

Guilt-free Desserts

Cinnamon Chia Seed Pudding

Ingredients:

2 cups of raw milk or Coconut milk

½ cup Chia seeds

1 tsp. vanilla extract

½ tsp. cinnamon

¼ tsp. Himalayan salt

5 medjool dates (pitted)

Honey to taste

2 Tbs. Colostrum powder (optional)

Directions:

1. Add all ingredients in a blender and process until smooth.
2. Leave in refrigerator for a few hours or overnight.

Optional toppings:

Shredded coconut

Cacao nibs

Nuts and seeds

Goji berries

Sliced fruits of your choice

Raw Hazelnut Chocolate Squares

Ingredients:

½ cup slightly roasted hazelnuts

¾ cup cacao butter

¼ cup cacao powder

½ cup honey

½ cup mesquite

2 Tbs. vanilla extract

½ tsp. sea salt

2 Tbs. coconut oil

1/3 cup maple syrup

Directions:

1. Blend all the ingredients in a food processor.
2. Place in square pan and freeze.
3. Cut into squares and serve. Store in the refrigerator.

Apple Tart

Ingredients:

- 2 ½ cups walnuts
- 1 ½ cups dates (pitted)
- 3 apples, such as granny smith
- Juice of 1 lemon in 1/2 cups of water or apple juice
- ½ tsp. cinnamon
- ¼ tsp. allspice
- 1/8 tsp. ground clove
- 2 Tbs. maple syrup
- ¼ cup raisins

Directions:

1. Combine walnuts and dates in a food processor. Make sure you remove the pits from dates. Process until well mixed and ground, but not smooth. About 40 seconds. It should be course texture when done. Press evenly into a 9 -inch tart pan. Set in refrigerator while making the filling.
2. Slice apples by cutting into quarters. Cut out core and slice crosswise in ¼ inch thick slices.
3. Place apples in a large skillet with rest of the ingredients and cook for about 10 minutes, stirring frequently on medium heat.
4. Remove apples with a slotted spoon from the pan to a bowl and cool completely.
5. Reduce liquid to about half the volume and cool separately.
6. Spread apples evenly over the crust. Brush syrup over apples. Can be served right away or will keep in refrigerator until needed. Keep tart covered in refrigerator so it doesn't pick up moisture.
7. Top with vanilla yogurt if desired.

Creamy Chocolate Pudding



Ingredients:

2 ripe Aavocado, pitted
1 cup coconut milk , coconut cream or nut milk
¼ cup raw cacao powder, or more to taste
5 pitted dates, chopped
1 Tbs. vanilla extract
Pinch of sea salt
2 Tbs. honey or maple syrup

Optional toppings:

1 tsp. bee pollen
Dried coconut flakes
Grated dark chocolate
Fresh berries

Directions:

1. Add all ingredients (except the bee pollen) to a high-powered blender or a food processor and blend until creamy.
2. Separate into two separate serving bowls, cover and chill for 30 minutes to 1 hour.
3. Drizzle with your choice of toppings and serve.

Sesame Bars

Ingredients:

1 cup walnuts
½ cup sesame seeds
1 ½ cups pitted dates
1/8 tsp. sea salt

Directions:

1. Pulse all ingredients in a food processor until mixture holds together when pressed.
2. Press mixture into a 9-inch square pan, and chill.
3. Cut into squares to serve.

Almond Cookies

Ingredients:

1 cup coconut flour

1 cup ground almonds

¼ tsp. baking soda (aluminum-free)

Dash of sea salt

½ cup butter or ghee

½ cup unprocessed whole cane sugar, such as Panela or Rapadura

1 large egg

1 tsp. natural almond extract

Handful of raw almonds for decoration

Directions:

1. Stir together flour, ground almonds, baking soda and salt and set aside.
2. In a mixing bowl cream egg, butter and sugar. Stir flour and ground almond mixture into the creamed mixture.
3. Cover and chill for about 2 hours.
4. Shape dough into small balls, about ¾ - inch. Place balls 2 inches apart, flatten slightly with the bottom of a glass. Press an almond into the center of each cookie.
5. Bake at 350 F for about 12 minutes, or until set but not browned.

