



## Welcome!

These dessert recipes were created to remind you that **dessert is allowed**. Enjoying something sweet doesn't mean you've failed, fallen off track, or need to "make up for it" later. These recipes are here to help you enjoy dessert in a way that feels satisfying, nourishing, and supportive of your health.

Flexibility is encouraged throughout these recipes. If you don't like an ingredient, can't find it, or prefer something else, feel free to swap it for what you enjoy or already have. Baking and dessert-making should feel fun and approachable, not rigid or overwhelming. Use these recipes as a starting point and make them your own.

Use these recipes in whatever way fits your life. Make desserts ahead of time, freeze extras, enjoy small portions or generous ones—whatever feels right for you. There are no "perfect" desserts here—only supportive, enjoyable options.

There is no "right" amount to eat. Let hunger, satisfaction, and how your body feels guide you—not rules or guilt.

Most importantly, you are allowed to enjoy dessert and care for your health at the same time. Trust your body and enjoy the process.

**Enjoy every sweet moment!**



## Vanilla Cupcakes

6 servings

30 minutes

### Ingredients

1/2 cup Unbleached All Purpose Flour  
 1/8 tsp Salt  
 1/4 tsp Baking Soda  
 2 Eggs (large)  
 1/4 cup Butter  
 2 tbsps Honey  
 1 tbsp Vanilla Extract  
 1 cup Chocolate Chunks  
 1/3 cup Butter  
 1 1/2 tbsps Vanilla Extract  
 2 tbsps Milk

### Nutrition

Amount per serving	
Fat	25g
Carbs	33g
Fiber	6g
Protein	6g

### Directions

1

In a food processor, combine the flour, salt and baking soda. Pulse in eggs, butter, honey and vanilla. Line a cupcake pan with 6 paper liners and scoop ¼ cup into each. Bake at 350° F for 20-24 minutes. Cool for 1 hour. Frost with Chocolate Frosting.

2

Chocolate Frosting: • 1 cup chocolate chunks • ⅓ cup butter • 1 ½ tsp vanilla extract

3

Make the frosting in a small saucepan over very low heat, melt chocolate and butter. Stir in vanilla extract. Place frosting in refrigerator for 15-30 minutes to thicken. Remove from refrigerator and whip frosting with a hand blender until thick and fluffy. Frost over cupcakes.



## Decadent Chocolate Peppermint Truffles

10 servings

20 minutes

### Ingredients

1 cup Pitted Dates (packed)  
 3 cups Water (just boiled)  
 1/3 cup Cocoa Powder  
 1/2 tsp Peppermint Extract  
 3 tbsps Coconut Oil  
 1/3 cup Dark Chocolate Chips  
 1/4 tsp Sea Salt (large flakes, for topping)

### Nutrition

Amount per serving	
Fat	7g
Carbs	17g
Fiber	2g
Protein	1g

### Directions

- 1 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 2 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 3 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days.

**Additional Toppings:** Top with shredded coconut flakes.

**More Flavor:** For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.



## Ooey Goey Date Squares

16 servings

30 minutes

### Ingredients

- 1 cup Pitted Dates (finely chopped)
- 1 cup Water
- 3/4 cup Oat Flour
- 1/4 tsp Sea Salt
- 1 tsp Baking Soda
- 2 cups Oats
- 2 tsps Cinnamon
- 1 tbsp Butter (melted)
- 1/4 cup Maple Syrup (or honey)
- 1/4 cup Almond Butter

### Nutrition

Amount per serving	
Fat	4g
Carbs	22g
Fiber	3g
Protein	3g

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Place chopped dates in a small sauce pan with water. Place over low heat. Stir continuously with a fork until mixture forms a goeey paste.
- 3 In a large mixing bowl, combine flour, salt, baking soda, oats and cinnamon. Mix dry ingredients together. Then add butter, maple syrup (or honey), almond butter and ¼ cup warm water. Use a spatula to stir well.
- 4 Divide the oat mixture into two even portions. Press one portion down into a pan to form the crust (we use an 8 x 8 inch square pan). Then use a spoon to spread date mixture evenly over the crust. Sprinkle the other half of the oat mixture evenly across the top.
- 5 Pop in the oven and let bake for 15 minutes. Remove from oven and let cool before cutting into squares. Enjoy!



## Peanut Butter Rice Krispies

6 servings

30 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1/2 cup Maple Syrup
- 1/2 cup Peanut Butter
- 2 1/2 cups Rice Puffs Cereal

### Nutrition

Amount per serving	
Fat	13g
Carbs	28g
Fiber	1g
Protein	5g

### Directions

- 1 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 2 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 3 Add puffed rice and gently mix with a spatula until evenly coated.
- 4 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

### Notes

Storage: Freeze in an airtight container



## Cherry Oatmeal Bars

12 servings

1 hour

### Ingredients

- 2 cups Oats (rolled)
- 1 cup Unbleached All Purpose Flour
- 1/2 tsp Sea Salt
- 1/2 tsp Baking Powder
- 1/2 cup Butter (melted)
- 1/3 cup Maple Syrup (or honey)
- 1/2 tsp Vanilla Extract
- 3 cups Frozen Cherries
- 1 tbsp Lemon Juice
- 1/3 cup Strawberry Jam
- 2 tsps Cornstarch

