



Holiday: Desserts

Created by Eating Healthy 4 Life, LLC



Pomegranate Yogurt Bark

3 ingredients · 2 hours · 9 servings



Directions

1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds overtop.
3. Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

Notes

Leftovers

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

Serving Size

Each serving equals approximately one 3 x 2.5" piece.

Dairy-Free

Use coconut yogurt instead.

More Flavor

Add vanilla extract and your sweetener of choice.

Additional Toppings

Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.

Ingredients

1 cup Plain Greek Yogurt

1/3 cup Pomegranate Seeds

1 tbsp Pumpkin Seeds

Peanut Butter Buckeyes

7 ingredients · 1 hour · 16 servings



Directions

1. Line a baking sheet with parchment paper.
2. In a medium-sized mixing bowl, add the peanut butter, protein powder, coconut flour, maple syrup and salt. Mix to combine. Using a tablespoon, roll into balls and place them on the baking sheet. Repeat until the batter is used up and then place in the freezer to harden for 30 minutes.
3. In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
4. Remove the bukeyes from the freezer. Using a toothpick or a fork, dunk into the melted chocolate about 2/3 of the way up. Place back on the baking sheet. Repeat until all are dipped in chocolate. Place in the fridge to harden, about 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks. Freeze for up to 6 months. These are best enjoyed from the fridge or freezer.

Serving Size

One serving is equal to one ball.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Protein Powder

This recipe was tested with a plant-based protein powder.

No Protein Powder

Remove and replace with coconut flour, using half the amount called for.

Ingredients

1 cup All Natural Peanut Butter

1/4 cup Vanilla Protein Powder

3 tbsps Coconut Flour

3 tbsps Maple Syrup

1/4 tsp Sea Salt

3/4 cup Dark Chocolate Chips

1 1/2 tsps Coconut Oil

Apple & Three Cheese Tart

7 ingredients · 25 minutes · 8 servings



Directions

1. With the rack in the middle position, preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Use the flour to lightly dust onto a flat surface. Roll out the puff pastry into a square about 1/2-inch thick.
3. Spread the ricotta over the pastry and cover with the apple slices, cheddar cheese, and parmesan cheese. Top with oregano.
4. Bake for about 15 to 20 minutes or until the cheese is golden brown. Let cool. Cut, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

225 grams (8 oz) of puff pastry was used to make eight servings. One serving is equal to two pieces.

More Flavor

Add garlic powder, onion powder, or other dried herbs. Use crumbled blue cheese instead of parmesan cheese.

Additional Toppings

Top with fresh chives, parsley, honey, black pepper and/or chili flakes.

Ingredients

1/4 oz Unbleached All Purpose Flour (for dusting)

8 ozs Puff Pastry (thawed)

1/4 cup Ricotta Cheese

1 Apple (sliced)

2 1/8 ozs Cheddar Cheese (old, sliced)

1/4 cup Parmigiano Reggiano (grated)

1 tbsp Oregano (dried)

Vegan Egg Nog

7 ingredients · 5 minutes · 10 servings



Directions

1. Add all the ingredients to a blender and blend on high for 30 seconds to one minute. Blend for longer if you prefer it frothier. Adjust the spices to your preference. Divide into cups and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 3/4 cup.

More Flavor

Use homemade dairy-free milk.

Additional Toppings

Top with coconut whipped cream and/or sprinkle with cinnamon or nutmeg.

Ingredients

3 cups Oat Milk (unsweetened)

2 cups Canned Coconut Milk

1/4 cup Maple Syrup

2 tsps Cinnamon

1 tsp Nutmeg

1 tsp Vanilla Extract

1/2 tsp Cardamom

Pressure Cooker Pear & Apple Sauce

6 ingredients · 20 minutes · 6 servings



Directions

1. Add all of the ingredients to the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and let the applesauce cool slightly.
3. Transfer everything to a blender and blend until smooth, allowing space for the heat to escape. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup of applesauce.

Fruit

Gala apples and Bosc pears were used for this recipe. Fruit can be peeled if desired.

More Flavor

Add other warming spices like nutmeg or pumpkin pie spice.

