

FAVORITE RECIPES



**DELICIOUS RECIPES THAT
WON'T MAKE YOU FAT**

Table of Contents

Introduction	4
Favorite Recipes	Error! Bookmark not defined.
Flourless Zucchini Chocolate Brownies	5
Kind Bars 2.0	7
Dark Chocolate Mousse.....	8
Ultimate Soft Chocolate Chip Cookies	9
Flourless Peanut Butter Brownie Cookies	10
Cherry Crisp.....	12
Raw Chocolate Coconut Banana Tart	13
Hot Chocolate Ice Cream	14
Simple Reese Cups	15
Chocolate Chip Cookie Dough	16
Raspberry Popsicles	17
Peanut Butter Banana Ice Cream.....	18
Chocolate Fudge Cake	19
Peanut Butter & Jelly Ice Cream.....	20
No-Bake Sun Butter Oreos	21
Red, White, & Blue Coconut Tarts	22
5-Minute Blueberry Mousse	23
Panna Cotta with Peach Compote.....	24
Chocolate Mug Cake	25

Fresh Tangerine Sorbet.....26

Strawberry Crumble27

Baked Pears With Walnuts & Nuts28

Reese’s Eggs29

Vegan Chocolate Truffles.....30

Chocolate Nut Butter Fudge.....31

BONUS: Pecan Pie Tarts.....32

Introduction

Today is your lucky day!

I'm going to give you 27 of my favorite dessert recipes that will have your mouth watering in no time.

Even though you'll be able to eat all the sweets that you want during the Favorite Food Program, eating clean is still a good idea. Not only will it prevent you from becoming overweight again, it will also help you keep the weight off.

These recipes were specifically made with weight loss in mind, yet they're still delicious. They are so yummy that even your kids won't be able to tell they aren't packed with junk.

I've worked hard to make sure they are easy to make and use ingredients many of us already have in the kitchen.

I hope you enjoy these treats as much as I do. Share them with your friends, family, and non-dieters too.

I can't wait to hear all the MMMmmmmm's once you've tried one of my delicious 27 desserts.

Enjoy!!

P.S. If you love baking and have a recipe you would love to share, please feel free to send us an email.

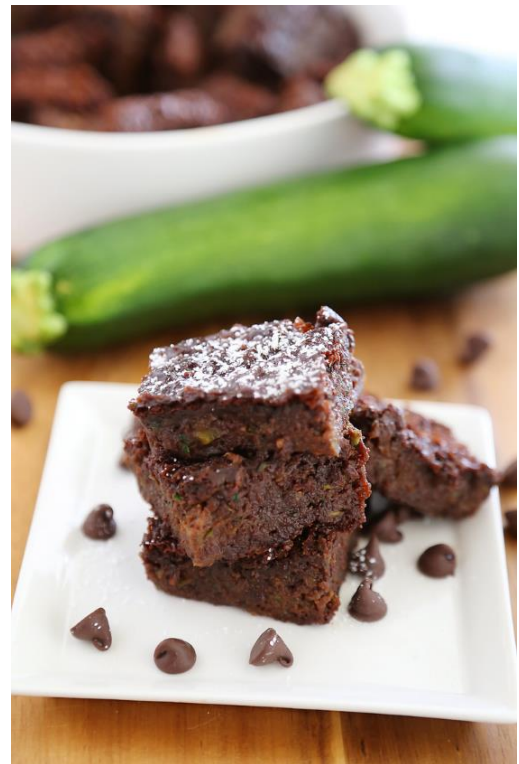
Favorite Recipes

Flourless Zucchini Chocolate Brownies

PREP TIME	COOK TIME	SERVINGS
20 Min.	40 Min.	16

INGREDIENTS:

- 1 cup creamy almond butter
- 2 medium zucchini, shredded (unpeeled)
- 1/3 cup honey
- 1 large egg
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1 cup semisweet chocolate chips, melted



DIRECTIONS:

1. Preheat oven to 350°F. Grease a 9x9-inch baking pan, and set aside.
2. In a large bowl, combine all ingredients and mix thoroughly until smooth. Pour into prepared pan.
3. Bake for 35-40 minutes or until a toothpick inserted in the center comes out clean.
4. Let cool completely before cutting into squares.

