



Stress free Desserts



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INTRODUCTION

I absolutely adore desserts! In fact, I've always had a sweet tooth, but by the time I was in my mid-twenties, I realized that consuming refined sugar was the not a good idea. I was riddled with acne, exhausted all the time, depressed and I suffered from polycystic ovarian syndrome for years. So because I like to have my cake and eat it too (literally), I needed to create sweat treats that were actually healthy.

This is where the Stress-Free Desserts recipe book comes in.

This is a collection of all my dessert recipes, plus some new additions. But before we dive right in, let me break down some topics that you should know a little more about when it comes to baking:

- Fats
- Dairy
- Sweeteners
- Salt
- Grains

This book is designed for those who are sensitive to grains. You will not find recipes here that use rice flour or potato starch. I found in my professional experience with patients who suffer from PCOS where there's insulin-resistance, grains had to be kept to a minimum.

So let's begin.



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FLOUR

Nut flours

The grains you'll find here are mainly nut flours like almond flour. However I realize that some people may be sensitive to almonds, so you can always substitute it with hazelnuts or pecans. Nut flours are highly nutritious, easy to use and readily available. If you can't find them pre-ground, then you can simply grind them yourself. Almond flour is high in protein, low in carbohydrates and low in sugars. And unlike wheat flour, almond flour is moist and delicious and you don't have to be a pro-baker to use it.

*Note in all my recipes, I prefer using blanched almond flour (meaning their skins have been removed).

Make sure however that with any nut flours to store them in the fridge (I store mine in an air-tight mason jar). You can store nut flours in the fridge for up to 6 months.

Coconut flour

Coconut flour has a mild but sweet taste making it excellent for baked goods. It's gluten-free and rich in fibre. In fact two tablespoons has a whopping 6g of fibre! And despite previously thought, fat is actually good for us. We require it for nerve function, healthy hair, skin and nails plus a healthy digestion. And coconut flour is rich in medium-chained triglycerides (MCT), which has been shown to boost metabolism and have anti-viral and antibacterial properties. Lastly, it's packed with protein (only two tablespoons contains of 3g of protein!).

However coconut flour can be tricky because it's highly absorbent. In fact with a recipe that requires $\frac{1}{2}$ cup coconut flour, you can easily use 4 eggs. And while that might sound like a crazy dry to wet ratio, it'll just give you an indication of how coconut flour is like a sponge!



Stress free Desserts

FATS

As previously mentioned here, fats are good for you and roughly 30% of my diet is from fat. Just remember to purchase organic since toxins are stored in fat! The following are a breakdown of my go-to fats and others that you may want to consider.

Butter & Ghee

I use butter or ghee in baking because it can has a high smoking point. Either one is fine, but ghee is my favourite. According to Ayurvedic Medicine (East Indian Medicine), ghee increases “ojas” or vital force. And if you’re confused what ghee is, it’s when butter has been boiled down and the lactose layer at the top that forms has been removed.

Coconut oil

There is nothing this oil can’t be used for: lubricant (although be careful, it eats through condoms!), shaving, makeup remover, cooking and of course baking. Coconut oil is rich in those MCT that I mentioned in the coconut flour section and it’s probably my favourite fat for baking because it has a delicate sweet flavour. A quick thing to note: buy your coconut oil in a glass bottle not plastic. You always want to reduce your xenoestrogen exposure as much as possible to avoid hormonal-type issues. Plus you have to remember that coconut oil has to be warm to fit into containers and plastic and heat just don’t mix!

Olive oil

I absolutely love olive oil but I don’t use this for baking. I wanted to include it in this section because it deserves a mention. Olive oil has a low smoking point, so never cook with it above medium heat or it will go rancid. So when buying olive oil, I’ll buy a smaller dark bottle because I don’t go through it often. I also purchase organic (my favourite brand is Acropolis Organic olive oil) because conventional olive oil can have by-products from the gasoline industry, can be dyed green and can be cut with soy or even worse, canola oil. So spend the extra money and get the real stuff.



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DAIRY

In this booklet, you will not find an ounce of cow dairy because over 70% of people are lactose intolerant, so milk can be highly inflammatory. And I know there are some people who are hoping that Greek yogurt is acceptable, but I'd highly suggest otherwise. If you struggle with weight, digestive or hormonal issues then you'll want to avoid it because the base is still cow dairy. Plus if you suffer from an insulin-resistant type issue like diabetes or PCOS, then adding cow dairy can increase insulin response up to 300%!