Ingredients

3 Apple (seeds removed, roughly chopped)

3 Pear (seeds removed, roughly chopped)

1/2 cup Water

2 tbsps Lemon Juice

1/4 tsp Vanilla Extract

1/4 tsp Cinnamon

Cookie Caramel Chocolate Cups

8 ingredients · 1 hour · 10 servings



Directions

1. Line a muffin tray with paper baking cups and set aside.
2. Add the almond flour, maple syrup, and 3/4 of the coconut oil to a food processor. Blend until a soft, cookie dough-like texture forms. Divide the dough evenly between baking cups and press it into an even layer at the bottom of each baking cup. (Use damp fingers if the dough is too sticky.) Transfer to the freezer for at least 15 minutes or until firm.
3. Meanwhile, rinse out the bowl of the food processor. Add the soaked dates, peanut butter, salt, and reserved date water and blend until mostly smooth, scraping down the sides of the food processor when needed. Add one to two additional tablespoons of the date water if needed. The consistency of the date caramel sauce should be thick, mostly smooth, and not liquidy.
4. Using a spoon or damp fingers, add the date caramel sauce in an even layer to the top of the almond cookie layer. Place in the freezer for at least 15 minutes or until chilled.
5. Meanwhile, melt the chocolate and the remaining coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
6. Spoon the melted chocolate over the top of the caramel layer. Place in the freezer for at least 15 minutes or until the chocolate has set then transfer to an airtight container in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size

One serving is equal to one cup.

Peanut-Free

Use another nut or seed butter instead.

More Flavor

Add vanilla extract or top with flakey sea salt. Use almond or coconut milk instead of water for the date caramel.

Ingredients

- 1 cup Almond Flour
- 2 tbsps Maple Syrup
- 1/4 cup Coconut Oil (divided)
- 3/4 cup Pitted Dates (soaked in hot water for at least 10 minutes)
- 2 tbsps All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 2 tbsps Water (reserved from soaking the dates; plus more if needed)
- 4 1/3 ozs Dark Chocolate

No Dark Chocolate

Use milk chocolate instead.

No Maple Syrup

Use honey or another liquid sweetener instead.

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 tps Baking Powder
2 tps 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

Chocolate Dipped Pear with Pistachios

3 ingredients · 30 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper and pat dry the pear slices with a paper towel.
2. Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler.
3. Dip each pear slice into the chocolate and place on the baking sheet. Sprinkle with pistachios, if using.
4. Transfer the chocolate dipped pears to the fridge for 20 minutes or until the chocolate is completely set. Remove from parchment paper and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one whole chocolate-dipped pear (approximately eight pieces).

No Pistachios

Omit or use flaky salt or coconut flakes instead.

Save on Time

Serve the sliced pear, chocolate, and pistachios together cold.

Ingredients

2 Pear (sliced)

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

2 tsps Pistachios (chopped, optional)

Chickpea Chocolate Chip Blondies

8 ingredients · 45 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
2. Add all of the ingredients except for the chocolate chips to the bowl of a food processor. Process until smooth.
3. Stir in the chocolate chips, reserving a few to top the blondies with. Add the mixture into the prepared baking dish and sprinkle the reserved chocolate chips on top. Bake the blondies for 25 to 30 minutes or until they have set.
4. Let cool for 10 minutes before cutting them into squares. Enjoy!

Notes

Leftovers

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

Serving Size

A 9 x 13-inch baking pan was used for 12 servings. One serving is one square.

Additional Toppings

Top with shredded coconut, chopped walnuts, and/or chopped pecans.

Ingredients

- 2 Egg (large)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1/3 cup Pitted Dates
- 1/4 cup Almond Flour
- 1/4 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1 tsp Vanilla Extract
- 1/2 cup Dark Chocolate Chips

Chocolate Avocado Overnight Fudge

9 ingredients · 8 hours 15 minutes · 8 servings



Directions

1. Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler. Set aside to cool.
2. Line a loaf pan with parchment paper, leaving an overhang on both sides.
3. Place the avocado, maple syrup, and almond butter in a food processor. Process until completely smooth, about one minute.
4. Add the vanilla, cocoa powder, salt, and water and pulse until incorporated. Add the melted chocolate and pulse again to combine.
5. Transfer the fudge to the prepared pan, smoothing the top with a spatula. Top with walnuts. Place in the freezer to set for at least eight hours.
6. Remove the fudge and slice into squares. Keep them stored in the freezer for best results. Enjoy!