### Nutrition

Amount per serving	
Fat	9g
Carbs	30g
Fiber	2g
Protein	3g

### Directions

- 1 In a large bowl, stir together the oats, flour, salt, and baking powder. Add the butter, maple syrup (or honey) and vanilla. Stir with a spatula until everything is well combined. Set aside.
- 2 Preheat the oven to 350°F (175°C) and line a pan with parchment paper going in both directions.
- 3 In a small saucepan over medium-low heat, combine the cherries, lemon juice, and jam. Bring to a low boil, pressing down on the cherries slightly to break them open. Sprinkle in the cornstarch and mix to combine. Simmer for five to seven minutes or until thickened. Remove from the heat.
- 4 Add 3/4 of the oat mixture to the pan, pressing down firmly to create an even crust layer. Add the cherry mixture over top. Crumble the remaining 1/4 of the oat mixture over top.
- 5 Transfer to the oven and bake for 35 to 40 minutes or until light golden brown on top and the mixture is bubbling.
- 6 Let it cool in the pan for at least 45 minutes and then remove using the parchment paper. Let it cool before slicing. Enjoy!

### Notes

**Baking Dish Size:** An 8 x 8-inch (20 x 20 cm) baking dish was used.

**No Strawberry Jam:** Use any jam of choice. You can also use any fruit of choice.



## No Bake Strawberry Cheesecake Cups

4 servings

1 hour 15 minutes

### Ingredients

- 1 cup Strawberries (chopped)
- 2 tsp Lemon Juice (divided)
- 1 tsp Cornstarch
- 3 tbsps Water
- 3 ozs Graham Crackers
- 2 tbsps Butter (softened)
- 2/3 cup Plain Greek Yogurt
- 3/4 cup Cream Cheese, Regular
- 1/2 tsp Vanilla Extract
- 2 tbsps Honey

### Nutrition

Amount per serving	
Fat	21g
Carbs	32g
Fiber	2g
Protein	8g

### Directions

- 1 In a saucepan over medium-low heat combine the strawberries, half the lemon juice, cornstarch and water. Stir to combine. Cook, stirring often until thickened, about eight to nine minutes. Remove from the heat and set aside.
- 2 Add the graham crackers to a food processor and blend until a fine crumb has formed. Transfer to a bowl and mix with the butter until you can press the dough together with your fingers.
- 3 Wipe out the food processor and add the yogurt, cream cheese, vanilla, remaining lemon juice, and honey. Blend until the mixture comes together.
- 4 Divide the crumbs evenly between jars, followed by the yogurt mixture. Top with the strawberries. Refrigerate for one hour and then enjoy!



## Peach Puff Pastry Tarts

8 servings

40 minutes

### Ingredients

- 3 Peach (pit removed, thinly sliced)
- 1/2 tsp Lemon Juice
- 2 tbsps Brown Sugar
- 1/4 oz Unbleached All Purpose Flour (for dusting)
- 9 ozs Puff Pastry (thawed)
- 1 Egg (whisked)

### Nutrition

Amount per serving	
Fat	13g
Carbs	24g
Fiber	1g
Protein	4g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine the peach slices, lemon juice, and brown sugar. Toss gently and set aside.
- 3 Use the flour to lightly dust a flat surface. Roll out the puff pastry into a large rectangle about 1/2 inch (13 mm) thick. Use a sharp knife and cut the puff pastry into four inch (10 cm) rectangles.
- 4 Use the knife to run a rectangular shaped border on the inside of each puff pastry rectangle, being careful not to pierce all the way through. Use a fork to pierce the inside border. Place them onto the baking sheet.
- 5 Pile the peaches in the rectangle, slightly overlapping the slices and then brush the edges with the egg.
- 6 Bake in the oven for 18 to 22 minutes, turning the baking sheet halfway through, until golden brown and the fruit is bubbling.
- 7 Let the tarts cool slightly and then move to a cooling rack. Enjoy warm!

### Notes

**More Flavor:** Add cinnamon to the peach mixture.

**Additional Toppings:** Before baking, sprinkle the sides of the puff pastry with coarse brown sugar.



## Whipped Coconut Cream & Strawberry Puff Pastry

9 servings

50 minutes

### Ingredients

- 1/4 oz Unbleached All Purpose Flour (for dusting)
- 8 ozs Puff Pastry (thawed)
- 1 Egg Yolk (whisked)
- 1 1/2 cups Coconut Cream (chilled in the fridge overnight)
- 1 tbsp Icing Sugar
- 1 tsp Vanilla Extract
- 1 1/2 cups Strawberries (sliced)

### Nutrition

Amount per serving	
Fat	18g
Carbs	17g
Fiber	1g
Protein	3g

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Use the flour to lightly dust a flat surface. Roll out the puff pastry into a square about 1/2 inch (13 mm) thick. Use a sharp knife and cut the puff pastry into 2 1/2 inch (6 cm) squares.
- 3 Use the knife to run a 1/4 inch (1/2 cm) border around the edges of each puff pastry square, being careful not to pierce all the way through. Place them into a baking sheet and brush the edges with egg yolk.
- 4 Bake in the oven for 20 to 25 minutes or until golden brown. Meanwhile, in a bowl whisk together the chilled coconut cream, icing sugar, and vanilla.
- 5 Once the puff pastries are cooked, remove from the oven and let cool down completely. Spoon the whipped coconut cream on top, along with the strawberries. Enjoy!

