2 1/2 tbsp coconut flour
- 2 tbsp maple syrup
- 1 tsp vanilla
- 1/2 cup Enjoy Life chocolate chips
- 1/2 tbsp coconut oil



### DIRECTIONS:

1. Mix together sunflower seed butter, coconut flour\*, maple syrup, and vanilla until well combined.
2. Divide mixture into about 10 equal portions, and use hands to roll each into an egg-like shape.
3. Place on a baking sheet or plate lined with wax paper and put in freezer to harden.
4. While eggs are in the freezer, melt chocolate chips and coconut oil together (I did mine in the microwave, using 30 second increments and stirring until completely melted, but you could also do this on the stove over low heat). NOTE\*\* I recommend melting chocolate in a coffee mug or similar cup instead of a larger bowl so that it is easier to cover eggs in one easy dip.
5. Remove eggs from freezer after about 10-20 minutes and dip in chocolate to cover completely using a toothpick.
6. Allow excess chocolate to drip off eggs by lightly tapping the hand holding the toothpick with your free hand before placing back on parchment paper.
7. Place chocolate-covered eggs in the refrigerator to set completely before serving.

## Vegan Chocolate Truffles

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 40 Min    | 0 Min     | 14       |

### INGREDIENTS:

- 30 pitted Medjool dates
- 6 tablespoons raw cacao powder
- 2 tablespoons walnut or coconut oil

### DIRECTIONS:

1. Add the dates and cacao powder to a high-powered blender or food processor. Pulse/blend a few times to chop up the dates.
2. Add in the oil and process/blend until everything is combined and you get a thick, sticky mixture.
3. Using a spatula, scrape all of the mixture out of the food processor/blender and into a bowl.
4. Refrigerate for 15 minutes. This allows the mixture to set up a bit so that it's easier to work with.
5. Roll the mixture into 14 balls. Roll each ball in additional cacao powder, unsweetened shredded coconut, or nuts.
6. Resist the temptation to eat the entire batch in one sitting.



## Chocolate Nut Butter Fudge

| PREP TIME | CHILL TIME | SERVINGS |
|-----------|------------|----------|
| 20 Min    | 40 Min     | 4        |

### INGREDIENTS:

- Bottom Layer
  - 1/2 cup coconut oil (melted)
  - 1/4 cup cocoa powder
  - 3 tbs raw honey
  - 1/3 cup chopped pecans or walnuts
  - 1 tsp of pure vanilla
- Top Layer
  - 1/2 cup of peanut butter
  - 1/4 cup coconut oil (melted)
  - 3 tbs raw honey
  - 1 tsp pure vanilla
  - Pinch of sea salt



### DIRECTIONS:

1. Line a small, shallow, and preferably glass dish (we used an 8 x 4 rectangle Pyrex baking dish) with parchment paper
2. Combine all the above ingredients for the bottom layer in a small bowl
3. Pour into the dish, and place in freezer for about 20 minutes
4. Next combine all the ingredients for the top layer in a small bowl
5. Pour over the frozen bottom layer, and return dish to the freezer for another 20 minutes
6. Slice and serve
7. Keep in refrigerator or freezer
8. Don't let it set out long - it will quickly become gooey at room temperature!



## BONUS: Pecan Pie Tarts

| PREP TIME | COOK TIME | SERVINGS |
|-----------|-----------|----------|
| 1 Hour    | 25 Min    | 4        |

### INGREDIENTS:

- Tart Crust
  - 1 cup almond flour
  - 1 cup tapioca flour
  - 1/2 cup grass-fed butter
  - 1 egg
  - 1/2 tsp Himalayan sea salt
  - 1 tsp raw honey
- Pecan Pie Filling
  - 1/2 cup cold grass-fed butter
  - 1/3 cup coconut palm sugar
  - 1/4 cup raw honey
  - 2 tbsp full-fat coconut milk
  - 2 cups pecans



### DIRECTIONS:

1. Preheat oven to 350°F.
2. In a food processor combine almond flour, tapioca flour, cold butter and sea salt
3. Add in raw honey, and egg and process until combined
4. Transfer dough into the refrigerator for 1-4 hours. Remove and separate into two balls.
5. Grease your two medium or one large tart pans and gently press dough into the center filling up the sides and the bottom- use additional flour if it gets a bit sticky
6. In a small pot combine butter, sugar, honey, milk, and pecans. Bring to a boil then reduce heat and let simmer until it begins to thicken slightly- about 7 minutes or so.
7. Pour mixture into tart shells and bake for 20-30 minutes until mixture is bubbly and crust is flakey
8. Let cool slightly and serve straight out of the tart dishes with a dollop of dairy-free ice cream or homemade whipped cream!