

Desserts

Summer Sorbet

4-6 frozen Bananas (peeled)
2 fresh bananas
1 box frozen blueberries
1/2 box fresh blueberries
fresh ground nutmeg
1 tsp. lemon zest
fresh spearmint leaves (for garnishing)

In a food processor with 'S' blade, process 1/2 of the fresh and frozen bananas with a bit of lemon juice until blended as sorbet.

Stir in lemon zest to taste at end. Put into a parfait glass.

Repeat process in food processor with the remainder of the fresh and frozen bananas, add the fresh and frozen blueberries (keep some fresh out for decorating) garnish with fresh fruit and spearmint leaves and fresh ground nutmeg on top.

Put in freezer for 8-12 hours.

4-6 servings

Fudge Stuff

1/2 c carob powder or cocoa powder
1/2 c water
1 c peanut butter (smooth or crunchy)
1/2 c honey
1/2 c applesauce
1/2 c - 1 c Date butter (depending how sweet you want it)
1 tsp vanilla
1/2 c coconut
Any other kind of nuts (optional)

Mix ingredients well and put into a greased pan and chill for several hours.

Cut into squares.

Protein Fudge Cookies

1 c regular or cocoa instant protein
1 c natural peanut butter
1 1/2 c granola cereal
1 c maple syrup
1 1/2 c shredded or flaked coconut

Mix the first 4 ingredients along with 1 c coconut in a bowl.

Form into balls and roll into the remaining 1/2 c coconut.

Refrigerate until firm.

You can also pat dough into a lightly greased fudge pan and sprinkle with coconut.

Chill and then cut as fudge.

Raw Raspberry Cheesecake

Crust:

2 c almonds
1 c dried dates
Sprinkle of desiccated coconut

Filling:

3 c chopped cashews, soaked for 2 hours
1/2 c lemon juice
1/2 c raw agave nectar
3/4 c coconut oil
1 tsp vanilla extract
1/2 tsp sea salt
1 c frozen raspberries (I use a bit more)

For Crust:

Soak the dates in some warm water for 10 minute. Squeeze out excess water then process dates and nuts in a food processor until it clumps together.

Sprinkle coconut onto bottom of 9" spring form cake tin. Press crust into the cake tin on top of the coconut.

Blend cashews, agave, coconut oil, vanilla, salt, lemon and raspberry's together until super smooth. Pour in mixture on top of crust and smooth the top level with a spatula. Place in the freezer for a few hours before serving until firm.

Let cake thaw in the fridge for 15-20 minutes before serving.

Carob Decadence Pie

Crust:

2 c of raw, unrefined coconut (freeze-dried is best)
1 heaping c pecans
6 Large pitted dates

Bottom:

2 bananas - ripe

Filling:

2 Large (or 3 small) avocados - ripe
6 dates, soaked
Extra honey or maple syrup to taste
6 T raw carob powder (or cocoa powder)
2 T raw cocoa powder (optional)
2 T unrefined coconut oil
Dash of salt

For Crust:

Put the coconut in an “s” blade food processor and cut until fine.

Add dates and pecans and continue processing until the mixture feels moist.

Press mixture in a 9” tort pan, evenly distributing on the bottom and fluted sides. The more compact, the better. Place in the refrigerator to “set”.

For Filling:

Place all of the ingredients in the same food processor and mix until smooth and creamy.

Cut bananas and spread evenly on bottom of crust.

Spoon mixture gently into tort shell; be sure to bring mixture up to the sides.

Place completed tort in refrigerator for several hours to completely set.

Just before serving, you could garnish the top with sliced bananas, strawberries or kiwi fruit.

Push up from the bottom of the tort shell and slice into very small portions. This is very rich and should be considered a “celebration” food.

Variation: layer on top of the crust with sliced bananas, kiwi, or strawberries before putting the filling in to make a pretty slice of pie to serve.

Apply dollops of cashew or almond cream for garnish

Coconut Pudding

1 c fresh coconut meat , from one young Thai coconut
1/4 c fresh coconut water
1 tsp vanilla extract
1 T raw honey , or 12 drops liquid stevia
pinch of fine sea salt

Add the coconut meat, coconut water, vanilla extract, salt and sweetener into a small bowl of food processor. Blend until very smooth and creamy.

Adjust sweetner to taste, if necessary, then chill for an hour before serving. It will thicken up even more in the fridge!

Serve chilled, and enjoy!

Variation

To make it chocolate pudding.

Reduce vanilla extract by half, sweeten with 3 medjool dates (1 T maple syrup) and a 2 tsp cacao powder or 1 T cocoa powder.

Play around until the taste is the way you want it.

Very good but a bit pricy if you can't find cheap coconuts!

Gluten Free Pie Crust

3 c brown rice flour
1/2 to 1 tsp salt
1 1/4 c melted butter
1 egg beaten
1 T vinegar
4 T water

Mix dry ingredients in a bowl.

Make a well in the center of the dry ingredients and place egg and liquid ingredients into that well.

Blend ingredients briskly with fork.

When the ingredients are well moistened, knead well with hands.

Divide in half. Place one half into pie pan and press evenly into place with hands, pressing up a bit higher than edge of pan.

Pinch dough along edge of pan into a decorative edge.

The second half of the dough can be used for another pie or quiche.

If baking pie crust before pouring in filling, pierce crust with fork about 10 times in various areas to prevent splitting or shrinking while baking.

Bake at 425 for 10-12 minutes.

Otherwise fill pipe and bake according to directions.

You can experiment with alternative flours such as millet, oat, white rice, tapioca, and others, using the same ratio of ingredients. Oat flour takes a bit more liquid to create pliable dough.

Feel free to remove vinegar and use 5 T of water. The vinegar is thought to make the crust more tender. Add a bit of preferred sweetener if desired if water is used for all liquid.

Almond or other nut meal can be added in place of up to a cup of flour and is a delicious touch.

Chocolate Peppermint Cookies (Flourless!)

Servings 18

Ingredients

- 1 tablespoon ground chia seeds
- 3 tablespoons water
- 3/4 cup creamy raw almond butter
- 3/4 cup coconut sugar
- 1/4 cup cocoa powder
- 1/4 teaspoon fine sea salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon peppermint extract
- 1 teaspoon apple cider vinegar
- 1/2 cup dark chocolate chips (optional)
- 1 crushed candy cane (optional)

Instructions

- Preheat the oven to 350oF and line a baking sheet with parchment paper or a silicone mat. In a large bowl, stir together the ground chia seeds and water. This is your “chia egg.” (You can use a real egg if you'd rather skip this.)
- Add the almond butter to the chia seed mixture, along with the coconut sugar, cocoa, salt, baking soda, peppermint extract, and vinegar. Stir well until a thick and uniform mixture is created. Gently fold in the chocolate chips, if using, then drop the dough by rounded tablespoonfuls onto the lined baking sheet. Use your hands to gently flatten each cookie.
- If you'd like to add the crushed candy cane pieces to the top, sprinkle them on generously before baking. They will melt in the oven and then re-harden when cooled for a crunchy peppermint-flavored topping.
- Bake the cookies at 350oF until the cookies have slightly spread and the tops look dry, about 9 to 12 minutes. The cookies will still be very soft to the touch, so it's important that you let them cool on the pan for at least 20 minutes before trying to move them to a wire cooling rack. Allow the cookies to cool completely before serving.
- Cookies can be stored uncovered at room temperature for up to 3 days, but for best shelf life keep them in the fridge or freezer. Should last up to 2 weeks in the fridge, and up to 3 months in the freezer.