### Notes

**No Strawberries:** Use blueberries or raspberries instead.



## Coconut Macaroons

24 servings

30 minutes

### Ingredients

2 1/2 cups Unsweetened Shredded Coconut

4 Egg (medium, whites only)

2 tbsps Maple Syrup

### Nutrition

Amount per serving	
Fat	6g
Carbs	3g
Fiber	1g
Protein	2g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
- 3 Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
- 4 Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

### Notes

**Like it Sweet:** Use sweetened shredded coconut instead of unsweetened.

**Storage:** Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.



## Chocolate Chip Cookies

12 servings

20 minutes

### Ingredients

- 1 1/4 cups Oat Flour
- 1 1/2 tsp Baking Powder
- 3 tbsps Butter (melted)
- 3 tbsps Maple Syrup (or honey)
- 1 tsp Vanilla Extract
- 2 tbsps Unsweetened Almond Milk
- 1/3 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Fat	6g
Carbs	15g
Fiber	1g
Protein	3g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine the oat flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again. If it feels dry, add 1 extra tbsp almond milk.
- 3 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 4 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 5 Remove from oven and let cool. Enjoy!



## Chewy Gingerbread Cookies

12 servings

20 minutes

### Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Butter (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

### Nutrition

Amount per serving	
Fat	8g
Carbs	14g
Fiber	2g
Protein	3g

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the butter, egg, vanilla, molasses and maple syrup. Mix again.
- 3 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!



## Thumbprint Cookies

15 servings

28 minutes

### Ingredients

- 1 Egg (large, beaten)
- 1/2 cup Butter (softened)
- 1 1/2 cups Oat Flour
- Salt (pinch)
- 1/2 tsp Baking Powder
- 1/2 cup Sugar
- 1 tsp Vanilla Extract
- 1/3 cup Walnuts (finely chopped)
- 1/3 cup Strawberry Preserves

### Nutrition

Amount per serving	
Fat	9g
Carbs	15g
Fiber	1g
Protein	3g

### Directions

- 1 Preheat the oven to 375 degrees F. Combine the egg, butter, flour, salt, baking powder, sugar, and vanilla in a medium bowl.
- 2 Mix well with a fork until a dough is formed. If dough feels dry, add 1-2 tbsp milk. Chill dough 20-30 minutes before shaping. Add the chopped walnuts on a plate. Form the dough into 1.5 inch balls and roll in the walnuts to coat. Place on a parchment-lined cookie sheet. Bake for 8 minutes.
- 3 Remove from oven and press a small dent into the center of each cookie. Place approximately 1 teaspoon of jam in each cookie dent.
- 4 Return to the oven and bake an additional 10 minutes. Remove and transfer to a rack or platter to cool for 30 minutes.
- 5 Cookies MUST be fully cool to stay together - until then they will be quite fragile, so handle gently when transferring.



## Peanut Butter Oat Cookies

8 servings

15 minutes

### Ingredients

1 cup All Natural Peanut Butter  
1 Egg  
1/4 cup Coconut Sugar  
3/4 cup Oats (large flake)

### Nutrition

Amount per serving	
Fat	18g
Carbs	17g
Fiber	2g
Protein	9g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix the peanut butter and egg together. Then add sugar and oats until thoroughly combined.
- 3 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

### Notes

**No Peanut Butter:** Use almond butter, sunflower seed butter or any alternative nut or seed butter instead.

**Storage:** Refrigerate in an airtight container up to five days, or in the freezer for up to three months.



## Chocolate Cake

8 servings

20 minutes

### Ingredients

- 1 1/4 cups Oat Flour
- 1/4 cup Cocoa Powder (plus 2 tbsp)
- 2 1/2 tsps Baking Powder
- 1/2 tsp Salt
- 1/2 cup Unsweetened Almond Milk
- 3 Eggs
- 1/3 cup Coconut Sugar
- 1 1/2 tsps Vanilla Extract

### Nutrition

Amount per serving	
Fat	4g
Carbs	21g
Fiber	3g
Protein	6g

### Directions

- 1 Preheat oven to 350 F. Grease an 8-inch pan, or line with parchment paper. Stir all ingredients together very well, let batter rest 5 minutes before baking (helps oat flour hydrate), then spread into the pan.
- 2 If needed, use a second sheet of parchment to smooth down. Bake 14 minutes on the center rack. Let cool completely before frosting.
- 3 Frost cake with Chocolate Buttercream Frosting.