So the options used here are coconut milk and nut milks. I would suggest that you milk your own nuts [insert joke here] but if you're really pressed for time then in my opinion, don't kick yourself for using the boxed stuff from time to time.

Stress free Desserts

SWEETENERS

I've been on a mission for a while to find alternatives to white sugar, which is downright toxic. The following are my favourite sweetener options:

Unsulphured Blackstrap Molasses

This is a full-bodied sweetener that runs thick and black as tar. It is made from boilings of sugarcane and because many of the minerals and nutrients are preserved throughout the process, it is rich in potassium and a good source of calcium, vitamin B6 and iron. Like maple syrup, molasses is sold in grades. Molasses are graded based on whether it is from the first, second, third or fourth boiling of the sugarcane, blackstrap coming from the last. So why unsulphured: because sulfur is used to process unripe green sugar cane that is no good for human consumption. Sun-ripened sugar cane on the other hand, is a better choice

Stevia

Many people hate stevia because it does they feel it resembled an artificial sweetener, but it really depends on what brands you buy. Many of them contain maltodextrin (corn sugar) and sugar alcohols that can produce a bitter flavour. Personally, I love stevia and grew up with it since the herb is native to South America (where my family is from). It's safe for those who are insulin resistant like those with PCOS, metabolic disorders and diabetes. You can purchase liquid or powdered stevia and my favourite brands are Sweet Leaf and NOW.

Honey

Like maple syrup and molasses, honey will vary depending on the region the blossoming flowers came from. Some honeys are thick, dark and brooding and others are lighter on the tongue. Honey is rich in vitamins and minerals but be careful if you suffer from any metabolic-type imbalance then realize that honey will still raise your blood sugar. But a little bit of the stuff can go a long way. Another option is you can cut honey consumption down by replacing some of the content with stevia (however you will need to replace the liquid lost with something like egg white to compensate).

Maple Syrup

If you're buying maple syrup flavour in plastic bottles – stop. Switch to the good stuff. It's rich in antioxidants and minerals like calcium and zinc. So while I'm a fan of good old Canadian Maple Syrup, I'm also warning you to be careful not to over consume the stuff. It still breaks down in the body as sugar which in excess can be a big no-no for anyone looking to overcome issues like ovarian cysts, endometriosis, fibroids and more.



Stress free Desserts

SALT

I wanted to write a quick note about salt because it wasn't long ago that doctors were telling everyone to watch their salt intake. However salt is an issue if you consume a processed food diet that's filled with the stuff – and poor quality, non-iodized crappy salt. It lacks vital minerals that sea salt and Himalayan crystal salt is rich in.

If you're someone who is eating a whole food diet, then salt will not be an issue, even if you suffer from high blood pressure. And when it comes to desserts, salt is mandatory because salt brings out sweet and really finishes off the dish!

Now enough talk and let's get right down to the good stuff.



Stress free Desserts

CAKES, CRUMBLES & PIES





Cakes, Crumbles & Pies

STRAWBERRY COCONUT CHOCOLATE PIZZA

Crust:

- 1 cups walnuts
- 2 tbsp cacao powder
- 1/2 cup dates
- 1/2 tsp sea salt

Filling:

- Creamed Coconut or Coconut Mana (coconut butter, NOT oil)
- Sliced strawberries

In a blender, add walnuts, cacao powder, dates and salt until crumbly. Lay out flat on a greased pie plate (I use coconut oil or butter to grease it).

If you have creamed coconut then squeeze it onto the crust and spread it out evenly and top with strawberries. This is the easiest way.

On the other hand if you have Coconut Mana, you will need to put the jar in a pot half filled with water on medium heat. This will heat the contents in the jar that you'll have to mix. Coconut butter is the oil and the meat, so it needs to be stirred because the oil and meat tends to separate and needs to be mixed thoroughly.



Cakes, Crumbles & Pies

BLUEBERRY LEMON “CHEESECAKE”

Crust:

- 2 cups raw walnuts
- 6 Medjool dates, pitted
- 1/4 cup unsweetened shredded coconut
- 1 pinch sea salt

Filling:

- 3 cups soaked cashews with warm water for an hour
- 3/4 cups lemon juice
- 1 cup fresh blueberries
- 3 tsp liquid stevia
- 1/2 cup coconut oil, melted
- 1 teaspoon pure vanilla extract
- Fresh fruit for garnish

Crust instructions

Evenly sprinkle coconut on the bottom of an 8 or 9” pie dish. In a food processor, blend walnuts, dates and salt until crumbly. Press the crust into an 8-9 inch pie dish.

