

# HEALTHY FREE LIFE

Eating & Living... for the Glory of God

## Desserts

Created by Healthy Free Life



## Desserts

Healthy Free Life

Enjoy in our whole-food dessert recipes where there's no need for deprivation. Each dessert is crafted from wholesome ingredients, offering the sweet satisfaction you crave without compromising your health goals. Our desserts prove that you can enjoy sweets on occasion while staying true to your journey towards a healthier, happier you.



# Black Bean Brownies

11 ingredients · 40 minutes · 9 servings



## Directions

1. Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
2. Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
3. Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
4. Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
5. Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
6. Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
7. Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

## Notes

### Less Ingredients

Omit the dark chocolate and almonds if desired.

### Leftovers

These brownies keep well in the fridge up to 4 days. Freeze for longer.

## Ingredients

- 2 cups Black Beans (cooked)
- 3 Egg
- 1/4 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Raw Honey
- 1/2 tsp Baking Powder
- 3 1/2 ozs Dark Chocolate (chopped and divided)
- 1/4 cup Sliced Almonds

## Nutrition

Amount per serving

Calories	276	Sugar	14g
Fat	15g	Protein	9g
Carbs	31g	Sodium	120mg
Fiber	8g		

# Fudgy Protein Brownies

6 ingredients · 30 minutes · 9 servings



## Directions

1. Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
2. In a small saucepan over low-medium heat, melt the peanut butter.
3. In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
4. Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

## Notes

### No Walnuts

Omit walnuts or use any preferred type of nuts instead.

### No Peanut Butter

Use any nut or seed butter instead.

### Protein Powder

Whey protein powder was used for this recipe. Please note, if using another type of protein powder the results may vary.

## Ingredients

- 1 cup All Natural Peanut Butter
- 4 Banana
- 1/2 cup Cocoa Powder
- 1/2 cup Chocolate Protein Powder
- 1/2 cup Dark Chocolate Chips
- 1/2 cup Walnuts (chopped)

## Nutrition

Amount per serving

Calories	372	Sugar	16g
Fat	24g	Protein	14g
Carbs	30g	Sodium	15mg
Fiber	5g		



# Coconut Chickpea Blondies

9 ingredients · 45 minutes · 16 servings



## Directions

1. Preheat oven to 350°F (177°C) and brush a baking dish with coconut oil (use an 8x8 pan for 16 blondies).
2. Add all ingredients to a food processor and process until smooth.
3. Spread the batter evenly into the pan. (The batter will be very sticky, so brushing a spatula with coconut oil first will help.) Sprinkle extra coconut over the top and press in gently.
4. Bake for 20 to 25 minutes or until toothpick comes out clean and edges are slightly browned. Let cool for 20 minutes, then cut into squares. Enjoy!

## Notes

### Leftovers

Store in the fridge for 5 days or freeze in an airtight container.

### No Maple Syrup

Use honey instead.

### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

- 3/4 tsp** Coconut Oil
- 2 cups** Chickpeas (cooked)
- 1/2 cup** Almond Butter
- 1/4 cup** Maple Syrup
- 1/2 tsp** Cinnamon
- 1/4 tsp** Sea Salt
- 1/4 tsp** Baking Powder
- 1/4 tsp** Baking Soda
- 1/3 cup** Unsweetened Shredded Coconut (plus extra for garnish)

## Nutrition

Amount per serving

<b>Calories</b>	108	<b>Sugar</b>	4g
<b>Fat</b>	6g	<b>Protein</b>	4g
<b>Carbs</b>	11g	<b>Sodium</b>	67mg
<b>Fiber</b>	3g		

# Chocolate Crunch Bars

7 ingredients · 2 hours · 8 servings



## Directions

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

## Notes

### Serving Size

One serving is equal to one bar.

### No Almond Butter

Use peanut butter, hazelnut butter or cashew butter instead.

### Storage

After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

## Ingredients

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

## Nutrition

Amount per serving

<b>Calories</b>	197	<b>Sugar</b>	7g
<b>Fat</b>	15g	<b>Protein</b>	4g
<b>Carbs</b>	15g	<b>Sodium</b>	3mg
<b>Fiber</b>	3g		

# Carrot Cake Breakfast Bars

12 ingredients · 40 minutes · 10 servings



## Directions

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

## Notes

### Baking Pan Size

Use an 8x8 baking pan if making the standard 10 servings.

### Optional Icing Drizzle

For the standard serving size of 10: Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

### Leftovers

Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

### Flour

This recipe was developed and tested using almond flour only. We have not tested other flours with this recipe, but if you try a different flour combination, let us know how it turns out!

## Ingredients

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

## Nutrition

Amount per serving

Calories	213	Sugar	7g
Fat	17g	Protein	7g
Carbs	12g	Sodium	156mg
Fiber	3g		



# Cranberry Energy Bars

10 ingredients · 30 minutes · 10 servings



## Directions

1. Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
2. Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
3. Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
4. Bake in oven for 15 minutes.
5. Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

## Notes

### Leftovers

Store on the counter in an airtight container for up to one week. Refrigerate or freeze for longer.

### Nut Allergy

Skip the pecans and double up on the sunflower and pumpkin seeds.

## Ingredients

**3/4 cup** Unsweetened Coconut Flakes  
**1/2 cup** Pecans (chopped)  
**1/3 cup** Sesame Seeds  
**1/4 cup** Pumpkin Seeds  
**1/4 cup** Sunflower Seeds  
**1/4 cup** Ground Flax Seed  
**1/4 cup** Dried Unsweetened Cranberries  
**1/4 tsp** Sea Salt  
**1/4 cup** Raw Honey  
**1/4 cup** Sunflower Seed Butter

## Nutrition

Amount per serving

<b>Calories</b>	228	<b>Sugar</b>	10g
<b>Fat</b>	18g	<b>Protein</b>	5g
<b>Carbs</b>	16g	<b>Sodium</b>	62mg
<b>Fiber</b>	4g		

# Ooey Goopy Date Squares

10 ingredients · 30 minutes · 16 servings



## Directions

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

## Ingredients

**1 cup** Pitted Dates (finely chopped)  
**1 cup** Water  
**1 cup** Almond Flour  
**1/4 tsp** Sea Salt  
**1 tsp** Baking Soda  
**2 cups** Oats  
**2 tsps** Cinnamon  
**1 tbsp** Coconut Oil (melted)  
**1/4 cup** Maple Syrup  
**1/4 cup** Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	150	<b>Sugar</b>	9g
<b>Fat</b>	7g	<b>Protein</b>	4g
<b>Carbs</b>	20g	<b>Sodium</b>	118mg
<b>Fiber</b>	3g		



