

DIVINELY DECADENT DESSERTS



Guaranteed to treat your
waistline WITH LOVE

APPLE SUNDAE

Ingredients:

2 fuji apples
2 tablespoons almond butter
1/4 cup maple syrup
1-1/2 teaspoon almond extract
2 tablespoons chopped almonds

Directions:

- Coarsely chop almonds and set aside for topping.
- In a small mixing bowl, blend the almond butter, maple syrup, and almond extract until smooth. It should be the consistency of caramel sauce.
- Cut the apples into quarters and core. Then cut the quarters into 3 pieces lengthwise and 1/4-inch pieces crosswise. Place in two serving bowls.
- Drizzle the sauce over the two bowls of apples and top with chopped almonds.

AUTUMN GODDESS APPLE CRISP

This is delicious, simple and totally gluten and sugar-free. Serve this with a scoop of vanilla coconut ice cream like Coconut Bliss.

Ingredients:

8 apples peeled, cored & sliced
1 cup flour (Pamela's Wheat & Gluten Free Baking mix or similar)
¾ cup coconut sugar
¼ tsp sea salt
½ tsp cinnamon
½ cup soft organic, raw butter

Directions:

- Lightly butter a 9 inch square baking dish. Preheat oven 375 degrees F.
- In small bowl, combine flour, coconut sugar, salt and cinnamon.
- Cut butter into small pieces, and mix butter into dry ingredients with a pastry blender or with two butter knives until mixture is crumbly.
- Add apples to bottom of the baking dish and sprinkle flour mixture on top.
- Bake 30-45 minutes or until apples are tender.

BLUEBERRY "YOGURT" cream

Creamy, luscious, and "guiltless" enough to eat for breakfast.

Ingredients:

½ cup fresh or frozen blueberries
meat of one young Thai coconut
Just enough young coconut water to blend (about 2 tbsps.)
squeeze lemon or lime
stevia to taste, if desired

Directions:

Blend everything until smooth.

CHOCOLATEY COCO BALLS

Ingredients:

1/2 cup shredded coconut
4 tbsp raw cacao powder
1/4 cup raw agave nectar
1/4 tsp cinnamon
1/4 tsp sea salt

Directions:

- Mix ingredients thoroughly in a bowl
- Shape into balls and place on a non-stick platter
- Put in freezer for one hour and enjoy!

Optional:

Put an almond in the center of each ball

COCONUT ALMOND FUDGE

Ingredients:

1 cup extra virgin coconut oil
3/4 cup carob powder
1/4 cup raw almond butter
1/4 cup raw honey
1 Tbsp. vanilla

Directions:

- Place all ingredients in a glass container and set in simmering water until melted if needed. Mix together well.
- Spread thick paste mixture on a piece of buttered parchment paper; allow to cool in refrigerator or freezer.
- Remove and serve immediately. Makes 1 and 1/4 cup.

creamy dreamy CHOCOLATE DELIGHT

Ingredients:

2 frozen bananas
1 avocado
¼ cup raw cacao powder
¼ cup raw agave nectar
1 teaspoon coconut oil
½ teaspoon cinnamon
1 cup water

Directions:

Blend and enjoy!

PERFECT PUDDING

Ingredients:

1 cup almond milk (fresh is best)
¼ cup chia seeds
7-8 drops Vanilla Crème Liquid Stevia
1/8 tsp cinnamon

Directions:

- Combine all ingredients in a glass container with a tight lid. Stir ingredients and then seal the lid and shake the container well.
- Store in the refrigerator for at least 2 hours. Overnight is best.

REFRESHING CHOCOLATE-BANANA MILK SHAKE

Ingredients:

1 frozen banana
2 cups almond milk
1 heaping tbsp. organic raw cacao powder
5-10 drops Vanilla Crème Liquid Stevia
1/8 tsp. cinnamon

Directions:

Put all ingredients in blender, blend until smooth and enjoy!

ROSE-SCENTED TRUFFLES

The flower water adds an intoxicating touch that takes these healthy treats from delicious to exquisite!

Ingredients:

½ cup raw almonds, soaked (and dehydrated if you are able to)

1 cup dates, pitted

½ cup raw cacao or carob powder

1 tablespoon Rosewater or Orange Flower water

Optional: shredded, unsweetened coconut

Directions:

- Grind the almonds and dates in a food processor to make a thick paste.
- Add the raw cacao or carob powder and flower water, and continue to process until well-combined.
- Shape into 1-inch balls and roll in shredded coconut, if desired.
- Enjoy slowly in the afternoon sunshine.

RAW FLOURLESS CHOCOLATE CAKE

Yield: one 5-inch cake, 4 servings

The only thing better than a flourless chocolate cake is . . . a rich, RAW flourless chocolate cake. Divine!

Ingredients:

1 1/2 cups raw walnuts
Dash salt
10 pitted medjool dates
1/3 cup unsweetened cocoa powder
1/2 teaspoon vanilla extract (optional)
2 teaspoons water
1/2 cup fresh raspberries, for garnish (optional)

Directions:

- Place the walnuts and salt in a food processor fitted with the S-blade and process until finely ground.
- Add the dates, cocoa powder, and optional vanilla and process until the mixture begins to stick together.
- Add the water and process briefly.
- Transfer to a serving plate and form into a 5-inch round cake.
- Decorate the cake and plate with fresh raspberries before serving if desired. Covered with plastic wrap, Flourless Chocolate Cake will keep for three days in the refrigerator or two weeks in the freezer.
- Bring to room temperature before serving.

SIMPLE RAW CHOCOLATE FOUR WAYS

This recipe is simple, scrumptious and versatile! Make a large batch once, and enjoy all four sinfully pure variations.

Ingredients:

1 avocado, peeled and seeded
1/4 cup purified water
1/2 cup cacao or carob powder
2/3 cup pitted dates
1 vanilla bean or 1 tsp. vanilla extract 1/4 tsp.
Celtic sea salt

Directions:

Basic Mousse:

- Combine ingredients in the blender until smooth, adding a little more water if needed.
- The more you add, the thinner the mousse will be.
- For a silky chocolate sauce: use double the water.

For frozen fudge bars: Freeze in popsicle trays.

For raw tootsie rolls: Spread on dehydrator sheets until still pliable, roll into balls or mini-“logs” and dehydrate to desired texture.