Filling instructions

Blend (in a high-powered blender) all the ingredients until smooth & creamy. Pour the cashew cream evenly over crust and place in freezer for at least 2-3 hours. Please note, you can add in a bit more water so that you can spread it out evenly on the crust.

Take cheesecake out of the freezer about 30 minutes before serving. Garnish with fresh fruit and serve. Cheesecake can be left out on the counter for a couple of days or store in the fridge for up to a week.



Cakes, Crumbles & Pies

GRAIN FREE BLUEBERRY CRUMBLE

Filling:

- 4 cups blueberries
- 1/2 tsp cinnamon

Topping:

- 1 cup almond flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1 cup unsweetened shredded coconut
- 1 cup walnuts, coarsely chopped
- 1/2 cup coconut oil, melted
- 1/4 cup raw honey

Preheat oven to 350F. Rinse blueberries well, then place them in a baking dish. Sprinkle cinnamon on top.

Mix almond flour with sea salt and baking soda in a large bowl, until well mixed. Stir in the unsweetened shredded coconut and walnuts.

Melt the coconut oil, in a small pan over low heat and then add the honey to just barely melt the honey enough to mix it in. Stir the melted mixture into the almond flour mixture until well blended and then crumble the almond flour mixture over the berries. Bake for about 30 minutes until topping is golden brown.



Cakes, Crumbles & Pies

COCONUT LEMON CHEESECAKE SQUARES

Crust:

- 6 medjool dates
- 1 1/2 cups raw walnuts or pecans
- 1/4 tsp sea salt
- 1 teaspoon lemon zest
- 1/8 teaspoon cinnamon

Filling

- 2 1/2 cups raw cashews (soaked overnight)
- 1/3 cup coconut oil, in liquid state
- 1/4 cup unsweetened shredded coconut flakes
- 1/4 cup freshly squeezed lemon
- 1/4 cup maple syrup or honey
- 6 tablespoons water (you may want a little more if it is too thick)
- 1 tablespoon vanilla extract
- Melted chocolate or frozen berries cooked down with a little bit of water as topping

****DO AHEAD**** Soak the cashews overnight the night before you are making this. Soak the dates for about 1 hour before you make the crust.

Grease a small square pan with coconut oil and set aside. In a food processor process the nuts, salt, lemon zest and spices until you have an almost flour-like consistency, leaving some bits of the nuts make for a nice texture. Add the dates and pulse until combined into a sticky and chunky mixture. You aren't looking for this to be smooth, you should still see flecks of dates and the raw nuts. Press mixture into the prepared pan, then cover with plastic or foil and freeze until ready to use.

Once the cashews have soaked, discard the soaking water, give them a quick rinse and add the cashews to the container of a high speed blender or food processor. Add the coconut oil, lemon juice, maple syrup (or other sweetener), vanilla and water. If the mixture is too thick, add just a little more water, one teaspoon at a time. It should be a very thick mixture so don't add too much. Once blended, pour the cashew mixture over the crust and freeze overnight, or until solid. When ready to serve, allow the tart to thaw for 15 minutes, then top with toppings of your choice.



Stress free Desserts

MUFFINS, WRAPS, TARTS &
DESSERT CUPS





Muffins, Wraps, Tarts & Dessert Cups

CHOCOLATE ALMOND MUFFINS

- 2 1/2 cups ground almond flour
- 3 eggs
- 3 tbsp coconut flour
- 2 tsp baking soda
- 1/4 cup coconut oil
- 1/4 cup honey
- 1/4 cup frozen raspberries or blueberries
- 3 tbsp cacao powder
- 1/2 sea salt

Preheat 325F and place muffin liners in a muffin tin.

Mix all ingredients and spoon into muffin tins and bake for 25-30mins or until knife comes out clean.



Muffins, Wraps, Tarts & Dessert Cups

SEXY FRUIT WRAPS WITH CHILI CHOCOLATE SAUCE

Asian rice wraps:

- Fruit filling (sliced banana, mango & strawberries or avocado, strawberries and pear)

Sauce:

- 2 tbsp coconut oil
- 3 tbsp cacao powder
- 3 tbsp maple syrup
- 1/4 tsp sea salt
- Small pinch cayenne

With warm water running, wet hard Asian rice wrap to soften. Lie flat on a cutting board and begin to fill wrap with fruit. Roll tightly and set aside.

