

Chocolate Nutty Baked Pears

7 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
3. In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
4. Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

Serving Size

One serving is equal to one pear half.

Nut-Free

Omit the walnuts and top with nut-free granola or use pumpkin seeds.

No Pomegranate

Use fresh cranberries instead.

Ingredients

- 3 Pear (sliced in half, cored)
- 1/4 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1 1/2 tps Maple Syrup
- 2 tbsps Pomegranate Seeds
- 1 tbsps Dark Chocolate Chips (for drizzling)
- 1/2 tsp Coconut Oil (for drizzling)

Clementine Sponge Cake

7 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Place the peeled clementines in a pot and cover with water. Bring the water to a simmer and cook for 1 hour. Drain the water and transfer the clementines to a blender. Blend into a purée and set aside to cool.
2. Preheat the oven to 375°F (190°C). Line a 9-inch springform cake pan with parchment paper.
3. In a mixing bowl, whisk together the eggs, clementine purée, maple syrup and baking powder. Gently fold in the oat flour until well combined. Transfer the batter to the pan.
4. Bake for 25 to 30 minutes, or until golden brown and a toothpick comes out clean. Garnish with rosemary sprigs and a dusting of arrowroot flour. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container or food wrap for up to one week. Freeze for up to two months.

Serving Size

One serving equals one slice. A 9-inch springform pan yields eight servings.

More Flavor

Add vanilla extract and/or almond extract.

Additional Toppings

Top with ice cream, yogurt, coconut whipped cream or jam.

No Oat Flour

Use almond flour instead.

Ingredients

- 6 Clementines (peeled)
- 6 Egg
- 1/2 cup Maple Syrup
- 1 tsp Baking Powder
- 2 cups Oat Flour
- 2 tbsps Rosemary (sprigs, for garnish)
- 1 tbsps Arrowroot Powder (for garnish, optional)

Lemon Coconut Power Balls

8 ingredients · 15 minutes · 12 servings



Directions

1. Add the shredded coconut to a food processor and blend until a coarse crumb forms.
2. Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
3. Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is one ball.

Additional Toppings

Top with shredded coconut, coconut sugar and lemon zest.

No Maple Syrup

Use honey or agave instead.

Consistency

The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.

Ingredients

1 1/4 cups Unsweetened Shredded Coconut

1/2 cup Coconut Butter

3/4 oz Collagen Powder

2 1/2 tbsps Lemon Juice

2 tbsps Maple Syrup

1 1/2 tsps Lemon Zest

1 tsp Vanilla Extract

1/16 tsp Sea Salt (optional)

Vanilla Coconut Cups

7 ingredients · 3 hours · 2 servings



Directions

1. In a medium bowl, add 1/4 of the coconut milk mixture and then sprinkle the gelatin on top. Let it sit for 2 to 3 minutes. Do not mix.
2. In a small pot over medium-low heat, add the remaining coconut milk and honey. Whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm. Do not let it boil.
3. Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
4. Place a sieve over the top of your jars and pour the mixture into the jars through the sieve. This will ensure there are no clumps of gelatin remaining. Store the jars in the fridge for two hours to set. Serve with berries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Honey

Use maple syrup or another sweetener of your choice.

No Berries

Use another type of fruit instead.

Ingredients

1 1/4 cups Canned Coconut Milk (full fat, divided)

1/4 oz Gelatin

1/2 tsp Honey

1/2 tsp Vanilla Extract

1/8 tsp Sea Salt

1/2 cup Blueberries (for topping)

1/2 cup Raspberries (for topping)

Sweet Potato Ice Cream

4 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Boil the sweet potatoes for 30 to 45 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from water and remove the peel.
2. Scrape the coconut cream from the top of the can into a blender. The cream should have separated from the coconut water after being refrigerated. Set the coconut water aside for use in smoothies or freeze for future use. Add the sweet potatoes, maple syrup and vanilla extract. Blend until smooth, scraping down the sides as needed.
3. Transfer to an airtight, freezer-safe container and freeze for at least one hour before scooping. Enjoy!

Notes

Leftovers

Freeze for up to one month. Thaw at room temperature for about 30 to 60 minutes before scooping.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add cinnamon.