### Notes

**Double Layer Cake:** For a double layer cake, simply double the recipe and bake in two 8-inch pans.



## Chocolate Buttercream Frosting

12 servings

10 minutes

### Ingredients

2 ozs Unsweetened Chocolate  
(unsweetened, chopped)  
1 tbsp Butter  
1/2 cup Butter (softened)  
3 ozs Cream Cheese (softened)  
2/3 cup Icing Sugar  
2 tbsps Cocoa Powder  
1/2 tsp Vanilla Extract  
1/2 cup Heavy Cream (room  
temperature )

### Nutrition

Amount per serving	
Fat	7g
Carbs	10g
Fiber	1g
Protein	2g

### Directions

- 1 In a medium microwave-safe bowl, combine the chocolate and 1 tbsp butter. Melt in 30 second increments, stirring in between until smooth. Alternatively, you can melt the chocolate and butter together in a heat-proof bowl set over a pan of barely simmering water. Set aside to cool to lukewarm.
- 2 In a large bowl, beat 1/2 cup butter and cream cheese together until smooth. Beat in the icing sugar and the cocoa powder until well combined.
- 3 Add the chocolate and vanilla extract and beat until smooth. The mixture will be very thick at this point.
- 4 Add the cream a few tablespoons at a time until a spreadable consistency is achieved.



## No Bake Cheesecake Cups

4 servings

35 minutes

### Ingredients

- 3 1/8 ozs Graham Crackers (crushed)
- 1/2 cup Cream Cheese, Regular
- 2 tbsps Honey
- 1/4 cup Coconut Cream
- 1/4 tsp Vanilla Extract
- 1/2 cup Raspberries

### Nutrition

Amount per serving	
Fat	13g
Carbs	29g
Fiber	2g
Protein	4g

### Directions

- 1 Divide crushed graham crackers evenly between cups.
- 2 In a medium bowl, whisk together the cream cheese, honey, coconut cream, and vanilla until fluffy and smooth.
- 3 Spoon the cream cheese mixture over the crumbled biscuits. Let it set in the fridge for at least 15 minutes. Top with raspberries and enjoy!

### Notes

**No Raspberries:** Use blueberries, strawberries, or blackberries instead.



## Carrot Cake

12 servings

30 minutes

### Ingredients

1/2 cup Cane Sugar  
 1/3 cup Butter  
 4 Egg  
 2 tbsps Unsweetened Almond Milk  
 1 tsp Vanilla Extract  
 1 1/2 cups Almond Flour  
 2 tbsps Coconut Flour  
 1 tbsp Baking Powder  
 1 1/2 tsps Cinnamon  
 1/4 tsp Ground Allspice  
 1/2 cup Grated Carrot (about 1 large)  
 4 ozs Cream Cheese (softened)  
 2 tbsps Butter (softened)  
 1 tsp Vanilla Extract  
 1 tbsp Heavy Cream  
 1/4 cup Icing Sugar  
 1/4 cup Pecans (chopped)

### Directions

- 1 For the cake: preheat the oven to 350° F. Line the bottom of a 9" cake pan with parchment paper and spray with non-stick cooking spray. In a large bowl, beat together the sugar and butter until fluffy. Beat the eggs in, then the almond milk and vanilla.
- 2 Next, beat in the almond flour, coconut flour, baking powder and spices. Fold in the shredded carrot and mix just until it's incorporated into the batter.
- 3 Transfer to prepared pan and bake for 18-25 minutes or until a toothpick inserted into the center of the cake comes out clean. Allow to cool completely before frosting.
- 4 For cream cheese frosting: in a medium bowl, beat 2 tbsp butter and cream cheese until smooth. Add the icing sugar and 1 tsp vanilla and continue mixing. Add the heavy cream and stir until you have a smooth frosting. Add more heavy cream 1/2 tbsp at a time if your frosting is too thick.
- 5 When the cake is completely cool, top with the frosting and chopped pecans.

### Nutrition

Amount per serving	
Fat	16g
Carbs	25g
Fiber	2g
Protein	6g



## Greek Yogurt Chocolate Mousse

3 servings

8 hours

### Ingredients

4 ozs Dark Chocolate (chopped)  
1 1/2 cups Plain Greek Yogurt  
1/4 cup Cocoa Powder  
1 tbsp Honey  
1/2 tsp Vanilla Extract  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Fat	20g
Carbs	33g
Fiber	7g
Protein	15g

### Directions

- 1 Add water to a double boiler. Alternatively, fill a small pot halfway with water and place a heat-safe bowl on top. Bring the water to a boil and add the chocolate to the bowl. Melt the chocolate, stirring often. Set aside and let cool slightly.
- 2 In a stand mixer with the whisk attachment, combine the cooled melted chocolate, Greek yogurt, cocoa powder, honey, vanilla, and salt.
- 3 Whip the mixture until smooth and creamy and then portion into containers or jars. Place in the fridge overnight or for at least eight hours. Enjoy!

### Notes

**No Stand Mixer:** Use a hand mixer or immersion blender with the whisk attachment.

**Thicker Mousse:** For a thicker mousse, use full-fat yogurt. Thin if needed with a splash of milk.

**Additional Toppings:** Berries, coconut flakes, nuts and/or seeds.

**No Dark Chocolate:** Use chocolate chips instead.



## Raspberry Coconut Ice Cream

4 servings

5 minutes

### Ingredients

- 1 1/2 cups Frozen Raspberries
- 1 tbsp Maple Syrup
- 1 1/2 cups Coconut Milk (full fat, refrigerated overnight)

### Nutrition

Amount per serving	
Fat	16g
Carbs	12g
Fiber	2g
Protein	2g

### Directions

- 1 Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
- 2 Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
- 3 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**Make it Chunky:** Chop and add fresh or thawed raspberries to the final mixture.