# 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

## Nutrition

Amount per serving

Calories	245	Sugar	13g
Fat	18g	Protein	4g
Carbs	21g	Sodium	4mg
Fiber	4g		



# 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)

## Nutrition

Amount per serving

<b>Calories</b>	222	<b>Sugar</b>	14g
<b>Fat</b>	8g	<b>Protein</b>	5g
<b>Carbs</b>	29g	<b>Sodium</b>	213mg
<b>Fiber</b>	4g		

# Oatmeal Coconut Raisin Cookies

10 ingredients · 25 minutes · 12 servings



## Directions

1. Preheat oven to 350.
2. In a large mixing bowl, combine oats, almond flour, baking soda, cinnamon, sea salt, raisins and shredded coconut.
3. In a separate bowl, combine melted coconut oil, maple syrup and eggs. Whisk and pour into the large bowl with dry ingredients. Mix well.
4. Roll cookie dough into balls and gently flatten on a large baking sheet. Bake for 12 to 15 minutes. Enjoy!

## Ingredients

**2 cups** Oats  
**1 cup** Almond Flour  
**1/2 tsp** Baking Soda  
**2 tsps** Cinnamon  
**1/2 tsp** Sea Salt  
**1/3 cup** Organic Raisins  
**1/3 cup** Unsweetened Shredded Coconut  
**1/3 cup** Coconut Oil (melted)  
**1/3 cup** Maple Syrup  
**2** Egg (whisked)

## Nutrition

Amount per serving

<b>Calories</b>	206	<b>Sugar</b>	5g
<b>Fat</b>	14g	<b>Protein</b>	5g
<b>Carbs</b>	17g	<b>Sodium</b>	166mg
<b>Fiber</b>	3g		



# 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

## Nutrition

Amount per serving

<b>Calories</b>	140	<b>Sugar</b>	10g
<b>Fat</b>	9g	<b>Protein</b>	3g
<b>Carbs</b>	14g	<b>Sodium</b>	75mg
<b>Fiber</b>	2g		



# Peanut Butter Cookies

4 ingredients · 30 minutes · 20 servings



## Directions

1. Preheat the oven to 325°F (162°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl combine peanut butter, eggs, sugar and sea salt (optional). Stir until a thick dough forms.
3. Use a tablespoon to drop even amounts of the dough onto the prepared baking sheet about 2 inches apart. Gently flatten the drops with a fork.
4. Bake for 10 to 12 minutes, or until golden on the bottom. Remove from the oven and let the cookies cool for 5 minutes. Transfer the cookies to a cooling rack to set completely. Enjoy!

## Notes

### Serving Size

One serving is equal to one cookie.

### Storage

Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.

### No Cane Sugar

Use coconut sugar, brown sugar or white sugar instead.

## Ingredients

**1 1/2 cups** All Natural Peanut Butter

**2** Egg

**3/4 cup** Cane Sugar

**1/4 tsp** Sea Salt (optional)

## Nutrition

Amount per serving

<b>Calories</b>	153	<b>Sugar</b>	10g
<b>Fat</b>	10g	<b>Protein</b>	5g
<b>Carbs</b>	12g	<b>Sodium</b>	40mg
<b>Fiber</b>	1g		

# Double Chocolate Black Bean Cookies

10 ingredients · 25 minutes · 10 servings



## Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Combine black beans, almond milk, peanut butter and coconut oil together in a food processor. Blend until smooth.
3. Add in flour, cacao, honey, cinnamon and sea salt. Process again until creamy. Use a rubber spatula to gently stir in the chocolate chips.
4. Measure out even amounts of dough onto the cookie sheet (we used 2 tbsp per cookie) and use your hands to form into cookies. Sprinkle a few chocolate chips on each cookie and press down gently for good measure. Bake in the oven for 15 to 20 minutes.
5. Remove from oven. Let cool and enjoy!

## Notes

### No Cacao

Use cocoa powder instead.

## Ingredients

- 1 1/2 cups** Black Beans (cooked, drained and rinsed)
- 2 tbsps** Unsweetened Almond Milk
- 2 tbsps** All Natural Peanut Butter
- 2 tbsps** Coconut Oil (melted)
- 1/4 cup** Coconut Flour
- 1/4 cup** Cacao Powder
- 1/4 cup** Raw Honey
- 1/2 tsp** Cinnamon
- 1/8 tsp** Sea Salt
- 1/4 cup** Dark Chocolate Chips

## Nutrition

Amount per serving

<b>Calories</b>	164	<b>Sugar</b>	10g
<b>Fat</b>	8g	<b>Protein</b>	4g
<b>Carbs</b>	20g	<b>Sodium</b>	39mg
<b>Fiber</b>	4g		

# Upgraded Sugar Cookies

8 ingredients · 15 minutes · 8 servings



## Directions

1. Preheat oven to 350 degrees F.
2. Combine dry ingredients and mix very, very well. In a separate bowl, melt the butter, then stir in vanilla and milk.
3. Pour dry into wet and mix again. Form balls or roll out (not too thin), then use a cookie cutter to make shapes. If you want soft cookies, you'll need to get the dough very cold. (So roll the balls first, then fridge until cold.)
4. Cook in a 325F preheated oven for 9 minutes. They will look very underdone when you take them out, but that's ok!! Just let them cool for 5 minutes before touching. (I know it's hard!) These cookies will keep at least four days, in a lidded plastic container. As a general rule, you should store soft cookies in plastic containers and crispy cookies in glass ones.

## Notes

**Thank you!**

to Chocolate Covered Katie for this recipe.

## Ingredients

- 3/4 cup** Whole Wheat Flour
- 1/4 tsp** Baking Powder
- 1/4 tsp** Salt (just under level)
- 1/3 tsp** Baking Soda (divided)
- 1/4 cup** Coconut Sugar
- 1/2 tsp** Vanilla Extract
- 1 1/2 cups** Non Dairy Milk, Unsweetened (of choice)
- 1/4 cup** Butter (or coconut oil)

## Nutrition

Amount per serving

<b>Calories</b>	112	<b>Sugar</b>	5g
<b>Fat</b>	6g	<b>Protein</b>	2g
<b>Carbs</b>	14g	<b>Sodium</b>	75mg
<b>Fiber</b>	0g		



# Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings



## Directions

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

## Notes

### Serving Size

One serving is equal to one cookie.