Additional Toppings

Coconut chips, shredded coconut, sprinkles, crushed nuts or melted chocolate drizzle.

No Purple Sweet Potato

Use purple yam or any sweet potato instead.

Ingredients

2 Sweet Potato (purple, halved)

1 cup Canned Coconut Milk (full fat, refrigerated overnight)

2 tbsps Maple Syrup

1/2 tsp Vanilla Extract

Blueberry Buckwheat Parfait

6 ingredients · 25 minutes · 2 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add cinnamon.

Additional Toppings

Top with bananas or other berries.

No Coconut Yogurt

Use Greek, plain, or cashew yogurt instead.

Ingredients

- 1 cup Water
- 1/2 cup Buckwheat Groats
- 1 tbsp Maple Syrup
- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Blueberries
- 1 tbsp Hemp Seeds

Salted Peanut Fat Bombs

4 ingredients · 50 minutes · 6 servings



Directions

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the peanut butter and coconut oil to the smaller pot. Allow them to melt and stir to combine. Stir in the salt and stevia powder.
4. Divide the peanut butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for at least 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers

Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

Serving Size

One serving is one fat bomb.

More Flavor

Adjust stevia and salt to taste. Add vanilla extract.

Additional Toppings

Flaked sea salt.

No Peanut Butter

Use another nut or seed butter instead.

No Stevia Powder

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated).

Ingredients

1/2 cup All Natural Peanut Butter

1/4 cup Coconut Oil

1/4 tsp Sea Salt

1/8 tsp Stevia Powder

Cranberry Apple Oat Crisp

7 ingredients · 50 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
2. Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
3. In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
4. Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

More Flavor

Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

Additional Toppings

Top with whipped coconut cream, ice cream or yogurt.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

Spiced Apple Walnut Cake

11 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a cake pan with parchment paper.
2. In a large mixing bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and allspice. Then add the applesauce, maple syrup, and coconut oil.
3. Fold in the walnuts and raisins. Transfer the batter to the cake pan and bake for 30 to 40 minutes or until a toothpick comes out clean. Dust with arrowroot powder (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

A 9-inch cake pan was used to make 8 servings.

Nut-Free

Omit the walnuts.

More Flavor

Add a pinch of salt and ground cloves.

Additional Toppings

Top with whipped coconut cream, cream cheese, or coconut ice cream.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

1 cup All Purpose Gluten-Free Flour

1 tsp Baking Powder

1/2 tsp Cinnamon

1/4 tsp Nutmeg

1/8 tsp Ground Allspice

3/4 cup Unsweetened Applesauce

1/4 cup Maple Syrup

1/4 cup Coconut Oil (melted)

1/4 cup Walnuts (chopped)

1/4 cup Raisins

1 tsp Arrowroot Powder (optional)

Chocolate Banana Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. 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

Double Chocolate

Stir in dark chocolate chips right after processing.

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Leftovers

Freeze in an airtight container for up to three months.

Ingredients

2 Banana (sliced and frozen)

2 tbsps Cocoa Powder

Green Tea Banana Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and green tea powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. 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

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Ingredients

2 Banana (sliced and frozen)

1 1/2 tsps Green Tea Powder

Dark Chocolate Sweet Potato Chips

4 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 375°F (191°C). Starting at one end of the sweet potato, cut into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
2. In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
3. Line 1 or 2 baking sheets with parchment paper. Place the sweet potato rounds across the baking sheets in a single layer. Bake in the oven on the middle rack for 20 minutes. Flip the rounds and bake for another 10 to 20 minutes depending on the thickness or until golden brown. Remove from oven.
4. While the chips cool, prepare the chocolate. 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! Add the chopped chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
5. Dip each sweet potato chip halfway into the melted chocolate, let excess drip off and return to the original baking sheets.
6. Transfer the baking sheets of chips into the freezer to harden, about 5 minutes.
7. To store, place chips in a slightly sealed container when completely cooled. These are best eaten fresh. Enjoy!

Notes

Less Work

Use a spoon to drizzle the melted dark chocolate over the sweet potato chips instead of dipping.

Ingredients

- 2 Sweet Potato
- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **tsp** Sea Salt
- 3 1/2 **ozs** Dark Chocolate (at least 70% cacao)

Mint Chocolate Chip Ice Cream

3 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and fresh mint to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Stir in the chopped chocolate.
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

Leftovers

Freeze in an airtight container for up to three months.