## Strawberry Shortcake

16 servings

55 minutes

### Ingredients

- 1/2 cup Butter
- 4 ozs Cream Cheese (softened)
- 3/4 cup Cane Sugar
- 5 Egg (room temperature)
- 1 tsp Lemon Extract
- 1 tsp Vanilla Extract
- 1 1/2 cups Almond Flour (plus 2 tbsp)
- 1 tsp Baking Powder
- 2 cups Whipped Cream
- 2 cups Strawberries

### Nutrition

Amount per serving	
Fat	14g
Carbs	15g
Fiber	1g
Protein	5g

### Directions

- 1 For pound cake: cream the butter, cream cheese and sugar with an electric mixer. Add the eggs, one at a time; blend in the extracts. Mix the almond flour and baking powder; add to the egg mixture a little at a time.
- 2 Pour into a well-greased 9×5-inch loaf pan. Bake at 325° F for 50-55 minutes or until well browned. Cool 10 minutes. Remove from pan.
- 3 For strawberry shortcake: slice two pieces of pound cake. Slice strawberries. Place a few slices of strawberries on top of bottom cake and top with whipped cream. Repeat for top layer.

### Notes

**Another Use:** The pound cake can also be cut into cubes and layered with the whipped cream and strawberries in a trifle bowl.



## Lemon Blueberry Pound Cake

16 servings

1 hour 30 minutes

### Ingredients

1 cup Butter (softened)  
 8 ozs Cream Cheese (softened, or 8 ounces)  
 1 1/2 cups Cane Sugar  
 10 Egg  
 2 tsps Lemon Extract  
 2 tsps Vanilla Extract  
 2 1/4 cups Almond Flour  
 1/2 cup Coconut Flour  
 2 tsps Baking Powder  
 2 cups Blueberries  
 2 tbsps Coconut Flour  
 1/2 cup Icing Sugar  
 2 tbsps Lemon Juice

### Directions

- 1 Cream together the butter, cream cheese, and sugar. Blend in the eggs and then the extracts. In separate bowl, combine the almond flour, coconut flour, and baking powder. Slowly stir in the flour mix into the egg mixture.
- 2 Coat blueberries in 2 tbsp coconut flour, then stir into batter. Pour batter into a greased Bundt pan. Bake at 325° F for 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool.
- 3 For the glaze: stir 2-3 tbsp lemon juice into 1/2 cup icing sugar to desired consistency. Drizzle over cooled cake.

### Nutrition

Amount per serving	
Fat	24g
Carbs	31g
Fiber	3g
Protein	8g



## Peach Crisp

8 servings

45 minutes

### Ingredients

2 lbs Peach (fresh or frozen, sliced)  
1 cup Oats  
1/4 cup Unbleached All Purpose Flour  
1/8 tsp Salt  
3 tbsps Butter  
2 tbsps Maple Syrup (or honey)  
1/2 tsp Vanilla Extract

### Directions

- 1 Place peaches in an 8 x 8 inch baking dish. In a food processor, combine oats, flour and salt. Pulse in butter, maple syrup (or honey), and vanilla.
- 2 Sprinkle topping over fruit. Bake at 350°F for 35-45 minutes. Remove from oven, then cool and serve.

### Nutrition

Amount per serving	
Fat	5g
Carbs	18g
Fiber	2g
Protein	2g



## Chocolate Walnut Brownies

16 servings

30 minutes

### Ingredients

- 1/3 cup Butter
- 1/2 cup Cocoa Powder
- 6 Egg
- 1 cup Cane Sugar
- 1/4 tsp Salt
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon
- 1/2 cup Coconut Flour
- 1/2 cup Walnuts (chopped)
- 1/2 cup Unsweetened Coconut Flakes
- 1/2 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Fat	13g
Carbs	22g
Fiber	3g
Protein	5g

### Directions

- 1 Preheat oven to 350° F. Grease 8x8 baking pan with butter. Melt butter in saucepan over medium heat. Add cocoa powder and mix thoroughly. Set aside and let cool.
- 2 In large mixing bowl, beat together eggs, sugar, salt, and vanilla. Add cooled butter-cocoa mixture and blend. Add coconut flour and cinnamon, blending until smooth. Stir in walnuts, coconut, and chocolate chips.
- 3 Spread batter into prepared pan and bake in preheated oven for 30-35 minutes or until done. Brownies are done when toothpick inserted in center comes out clean. Cool and cut into 16 pieces.

### Notes

No Walnuts: Use any preferred type of nuts instead.



## Chocolate Crunch Bars

8 servings

2 hours

### Ingredients

1/3 cup Almond Butter  
1/4 cup Butter (melted)  
1/4 cup Cocoa Powder  
2 tbsps Hemp Seeds  
2 tbsps Ground Flax Seed  
1/4 cup Maple Syrup (or honey)  
2 1/2 cups Rice Puffs Cereal

### Nutrition

Amount per serving	
Fat	14g
Carbs	15g
Fiber	3g
Protein	4g

### Directions

- 1 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 2 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 3 Slice into bars and enjoy!