Notes

Leftovers

Keep stored in an airtight container in the freezer for best results.

Serving Size

A 9 x 5-inch loaf pan was used to make eight servings. One serving is one square.

Nut-Free

Use tahini and omit the walnuts. Top with sesame seeds instead.

More Flavor

Toast the walnuts.

Additional Toppings

Top with coarse sea salt.

No Almond Butter

Use peanut butter or tahini instead.

Ingredients

4 ozs Dark Chocolate (chopped, at least 70% cacao)

1/2 Avocado (ripe)

1/3 cup Maple Syrup

1/3 cup Almond Butter

1/2 tsp Vanilla Extract

1 1/2 tbsps Cocoa Powder

1/2 tsp Sea Salt

2 tbsps Water (cold)

1/4 cup Walnuts (raw, roughly chopped)

Texture

These fudge bars are very sticky and need to chill overnight for best results and in order to slice into squares. Keep them stored in the freezer until ready to eat.

Chocolate Covered Chestnuts

4 ingredients · 25 minutes · 5 servings



Directions

1. Line a baking sheet with parchment paper.
2. In a small saucepan over low heat, add the coconut oil and chocolate chips. Stir continuously until the chocolate is melted and smooth.
3. Transfer the melted chocolate to a bowl. Using a spoon or fork, roll each chestnut in the chocolate until coated. Place the chestnuts onto the baking sheet and sprinkle sea salt over them.
4. Freeze for 10 to 15 minutes. Enjoy!

Notes

Leftovers

After freezing, transfer the chestnuts to an airtight container and refrigerate for up to one week.

Serving Size

One serving is approximately three chestnuts.

Ingredients

- 2 tps** Coconut Oil
- 1/3 cup** Dark Chocolate Chips
- 1 cup** Chestnuts (roasted, deshelled)
- 1/4 tsp** Sea Salt (flaky)

Cinnamon Rolls

10 ingredients · 2 hours 25 minutes · 6 servings



Directions

1. In a bowl of a stand mixer, add the milk, yeast, and honey. Whisk until combined and let sit for about five minutes.
2. Add the flour, egg, and half of the butter to the bowl. Use a hook attachment and knead for about seven to ten minutes on medium-low speed or until a dough forms. Add half of the salt and knead for another minute.
3. Spray a bowl with half of the oil spray. Use your hand and shape the dough into a ball. Transfer the dough to the bowl. Cover with a damp towel and let sit in a slightly warm place for 60 minutes or until doubled in size.
4. Meanwhile, in a small bowl, mix together the remaining butter, brown sugar, cinnamon, and the remaining salt. Gently roll the dough out into a rough rectangle, about 8 inches (20 cm) long and 1/4 inch (1/2 cm) thick. Spread the cinnamon mixture evenly on top of the dough.
5. Starting on one long side, gently roll the dough into a log. Use a sharp knife and cut the log into six equal pieces. Spray a baking dish with the remaining oil spray. Add the cinnamon rolls to the dish. Cover with a towel and let sit at room temperature for 30 minutes.
6. Meanwhile, preheat the oven to 350°F (175°C). Bake in the oven for 20 to 25 minutes or until golden brown on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one cinnamon roll.

Additional Toppings

Top with cream cheese frosting.