More Creamy

Add a splash of coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Less Work

Skip the chopping and use dark chocolate chips instead.

Ingredients

2 Banana (sliced and frozen)

1/4 cup Mint Leaves (chopped)

1 3/4 ozs Dark Chocolate (at least 70% cacao, roughly chopped)

Strawberry Brownie Cake

11 ingredients · 30 minutes · 6 servings



Directions

1. To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
2. Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
3. To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
4. Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
5. Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries

Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).

Ingredients

- 1 cup Coconut Flour
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Applesauce
- 1/2 cup Unsweetened Coconut Flakes
- 2 2/3 tbsps Cocoa Powder
- 1 Banana (ripe and mashed)
- 1 cup Cashews (soaked for 1 hour and drained)
- 2/3 cup Canned Coconut Milk
- 1/2 tsp Vanilla Extract
- 1/4 cup Maple Syrup
- 1 cup Strawberries (sliced)

Peach Ice Cream

2 ingredients · 5 minutes · 3 servings



Directions

1. Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
2. Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade

Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy

Use sunflower seed butter instead.

Make it Sweeter

Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving

Ingredients

2 Peach (sliced and frozen)

1/2 cup Macadamia Nut Butter

Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
3. 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 coconut oil, arrowroot powder, 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.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder

Use tapioca flour instead.

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (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 Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

Homemade Pumpkin Pie Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.

Chocolate Dipped Strawberries

3 ingredients · 30 minutes · 4 servings



Directions

1. Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
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. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
3. Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
4. Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

Notes

No Shredded Coconut

Use coarse sea salt instead.

Add a Kick

Sprinkle chocolate with a pinch of cayenne pepper before it hardens.

Ingredients

3 1/2 ozs Dark Chocolate (at least 70% cacao)

4 cups Strawberries (whole)

2 tbsps Unsweetened Coconut Flakes

Coconut Panna Cotta with Blueberries

5 ingredients · 2 hours 30 minutes · 4 servings



Directions

1. In a small saucepan, whisk together half of your coconut milk and gelatin until combined. Let sit for 5 minutes at room temperature.
2. Place saucepan over medium heat and add vanilla extract. Whisk thoroughly until gelatin dissolves. Continue to heat until steam rises (do not bring to a boil).
3. Remove from heat and whisk in maple syrup and remaining coconut milk.
4. Place ramekins on a baking sheet and divide mixture into each ramekin. Refrigerate for 2 to 3 hours or until set.
5. When ready to serve, top with fresh blueberries.

Notes

Serve on a Plate

Immerse refrigerated ramekins halfway in warm water for 2-3 minutes. Run a knife along the sides. invert onto a plate and wiggle the mould until it separates.

Other Toppings

Serve with any nuts, shredded coconut, syrup and/or fruit (can be fresh or warmed up in a saucepan with a bit of honey or maple syrup).

Ingredients

- 1 1/2 cups** Canned Coconut Milk (full fat)
- 1/4 oz** Gelatin
- 1 tsp** Vanilla Extract
- 1/3 cup** Maple Syrup
- 1/2 cup** Blueberries

Pina Colada Ice Cream

3 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
2. 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

It's 5 O'Clock Somewhere

Add rum.

Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Canned Coconut Milk

Chocolate Peanut Butter Banana Pops

5 ingredients · 1 hour 30 minutes · 10 servings



Directions

1. Line a baking sheet with parchment paper.
2. Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
3. Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
4. 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. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
5. Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
6. Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Peanut Butter

Use any type of nut butter, raw honey or Strawberry Chia Jam.

Optional Toppings

After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

Bigger Pops

Slice the bananas into thicker rounds.

Ingredients

- 2 Banana (large, ripe)
- 1/4 cup All Natural Peanut Butter
- 10 Popsicle Sticks
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1 1/2 tps Coconut Oil

No Popsicle Sticks

Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.

Key Lime Mousse

5 ingredients · 10 minutes · 4 servings



Directions

1. In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings

Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk

Use almond milk or cashew milk instead.