### Notes

**No Almond Butter:** Use peanut butter, hazelnut butter or cashew butter instead.



## Dark Chocolate, Blueberry & Walnut Cups

8 servings

40 minutes

### Ingredients

- 1 tbsp Butter
- 8 ozs Dark Chocolate (coarsely chopped)
- 1 tbsp Chia Seeds
- 1/2 cup Blueberries
- 2 tbsps Walnuts (finely chopped)

### Nutrition

Amount per serving	
Fat	15g
Carbs	15g
Fiber	4g
Protein	3g

### Directions

- 1 Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a saucepan over low heat, melt the butter and chocolate, continuously stirring. Remove from the heat and stir in the chia seeds.
- 3 Divide the chocolate mixture between the muffin cups. Top each with equal amounts of blueberries and walnuts, gently pressing them into the chocolate.
- 4 Chill in the fridge for at least 30 minutes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to three months.

**Additional Toppings:** Top with cinnamon, flaky salt, and/or your favorite nuts.



## Vanilla Birthday Cake

24 servings

1 hour 20 minutes

### Ingredients

- 1 cup Cane Sugar
- 3/4 cup Butter (softened)
- 8 Egg (large)
- 1/2 cup Unsweetened Almond Milk
- 1 tbsp Vanilla Extract
- 3 cups Almond Flour
- 1/2 cup Coconut Flour
- 1 1/2 tbsps Baking Powder
- 2 lbs Cream Cheese (softened)
- 1/3 cup Butter (softened)
- 2/3 cup Icing Sugar
- 1 tsp Vanilla Extract

### Nutrition

Amount per serving	
Fat	18g
Carbs	17g
Fiber	2g
Protein	6g

### Directions

- 1 Preheat the oven to 350 degrees F. Line the bottom of a 9 in (23 cm) round spring form pan with parchment paper. In a large bowl, beat together the sugar and butter, until fluffy.
- 2 Beat in the eggs, one at a time, then the almond milk and vanilla extract. Beat in the almond flour, coconut flour, and baking powder.
- 3 Transfer 1/3 of the dough to the lined pan and smooth the top with a spatula. Bake for 18-22 minutes, until the top is lightly golden and spring-y. Repeat with another 1/3 of the dough, then again with the final 1/3 (making 3 layers total).
- 4 For the Frosting: beat together the cream cheese, butter, icing sugar and vanilla extract, until smooth.
- 5 Let the cake layers cool separately to room temperature before stacking. Frost between the layers, and all over the top and sides at the end. Top with chopped pecans (optional) if desired.

### Notes

**Additional Toppings:** Add chopped pecans or other nuts on top of cake.



## Carrot Cake Bars

10 servings

40 minutes

### Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup (or honey)
- 2 tbsps Butter (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1/4 Navel Orange (zested)

### Nutrition

Amount per serving	
Fat	16g
Carbs	12g
Fiber	3g
Protein	7g

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
- 2 In a large bowl, add the almond flour, cinnamon, nutmeg, salt and baking soda. Whisk together to combine.
- 3 In a separate medium sized bowl add the eggs, maple syrup (or honey), butter and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 4 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 5 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

### Notes

**Baking Pan Size:** An 8x8 baking pan was used.

**Optional Icing Drizzle:** Use any cream cheese icing.



## Mango Coconut Popsicles

4 servings

40 minutes

### Ingredients

- 2 cups Frozen Mango
- 1 cup Coconut Milk (divided)

### Nutrition

Amount per serving	
Fat	11g
Carbs	14g
Fiber	1g
Protein	1g

### Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.



## Blueberry Crumble

6 servings

45 minutes

### Ingredients

- 1/4 cup Butter
- 4 cups Blueberries (fresh or frozen)
- 1 1/2 cups Almond Flour
- 1 cup Pecans (chopped)
- 1/4 tsp Sea Salt
- 1/4 cup Maple Syrup (or honey)

### Nutrition

Amount per serving	
Fat	34g
Carbs	31g
Fiber	7g
Protein	8g

### Directions

- 1 Preheat oven to 350°F (177°C) and grease a pie pan.
- 2 Spread blueberries in the pie pan. Combine remaining ingredients in a bowl. Mix with your hands or a spatula and crumble over the blueberries.
- 3 Bake for 40 to 45 minutes until golden brown and blueberries are bubbling. Let cool before serving.

### Notes

**Serve it With:** Ice cream, whipped cream or Greek yogurt.

**Oven Too Hot:** If your topping browns too quickly, cover with aluminum foil to prevent burning.



## Fudge Pops

4 servings

5 minutes

### Ingredients

2 pieces Pitted Dates  
2 cups Coconut Milk  
1/2 Avocado  
3 tbsps Cocoa Powder  
2 tbsps Maple Syrup (or honey)  
Cinnamon (Pinch)  
Sea Salt (Pinch )

### Directions

- 1 Roughly chop dates and throw them and the rest of the ingredients into a high speed blender.
- 2 Blend until very smooth (2-3 minutes).
- 3 Pour into molds and freeze.