Coconut Secret Bars

PREP TIME	COOK TIME	SERVINGS
20 Min.	0	16

INGREDIENTS:

- filling:
 - 4 cups unsweetened coconut, grated
 - 1/2 cup coconut oil, softened or melted
 - 2-4 tablespoons coconut nectar (or honey)
 - roasted whole or slivered almonds
- coating:
 - 1/2 cup dark chocolate pieces
 - 1 tablespoon coconut oil



DIRECTIONS:

1. In a food processor, put the filling ingredients and process for several minutes. The mixture should soften and heat the coconut oil.
2. Taste for sweetness, add more if you like.
3. Line an 8x8-inch or similar sized pan with waxed paper.
4. Pour the coconut filling in the pan and spread around evenly. If you would like to add almonds, now is the time.
5. Place the pan in the fridge or freezer to speed the solidifying process.
6. Meanwhile, melt the chocolate with the coconut oil.
7. Once solid, lift the whole chunk out by lifting the wax paper. Cut into desired shapes. Dip each in the chocolate, letting the excess drip back in the bowl before laying it on waxed paper to solidify.
8. Store in an airtight container on the counter or in the freezer.

Kind Bars 2.0

PREP TIME	COOK TIME	SERVINGS
20 Min.	20 Min.	10

INGREDIENTS:

- 1 cup almonds
- 1/2 cup walnuts, pecans, or any other nut
- 1/2 cup unsweetened coconut, shredded
- 1/3 cup golden raisins
- 2/3 cup pumpkin seeds
- 2/3 cup sunflower seeds
- 3 tablespoons sesame seeds
- 3 tablespoons chia seeds
- 1 tablespoon orange zest
- 2 tablespoon coconut oil, melted
- 1/2 cup honey



DIRECTIONS:

1. Preheat oven to 350°F, and line a cookie sheet with wax paper.
2. Roughly chop nuts and mix all ingredients in a large bowl (except coconut oil and honey).
3. Separately mix oil and honey, pour over the nut/seed mixture, and stir until evenly coated.
4. Pour into lined cookie sheet and spread in an even layer. Bake for 15-20 minutes.
5. Remove from oven and let cool for 20 minutes. Lift gently by the wax paper and replace in the fridge for another 45 minutes to harden. Once solid, remove from the fridge and slice into bars of your desired size (it's easiest if you use a big sharp knife).
6. To store, wrap them in parchment paper separately (so they don't stick together), and keep in an airtight container. I keep mine in the fridge, but you could also keep them at room temperature.

Dark Chocolate Mousse

PREP TIME	COOK TIME	SERVINGS
20 Min.	0	4

INGREDIENTS:

- 1 ripe avocado
- 1/4 cup date paste or 4 Medjool dates, pitted
- 1 tablespoon unpasteurized honey
- 1 cup full fat coconut milk
- 1/2 cup organic cacao powder
- 1 teaspoon fresh coffee grounds
- 1/4 teaspoon Himalayan salt
- 1 tablespoon pure vanilla extract



DIRECTIONS:

1. Process avocado, date paste (or pitted Medjool dates), honey, and coconut milk in a small food processor until smooth and creamy.
2. Add cacao powder, coffee, salt, and vanilla and resume processing until well incorporated. You might have to scrape the sides once or twice to get all the powder to mix in nicely.
3. Transfer this mixture to the bowl of your stand mixer and whisk on high for 4-5 minutes until light and fluffy. You could also do this with a hand mixer if you don't have a stand mixer.
4. Divide the chocolate mousse between 4-6 individual dessert bowls, dust lightly with cacao powder, and refrigerate for 4-6 hours (or up to 2 days).
5. Note that this mousse can be served immediately, but its texture greatly benefits from sitting in the fridge for at least a few hours.

Ultimate Soft Chocolate Chip Cookies

PREP TIME	COOK TIME	SERVINGS
10 Min.	10 Min.	14

INGREDIENTS:

- 1 egg
- 1/2 cup smooth almond butter
- 1 tablespoon coconut oil, melted and cooled
- 1/2 cup organic coconut sugar
- 1 & 1/2 teaspoon pure vanilla extract
- 1 cup blanched almond flour
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 1/8 teaspoon fine grain sea salt
- 1/3 cup dark chocolate chips (dairy-free)

DIRECTIONS:

1. Preheat your oven to 350°F, and line a large cookie sheet with parchment paper.
2. Beat the egg, almond butter, coconut oil, coconut sugar, and vanilla together until smooth. In a separate bowl, combine the almond flour, coconut flour, baking soda, and salt.
3. Mix the dry ingredients into the wet until a thick dough forms. Add the chocolate chips at the end (if they don't fully combine, you can stick extra chips on top of each cookie before baking).
4. Roll the dough into small balls and then flatten before placing on the parchment-lined cookie sheet (they will not spread much).
5. Bake for about 8-10 minutes in the preheated oven or until cookies are set and beginning to brown.
6. Remove from oven and transfer to wire racks to cool completely. Enjoy!