Ingredients

2 Avocado (peeled and pitted)

2 Lime (zested and juiced)

2 tbsps Maple Syrup

2 tbsps Canned Coconut Milk

1 tsp Vanilla Extract

Creamy Avocado Popsicles

3 ingredients · 4 hours · 8 servings



Directions

1. Blend all ingredients in a food processor or blender until smooth.
2. Pour into 3 ounce cups and insert popsicle sticks in the middle.
3. Place in freezer for 4 hours or until completely frozen. Enjoy!

Notes

Get the Layered Look

Fill bottom half of cup with avocado mixture and top half with almond milk. Insert popsicle sticks and freeze. For diagonal layering, angle cups in an ice tray and freeze avocado layer first. Before avocado freezes completely, insert sticks. Add almond milk layer after avocado completely frozen.

No Almond Milk

Use coconut or cashew milk instead.

Matcha Lover

Add matcha powder to the avocado mix.

Ingredients

2 Avocado (peeled and pitted)

1/4 cup Raw Honey

1 cup Unsweetened Almond Milk

Chewy Gingerbread Cookies

10 ingredients · 20 minutes · 12 servings



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 coconut oil, 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!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to six months.

Serving Size

One serving is equal to one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

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 Coconut Oil (melted)
1 Egg (room temp)
1 tsp Vanilla Extract
1/4 cup Fancy Molasses
1/4 cup Maple Syrup

Coconut Whipped Cream

1 ingredient · 10 minutes · 6 servings



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

Serve it With

Fresh fruit like berries or peaches.

Likes 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.

Ingredients

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

Coconut Banana Ice Cream

2 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
2. Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover

Add cocoa powder while blending.

Topping Ideas

Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.

Ingredients

1 1/2 cups Canned Coconut Milk (full fat)

5 Banana (sliced and frozen)

Brownie Batter Protein Balls

7 ingredients · 40 minutes · 6 servings



Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter

Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.

Ingredients

1/3 cup Pitted Dates (packed)

2 cups Black Beans (cooked)

1/2 cup Chocolate Protein Powder

1/3 cup Pumpkin Seed Butter

1/2 tsp Sea Salt

1 tbsp Cacao Powder

1/2 cup Dark Chocolate Chips (optional)

Edible Chocolate Chip Cookie Dough

5 ingredients · 15 minutes · 4 servings



Directions

1. Place chickpeas, sunflower seed butter, maple syrup, and vanilla extract in a food processor. Process until smooth.
2. Transfer cookie dough to a bowl and stir in chocolate chips. Divide into bowls, or roll into balls. Enjoy!

Notes

No Sunflower Seed Butter

Use peanut butter, almond butter or cashew butter.

Leftovers

Store in an air-tight container up to 4 days in the fridge.

Ingredients

- 2 cups** Chickpeas (cooked)
- 1/2 cup** Sunflower Seed Butter
- 1/4 cup** Maple Syrup
- 1 tsp** Vanilla Extract
- 1/2 cup** Dark Chocolate Chips

Mini Dark Chocolate Tahini Cups

5 ingredients · 30 minutes · 24 servings



Directions

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

Notes

No Tahini

Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.

No Mini Muffin Tray

Use a regular sized muffin tray to create larger cups.

Protein Powder

This recipe was developed and tested using a whey-based unflavoured protein powder.

Serving Size

One serving is equal to one mini cup.

Ingredients

10 1/2 ozs Dark Chocolate (at least 70% cacao, chopped)

1 1/4 tbsps Coconut Oil

2 tbsps Tahini

2 tbsps Maple Syrup

1/4 cup Protein Powder (unflavoured)

Chocolate Dessert Hummus

4 ingredients · 10 minutes · 4 servings



Directions

1. Add all ingredients to a food processor or blender and blend until smooth. Occasionally scrape down the sides as needed.
2. Transfer to a bowl and enjoy!

Notes

Serve it With

Pretzels, crackers, brown rice tortilla chips, rice cakes or spread on toast with sunflower seed butter, nut butter and/or banana slices.

More Toppings

Add chocolate chips, coconut flakes, peanut butter chips and/or crushed hazelnuts.

Leftovers

Refrigerate in an air-tight container up to 5-7 days.

Serving Size

One serving is equal to approximately 1/2 cup.