### Leftovers

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

### Protein Powder

This recipe was tested using plant-based vanilla protein powder.

## Ingredients

1 Banana (mashed)  
1/4 cup Vanilla Protein Powder  
1 cup Oats  
1 cup Almond Butter  
1/2 tsp Cinnamon  
1/4 cup Dried Unsweetened Cranberries

## Nutrition

Amount per serving

Calories	266	Sugar	6g
Fat	18g	Protein	10g
Carbs	19g	Sodium	8mg
Fiber	5g		

# Upgraded Chocolate Chip Cookies

10 ingredients · 1 hour · 8 servings



## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cream together the butter and sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans.
3. Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

## Ingredients

**1 cup** Butter (softened)  
**1 1/2 cups** Coconut Sugar  
**2** Eggs  
**2 tsps** Vanilla Extract  
**1 tsp** Baking Soda  
**2 tsps** Hot Water  
**1/2 tsp** Salt  
**3 cups** Whole Wheat Flour  
**2 cups** Organic Dark Chocolate Chips  
**1 cup** Walnuts (chopped; optional)

## Nutrition

Amount per serving

<b>Calories</b>	950	<b>Sugar</b>	56g
<b>Fat</b>	54g	<b>Protein</b>	14g
<b>Carbs</b>	99g	<b>Sodium</b>	179mg
<b>Fiber</b>	2g		



# Vegan Pie Crust

6 ingredients · 25 minutes · 10 servings



## Directions

1. Preheat oven to 350F and have a 9 inch pie dish ready. (No need to grease it.)
2. In the bowl of a large food processor fitted with a "S" blade, add in the oat flour, tapioca flour, salt and coconut oil. Secure the lid and press the "pulse" button several times until the coconut oil has disappeared into the flour. The mixture should look like a crumbly flour. (If you have a pastry cutter, you can use that instead of a food processor.)
3. Add in the maple syrup and cold water, and pulse the mixture again until the dough comes together. It's normal for it to stick together and start to form a ball. Be careful not to run the food processor for too long, as you don't want to warm up the coconut oil. Add a little more oat flour 1 T. at a time until dough comes into a ball that isn't wet. As soon as it looks like pie dough, you're done with the mixing part.
4. Lay a large sheet of parchment paper on your counter and place the ball of dough in the middle of it. Lay another large sheet of parchment paper over the dough ball and press is down with your hands to start to flatten out the ball into a crust.
5. Use a rolling pin over the top layer of parchment paper and roll the pie dough out until it's roughly 11 or 12 inches in diameter, to fill a 9-inch pie plate with room to go up the sides of the pan.
6. Once the crust is rolled out, remove the top layer of parchment paper. Carefully lift the crust up using the bottom piece of parchment paper and flip it over onto your hand. Use both hands to gently lower the crust into your pie pan and remove the parchment paper (that's now on top of the crust) once it's in place. You'll need to use your fingers to press the pie crust into the corners of the pan, and you might need to break off pieces of the crust that are overflowing from the edges. Feel free to use pieces of the dough to repair any holes-- just press extra dough into any spots that break. Use your fingers to flatten the edges of the crust for a smooth look.
7. For a pie that will be baked, like vegan pumpkin or vegan pecan pie, this is the time to add your filling. This crust works very well for pies that need to cook for up to 45 minutes. At 55 minutes, the edges start to get too brown, so you might need to cover them if your recipe calls for a baking time that long.
8. For a cold pie filling, like French Silk Pie, you can bake this crust on its own for 15 to 20 minutes, until lightly browned. Let it cool completely, then fill it!

## Ingredients

- 1 1/4 cups Oat Flour
- 3 tbsps Tapioca Flour (also called tapioca starch)
- 1/4 tsp Sea Salt (fine)
- 1/3 cup Coconut Oil
- 2 tbsps Maple Syrup (pure)
- 3 tbsps Water (ice cold)

## Nutrition

Amount per serving

Calories	143	Sugar	2g
Fat	8g	Protein	3g
Carbs	14g	Sodium	59mg
Fiber	2g		

## Notes

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### **No oat flour**

Put old-fashioned oats in a blender and blend until flour texture.

### **gluten free**

If you need this to be gluten-free, make sure you use oats or oat flour that are labeled "certified gluten-free" to avoid cross contamination in the manufacture process.

### **Thank you!!**

<http://detoxinista.com> for her delicious recipe.



# 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)

## Nutrition

Amount per serving

<b>Calories</b>	106	<b>Sugar</b>	1g
<b>Fat</b>	11g	<b>Protein</b>	1g
<b>Carbs</b>	2g	<b>Sodium</b>	15mg
<b>Fiber</b>	0g		

# Blueberry Coconut Yogurt Popsicles

4 ingredients · 5 hours · 7 servings



## Directions

1. Add all of the ingredients to a blender and blend until smooth.
2. Pour into three ounce paper cups and insert popsicle sticks in the middle.
3. Place in the freezer for four to five hours or until completely frozen. Remove from the paper cup and enjoy!

## Notes

### Serving Size

One serving is equal to one popsicle.

### Additional Toppings

Add chia seeds or hemp seeds before blending.

### No Maple Syrup

Use raw honey.

### No Paper Cups

Use popsicle molds.

## Ingredients

**1 1/2 cups** Frozen Blueberries

**1 cup** Unsweetened Coconut Yogurt

**1/4 cup** Plain Coconut Milk (unsweetened from the carton)

**1 tbsp** Maple Syrup

## Nutrition

Amount per serving

<b>Calories</b>	43	<b>Sugar</b>	5g
<b>Fat</b>	1g	<b>Protein</b>	0g
<b>Carbs</b>	8g	<b>Sodium</b>	9mg
Fiber	1g		



# Frozen Yogurt Covered Blueberries

2 ingredients · 40 minutes · 4 servings



## Directions

1. In a bowl, combine blueberries and yogurt until well coated.
2. Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
3. Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

## Notes

### Kid-Friendly

Serve just a few at a time as these will melt quickly after handling.

### Dairy-Free & Vegan

Use a dairy-free yogurt such as coconut or almond.