In a small saucepan melt coconut oil and add in cacao powder and the rest of the sauce ingredients at low heat. Remove from stove. If the sauce begins to thicken, add more coconut oil. Pour into a small bowl and use for dipping.



Muffins, Wraps, Tarts & Dessert Cups

ALMOND BANANA MUFFINS

- 2 1/2 cups almond flour
- 1 cup mashed organic banana
- 3 organic eggs
- 1/4 cup fine coffee grind
- 1/4 cup organic chocolate chips
- 1/2 cup unpasteurized honey
- 1/4 cup coconut oil (warmed up to liquefy)
- 1/2 tsp sea salt
- 1/8 tsp baking soda (banana Chips for topping)

Preheat oven to 350F. Mix all ingredients together in a bowl and spoon them out into a lined muffin tin container.



Muffins, Wraps, Tarts & Dessert Cups

CACAO ALMOND BUTTER FUDGE CUPS

- 5 tbsp cacao powder
- 1/4 cup creamy/crunchy almond butter
- 1/2 can coconut milk
- 4 tbsp melted coconut oil
- 1/4 cup maple syrup
- 1/8 tsp sea salt

Equipment: Muffin baking tray & muffin liners

In a small mixer blend cacao powder, coconut milk and melted coconut oil. Slowly add in maple syrup to taste and salt. Pour in almond butter and swirl in. Pour into individual lined muffin tins. Place in freezer to solidify for 1 hour (but they're not meant to be eaten frozen).



Muffins, Wraps, Tarts & Dessert Cups

CHOCOLATE KEYLIME PIE TART

For the Crust:

- 1 cup walnuts
- 1 tbsp cacao powder
- 1 tablespoon coconut oil, melted
- 1/2 tsp stevia
- 1/2 teaspoon vanilla extract
- pinch of sea salt
- 3 dates diced

For the Filling:

- 1 cup raw cashews (soaked for at least 2 hours)
- 1 avocado
- 3 tablespoons coconut oil, melted
- 3 tablespoons raw honey
- 1/2 cup fresh lime juice (key limes or regular)
- 1/2 teaspoon vanilla extract
- pinch of sea salt

Line a standard muffin tin with 6 parchment baking cups, and set aside. To prepare the crust, pulse the walnuts in a mini food processor or Vitamix, until a fine powder is formed. (Be careful not to over-process, as you don't want it to become a nut butter.) Add in the melted coconut oil, dates, maple syrup, cacao powder, vanilla extract and salt, and pulse again until a uniform dough is created. Scoop the dough by a heaping tablespoon, and drop it into the bottom of each of the 6 baking cup liners. Use your fingers to press the crusts down firmly, and place the pan in the freezer to set.

To prepare the filling, place the dry cashews in a blender and blend until it's the texture of a creamy cashew butter. Add in the rest of the filling ingredients, and blend until a silky smooth batter is formed. Adjust flavors to taste, keeping in mind that the final chilled desserts will taste slightly less sweet than the room-temperature batter. Top with sliced strawberries and place in the freezer. Remove the pan of crusts from the freezer, and divide the filling batter evenly among the six cups. Return to the freezer to set for at least 3 hours before serving, or until they are completely firm. Makes 6 tarts.



Stress free Desserts
COOKIES, TRUFFLES, BALLS
& BOMBS





Cookies, Truffles, Balls & Bombs

SEXY BLUE MAJIK POWER BALLS

- 1 cup almond butter
- 1 cup quinoa puffs
- 1/2 tsp Blue Majik
- 3 tbsp cacao nibs
- 3 tbsp chia seeds
- 2 tbsp hemp hearts
- 1/4 tsp stevia
- Pinch of sea salt

Mix all ingredients altogether and with wet hands roll into little balls and set aside. You might need to add in a little more quinoa puffs or almond butter to get the right consistency.



Cookies, Truffles, Balls & Bombs

PUMPKIN CHOCOLATE CHIP COOKIE WITH CASHEW WHIP

- 3/4 cup pumpkin puree
- 1/4 cup coconut oil, melted
- 5 eggs
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 1/3 cup coconut flour
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp allspice
- 1 cup dark chocolate chips

Preheat oven to 375 degrees F. In a large bowl, mix together the pumpkin puree, coconut oil, eggs, vanilla, and honey.