Ingredients

2 cups Chickpeas (cooked or canned)

1/4 cup Cocoa Powder

1/4 cup Maple Syrup

3/4 cup Unsweetened Almond Milk

Chocolate Chip Cookie Pie

10 ingredients · 45 minutes · 12 servings



Directions

1. Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
2. Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
3. Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
4. Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

Notes

No White Beans

Use chickpeas instead.

Storage

Refrigerate up to 5 days or freeze in individual servings.

Ingredients

- 1 tbsp** Coconut Oil
- 2 cups** White Navy Beans (cooked, from the can)
- 1 cup** Oats (quick or rolled)
- 1/2 cup** Unsweetened Applesauce
- 2 tsps** Vanilla Extract
- 1/2 tsp** Baking Soda
- 1 1/2 tsps** Baking Powder
- 1/2 cup** Pitted Dates
- 1 cup** Dark Chocolate Chips (divided)
- 1/2 tsp** Sea Salt (coarse, optional)

Snow Cones

3 ingredients · 5 minutes · 2 servings



Directions

1. Add ice cubes to a high-powered blender and blend until fully shaved. Divide into snow cone cups or small bowls.
2. Drizzle the carrot juice and maple syrup overtop the snow cones. Enjoy immediately!

Notes

No Juicer

Buy pre-packaged 100% carrot juice, or your juice flavour of choice.

No Carrot

Use the juice from apples, oranges, grapefruit, beets, strawberries, or blueberries instead.

Ingredients

12 Ice Cubes

1 Carrot (large, juiced)

1 tbsp Maple Syrup

Mojito Sorbet

5 ingredients · 10 minutes · 2 servings



Directions

1. Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
2. Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

Ingredients

- 1/2** Cucumber (large, chopped and frozen)
- 1/4 cup** Mint Leaves (fresh)
- 1/2** Lime (juiced)
- 1 tbsp** Maple Syrup
- 2 tbsps** Water (cold)

Peanut Butter Crunch Balls

7 ingredients · 1 hour 15 minutes · 20 servings



Directions

1. In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
2. Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
3. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
4. Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
5. Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
6. Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

Notes

Serving Size

By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.

No Maple Syrup

Use raw honey instead.

No Peanut Butter

Use almond butter instead.

Ingredients

3/4 cup All Natural Peanut Butter

1/4 cup Maple Syrup

1/4 tsp Sea Salt

3/4 cup Oat Flour

1 cup Rice Puffs Cereal

1 3/4 ozs Dark Chocolate

1 tsp Coconut Oil

Dark Chocolate Turtles

3 ingredients · 30 minutes · 12 servings



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.

No Dates

Use a combination of prunes, dried apricots or raisins instead.

Storage

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

No Microwave

Melt the chocolate in a double boiler instead.

Serving Size

One serving is equal to one dark chocolate turtle.

Ingredients

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

1/4 cup Pecans (whole or halves)

3 1/2 ozs Dark Chocolate

Coconut Lemon Tarts

8 ingredients · 4 hours · 10 servings



Directions

1. Preheat the oven to 350°F (177°C). Grease a muffin tin with coconut oil or fill with liners.
2. Blend the coconut and dates in a food processor to form a crumbly mixture. Transfer to the muffin tin and use your fingers to form an even crust. Bake for 8 minutes or until slightly toasted. Set aside to cool.
3. Meanwhile, add the water to a pan and sprinkle the gelatin overtop. Let it thicken for about 5 minutes.
4. Heat the gelatin over low heat just until it melts. Remove from heat and stir in the maple syrup, lemon zest, lemon juice and coconut milk.
5. Fill the crusts with the coconut gelatin mixture and refrigerate for at least 4 hours.
6. Use a knife to loosen the sides and remove the tarts from the tin. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving equals one lemon tart, approximately the size of a regular muffin.

Additional Toppings

Add fresh fruit like blueberries to your gelatin filling before it sets.

Ingredients

- 1 **tblsp** Coconut Oil
- 2 **cups** Unsweetened Shredded Coconut
- 2 **cups** Pitted Dates
- 1/2 **cup** Water
- 1/2 **oz** Gelatin
- 1/4 **cup** Maple Syrup
- 1 1/2 **Lemon** (zested, juiced)
- 2 **cups** Canned Coconut Milk (full fat)

Dark Chocolate Almond Mousse

7 ingredients · 3 hours 5 minutes · 5 servings



Directions

1. Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
2. Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size

One serving is roughly 1/2 cup.