## Ingredients

**2 cups** Blueberries (fresh or frozen, not wild)

**1/4 cup** Plain Greek Yogurt

## Nutrition

Amount per serving

<b>Calories</b>	53	<b>Sugar</b>	8g
<b>Fat</b>	1g	<b>Protein</b>	2g
<b>Carbs</b>	11g	<b>Sodium</b>	9mg
<b>Fiber</b>	2g		

# 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

## Nutrition

Amount per serving

<b>Calories</b>	147	<b>Sugar</b>	16g
<b>Fat</b>	6g	<b>Protein</b>	1g
<b>Carbs</b>	25g	<b>Sodium</b>	9mg
<b>Fiber</b>	3g		



# Raspberry Coconut Ice Cream

3 ingredients · 5 minutes · 4 servings



## Directions

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

## Notes

### Make it Chunky

Chop and add fresh or thawed raspberries to the final mixture.

### No Coconut Milk

Use frozen banana slices instead.

## Ingredients

**1 1/2 cups** Frozen Raspberries

**1 tbsp** Maple Syrup

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

## Nutrition

Amount per serving

<b>Calories</b>	201	<b>Sugar</b>	8g
<b>Fat</b>	16g	<b>Protein</b>	2g
<b>Carbs</b>	12g	<b>Sodium</b>	25mg
<b>Fiber</b>	2g		

# 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)

## Nutrition

Amount per serving

Calories	257	Sugar	20g
Fat	11g	Protein	3g
Carbs	39g	Sodium	7mg
Fiber	6g		

# 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)

## Nutrition

Amount per serving

<b>Calories</b>	194	<b>Sugar</b>	13g
<b>Fat</b>	11g	<b>Protein</b>	2g
<b>Carbs</b>	24g	<b>Sodium</b>	16mg
<b>Fiber</b>	3g		



# Strawberry Ice Cream

2 ingredients · 5 minutes · 2 servings



## Directions

1. Add frozen bananas and strawberries 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.

### Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

## Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	144	<b>Sugar</b>	19g
<b>Fat</b>	1g	<b>Protein</b>	2g
<b>Carbs</b>	37g	<b>Sodium</b>	3mg
<b>Fiber</b>	5g		

# Strawberry Banana Ice Cream

3 ingredients · 10 minutes · 1 serving



## Directions

1. Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!

## Ingredients

**1/4 cup** Frozen Banana  
**1 cup** Frozen Strawberries  
**2 tbsps** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	131	<b>Sugar</b>	17g
<b>Fat</b>	1g	<b>Protein</b>	2g
<b>Carbs</b>	33g	<b>Sodium</b>	25mg
<b>Fiber</b>	6g		

# 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

## Nutrition

Amount per serving

<b>Calories</b>	117	<b>Sugar</b>	15g
<b>Fat</b>	1g	<b>Protein</b>	2g
<b>Carbs</b>	30g	<b>Sodium</b>	2mg
<b>Fiber</b>	5g		



# Apple Cinnamon Scones

9 ingredients · 40 minutes · 8 servings



## Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, mix the ground flax with water. Set aside to thicken.
3. In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
4. Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
5. Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
6. Remove from oven, let cool slightly and enjoy immediately.

## Notes

### Leftovers

Store at room temperature in an air-tight container up to 3 days, or freeze.

### Extra Flavour

Serve them with butter, nut butter or chia jam.

### Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.

## Ingredients

- 2 **tbps** Ground Flax Seed
- 3/4 **cup** Water
- 2 **cups** All Purpose Gluten-Free Flour
- 1 **tbps** Baking Powder
- 1/4 **cup** Coconut Sugar
- 1/2 **tsp** Sea Salt
- 1 **tsp** Cinnamon
- 1/3 **cup** Coconut Oil (room temperature)
- 1 Apple (medium, diced)

## Nutrition

Amount per serving

<b>Calories</b>	268	<b>Sugar</b>	7g
<b>Fat</b>	11g	<b>Protein</b>	2g
<b>Carbs</b>	41g	<b>Sodium</b>	331mg
<b>Fiber</b>	7g		

# Pumpkin Donuts

10 ingredients · 25 minutes · 6 servings



## Directions

1. Preheat your oven to 350F and lightly grease your donut pan.
2. In a large bowl, combine the oat flour, chia seeds, coconut sugar, baking powder, sea salt, and pumpkin pie spice.
3. Add the almond milk, coconut oil, and pumpkin puree. Mix well and transfer to a piping bag or a large ziploc bag with the corner sliced off. Pipe the batter into the donut pan using a circular motion.
4. Bake for about 20-25 minutes, or until golden brown. Remove from oven and let cool. Once cooled, drizzle with melted coconut butter. Enjoy!

## Notes

### No Donut Pan

Use a muffin tin instead. They won't be donuts, but they will be good! You may also try piping from the corner of a ziplock onto a baking sheet. The batter is firm enough.

### No coconut sugar

Use maple syrup instead.

### Storage

Store in an airtight container in the fridge up to 4 to 5 days, or freeze for longer.

### Kid friendly

My children enjoyed these very much but one requested the coconut butter have a little sweetener added. 1T. Maple syrup would be good!

### No oat flour

Add 3/4 cups of old fashioned oats to your high speed blender and process until consistency of flour.

## Ingredients

**1/2 cup** Oat Flour (see note below to make your own)

**1/2 cup** Chia Seeds

**1/4 cup** Coconut Sugar

**1 1/2 tsps** Baking Powder

**1/8 tsp** Sea Salt

**2 tsps** Pumpkin Pie Spice

**2/3 cup** Unsweetened Almond Milk

**2 tbsps** Coconut Oil (melted)

**1/2 cup** Pureed Pumpkin

**2 tbsps** Coconut Butter (melted)

## Nutrition

Amount per serving

<b>Calories</b>	221	<b>Sugar</b>	6g
<b>Fat</b>	14g	<b>Protein</b>	5g
<b>Carbs</b>	21g	<b>Sodium</b>	191mg
<b>Fiber</b>	6g		



# Mini Banana Muffins

5 ingredients · 30 minutes · 15 servings



## Directions

1. Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
2. In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
3. Remove from oven and let cool. Enjoy!

## Notes

### Almond Flour

This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

### Extra Toppings

Top with chia seeds, walnuts, dried banana slices or hemp seeds.

### Storage

Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.

### Serving Size

One serving is equal to one mini muffin.