Ingredients

1/4 cup Cow's Milk, Whole (warm)
1 tsp Instant Yeast
1 1/2 tbsps Honey
6 1/3 ozs Unbleached All Purpose Flour
1 Egg
1/4 cup Butter (divided, room temperature)
1/2 tsp Sea Salt (divided)
1/16 oz Avocado Oil Spray (divided)
3 tbsps Brown Sugar
1 tbsp Cinnamon

Make Ahead

You can make the cinnamon rolls the night before you want to serve them. After you arrange the cinnamon rolls into the baking dish, cover the dish and refrigerate. In the morning, let the dough come to room temperature for about an hour and then bake as instructed.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Apricot Crisp

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (175°C). Grease a baking dish.
2. In a medium bowl, toss the apricots with half of the sugar, lemon juice, and arrowroot powder until the fruit is coated. Add the apricot mixture to the dish.
3. In a separate bowl, mix the almond flour, walnuts, and coconut oil until you get a coarse crumble. Add this evenly overtop of the apricots. Bake for 20 to 25 minutes or until the apricots are bubbling and the crisp is lightly browned.
4. Let it rest for five to ten minutes to set before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

A 9-inch (23 cm) pie dish was used to make four servings. One serving is approximately one cup.

Additional Toppings

Serve with vanilla ice cream or Greek yogurt.

Ingredients

8 Apricot (pitted, sliced)
1/3 cup Coconut Sugar (divided)
1/2 Lemon (juiced)
1 tsp Arrowroot Powder
1/2 cup Almond Flour
2/3 cup Walnuts (chopped)
2 tsps Coconut Oil (chilled)

Spiced Pears with Pomegranate

6 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients into a large mixing bowl. Mix well, then divide into cups. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 3/4 cup.

More Flavor

Broil in the oven until tender and slightly charred.

Additional Toppings

Top with maple syrup, coconut whipped cream, yogurt, crushed nuts, coconut butter or nut butter.

Ingredients

3 Pear (peeled, cored, diced)

1 tbsp Lemon Juice

1 tbsp Maple Syrup

1/4 tsp Cardamom

1/2 tsp Cinnamon

1/4 cup Pomegranate Seeds

Gingerbread Loaf

11 ingredients · 1 hour · 10 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a loaf pan with parchment paper.
2. In a mixing bowl, whisk the eggs and coconut sugar for one to two minutes or until well combined and smooth. Add the coconut yogurt and vanilla and mix again until smooth.
3. Add the flour, baking powder, baking soda, ginger, cinnamon, nutmeg, and cloves. Mix until well combined and smooth.
4. Add the batter into the loaf pan and smooth it out into an even layer. Bake for 30 to 35 minutes or until a toothpick comes out with a couple of crumbs on it. The top should be firm as well.
5. Let it cool for 10 to 15 minutes before slicing. Enjoy!

Notes

Leftovers

Store in an airtight container on the counter for up to three days. Refrigerate for up to one week. Freeze for up to two months.

Serving Size

A standard 9 x 5-inch (23 x 13 cm) loaf pan was used to make 10 servings. One serving is one slice.

Additional Toppings

Top with nut or seed butter, butter, or coconut butter.

Ingredients

2 Egg
2/3 cup Coconut Sugar
1/2 cup Unsweetened Coconut Yogurt
1 tsp Vanilla Extract
1 cup Spelt Flour
1 tsp Baking Powder
1/4 tsp Baking Soda
2 tsps Ground Ginger
1 tsp Cinnamon
1/4 tsp Nutmeg
1/4 tsp Ground Cloves

Chocolate Tahini Dates

5 ingredients · 40 minutes · 9 servings



Directions

1. Arrange the dates onto a lined baking sheet with the cut side up. Add tahini into each date, approximately one teaspoon per date. Place in the fridge.
2. Add the coconut oil and chocolate chips to a small saucepan over low heat. Continuously stir until the chocolate has melted. Pour it into a shallow bowl and let it cool for five minutes.
3. Once the chocolate has slightly cooled, remove the dates from the fridge. Dip each date into the chocolate, making sure it is well coated. Let any excess chocolate drip back into the bowl and then transfer back to the baking sheet.
4. Place the baking sheet back into the fridge for 15 to 20 minutes to let the chocolate harden. Remove from the fridge and sprinkle flaky salt all over the dates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months. If freezing, thaw for five to ten minutes before eating.

Serving Size

One serving is two dates.

No Tahini

Use other nut or seed butter of choice.