Flourless Peanut Butter Brownie Cookies

PREP TIME	COOK TIME	SERVINGS
10 Min.	10 Min.	12

INGREDIENTS:

- 1 large egg
- 1 cup peanut butter at room temperature
- 1/3 cup brown sugar
- 1 teaspoon baking soda
- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 3/4 cup peanut butter chips



DIRECTIONS:

1. Preheat oven to 350°F, and line two large baking sheets with parchment paper or silicone baking mats.
2. In a medium bowl, whisk the egg until beaten. Mix in the peanut butter, brown sugar, baking soda, and cocoa powder. Mix everything together very well, and then mix in the vanilla extract. Finally, fold in the peanut butter chips until combined.
3. Scoop the dough, about 1 & 1/2 tablespoons each, onto prepared baking sheet. Bake two batches of 6-7 cookies on each baking sheet. Gently press down on the dough mounds with the back of a spoon. If you find the cookie dough balls are a little oily from your peanut butter – mine usually are – blot each with a paper towel.
4. Bake for 9-10 minutes. The cookies will look very soft – that's okay! For crispier cookies, bake up to 11-12 minutes. Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely. Sometimes I press a couple more peanut butter chips onto the tops of each cookie immediately after coming out of the oven. This is optional and only for looks!

Apple Pie With Cashew Crust

PREP TIME	COOK TIME	SERVINGS
20 Min.	35 Min.	8

INGREDIENTS:

- Apple Pie Crust:
 - 1 cup almond meal
 - 1 cup whole, unsalted cashew nuts
 - 1 whole egg
 - 1/4 cup coconut oil, melted
 - 1 teaspoon stevia or 1 tablespoon maple syrup
 - 2 teaspoon vanilla extract
 - 2 teaspoon cinnamon powder
- Apple Filling:
 - 4 apples, thinly sliced
 - 4 regular-sized eggs
 - 3/4 cup of almond milk
 - 2 tablespoons maple syrup



DIRECTIONS:

1. Grease a pie mold with coconut oil.
2. Pour all of the crust ingredients in a food processor with the S blade attachment. Process for one minute or until it forms a ball.
3. Place the dough between two sheets of plastic wrap. Roll until about 2-3 mm thick.
4. Remove the first plastic wrap layer and flip onto a greased pie mold.
5. Add thinly sliced and peeled apples.
6. In a bowl, whisk the eggs, almond milk, and maple syrup with a fork.
7. Pour the batter over the apples.
8. Bake for 35 minutes at 350°F or until golden. Cool down before removing mold.
9. The crust will get harder when it reaches room temperature.

Cherry Crisp

PREP TIME	COOK TIME	SERVINGS
15 Min.	20 Min.	8

INGREDIENTS:

- 3 cups cherries, pitted and sliced
- 2 teaspoons almond extract
- 1/3 cup unsweetened coconut milk

For the topping:

- 1/4 cup hemp seeds
- 1/4 cup almond flour
- 1/4 cup coconut flour
- 2 tablespoons coconut oil
- 1 tablespoon water
- 1 teaspoon cinnamon
- pinch of salt

DIRECTIONS:

1. In a medium bowl, combine the cherries, almond extract, coconut milk, and sweetener (if using). Make sure there are no pits!
2. In another bowl, combine all of the topping ingredients and mix well until crumbly. Pour the cherry filling into one large, 4 medium, or 8 small greased ramekins or oven-proof dishes. Top with the crumble mixture and bake for 20 minutes in a preheated 375° F oven. Remove from the oven and let cool before serving. Yum!



Raw Chocolate Coconut Banana Tart

PREP TIME	CHILL TIME	SERVINGS
15 Min.	8 Hours	9

INGREDIENTS:

- Pie Crust:
 - 2 & 1/2 cups raw almonds
 - 1 cup Medjool dates, pitted
 - 1 tablespoon water
 - 1 teaspoon pure vanilla extract
 - pinch sea salt
- Coconut Banana Tart:
 - 5 ripe medium bananas, cut into 1/2 inch pieces
 - 1 cup well-shaken, full-fat, culinary coconut milk (from a BPA-free can)
 - 1/4 cup unsweetened cocoa powder
 - 1 & 1/2 teaspoon pure vanilla extract
 - 1 teaspoon raw honey
 - 1/4 cup chopped or slivered raw almonds
 - 2 tablespoons raw cacao nib



DIRECTIONS:

1. MAKE THE CRUST: Place the almonds in a food processor and process until coarsely chopped. With the machine still running, add the dates, water, vanilla, and salt until it forms a sticky dough.
2. Firmly press the crust mixture into a parchment-paper-lined, 8x8-inch baking or tart pan to form a thick crust on the bottom and up the four sides of the pan.
3. MAKE THE TART: Combine the bananas, coconut milk, cocoa powder, vanilla, and honey in a blender; puree until smooth. Pour the mixture over the pie crust. Sprinkle with the almonds and cacao nibs. Cover with wax or parchment paper and freeze for at least 8 hours or overnight. Thaw the tart until it's soft enough to cut into 9 squares.