## Ingredients

- 2 Banana
- 1/2 cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 2 tsps Baking Powder

## Nutrition

Amount per serving

<b>Calories</b>	115	<b>Sugar</b>	2g
<b>Fat</b>	9g	<b>Protein</b>	5g
<b>Carbs</b>	7g	<b>Sodium</b>	85mg
<b>Fiber</b>	2g		



# Chocolate Zucchini Muffins

8 ingredients · 30 minutes · 12 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush each liner with a small amount of coconut oil or use a silicone muffin tray.
2. In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
3. In a medium-sized bowl, whisk together the oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
4. Spoon the muffin batter into the prepared muffin tray, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
5. Let cool completely before eating, to prevent the muffins from sticking to the liners.

## Notes

### Serving Size

One serving is equal to one muffin.

### Zucchini

One medium zucchini is equal to about 2 cups of grated zucchini.

### Storage

Store in the fridge for 5 days or in the freezer for a few months.

## Ingredients

**2 cups** Almond Flour  
**1/4 cup** Cocoa Powder  
**1/4 tsp** Sea Salt  
**1/4 tsp** Baking Soda  
**1/4 cup** Extra Virgin Olive Oil  
**1/4 cup** Maple Syrup  
**3** Egg  
**1** Zucchini (medium, grated)

## Nutrition

Amount per serving

<b>Calories</b>	188	<b>Sugar</b>	5g
<b>Fat</b>	15g	<b>Protein</b>	6g
<b>Carbs</b>	10g	<b>Sodium</b>	96mg
<b>Fiber</b>	3g		

# Pumpkin Oatmeal Muffins

7 ingredients · 45 minutes · 15 servings



## Directions

1. Preheat oven to 375 degrees F.
2. Mix all ingredients together, and let sit while you prepare the muffin pans.
3. Spray a muffin pan and/or liners with non-stick spray.
4. Divide batter into 15 muffin cups. They should be just about filled.
5. Bake 20-30 minutes. You'll see the edges just starting to brown and they will be firm to the touch.
6. The muffins may stick when hot but are removed easily when cooled for a bit.

## Ingredients

**15 ozs** Pureed Pumpkin  
**1/2 cup** Unsweetened Almond Milk (vanilla)  
**2** Egg  
**1 tbsp** Baking Powder  
**3 cups** Oats (old fashioned)  
**1 tbsp** Pumpkin Pie Spice  
**1/3 cup** Coconut Sugar

## Nutrition

Amount per serving

<b>Calories</b>	84	<b>Sugar</b>	3g
<b>Fat</b>	2g	<b>Protein</b>	3g
<b>Carbs</b>	15g	<b>Sodium</b>	114mg
<b>Fiber</b>	2g		

# Mini Carrot Cakes

11 ingredients · 40 minutes · 12 servings



## Directions

1. Preheat oven to 350°F (177°C).
2. Add the dry ingredients (almond flour, coconut flour, baking soda, salt, cinnamon and chia seeds) in a mixing bowl and mix with a fork.
3. Mix the wet ingredients (banana, oil, eggs, maple syrup and grated carrot) in a separate mixing bowl.
4. Combine the wet and dry ingredients together and stir until well mixed.
5. Line a muffin tin with muffin papers. Ladle the mix into the tins. Bake for 30 minutes or until baked through. Enjoy!

## Notes

### Leftovers

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

### Additional Toppings

Enjoy with a bit of honey or butter on top.

## Ingredients

**1 cup** Almond Flour  
**1/4 cup** Coconut Flour  
**1 tsp** Baking Soda  
**1/2 tsp** Sea Salt  
**1 tsp** Cinnamon  
**1 tbsp** Chia Seeds  
**1** Banana (mashed)  
**1 tbsp** Extra Virgin Olive Oil  
**3** Egg  
**1/4 cup** Maple Syrup  
**2** Carrot (grated)

## Nutrition

Amount per serving

<b>Calories</b>	127	<b>Sugar</b>	6g
<b>Fat</b>	8g	<b>Protein</b>	4g
<b>Carbs</b>	12g	<b>Sodium</b>	234mg
<b>Fiber</b>	3g		



# Vegan Banana Bread

8 ingredients · 50 minutes · 12 servings



## Directions

1. Preheat your oven to 350°F (177°C) and brush a loaf pan with some oil to prevent sticking.
2. In a large bowl, mash all but one of the bananas. Stir in the olive oil, maple syrup, and cashew milk. Mix well, then whisk in the ground flax. Let stand for 2 minutes.
3. In a small bowl, mix together the gluten-free flour, baking powder and sea salt. Add the dry ingredients to the wet and mix until well combined.
4. Pour the batter into your loaf pan. Slice the remaining banana in half length-wise and place both halves on top of the loaf. Bake for 40 minutes, or until a knife inserted into the centre comes out clean.
5. Let cool completely before slicing. Enjoy!

## Notes

### Serving Size

One serving is equal to one slice of banana bread.

### Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill Gluten-Free All Purpose Flour. Results may vary if using another type of flour.

### Add-Ins

Mix in blueberries, chocolate chips, walnuts, or anything else you like in your banana bread.

### Storage

Keeps well in the fridge for 5 days or in the freezer for a few months.

## Ingredients

- 3 Banana (ripe, divided)
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Cashew Milk (or almond milk)
- 2 tbsps Ground Flax Seed
- 2 cups All Purpose Gluten-Free Flour
- 1 tbsps Baking Powder
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	195	<b>Sugar</b>	8g
<b>Fat</b>	6g	<b>Protein</b>	2g
<b>Carbs</b>	33g	<b>Sodium</b>	176mg
<b>Fiber</b>	5g		

# Zucchini Bread

11 ingredients · 1 hour 20 minutes · 8 servings



## Directions

1. Preheat oven to 350°F (177°C).
2. Combine the dry ingredients together in a bowl (flours, baking soda, sea salt, cinnamon and flax seed).
3. In a separate bowl, mash your banana. Add in olive oil, eggs, maple syrup and grated zucchini. Mix well to combine. Add in your dry ingredients and mix again.
4. Line a loaf pan with parchment paper and press the dough evenly across the pan. Bake in the oven for 1 hour. Test to see if it is done by inserting a toothpick into the centre. If it comes out clean, the bread is finished. Remove from oven and let cool. Lift parchment paper out of loaf pan and slice into pieces. Enjoy!

## Notes

### Leftovers

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

### On-the-Go

Make it more portable by turning it into muffins. Bake in a muffin tin instead of a loaf pan. Cut the baking time to 35 - 45 minutes.