### Nutrition

Amount per serving	
Fat	25g
Carbs	17g
Fiber	3g
Protein	3g



## Nutty Dark Chocolate Sea Salt Squares

16 servings

1 hour 30 minutes

### Ingredients

- 1/2 cup Honey
- 2 tbsps Butter
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Chocolate
- 1 tsp Sea Salt (coarse ground)

### Nutrition

Amount per serving	
Fat	18g
Carbs	17g
Fiber	4g
Protein	5g

### Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, butter and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt. Enjoy!



## Pumpkin Pie Tarts with Whipped Cream

12 servings

1 hour 30 minutes

### Ingredients

1 cup Almonds  
 1 cup Cashews  
 1 Egg  
 1/4 cup Butter (melted and divided)  
 1/3 cup Maple Syrup (divided)  
 1 tsp Vanilla Extract  
 1 tsp Cinnamon  
 1/2 tsp Sea Salt  
 2 1/4 cups Pureed Pumpkin  
 1/3 cup Unsweetened Almond Milk  
 2 1/2 tbsps Cornstarch  
 2 tsps Pumpkin Pie Spice  
 Whipped Cream

### Nutrition

Amount per serving	
Fat	16g
Carbs	18g
Fiber	3g
Protein	5g

### Directions

- 1 Prepare whipped cream.
- 2 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the butter, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 3 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 4 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 5 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 6 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted butter, cornstarch, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 7 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling. Serve with whipped cream on top. Enjoy!



## Cherry Blueberry Coconut Popsicles

6 servings

4 hours

### Ingredients

1/2 cup Frozen Cherries (roughly chopped)

1/2 cup Blueberries

1/2 cup Coconut Milk

### Nutrition

Amount per serving	
Fat	4g
Carbs	4g
Fiber	1g
Protein	0g

### Directions

- 1 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 2 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 3 Place in freezer for 4 hours or until completely frozen.
- 4 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

### Notes

**More Creamy:** Blend all ingredients together in a food processor or blender and divide into cups.

**No Coconut Milk:** Use almond milk or any other dairy milk alternative.



## Warm Mango with Coconut Milk

1 serving

10 minutes

### Ingredients

1/2 cup Frozen Mango  
1/4 cup Coconut Milk  
2 tbsps Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Fat	18g
Carbs	17g
Fiber	3g
Protein	2g

### Directions

1

Add fresh or frozen mangos to a small sauce pot and add coconut milk. Heat over lowest heat stirring occasionally just until warmed through. Do not overheat as this will curdle the milk.

2

Pour mango and milk into a bowl. Sprinkle with coconut and enjoy it while it's hot!



## Green Tea Lemonade Popsicles

6 servings

4 hours

### Ingredients

- 2 cups Green Tea (brewed)
- 1 tbsp Raw Honey
- 1/4 Lemon (zested and juiced)

### Nutrition

Amount per serving	
Fat	0g
Carbs	3g
Fiber	0g
Protein	0g

### Directions

- 1 If you haven't yet, brew your green tea. Add honey and lemon juice. Mix well and place in the fridge until chilled.
- 2 Once chilled, pour into 3 oz paper cups. Sprinkle a pinch of lemon zest into each cup.
- 3 Freeze for 45 to 60 minutes or until partially frozen. Insert popsicle sticks. If sticks aren't staying, freeze for additional 15 minutes and try again.
- 4 Place in freezer for 4 hours or until completely frozen. Enjoy!

### Notes

No Green Tea: Use any type of tea.



## Pecan Pie Squares

16 servings

35 minutes

### Ingredients

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

### Nutrition

Amount per serving	
Fat	18g
Carbs	21g
Fiber	4g
Protein	4g

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
- 3 Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
- 4 Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
- 5 Place in the oven and bake for 20 minutes.
- 6 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

### Notes

**Baking Dish Size:** An 8 x 8-inch baking dish was used.



## Apple Spice Walnut Cake

9 servings

50 minutes

### Ingredients

- 1/2 cup Coconut Flour (plus 4 Tbsp)
- 1 1/2 tsps Cinnamon
- 1 tsp Ground Ginger
- 1/2 tsp Nutmeg
- 1/2 tsp Ground Cloves
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 4 Eggs (whisked)
- 1/2 cup Maple Syrup (or honey)
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Extra Virgin Olive Oil
- 2 Apple (finely chopped to make 1 cup)
- 1/2 cup Walnuts (chopped)
- 1 tbsp Sugar

### Nutrition

Amount per serving	
Fat	14g
Carbs	25g
Fiber	4g
Protein	5g

### Directions

- 1 Preheat oven to 350F (180C). Line an 8-inch square or round cake pan with parchment paper or grease with butter.
- 2 In a large bowl, combine the coconut flour, cinnamon, ginger, nutmeg, cloves, baking powder and baking soda.
- 3 In a medium bowl, combine whisked eggs, maple syrup (or honey), applesauce and extra-virgin olive oil. Pour wet ingredients into large bowl with coconut flour mixture. Fold in chopped apple.
- 4 Pour into cake pan and sprinkle with chopped walnuts and sugar. Bake for 35-40 minutes or until a fork inserted comes out clean. Let cool in pan for 5 minutes and then remove from pan.