Hot Chocolate Ice Cream

PREP TIME	CHILL TIME	SERVINGS
15 Min.	2 Hours	1

INGREDIENTS:

- 1/2 cup full-fat coconut milk
- 1 teaspoon raw honey
- 1 egg white
- 3/4 ounce extra dark chocolate

DIRECTIONS:

1. Warm coconut milk over low heat in a pan. Add one teaspoon raw honey.
2. In the meantime, whisk the egg white until light and frothy.
3. Add dark chocolate and warmed milk, and continue stirring until the chocolate is melted, being careful not to let it burn.
4. Pour the egg white into the coconut milk and mix well. Let the melted chocolate cool for about a minute, and then pour the melted chocolate into the coconut milk. Mix well.
5. Place in the freezer for 2-3 hours or until lightly set.
6. Optional: Garnish with dark chocolate flakes.



Simple Reese Cups

PREP TIME	CHILL TIME	SERVINGS
10 Min.	1 Hour	12

INGREDIENTS:

- 1 cup natural, sugar-free peanut butter
- 1/2 cup unsweetened coconut, shredded
- 1 tablespoon coconut oil
- 1 tablespoon honey
- 1 cup dark chocolate chips (Enjoy Life brand)

DIRECTIONS:

1. Place almond butter, oil, and honey in a glass bowl then microwave for about 30 seconds or until melted. Stir in shredded coconut until evenly combined. Divide the mixture into each opening of a mini-muffin tin (fills 12 cups).
2. Place the chocolate chips in a glass bowl then microwave for about 30 seconds or until melted. Pour melted chocolate on top of each muffin, and then place the tin in freezer for about an hour.
3. Take muffin tin out of freezer. Carefully scrape a knife around the edges and the peanut butter cups will pop out easily. Handle with care.



Chocolate Chip Cookie Dough

PREP TIME	COOK TIME	SERVINGS
10 Min.	0	4

INGREDIENTS:

- 1/2 cup packed almond flour
- 1/4 cup tapioca flour
- 5 tablespoons cold, unsalted, grass-fed butter
- 2-3 teaspoons honey to taste
- 3/4 teaspoon vanilla
- 1 ounce 85%-dark chocolate, chopped
- generous pinch of sea salt



DIRECTIONS:

1. Combine all ingredients (except chocolate) in a blender and blend until smooth. Taste and see if you need a bit more honey, vanilla, or salt depending on your own preferences. If you do, just add a little bit at a time until you're satisfied. Stir in the chocolate and enjoy!

Raspberry Popsicles

PREP TIME	COOK TIME	SERVINGS
5 Min.	15 Min.	12

INGREDIENTS:

- 1 & 1/2 cups fresh raspberries
- 2 cups water
- ice cube tray
- 4-5 popsicle sticks, cut into 3 equal pieces



DIRECTIONS:

1. Combine the water and raspberries in a saucepan over medium heat.
2. Let simmer for 10-15 minutes until the mixture sticks to a spoon.
3. Remove from the heat and drain using a fine sieve to remove unwanted seeds.
4. Pour the mixture into each hole of an ice cube tray.
5. Place a popsicle stick piece into each hole, and freeze for at least 2 hours before eating. (If the popsicle sticks won't stay upright in the holes, stick the tray in the freezer, let it freeze for half an hour, and then try again).
6. You can also add fresh raspberries to the popsicles before freezing.

Peanut Butter Banana Ice Cream

PREP TIME	COOK TIME	SERVINGS
10 Min.	0	2

INGREDIENTS:

- 2 frozen bananas
- 2 tablespoons coconut milk (full-fat)
- 1/4 cup peanut butter

DIRECTIONS:

1. Place all ingredients in a food processor or high speed blender and blend until combined.
2. Serve immediately for soft-serve consistency or freeze for later for more ice cream-like consistency.