In a separate bowl, whisk together the coconut flour, baking powder, and spices. Add the dry ingredients to the pumpkin mixture and combine until all clumps are gone. Fold in the chocolate chips.

On a baking sheet lined with parchment paper, scoop out about 2 tablespoons of dough for each cookie. Bake for 10-12 minutes, until no longer wet and the bottoms are cooked. Cool for 5-10 minutes and serve warm.

*You can definitely eat these alone or add Maple Cashew Whip below as a filling..



Spreads & Dips

CASHEW WHIP

- 1/2 cup cashews
- Water
- Maple syrup
- Couple pinches sea salt

In a mini food processor or blender, add cashews and grind until fine. Slowly begin to add water until thick. Add maple syrup to your desired taste (I usually add about 2 tablespoons) and then a couple pinches of sea salt. If the cashew whip is still too thick you can slowly add a bit more water until desired consistency has been reached. Use this to top on fruit or sandwich in between cookies.



Cookies, Truffles, Balls & Bombs

LEMON CHERRY WALNUT BOMBS

- 2 cups almond flour
- 1/2 cup coconut flour
- 1/2 cup coconut oil
- 1/2 cup cherries
- 1/4 cup honey
- Juice from one lemon
- 3 eggs
- 1/4 cup chopped walnuts
- 1/2 tsp baking soda
- 1/4 tsp sea salt

Preheat oven to 350.

Combine all ingredients together into balls and bake for 25 minutes. Let cool for 10 minutes before eating...if you can.



Cookies, Truffles, Balls & Bombs

CACAO BANANA TRUFFLES

- 1 cup walnuts
- 1/4 cup pecans
- 4 medjool dates chopped
- 1 tbsp nut butter of your choice
- 2 tbsp chia seeds
- 1 mashed banana
- Pinch sea salt
- Cacao nibs: for rolling

Grind walnuts & pecans in a mini food processor until relatively crumbly but not completely fine. Add in medjool dates and process again. Transfer into a bowl and add in nut butter, chia seeds, mashed banana & sea salt.

Roll into little balls and roll in cacao nibs. Refrigerate what you'll eat and freeze the rest for later.



Cookies, Truffles, Balls & Bombs

BLUEBERRY CHOCOLATE EXPLOSION COOKIE

Dry ingredients:

- 1 1/2 cup almond meal
- 1/8 baking soda
- Couple pinches of sea salt

Wet ingredients:

- 5 tbsp. melted coconut oil
- 2 tbsp. almond butter
- 3 tbsp. raw, unpasteurized honey
- 1/2 cup blueberries
- 1/4 cup roughly chopped 70-80% cacao bar
- 2 tsp. vanilla extract

Preheat oven to 350.

Combine dry and wet separately and then combine together. Add little dollops to a parchment-lined cookie sheet and bake for 10-13 minutes or until cookies are set and slightly toasted. These will need to set before handling since they'll appear to be quite soft to the touch when you take them out.



Cookies, Truffles, Balls & Bombs

MACAROONS

- 2 egg whites at room temperature
- 2 tablespoons honey
- 1/4 teaspoon salt
- Zest of one lemon (approx. 1 tablespoon)
- 1 teaspoon vanilla extract
- 2 cups unsweetened, shredded coconut

Preheat oven to 325 degrees.

In a large bowl, whisk egg whites with honey and salt until well combined and frothy (approx. 30 seconds). Whisk in lemon zest and vanilla, just to combine. Add in coconut and stir until it is well coated by the egg white mixture.

Line baking sheet with parchment paper. Drop large tablespoons of the mixture onto the baking sheet and form into mounds (I used a 1.5 tablespoon measuring spoon to get that nice round shape). Bake until golden, approx. 15-20 minutes, rotating halfway through. Place baking sheet on a rack and allow macaroons to cool.



Cookies, Truffles, Balls & Bombs

ALMOND CACAO COOKIES

Dry ingredients:

- 1 1/2 cup almond meal
- 1/4 cup cacao nibs
- 1/8 baking soda
- 1/4 tsp cinnamon
- A pinch of freshly grated nutmeg
- Couple pinches of sea salt

Wet ingredients:

- 5 tbsp. melted coconut oil
- 2 tbsp. almond butter
- 3 tbsp. raw, unpasteurized honey
- 2 tsp. vanilla extract

Preheat oven to 350.

Combine dry and wet ingredients separately, and then combine together. Add little dollops to a parchment-lined cookie sheet and bake for 10-13 minutes or until cookies are set and slightly toasted. These will need to set before handling since they'll appear to be quite soft to the touch when you take them out.