## Pistachio Pomegranate Bark

4 servings

30 minutes

### Ingredients

- 7 1/16 ozs Dark Chocolate
- 1 cup Pomegranate Seeds
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Fat	31g
Carbs	35g
Fiber	9g
Protein	8g

### Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

### Notes

**Storage:** Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



## Dark Chocolate Bites

15 servings

20 minutes

### Ingredients

- 3 1/2 ozs Dark Chocolate
- 1/4 cup Pomegranate Seeds
- 1/4 cup Slivered Almonds

### Nutrition

Amount per serving	
Fat	4g
Carbs	4g
Fiber	1g
Protein	1g

### Directions

- 1 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
- 2 Add the dark chocolate into the smaller pot and stir continuously until melted.
- 3 Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
- 4 Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!

### Notes

**Like It Sweet:** Add stevia, maple syrup or honey to taste.



## Coconut Brownie Bites

14 servings

15 minutes

### Ingredients

- 1 cup Almonds
- 1/4 cup Cocoa Powder
- 1/2 cup Unsweetened Coconut Flakes (divided)
- 1 cup Pitted Dates (soaked and drained)
- 1 1/2 tbsps Coconut Oil
- 1 tbsp Raw Honey

### Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

### Nutrition

Amount per serving	
Fat	9g
Carbs	13g
Fiber	3g
Protein	3g



## Dark Chocolate Turtles

12 servings

30 minutes

### Ingredients

1 cup Pitted Dates (soaked for 10 minutes then drained)

1/4 cup Pecans (whole or halves)

3 1/2 ozs Dark Chocolate

### Nutrition

Amount per serving	
Fat	5g
Carbs	13g
Fiber	2g
Protein	1g

### Directions

- 1 Finely chop the dates or blend in a food processor until sticky.
- 2 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 3 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 4 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 5 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

### Notes

**No Pecans:** Use hazelnuts, almonds, cashews or pumpkin seeds instead.

**Storage:** Refrigerate or freeze in an airtight container until ready to serve.

**No Microwave:** Melt the chocolate in a double boiler instead.



## No Bake Mini Cookie Dough Cups

11 servings

1 hour 20 minutes

### Ingredients

- 3/4 cup Almond Butter
- 1/3 cup Maple Syrup (or honey)
- 1 tsp Vanilla Extract
- 1 cup Oat Flour
- 1/4 tsp Sea Salt (plus flaky salt for garnish)
- 3/4 cup Dark Chocolate Chips
- 1 tbsp Butter

### Nutrition

Amount per serving	
Fat	17g
Carbs	26g
Fiber	3g
Protein	7g

### Directions

- 1 Line a mini muffin tray with liners. In a large bowl, combine the almond butter, maple syrup (or honey), and vanilla. Add the oat flour and salt, and use a spatula to mix well until a dough forms.
- 2 Press about one tablespoon of mixture into the bottom of each lined muffin cup, pressing down lightly to make a smooth, flat top.
- 3 Melt the chocolate and butter in a saucepan on low or in the microwave for 30-second intervals.
- 4 Spoon the chocolate over the cookie dough and sprinkle with flaky salt. Transfer the muffin tray to the fridge for one hour, or until the chocolate has hardened. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to two months. If freezing, thaw for five to ten minutes before serving.



## Strawberry Rhubarb Crisp

4 servings  
40 minutes

### Ingredients

- 1 1/2 cups Rhubarb (diced)
- 1 1/2 cups Strawberries (sliced)
- 1/4 Navel Orange (juiced)
- 1/4 cup Maple Syrup (or honey, divided)
- 2 tbsps Coconut Flour (divided)
- 1/2 cup Pecans (chopped)
- 1/3 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Butter (melted)

### Nutrition

Amount per serving	
Fat	20g
Carbs	27g
Fiber	6g
Protein	5g

### Directions

- 1 Preheat the oven to 350°F (177°C). Combine the rhubarb, strawberries, orange juice, half of the maple syrup (or honey) and half of the coconut flour in a bowl and mix well until well combined.
- 2 In a separate bowl, mix together the chopped pecans, almond flour, cinnamon, sea salt and butter with the remaining maple syrup (or honey) and coconut flour. Mix well to combine.
- 3 Lightly grease ramekins, then divide the fruit mix into them. Crumble the pecan topping evenly over top. Bake for 20 to 25 minutes or until topping is golden brown and bubbling.
- 4 Remove from oven and let cool for about 5 minutes before serving. Enjoy!

### Notes

- No Ramekins:** Bake in an oven-proof dish, pan or pie plate instead.
- No Rhubarb:** Use blueberries, cherries, raspberries or peaches instead.
- Serve it With:** Coconut whipped cream or ice cream.



## Coconut Whipped Cream

6 servings

10 minutes

### Ingredients

1 1/2 cups Coconut Milk (canned, full fat, refrigerated overnight)

### Nutrition

Amount per serving	
Fat	11g
Carbs	2g
Fiber	0g
Protein	1g

### Directions

- 1 Chill a mixing bowl in the fridge for about 10 minutes before whipping.
- 2 Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
- 3 Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
- 4 Enjoy!

### Notes

**Like it Sweet:** Add a splash of maple syrup and vanilla extract while whipping.

**Leftovers:** Store sealed in an airtight container in the fridge up to 4 days.