Additional Toppings

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter

Use another nut or seed butter instead.

Ingredients

2 cups Unsweetened Almond Milk

1/2 cup Chia Seeds

1/2 cup Cocoa Powder

1/4 cup Almond Butter

3 tbsps Monk Fruit Sweetener

1 tsp Vanilla Extract

1/2 tsp Sea Salt

Vanilla Rice Pudding

5 ingredients · 45 minutes · 3 servings



Directions

1. In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
2. Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
3. Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat with additional almond milk.

Serving Size

One serving is approximately 2/3 cup of pudding.

Nut-Free

Use a nut-free milk instead, like coconut, oat or dairy.

Additional Toppings

Garnish with cinnamon, fresh or mashed berries or raisins.

Cooking Temperature

Adjust heat as necessary to maintain a gentle simmer throughout cooking.

Consistency

If the pudding is too thick, thin with additional almond milk until desired consistency is reached.

Ingredients

3 cups Unsweetened Almond Milk

1/4 cup Maple Syrup

2 tsps Vanilla Extract

1/8 tsp Sea Salt

1/2 cup Arborio Rice

No Bake Dark Chocolate Coconut Cookies

5 ingredients · 1 hour · 15 servings



Directions

1. Line a baking sheet with parchment paper.
2. Heat a large skillet or frying pan over medium heat. Add the coconut and the oats to the warm pan. Toast the coconut and oats for 5 to 8 minutes, stirring often, until golden brown. Transfer to a large mixing bowl to cool.
3. Meanwhile, set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
4. Bring water to a boil then reduce to lowest heat. Add the dark chocolate to the smaller pot and stir until melted. Remove from heat and stir in the vanilla and salt.
5. Pour the melted chocolate into the bowl with the toasted coconut and stir to combine.
6. Spoon the chocolate and coconut mixture onto the prepared baking sheet and form into flat cookie shape approximately 2-inches in diameter. Freeze for about 30 minutes until solid. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week or freeze for up to one month. Cookies will melt if stored at room temperature.

Serving Size

One serving is one cookie.

Sugar-Free

Use a sugar-free chocolate instead.

No Double Boiler

Microwave the dark chocolate in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.

Ingredients

1 cup Unsweetened Shredded Coconut

1/2 cup Quick Oats

5 ozs Dark Chocolate (at least 70% cacao, broken into pieces)

1 tsp Vanilla Extract

1/8 tsp Sea Salt

Dark Chocolate Peanut Butter Cups

5 ingredients · 1 hour 15 minutes · 10 servings



Directions

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
3. Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir until melted. Remove from heat.
4. Divide half of the melted chocolate between the paper baking cups. There should be a thin, even layer of chocolate in each baking cup. Freeze for 10 to 15 minutes until solid.
5. Meanwhile, in a bowl combine the peanut butter, vanilla and salt. Stir until smooth.
6. Divide the peanut butter between the baking cups by spooning the peanut butter into the center of solid chocolate. Drizzle the remaining melted dark chocolate around and overtop the peanut butter.
7. Return to the freezer for about 30 minutes or until solid. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week or freeze for up to one month. Peanut Butter Cups will melt if stored at room temperature.

Serving Size

One serving is one peanut butter cup.

Nut-Free

Use sunflower seed butter instead.

Additional Toppings

Sprinkle the top of the peanut butter cups with coarse sea salt.

Ingredients

5 1/4 ozs Dark Chocolate (at least 70% cacao, broken into pieces)

1 1/2 tbsps Coconut Oil

1/2 cup All Natural Peanut Butter

1/2 tsp Vanilla Extract

1/8 tsp Sea Salt

No Double Boiler

Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.