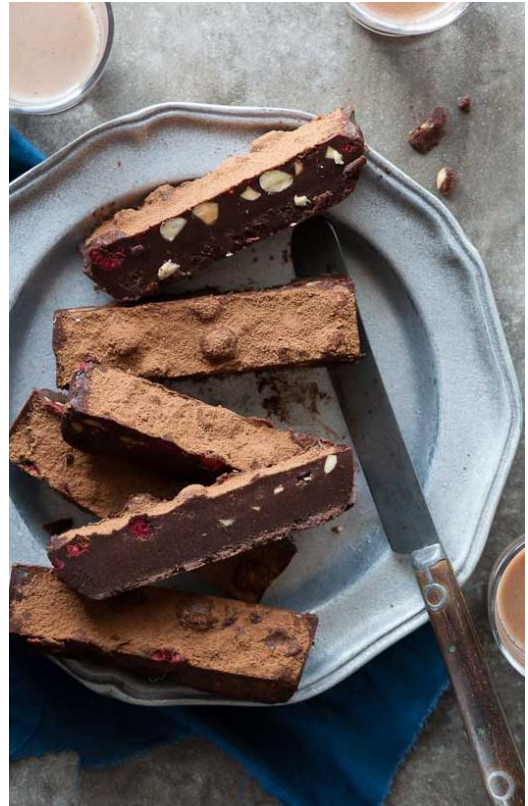


Chocolate Fudge Cake

PREP TIME	CHILL TIME	SERVINGS
15 Min.	1 Hour	8

INGREDIENTS:

- 3/4 cup coconut oil
- 1/2 cup coconut butter
- 1/2 cup cacao powder
- 1/2 cup maple syrup
- pinch of fine sea salt or Himalayan salt
- 1/3 cup freeze-dried berries
- 1/4 cup roasted almonds, coarsely chopped
- 2 tablespoons cacao nibs
- extra cacao powder for dusting top



DIRECTIONS:

1. Line a loaf pan with parchment paper, and set aside.
2. Set the coconut oil and coconut butter in a medium bowl which is then placed into a larger bowl filled a quarter of the way up with hot water. Stir until both are fully liquid and melted.
3. Whisk in the sifted cacao powder until smooth and well incorporated.
4. Whisk in the maple syrup and a pinch of salt until fully combined.
5. Mix in the freeze-dried raspberries, chopped almonds, and cacao nibs.
6. Pour into parchment-lined loaf pan. Let set up in the fridge for at least 1 hour.
7. Cut into desired-size pieces and dust with additional cacao powder before serving.

Peanut Butter & Jelly Ice Cream

PREP TIME	COOK TIME	SERVINGS
60 Min.	30 Min.	4

INGREDIENTS:

- 3/4 cup strawberry sauce (recipe below)
- 2 cups full-fat coconut milk
- 2 egg yolks
- 1 teaspoon pure vanilla extract
- pinch of sea salt
- 1 cup frozen strawberries, chopped
- 1/2 cup peanut butter
- 1 tablespoon coconut sugar
- strawberry sauce:
 - 1/2 cup dates, packed
 - 3 cups frozen strawberries
 - 1 teaspoon lemon juice



DIRECTIONS:

1. Start by making the strawberry sauce. Place the dates, strawberries, and lemon juice in a small pot over medium heat. Let the fruit cook down until the strawberries are softened.
2. Transfer everything to a blender and puree until smooth. Place in glass jar and chill.
3. In a blender, combine the coconut milk, strawberry sauce, egg yolks, vanilla, and sea salt. Blend until smooth. Set up ice cream maker and pour in the ice cream as per instructions.
4. When ice cream is thickened, add in the chopped strawberries.
5. Mix peanut butter and coconut sugar in bowl and put aside.
6. When the ice cream is done churning, take out the container you'll be storing it in. Place a layer of the ice cream at the bottom of the container and drizzle with peanut butter. Continue to layer the ice cream and peanut butter mix until both are used up, ending with a layer of ice cream. Use a butter knife to swirl the ice cream.
7. Chill in the freezer for 1-2 hour for hard ice cream and enjoy!

No Bake Sun Butter Oreos

PREP TIME	CHILL TIME	SERVINGS
15 Min.	20 Min.	12

INGREDIENTS:

- Cookies:
 - 1 cup sunflower seeds
 - 1 & 1/2 cups pitted dates
 - 3 tablespoons cocoa powder
 - 1/2 teaspoon pure vanilla extract
 - 2 tablespoons coconut butter
 - pinch of sea salt
- Filling:
 - 1/2 cup sun butter
 - 2 teaspoons coconut sugar
 - 1/4 teaspoon pure vanilla extract



DIRECTIONS:

1. Place sunflower seeds in a food processor until well chopped. Transfer to a separate bowl.
2. Place the dates in the food processor and chop. Add in the remaining ingredients, including the previously chopped seeds, and process until a dough forms.
3. Place the dough between two pieces of parchment paper and roll out into a thin square. Use a round cookie cutter to cut cookies out of the dough. If you don't have a round cookie cutter, you can use a thin glass or shot glass. You want to get about 24 cookies to make 12 sandwiches. The amount may vary by the thickness of your cookies and the size of the cookie cutter.
4. Place cookies on a parchment-lined baking sheet and transfer to the freezer for 10 minutes.
5. Make the filling by combining all the ingredients in a small bowl and mixing well with a fork.
6. Remove the chilled cookies from the freezer. Place a small dollop (I used half of a small cookie scoop) in the center of one cookie. Sandwich another cookie on top and place the sandwich back on the baking sheet. Repeat with all the cookies.
7. Let the cookies chill in the freezer 5-10 minutes or until ready to enjoy.

Red, White, & Blue Coconut Tarts

PREP TIME	COOK TIME	SERVINGS
15 Min.	3 Min.	6

INGREDIENTS:

- 1 cup coconut cream concentrate
- 1/4 cup raw honey
- 1/2 cup fresh blueberries
- 1 tablespoon fresh-squeezed lemon juice
- 1 medium ripe banana
- 5 fresh strawberries

DIRECTIONS:

1. Place the coconut cream concentrate and the raw honey in a small saucepan over medium heat and allow to melt (about 2-3 minutes), stirring occasionally. Remove from heat.
2. Add 1/3 of the coconut cream mixture to the food processor and add the blueberries and lemon juice. Blend until well mixed then spoon equally into the bottom of 6 silicon baking cups.
3. Rinse the food processor and then add half of the remaining coconut cream mixture. Add the banana and blend until well mixed. Spoon equally over the blueberry layer in the baking cups.
4. Rinse the food processor and then add the remaining coconut cream mixture. Add the strawberries and blend until well mixed. Spoon equally over the banana layer in the baking cups.
5. Place the baking cups on a small tray or plate and place in the freezer to set for about 2 hours. You can eat them right out of the freezer if you like them hard, or let them thaw for 15-20 minutes if you like them soft.



5-Minute Blueberry Mousse

PREP TIME	COOK TIME	SERVINGS
5 Min.	0	6

INGREDIENTS:

- 1 cup raw cashews
- 2 cups frozen blueberries
- 1/2 cup full-fat coconut milk
- 3 tablespoons coconut oil
- 1 tablespoon maple syrup
- 1 teaspoon 100% vanilla extract

DIRECTIONS:

1. Place all the ingredients (except the berries) in your blender or food processor.
2. Combine for 3 minutes or until super smooth.
3. Add the frozen berries and process for another minute. It will turn into an amazing blueberry frozen mousse!
4. Serve with grated cocoa and fresh blueberries.



Panna Cotta with Peach Compote

PREP TIME	COOK TIME	SERVINGS
10 Min.	15 Min.	4

INGREDIENTS:

- FOR THE PANNA COTTA:
 - 1 (13 oz.) can full-fat coconut milk
 - 1/3 cup raw honey
 - 1 & 1/2 teaspoon vanilla extract
 - 2 teaspoon grass-fed gelatin
- FOR THE PEACH COMPOTE:
 - 4 ripe peaches, peeled, pitted, and sliced
 - 3 tablespoons raw honey
 - 2 teaspoons grass-fed gelatin
- OPTIONAL TOPPING:
 - fresh berries



DIRECTIONS:

TO MAKE THE PANNA COTTA:

1. Place the coconut milk, raw honey, and vanilla in small saucepan over medium-high heat and bring to a light simmer, stirring until well combined. Add the gelatin and whisk to combine. Pour into 4 ramekins and place in fridge to set (3 hours or more).

TO MAKE THE PEACH COMPOTE:

1. Once the panna cotta has set, place sliced peaches in a food processor and blend until very smooth. Strain out any chunks through a mesh strainer.
2. Place strained peach mixture and raw honey in a saucepan over medium-high heat and bring just to a boil, stirring occasionally. Add gelatin and whisk until well combined, about 1 minute. Pour an equal amount on top of each panna cotta layer and then refrigerate 3 hours or until set. Top with fresh berries (optional) and serve.