Ingredients

- 1 1/2 cups Pitted Dates
- 1/3 cup Tahini
- 1 1/2 tps Coconut Oil
- 3/4 cup Dark Chocolate Chips
- 1/2 tsp Sea Salt (flaky)

Apple Cinnamon Galette

11 ingredients · 1 hour · 8 servings



Directions

1. In a large bowl whisk the flour, 1/4 of the coconut sugar and salt. Add the cubed butter and use two forks (or a pastry cutter) to cut the butter into the flour until pea-sized crumbs form.
2. Add the water and stir until the flour is moistened and starts to hold together. Add more water, one teaspoon at a time, if the dough seems too dry.
3. Lightly flour a work surface area and transfer the dough to it. Use your hands to work the dough into a ball and then flatten it into a thick circle and wrap in plastic wrap. Transfer to the fridge while you make the filling.
4. In a large bowl, stir together the sliced apples with the remaining sugar, arrowroot, lemon juice, cinnamon, and nutmeg.
5. Preheat the oven to 400°F (205°C).
6. Unwrap the dough and place in the center of a piece of parchment paper. Use a rolling pin and roll into a large circle, about 12 inches (30 cm) in diameter. Place the parchment paper and dough on a baking sheet.
7. Add the apples to the center of the dough and fold the edges towards the center, fixing any cracks as needed. Brush the sides and edges with the egg.
8. Place the galette in the oven and bake for about 33 to 36 minutes, until bubbling and the crust is golden brown. Let cool on the baking sheet for 10 minutes before slicing. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is one slice.

Ingredients

- 1 1/2 cups** All Purpose Gluten-Free Flour (plus more for dusting)
- 1/4 cup** Coconut Sugar (divided)
- 1/4 tsp** Sea Salt
- 1/2 cup** Butter (cubed, very cold)
- 1/4 cup** Water (ice cold)
- 3** Apple (cored, thinly sliced)
- 2 tsp** Arrowroot Powder
- 2 tsp** Lemon Juice
- 1 tsp** Cinnamon
- 1/4 tsp** Nutmeg
- 1** Egg (whisked)

More Flavor

After brushing the egg wash on the sides, sprinkle with more coconut sugar or a coarse brown sugar.

Additional Toppings

Top with a scoop of ice cream.

How to Measure Flour

Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your baked goods dry and crumbly.

Chocolate Orange Ginger Truffles

8 ingredients · 2 hours 20 minutes · 10 servings



Directions

1. Add the dates, ginger, coconut oil, shredded coconut, orange extract, salt, and 1/4 of the cacao powder to the bowl of a food processor. Process until a smooth consistency is achieved.
2. Fold in the chocolate chips and roll the batter into 1 1/2-inch balls. Add the remaining cacao powder to a small bowl. Roll each ball in it until well coated.
3. Transfer the balls to a plate or container and refrigerate for two hours, or until firm. Enjoy now or freeze for later!

Notes

Leftovers

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

Serving Size

One serving is equal to approximately one truffle.

More Flavor

Mix cinnamon and ginger powder into the rolling cacao.

Ingredients

- 1 cup Pitted Dates
- 1/2 cup Candied Ginger
- 2 tbsps Coconut Oil
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Orange Extract
- 1/2 tsp Sea Salt
- 1/2 cup Cacao Powder (divided)
- 1/3 cup Dark Chocolate Chips

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 Dipped Clementines

4 ingredients · 25 minutes · 2 servings



Directions

1. In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
2. Dip each segment of clementine half way into the chocolate. Place on a plate and top with salt, if using. Continue with all slices and refrigerate until hardened, about 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Ingredients

- 3 tbsps** Dark Chocolate Chips
- 1/2 tsp** Coconut Oil
- 2** Clementines (peeled, sectioned)
- 1/4 tsp** Sea Salt (flaky, optional)

Pistachio Pomegranate Bark

4 ingredients · 30 minutes · 4 servings



Directions

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

Notes

Storage

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

Ingredients

7 1/16 ozs Dark Chocolate (at least 70% cacao)

1 cup Pomegranate Seeds

1/2 cup Pistachios (shelled and chopped)

1/4 cup Unsweetened Coconut Flakes

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)

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

Grape Apple Crisp

9 ingredients · 55 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (175°C) and grease a deep baking dish. Add the apples, grapes, 1/4 of the coconut sugar, and vanilla. Toss to combine then spread the fruit out. Set aside.
2. In a mixing bowl, add the oats, oat flour, remaining coconut sugar, cinnamon, and salt. Mix to combine.
3. Add the coconut oil, one tablespoon at a time. Use your fingers to work it in until coarse crumbs form. Add this topping to the fruit and evenly spread it out, gently pressing down.
4. Bake for 45 minutes or until the oats turn golden brown. Let it cool for 15 to 20 minutes before serving. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Serve it With

A scoop of ice cream or yogurt.