### Chocolate Lovers

Stir 1/3 cup dark chocolate chips into the dough before baking.

### Vegan

Replace eggs with chia eggs. Mix 2 tbsp chia seed with 6 tbsp warm water and mix until it forms a gel.

## Ingredients

**1 cup** Almond Flour  
**1/2 cup** Coconut Flour  
**1 tsp** Baking Soda  
**1/4 tsp** Sea Salt  
**1/2 tsp** Cinnamon  
**1 tbsp** Ground Flax Seed  
**1** Banana (ripe and mashed)  
**1 tbsp** Extra Virgin Olive Oil  
**2** Egg (whisked)  
**1/4 cup** Maple Syrup  
**1** Zucchini (grated)

## Nutrition

Amount per serving

<b>Calories</b>	191	<b>Sugar</b>	10g
<b>Fat</b>	11g	<b>Protein</b>	6g
<b>Carbs</b>	18g	<b>Sodium</b>	267mg
<b>Fiber</b>	5g		



# Pumpkin Loaf

12 ingredients · 1 hour · 12 servings



## Directions

1. Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
2. In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
3. Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
4. Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
5. Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. If not eating right away, wrap and store in the freezer for up to two months.

### Muffins

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

### Make it Sweet

Stir in a handful of dark chocolate chips to the batter before baking.

### Serve it With

A cup of herbal tea or coffee.

## Ingredients

- 3 Egg
- 3/4 cup Sunflower Seed Butter
- 1/3 cup Maple Syrup
- 1/2 cup Pureed Pumpkin
- 3 tbsps Coconut Oil
- 1/2 Lemon (juiced)
- 1/4 cup Coconut Flour
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/3 tsp Baking Powder
- 1 1/2 tsps Ginger (grated)
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

Calories	185	Sugar	7g
Fat	14g	Protein	5g
Carbs	12g	Sodium	89mg
Fiber	2g		



# Baked Apple

7 ingredients · 1 minute · 4 servings

## Directions

1. Preheat your oven to 350 degrees F. Add the apples to a baking sheet, cut side up. Sprinkle the apples with lemon juice to prevent browning. In a separate bowl, add melted coconut oil, oats, cinnamon, ginger, and sea salt. Mix well. Spoon the mixture evenly onto the apple slices. Bake for about 30 minutes.

## Ingredients

4 Apple (cut in half, remove the core and seeds)  
1 Lemon (juiced)  
2 **tbsps** Coconut Oil  
1/4 **cup** Oats (gluten-free)  
1 **tsp** Cinnamon  
1 **tsp** Ground Ginger  
1/8 **tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	0	<b>Sugar</b>	0g
<b>Fat</b>	0g	<b>Protein</b>	0g
<b>Carbs</b>	0g	<b>Sodium</b>	0mg
Fiber	0g		

# Apple Crisp

10 ingredients · 1 hour · 8 servings



## Directions

1. Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
2. Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
3. Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
4. Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
5. Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
6. Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
7. Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
8. Scoop into bowls and serve with coconut ice cream.

## Notes

### Leftovers

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

### Homemade Oat Flour

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

## Ingredients

- 2 Apple (cored and sliced)
- 1/3 cup Maple Syrup (divided)
- 1 tbsp Coconut Flour (or 1 tbsp)
- 1/4 cup Unsweetened Applesauce
- 1 cup Oat Flour
- 3/4 cup Oats
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/3 cup Coconut Oil
- 1 cup Coconut Ice Cream (optional)

## Nutrition

Amount per serving

<b>Calories</b>	302	<b>Sugar</b>	18g
<b>Fat</b>	14g	<b>Protein</b>	4g
<b>Carbs</b>	36g	<b>Sodium</b>	218mg
<b>Fiber</b>	4g		

# 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.

### Serving Size

One serving is roughly 1/2 cup.

## 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

## Nutrition

Amount per serving

<b>Calories</b>	567	<b>Sugar</b>	34g
<b>Fat</b>	30g	<b>Protein</b>	15g
<b>Carbs</b>	59g	<b>Sodium</b>	9mg
<b>Fiber</b>	8g		



# 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

## Nutrition

Amount per serving

<b>Calories</b>	106	<b>Sugar</b>	4g
<b>Fat</b>	7g	<b>Protein</b>	3g
<b>Carbs</b>	10g	<b>Sodium</b>	32mg
<b>Fiber</b>	1g		

# No Bake Chocolate Cookies

7 ingredients · 2 hours 10 minutes · 8 servings



## Directions

1. In a small saucepan over low heat add the peanut butter, maple syrup and cocoa powder. Stir to combine until just heated through and somewhat dried out in texture. Allow it to cool slightly.
2. Pour the peanut butter mixture into a bowl and add the oats, sea salt, vanilla extract and oil. Mix well with a spoon or your hands.
3. Line a baking sheet with parchment paper. Form the cookie dough into golf ball sized balls and then flatten with your hands. Place on the baking sheet and repeat until all of the dough is used.
4. Place them into the freezer to set, about 2 hours. Remove and place them in a freezer-safe bag or container. Keep them stored in the freezer until ready to eat. Enjoy!

## Notes

### Leftovers

Store cookies in a freezer-safe container or plastic bag and remove them as you want to eat them. Allow them to sit at room temperature for about 5 minutes to soften.

### Serving Size

One serving is one cookie.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### More Flavor

Top with flaky salt before freezing.

### Mixing

Use slightly damp hands when forming into balls and flattening if the dough is too sticky.

## Ingredients

**3/4 cup** All Natural Peanut Butter

**1/3 cup** Maple Syrup

**1/4 cup** Cocoa Powder

**1 1/2 cups** Oats

**1/4 tsp** Sea Salt

**1 tsp** Vanilla Extract

**1 1/2 tbsps** Coconut Oil

## Nutrition

Amount per serving

<b>Calories</b>	267	<b>Sugar</b>	11g
<b>Fat</b>	16g	<b>Protein</b>	8g
<b>Carbs</b>	26g	<b>Sodium</b>	81mg
<b>Fiber</b>	4g		

# Chocolate Drizzled Cookie Dough Bites

7 ingredients · 30 minutes · 20 servings



## Directions

1. In a food processor, combine chickpeas, almond flour, oats, maple syrup, vanilla, and half of the sea salt. Process until smooth, stopping every thirty seconds to push down the batter with a spatula.
2. Transfer the mixture to a large bowl.
3. Chop 1/3 of the dark chocolate and add to the bowl. Stir the batter to combine.
4. Using a one-inch scoop or a tablespoon, portion out the batter into balls.
5. Melt the remaining chocolate and drizzle it onto the balls. Set in the fridge for five minutes. Top with the remaining flaky sea salt. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to one week. Alternately, freeze the cookie dough bites, and allow to thaw for five minutes before consuming.