Chocolate Mug Cake

PREP TIME	COOK TIME	SERVINGS
3 Min.	15 Min.	1

INGREDIENTS:

- 3/4 teaspoon coconut oil
- 1 large egg
- 2 tablespoons pure honey
- 2 tablespoons unsweetened almond milk
- 3/4 teaspoon pure vanilla extract
- 2 tablespoons almond meal or flour
- 2 tablespoons unsweetened cocoa powder
- 1 & 1/2 tablespoons flaxseed meal
- 1 pinch salt
- 1 pinch baking soda
- 1 pinch espresso powder (optional)



DIRECTIONS:

1. Add coconut oil to 12-ounce mug and place in preheated oven to 350°F. I use a toaster oven.
2. After 1 minute, remove mug and rotate to coat the entire inside with the oil.
3. Whisk the egg in a small bowl, then whisk in the honey, almond milk, and vanilla.
4. Stir in the almond meal, cocoa powder, flaxseed meal, salt, baking soda, and espresso powder until smooth.
5. Pour off any extra coconut oil from the mug into the batter and stir it in.
6. Pour the batter into the prepared mug and bake in oven at 350°F for 15 minutes.
7. Note – the mug will be very hot and cake will continue to cook after you remove it.

Fresh Tangerine Sorbet

PREP TIME	CHILL TIME	SERVINGS
10 Min.	3 Hours	3

INGREDIENTS:

- 3 cups fresh-squeezed tangerine juice (strain out any seeds or pulp)

DIRECTIONS:

1. Pour the juice into a gallon zip-lock bag. Seal it securely and lay flat on a tray.
2. Put in freezer until frozen solid.
3. Break up frozen juice and put in a food processor or strong blender. Blend until smooth, stopping occasionally to break up large chunks. Work quickly to minimize melting.
4. Spread the sorbet into a metal loaf pan, cover with foil, and put back in freezer to firm up to a scoop-able consistency. This will take several hours.



Strawberry Crumble

PREP TIME	COOK TIME	SERVINGS
15 Min.	30 Min.	3

INGREDIENTS:

- Strawberry Filling:
 - 4 cups fresh ripe strawberries, halved
 - 2 tablespoons tapioca flour
 - 2 teaspoons pure vanilla extract
 - 1 tablespoon fresh lemon juice
 - 2 tablespoons pure maple syrup
- Grain-Free Crumble Topping:
 - 1 cup blanched almond flour
 - 1/2 teaspoon kosher salt
 - 3 tablespoons coconut oil
 - 3 tablespoons pure maple syrup



DIRECTIONS:

1. Preheat the oven to 350°F.
2. In a mixing bowl, toss together the strawberries, tapioca flour, vanilla extract, lemon juice, and maple syrup. Transfer to an 8x8-inch baking pan.
3. Mix the ingredients for the crumble topping in a mixing bowl together. Evenly spread it over the strawberries and bake in the oven for 30 minutes until the strawberries are juicy and bubbly and the topping is golden-brown.
4. Let stand for 10 minutes before serving with ice cream (see recipe in this book).

Baked Pears With Walnuts & Nuts

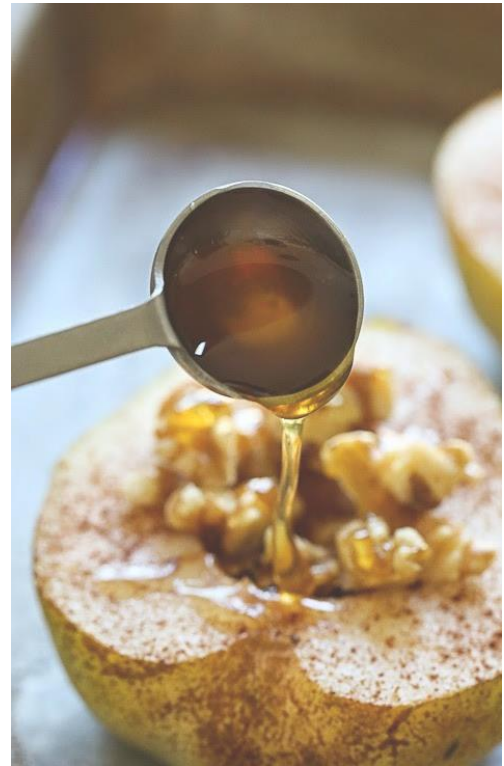
PREP TIME	COOK TIME	SERVINGS
10 Min.	30 Min.	4

INGREDIENTS:

- 2 large ripe pears
- 1/4 teaspoon ground cinnamon
- 2 teaspoons honey
- 1/4 cup crushed walnuts

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Cut the pears in half and place on a baking sheet.
3. Using a measuring spoon or melon baller, scoop out the seeds.
4. Sprinkle with cinnamon, top with walnuts, and drizzle 1/2 teaspoon honey over each one.
5. Bake in the oven 30 minutes. Remove, let cool, and enjoy!