Chocolate Coconut Peanut Butter Bites

5 ingredients · 1 hour · 18 servings



Directions

1. Line a plate or a small baking sheet with parchment paper. Set aside.
2. Heat a skillet or frying pan over medium heat. Add the coconut to the warm pan and toast it for 5 to 8 minutes, stirring often, until golden brown. Transfer the toasted coconut to a small bowl or plate to cool.
3. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
4. Add the coconut oil and maple syrup to the smaller pot and allow the coconut oil to melt. Stir in the cocoa powder until thickened and smooth.
5. Add in the peanut butter and stir until well combined and a soft dough forms. Remove from heat.
6. Roll the dough into 1-inch balls then gently press or roll each ball in the toasted coconut to evenly coat all sides and place on the prepared baking sheet or plate.
7. Freeze for about 30 minutes or until solid then transfer to an airtight container in the refrigerator. Enjoy!

Notes

Leftovers

Keep refrigerated for up to a week or freeze for up to three months. Bites will start to melt at room temperature.

Serving Size

One serving is one ball.

More Flavor

Add vanilla extract or sea salt.

No Peanut Butter

Use sunflower seed butter or other nut butter instead.

Ingredients

1/3 cup Unsweetened Shredded Coconut

1/4 cup Coconut Oil

1/4 cup Maple Syrup

1/2 cup Cocoa Powder

1/2 cup All Natural Peanut Butter

No Maple Syrup

Use another liquid sweetener, like honey, instead.

No Shredded Coconut

Omit or rolled in chopped nuts and/or seeds.

Lemon Coconut Fat Bombs

5 ingredients · 50 minutes · 8 servings



Directions

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the coconut oil and coconut butter to the smaller pot and allow them to melt.
4. In a small bowl combine the lemon juice, vanilla and stevia powder and stir until the stevia has fully dissolved. Add the lemon juice mixture to the coconut butter mixture and stir well to combine. Stir in a touch of lemon zest to taste.
5. Divide the lemon coconut mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers

Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

Serving Size

One serving is one fat bomb.

No Stevia Powder

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

No Paper Baking Cups

Use a silicone mold instead.

Ingredients

- 1/2 cup Coconut Oil
- 1/2 cup Coconut Butter
- 1 Lemon (juiced, zested)
- 1/2 tsp Vanilla Extract
- 1/8 tsp Stevia Powder

Strawberry Pavlova

7 ingredients · 1 hour 45 minutes · 6 servings



Directions

1. Preheat the oven to 225°F (107°C) and line a baking sheet with parchment paper.
2. Combine the egg whites and sugar in a mixing bowl. Using a hand mixer, beat the egg whites on high until stiff peaks form, about 5 minutes.
3. In a small bowl combine the arrowroot powder, lemon juice and half of the vanilla. With the mixer on low, pour the arrowroot mixture into the egg whites then adjust speed to high for 2 to 3 minutes more until the egg whites are glossy.
4. Gently transfer the egg whites to the prepared baking sheet and shape into a flat circle approximately 1-inch tall. Bake until the outside is firm to the touch, about 1 hour. Turn the oven off and leave the oven door ajar. Allow the pavlova to cool in the oven for 20 to 30 minutes until cool enough to handle. Let cool completely at room temperature before serving.
5. Meanwhile, add the strawberries, water and remaining vanilla to a pot over medium heat. Bring to a gentle boil and allow strawberries to bubble for 8 to 10 minutes until the sauce has thickened. Remove from heat and allow the sauce to cool.
6. To serve, slice the pavlova into wedges and top with the strawberry sauce. Enjoy!

Notes

Leftovers

Keep in an airtight container at room temperature for up to two days. For best results consume same day. Keep pavlova and strawberry sauce separate until just before serving.

Additional Toppings

Whipped cream and fresh berries.

No Strawberries

Use another berry instead.

Ingredients

1/4 cup Egg Whites (resting at room temperature for at least 30 minutes)

1/2 cup Cane Sugar

1/2 tsp Arrowroot Powder

1/2 tsp Lemon Juice

1 tsp Vanilla Extract (divided)

1 cup Frozen Strawberries (sliced)

1 tbsp Water

Mint Chocolate Fat Bombs

6 ingredients · 50 minutes · 8 servings



Directions

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the almond butter and coconut oil to the smaller pot and allow them to melt and stir to combine. Stir in the cocoa powder.
4. In a small bowl combine the vanilla, mint and stevia powder and stir until the stevia has fully dissolved. Add the stevia mixture to the almond butter mixture and stir well to combine.
5. Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers

Keep in the freezer for up to one month. They will melt at room temperature.