Ingredients

3 Apple (cored, sliced)
1 cup Grapes (small, red, seedless)
1/3 cup Coconut Sugar (divided)
1 tsp Vanilla Extract
1 1/4 cups Oats (rolled)
1/2 cup Oat Flour
2 tsps Cinnamon
1/8 tsp Sea Salt
1/4 cup Coconut Oil

Double Chocolate Mint Energy Balls

7 ingredients · 15 minutes · 6 servings



Directions

1. Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
2. Form the mixture into small balls with your hands and enjoy!

Notes

No Almonds

Use raw cashews instead.

Serving Size

One serving is equal to two balls.

Storage

Store in the fridge up to five days, or in the freezer for up to three months.

Ingredients

1/2 cup Pitted Dates

1/2 cup Almonds (raw)

2 tbsps Cacao Powder

1 tbsp Cacao Nibs

1/8 tsp Sea Salt

1/2 tsp Peppermint Extract

1 tbsp Water

No Bake Cheesecake Cups

6 ingredients · 35 minutes · 4 servings



Directions

1. Pulse the digestive biscuits in a food processor or blender until finely ground. Divide them evenly between cups.
2. In a medium bowl, whisk together the cream cheese, honey, coconut cream, and vanilla until fluffy and smooth.
3. Spoon the cream cheese mixture over the crumbled biscuits. Let it set in the fridge for at least 15 minutes. Top with raspberries and enjoy!

Notes

Leftovers

Cover the cups with plastic wrap and refrigerate for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup of cheesecake.

No Digestive Biscuits

Use graham cracker instead.

More Flavor

Add almond extract and/or lemon zest to the cream cheese mixture.

No Raspberries

Use blueberries, strawberries, or blackberries instead.

Digestive Biscuit

One biscuit is approximately 15 grams or 1/2 oz.

Ingredients

3 1/8 ozs Digestive Biscuit
1/2 cup Cream Cheese, Regular
2 tbsps Honey
1/4 cup Coconut Cream
1/4 tsp Vanilla Extract
1/2 cup Raspberries

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)

Gingerbread Brownies

13 ingredients · 35 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (177°C).
2. Place dates in a food processor and pulse until pureed, or chop the dates finely.
3. In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
4. Combine the remaining dry ingredients in a separate bowl.
5. Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
6. Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
7. Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

Make it as a Cake

Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.

Ingredients

1/2 cup Pitted Dates
3 Egg
2 2/3 tbsps Fancy Molasses
1/2 cup Coconut Oil
2 tsps Vanilla Extract
1 cup Unsweetened Almond Milk
1/2 cup Coconut Flour
1/4 cup Cocoa Powder
2 tsps Ground Ginger
1/4 tsp Ground Cloves
1 tsp Baking Soda
3/4 tsp Baking Powder
1/2 tsp Sea Salt

Pecan Pie Squares

5 ingredients · 35 minutes · 16 servings



Directions

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

Notes

Leftovers

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

Serving Size

One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.

Ingredients

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

Gingerbread Oatmeal Bars

11 ingredients · 1 hour 20 minutes · 8 servings



Directions

1. Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
2. In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
3. Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
4. Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size

One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.

Ingredients

1/3 cup Maple Syrup
1 1/2 tbsps Blackstrap Molasses
1/2 cup Almond Butter
1 cup Oats
1/3 cup Pumpkin Seeds
1/3 cup Walnuts (roughly chopped)
1/3 tsp Ground Ginger
1 tsp Cinnamon
1/4 tsp Nutmeg
1/4 tsp Ground Cloves
1/4 tsp Sea Salt