Reese's Eggs

PREP TIME	CHILL TIME	SERVINGS
15 Min.	20 Min.	10

INGREDIENTS:

- 1/2 cup peanut butter
- 2 & 1/2 tablespoons coconut flour
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1/2 cup Enjoy Life chocolate chips
- 1/2 tablespoon coconut oil

DIRECTIONS:

1. Mix together butter, coconut flour*, maple syrup, and vanilla until well combined.
2. Divide mixture into about 10 equal portions; use hands to roll each into an egg-like shape.
3. Place on a baking sheet or plate lined with wax paper and put in freezer to harden.
4. While eggs are in the freezer, melt chocolate chips and coconut oil together (I did mine in the microwave, using 30-second increments and stirring until completely melted, but you can also do this on the stove over low heat). NOTE** I recommend melting chocolate in a coffee mug or similar cup instead of a larger bowl so that it is easier to submerge eggs in one easy dip.
5. Remove eggs from freezer after about 10-20 minutes and dip in chocolate completely, using a toothpick to hold the eggs one at a time.
6. Allow excess chocolate to drip off eggs by lightly tapping the hand holding the toothpick with your free hand before placing back on parchment paper.
7. Place chocolate-covered eggs in the refrigerator to set completely before serving.



Vegan Chocolate Truffles

PREP TIME	COOK TIME	SERVINGS
40 Min.	0	14

INGREDIENTS:

- 30 Medjool dates, pitted
- 6 tablespoons raw cacao powder
- 2 tablespoons walnut or coconut oil



DIRECTIONS:

1. Add the dates and cacao powder to a high-powered blender or food processor. Pulse a few times to chop up the dates.
2. Add in the oil and blend until everything is combined, and you get a thick, sticky mixture.
3. Using a spatula, scrape all of the mixture out of the food processor into a bowl.
4. Refrigerate for 15 minutes. This allows the mixture to set up a bit so that it's easier to work with.
5. Roll the mixture into 14 balls. Roll each ball in additional cacao powder, unsweetened shredded coconut, or nuts.
6. Resist the temptation to eat the entire batch in one sitting.

Chocolate Nut Butter Fudge

PREP TIME	CHILL TIME	SERVINGS
20 Min.	40 Min.	4

INGREDIENTS:

- Bottom Layer:
 - 1/2 cup coconut oil, melted
 - 1/4 cup cocoa powder
 - 3 tablespoons raw honey
 - 1/3 cup pecans or walnuts, chopped
 - 1 teaspoon of pure vanilla
- Top Layer:
 - 1/2 cup of peanut butter
 - 1/4 cup coconut oil, melted
 - 3 tablespoons raw honey
 - 1 teaspoon pure vanilla
 - pinch of sea salt



DIRECTIONS:

1. Line a small, shallow, and preferably glass dish (we used an 8x4-inch, rectangle Pyrex baking dish) with parchment paper.
2. In a small bowl, combine all the above ingredients for the bottom layer.
3. Pour into the dish, and place in freezer for about 20 minutes.
4. In another small bowl, combine all the ingredients for the top layer.
5. Pour over the frozen bottom layer, and return dish to the freezer for another 20 minutes.
6. Slice and serve.
7. Keep in refrigerator or freezer.
8. Don't let it sit out long – it will quickly become gooey at room temperature!

BONUS: Pecan Pie Tarts

PREP TIME	COOK TIME	SERVINGS
1 Hour	25 Min.	4

INGREDIENTS:

- Tart Crust:
 - 1 cup almond flour
 - 1 cup tapioca flour
 - 1/2 cup grass-fed butter
 - 1 egg
 - 1/2 teaspoon Himalayan sea salt
 - 1 teaspoon raw honey
- Pecan Pie Filling:
 - 1/2 cup cold, grass-fed butter
 - 1/3 cup coconut palm sugar
 - 1/4 cup raw honey
 - 2 tablespoons full-fat coconut milk
 - 2 cups pecans



DIRECTIONS:

1. Preheat oven to 350°F.
2. In a food processor, combine almond flour, tapioca flour, cold butter, and sea salt.
3. Add in raw honey and egg and process until combined.
4. Transfer dough to the refrigerator for 1-4 hours. Remove and separate into two balls.
5. Grease two medium (or one large) tart pans and gently press dough into the center, filling up the sides and the bottom – use additional flour if it gets a bit sticky.
6. In a small pot, combine butter, sugar, honey, milk, and pecans. Bring to a boil then reduce heat and simmer until it begins to thicken slightly – about 7 minutes or so.
7. Pour mixture into tart shells and bake for 20-30 minutes until mixture is bubbly and crust is flakey.
8. Let cool slightly and serve straight out of the tart dishes with a dollop of dairy-free ice cream or homemade whipped cream!