### Serving Size

One serving is equal to approximately one ball.

### More Flavor

For a sweeter cookie dough bite, add coconut sugar to sweeten without altering the texture.

### Additional Toppings

Top with freeze-dried raspberries for a flavorful addition.

## Ingredients

**2 cups** Chickpeas (cooked)  
**1/4 cup** Almond Flour  
**1/4 cup** Oats  
**1/4 cup** Maple Syrup  
**1 tsp** Vanilla Extract  
**1 tsp** Sea Salt (flaky, divided)  
**6 ozs** Dark Chocolate (divided)

## Nutrition

Amount per serving

<b>Calories</b>	101	<b>Sugar</b>	5g
<b>Fat</b>	5g	<b>Protein</b>	3g
<b>Carbs</b>	12g	<b>Sodium</b>	121mg
<b>Fiber</b>	2g		



# No Bake Apple Cinnamon Bites

6 ingredients · 15 minutes · 14 servings



## Directions

1. Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
2. Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
3. Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

## 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 one ball.

### Vegan

Use maple syrup instead of honey.

### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

**1 cup** Oats (quick or traditional)

**1/4 cup** Ground Flax Seed

**1/2 tsp** Cinnamon

**1/3 cup** Almond Butter

**2 tbsps** Raw Honey

**1** Apple (peeled, cored and finely diced)

## Nutrition

Amount per serving

<b>Calories</b>	84	<b>Sugar</b>	4g
<b>Fat</b>	4g	<b>Protein</b>	2g
<b>Carbs</b>	10g	<b>Sodium</b>	1mg
<b>Fiber</b>	2g		

# 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

## Nutrition

Amount per serving

<b>Calories</b>	188	<b>Sugar</b>	9g
<b>Fat</b>	13g	<b>Protein</b>	6g
<b>Carbs</b>	13g	<b>Sodium</b>	45mg
<b>Fiber</b>	1g		

# Coconut Brownie Bites

6 ingredients · 15 minutes · 14 servings



## Directions

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

## Ingredients

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

## Nutrition

Amount per serving

<b>Calories</b>	129	<b>Sugar</b>	8g
<b>Fat</b>	9g	<b>Protein</b>	3g
<b>Carbs</b>	13g	<b>Sodium</b>	2mg
<b>Fiber</b>	3g		



# 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)

## Nutrition

Amount per serving

<b>Calories</b>	342	<b>Sugar</b>	15g
<b>Fat</b>	15g	<b>Protein</b>	16g
<b>Carbs</b>	33g	<b>Sodium</b>	250mg
<b>Fiber</b>	7g		

# Carrot Cake Bites

10 ingredients · 30 minutes · 12 servings



## Directions

1. In a bowl, add the coconut flour, protein powder, cinnamon, nutmeg, and salt. Stir to combine.
2. Add the maple syrup, vanilla, and melted coconut and stir again.
3. Fold in a quarter of the shredded coconut and all of the grated carrot.
4. Form into even balls with your hands, approximately one inch in diameter. Add the remaining shredded coconut to a plate for rolling. If the batter is too sticky, add some more coconut flour.
5. Place in a sealed container in the fridge for about 20 minutes to slightly harden. Enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is equal to one ball.

### Protein Powder

This recipe was tested using a paleo protein powder.

### Coconut Flour

This recipe was tested using Bob's Red Mill Coconut Flour. If using a different brand of coconut flour, results may vary.

## Ingredients

- 1/2 cup** Coconut Flour
- 1/2 cup** Vanilla Protein Powder
- 1 tsp** Cinnamon
- 1/4 tsp** Nutmeg
- 1/4 tsp** Sea Salt
- 1/4 cup** Maple Syrup
- 1/2 tsp** Vanilla Extract (alcohol-free)
- 1/4 cup** Coconut Oil (melted)
- 3/4 cup** Unsweetened Shredded Coconut (divided)
- 1 cup** Grated Carrot

## Nutrition

Amount per serving

<b>Calories</b>	130	<b>Sugar</b>	5g
<b>Fat</b>	9g	<b>Protein</b>	4g
<b>Carbs</b>	10g	<b>Sodium</b>	74mg
<b>Fiber</b>	3g		

# Raw Chocolate Avocado Pudding

5 ingredients · 30 minutes · 2 servings

## Directions

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1. Using a food processor or high power blender, combine all ingredients until smooth. Put in refrigerator until it is cold and then enjoy!

## Ingredients

---

**1** Avocado  
**1 cup** Non Dairy Milk, Unsweetened  
**1** Zucchini (chopped)  
**1 tbsp** Raw Cacao Powder  
**1** Pitted Dates

## Nutrition

Amount per serving

<b>Calories</b>	0	<b>Sugar</b>	0g
<b>Fat</b>	0g	<b>Protein</b>	0g
<b>Carbs</b>	0g	<b>Sodium</b>	0mg
<b>Fiber</b>	0g		



# Chocolate Almond Butter Pudding

5 ingredients · 5 minutes · 3 servings



## Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

## Notes

### Serving Size

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

### No Cocoa Powder

Use cacao powder instead.

### No Almond Butter

Use peanut butter or any type of nut butter.

### Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

### More Fiber

Add ground flax seeds before blending.