Serving Size

One serving is one fat bomb.

No Almond Butter

Use cashew butter or sunflower seed butter instead.

More Flavor

Adjust stevia and mint extract to taste. Add pinch of salt.

No Stevia Powder

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

Ingredients

1/2 cup Almond Butter

1/4 cup Coconut Oil

3 tbsps Cocoa Powder

1/2 tsp Vanilla Extract

1/2 tsp Peppermint Extract

1/8 tsp Stevia Powder

No Paper Baking Cups

Use a silicone mold instead.

Apple Crumble Bites

4 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
3. Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
4. Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

Serving Size

One serving is approximately 6 to 8 wedges, or half of an apple.

More Flavor

Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

Serve it With

Drizzle of honey or yogurt for dipping.

Apple

Gala apples were used to create this recipe.

Ingredients

1/2 cup Canned Coconut Milk

1/2 cup Ground Flax Seed

1 tsp Cinnamon

2 Apple (medium; cored and sliced into 1/2-inch wedges)

Easy Vegan Date Squares

5 ingredients · 1 hour · 12 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking dish with parchment paper.
2. Place half of the rolled oats into a food processor or blender and blend until the oats reach a flour consistency.
3. Add the oat flour, sugar, and the remaining oats to a mixing bowl. Stir in the melted coconut oil until well combined.
4. Add the soaked dates and cinnamon to the food processor and blend until a mostly smooth paste forms.
5. Transfer about 3/4 of the oat mixture to the prepared baking dish and firmly press to form a smooth, even layer in the bottom of the pan. Spread the cinnamon date paste over the bottom layer and then top the date layer with the remaining oat mixture.
6. Bake for 35 to 40 minutes or until the oats are just golden brown around the edges.
7. Let the date squares cool completely in the pan, or overnight, before cutting into squares. Enjoy!

Notes

Leftovers

Keep in an airtight container for up to five days or freeze portioned squares for up to three months. For chewier squares, store in the refrigerator.

Serving Size

One serving is one square. An 8 x 8-inch baking dish was used for 12 servings.

More Flavor

Add vanilla or a pinch of salt.

Dates

Medjool dates were used to test this recipe.

Ingredients

3 cups Oats (rolled, divided)

1/2 cup Cane Sugar

3/4 cup Coconut Oil (melted)

2 cups Pitted Dates (soaked until softened)

1 1/2 tps Cinnamon

Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 10 servings



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.

Serving Size

One serving is equal to approximately two truffles.

Additional Toppings

Top with crushed up candy cane or shredded coconut flakes.

More Flavor

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

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)

Hazelnut Cocoa Bites

4 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
2. Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
3. Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days or freeze for up to three months.

Serving Size

One serving is equal to one ball.

More Flavor

Add vanilla extract.

Ingredients

- 1 cup Hazelnuts
- 2 tbsps Cocoa Powder
- 2 tbsps Maple Syrup
- 1/4 tsp Sea Salt

Coconut Shortbread Cookies

4 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
3. Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
4. Bake for 6 to 8 minutes or until they just turn golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

Notes

Leftovers

Freeze in an airtight container or freezer bag. Serve from frozen for best results.

Serving Size

Each serving equals one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1/2 cup** Coconut Flour
- 2 tbsps** Arrowroot Powder
- 1/4 cup** Coconut Sugar
- 1/3 cup** Coconut Oil (melted)

Raspberry Avocado Ice Cream

5 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a food processor and blend until smooth and creamy.
2. Serve immediately and enjoy!

Notes

Leftovers

Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size

One serving is equal to approximately 3/4 cup.

More Flavor

Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings

Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries

Use strawberries instead.

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

Chocolate Coconut Fat Bombs

4 ingredients · 30 minutes · 8 servings



Directions

1. Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
2. Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener

Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil

Use coconut butter instead.

Likes it Sweet

Add more sweetener as desired.

No Silicone Mold

Use parchment-lined mini muffin molds.

Serving Size

One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage

Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.

Ingredients

3/4 cup Coconut Oil

1/3 cup Cacao Powder

2 tbsps Monk Fruit Sweetener

1/8 tsp Sea Salt