## Ingredients

2 Avocado (peeled and pits removed)

1/4 cup Maple Syrup

1/2 cup Unsweetened Almond Milk

2 2/3 tbsps Cocoa Powder

1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	427	<b>Sugar</b>	18g
<b>Fat</b>	32g	<b>Protein</b>	8g
<b>Carbs</b>	36g	<b>Sodium</b>	42mg
<b>Fiber</b>	13g		

# Vegan Peanut Butter Cups

10 ingredients · 20 minutes · 24 servings



## Directions

1. Preheat the oven to 350°F and grease a mini muffin pan with coconut oil. In a large bowl, stir together the ground chia seeds and water to make a "chia egg." It will gel together and thicken as you measure out the peanut butter. To the chia egg, add in the peanut butter, coconut sugar, vanilla, baking soda and sea salt and mix to form a thick batter. Stir in the vinegar last, which will react with the baking soda to help the cookies rise.
2. Use a tablespoon to drop the batter into each mini muffin well. I like to use a cookie scoop like this so that all of the cookies have the same amount of batter. Bake at 350°F until the cookies rise and are lightly golden on top, about 10 to 12 minutes.
3. While the cookies are baking, remove the peanut butter cups from their wrappers. This recipe is time sensitive so it's imperative that you are ready to insert the peanut butter cups the moment the cookies come out of the oven.
4. As soon as the cookies are done, immediately press a peanut butter cup into the center of each one. The cookies should be soft enough in the center that they are easily pressed into. Once all of the peanut butter cups have been inserted into the cookies, allow the cookies to cool completely. Once cool, use a knife to remove each cookie, sliding the knife around the edge of each cookie to loosen them up. They will be fragile if still warm at all.

## Notes

**Thank you!**

detoxinista.com for this recipe

## Ingredients

Coconut Oil (for greasing)  
**1 tbsp** Ground Chia Seeds  
**3 tbsps** Water  
**1 cup** All Natural Peanut Butter (organic)  
**3/4 cup** Coconut Sugar  
**1 tsp** Vanilla Extract  
**1/2 tsp** Baking Soda  
**1/4 tsp** Fine Sea Salt  
**2 tsps** Apple Cider Vinegar  
**24** Mini Vegan Peanut Butter Cups (from previous recipe)

## Nutrition

Amount per serving

<b>Calories</b>	82	<b>Sugar</b>	6g
<b>Fat</b>	6g	<b>Protein</b>	2g
<b>Carbs</b>	7g	<b>Sodium</b>	28mg
<b>Fiber</b>	1g		



# Yummy 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. Don't skip the liner papers. They are very hard to get out otherwise! 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. Can use a vanilla protein powder, but understand the flavor will be apparent in final treat.

### Serving Size

One serving is equal to one mini cup.

### Kid Friendly Suggestion

My children made these with me and had so much fun. Very delicious!!

## Ingredients

**10 1/2 ozs** Dark Organic 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)

## Nutrition

Amount per serving

<b>Calories</b>	93	<b>Sugar</b>	4g
<b>Fat</b>	6g	<b>Protein</b>	2g
<b>Carbs</b>	7g	<b>Sodium</b>	9mg
<b>Fiber</b>	1g		



# Mini Vegan Peanut Butter Cups

6 ingredients · 30 minutes · 16 servings



## Directions

1. Line a mini muffin pan with the 16 paper liners and set it aside. Melt half of the dark chocolate (about 3/4 cup dark chocolate chips) over a double boiler. I simply arrange an heat-safe bowl over my 2-quart sauce pan that has been filled with about an inch of water, and then bring that to a boil.
2. Once the chocolate is melted, use a teaspoon to scoop the chocolate into the bottom of each mini muffin liner, then set the pan aside again.
3. To prepare the peanut butter filling, stir together all of the ingredients in a medium bowl, until the mixture is thick. Use a teaspoon to measure out the filling, then roll it between your hands to form a ball. I like to gently press each ball between my fingers so that the top and bottom are slightly flattened, that way the peanut butter cups won't look too round.
4. Press the peanut butter filling into each muffin cup, then melt the remaining dark chocolate to spoon over the top. You want the tops to be flat, just like a Reese's peanut butter cup, so you might need a little bit more than a teaspoon to fill out the tops. While the chocolate is still melted, sprinkle the tops with coarse sea salt, if desired. (I highly recommend it!)
5. Allow the cups to cool at room temperature, or put them in the fridge to speed up the process. Because this recipe calls for natural peanut butter, which is normally stored in the fridge, I'd recommend storing these in the fridge if you don't plan on serving them all within two days. They should keep for a month or more when stored in an airtight container in the fridge-- unless you eat them all before then!

## Notes

### THANK YOU:

To detoxinista.com for this recipe!

## Ingredients

**1 1/2 cups** Organic Dark Chocolate Chips (about 7 ounces)

**1/2 cup** All Natural Peanut Butter

**2 tbsps** Maple Syrup

**1 tbsp** Coconut Flour

**1/4 tsp** Fine Sea Salt

Sea Salt (coarse, if desired for topping)

## Nutrition

Amount per serving

<b>Calories</b>	192	<b>Sugar</b>	13g
<b>Fat</b>	12g	<b>Protein</b>	3g
<b>Carbs</b>	16g	<b>Sodium</b>	3mg
<b>Fiber</b>	1g		

# Peanut Butter Rice Krispies

4 ingredients · 30 minutes · 6 servings



## Directions

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

## Notes

### No Peanut Butter

Use any nut or seed butter instead.

### No Maple Syrup

Use raw honey instead.

### Storage

Freeze in an airtight container

## Ingredients

- 1 **tblsp** Coconut Oil
- 1/2 **cup** Maple Syrup
- 1/2 **cup** All Natural Peanut Butter
- 2 1/2 **cups** Rice Puffs Cereal

## Nutrition

Amount per serving

<b>Calories</b>	242	<b>Sugar</b>	18g
<b>Fat</b>	13g	<b>Protein</b>	5g
<b>Carbs</b>	28g	<b>Sodium</b>	7mg
<b>Fiber</b>	1g		



# Chocolate Covered Stuffed Dates

5 ingredients · 20 minutes · 4 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. Slice each date in half and stuff with almond butter.
3. Use a fork or spoon to dip the dates into the melted chocolate. Place on a parchment lined plate and place in the fridge until the chocolate is hardened, about 15 to 20 minutes. Garnish with flaky salt if desired. Enjoy!

## Notes

### Leftovers

Refrigerate in a sealed container for up to one to two weeks.

### Serving Size

One serving is equal to approximately two dates.

### Nut-Free

Use sunflower seed butter or tahini instead.

### Additional Toppings

Add chopped almonds into the stuffed dates for more crunch.

## Ingredients

**1/3 cup** Dark Chocolate Chips

**1 tsp** Coconut Oil

**1/2 cup** Pitted Dates

**2 tbsps** Almond Butter

**1/4 tsp** Sea Salt (flakes)

## Nutrition

Amount per serving

<b>Calories</b>	230	<b>Sugar</b>	21g
<b>Fat</b>	12g	<b>Protein</b>	3g
<b>Carbs</b>	26g	<b>Sodium</b>	148mg
<b>Fiber</b>	2g		