Cookies, Truffles, Balls & Bombs

ALMOND DROP COOKIES

- 2 1/2 cups of ground almond meal
- 1/4 cup shredded coconut
- 1/4 cup melted coconut oil
- 1/4 cup raw honey
- 1/2 tsp sea salt
- 1/2 tsp baking powder

Preheat at 350.

Combine dry ingredients from the first paragraph of ingredients separately from the wet. Combine the two together and make balls to flatten leaving an indent in the middle for the Ayurvedic apple mixture. Leave cookies roughly 1" apart from one another. Bake in oven for 25-30 minutes, but for the last 10 minutes top with Ayurvedic Applesauce



Cookies, Truffles, Balls & Bombs

CACAO ALMOND TRUFFLES

- 1 1/4 ground almonds
- 2/3 cup cacao powder
- 1/4 cup almond butter
- 1/4 honey
- 1 tbsp coconut oil
- 1 tbsp unsweetened coconut flakes
- 1/4 tsp sea salt

Combine dry ingredients first and combine well. Add in wet ingredients and form into individual balls. If mixture is too wet, simply add more ground almonds or cacao powder. If mixture is too dry, add in more coconut oil. Roll into small balls and enjoy.

One of the things I absolutely love is almond butter. I actually believe I have a bit of an addiction to it since in the past I've sat there with a spoon eating it out of the jar. And what better way to have it than with a good dose of chocolate? Almonds restore, tone and nurture our systems. They support our nervous systems and our digestive tract and have been said to build mental and spiritual proclivity according to Ayurvedic Medicine.



Cookies, Truffles, Balls & Bombs

COCOLATE BLUEBERRY COOKIES

- 1 1/2 cup almond flour
- 1/2 cup coconut flour
- 3 eggs (brought to room temperature in a bowl of warm water)
- 1 cup blueberries
- 1/2 cup coconut oil
- 1/2 tsp baking soda
- 2 tsp liquid stevia
- Couple pinches sea salt
- Add 3 tbsp cacao powder

Preheat oven to 350.

Mix dry ingredients together and begin to add in wet to dry. Mix together and form cookies into small balls pressing them down onto a parchment-lined baking sheet.

Bake for 20 mins and remove.

Optional: Sandwich cookies with almond butter! Delicious!



Cookies, Truffles, Balls & Bombs

CHOCOLATE ALMOND PROTEIN TRUFFLES

- 2 cups ground almonds
- 3/4 cup raw cacao
- 1 tbsp vanilla (or chocolate) protein powder of your choice
- 1/3 cup raw honey
- 2 tbsp coconut oil
- 1/2 tsp cinnamon
- 1 cup shredded, dried unsweetened coconut flakes
- Optional: 1 tsp maca (this will give it hormone balancing & energetic properties)

Combine all ingredients except coconut flakes and take a small amount of the mixture and roll it into a ball in your hands. Then roll each ball in the coconut flakes and freeze overnight to harden.



Cookies, Truffles, Balls & Bombs

WORKOUT POWER TRUFFLES

- 1/2 cup almond butter (or nut butter your choice)
- 1/4 cup coconut flakes
- 3 tbsp coconut oil, melted
- 2 tbsp dark chocolate chips
- 1 tbsp maple syrup
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1/4 tsp sea salt

Mix all ingredients together, roll into balls and place into a container to freeze.



Stress free Desserts

PARFAITS, ICE CREAM &
PUDDING





Parfaits, Ice Cream & Pudding

AVOCADO & LEMON PUDDING

- 1 avocado
- Juice from half a lemon
- 1 packet of stevia
- Pinch of sea salt

Mash avocado with a fork. Squeeze lemon, add stevia and sea salt & combine thoroughly with fork. Serve. Serves 1.



Parfaits, Ice Cream & Pudding

CHOCOLATE NUTTY CHIA PUDDING

- 3/4 cup coconut milk (full fat)
- 2 tbsp chia seeds
- 1 tbsp cacao powder
- 1 tsp cinnamon powder
- Chopped pecans, almonds and walnuts

Pour coconut milk into a small mason jar. Sprinkle chia seeds into the coconut milk and stir it a few times so that there are no seeds floating.

Put in the refrigerator for 4 hours-or overnight - it will solidify, I usually stir it once or twice after an hour.

Top with chopped nuts and enjoy.



Parfaits, Ice Cream & Pudding

MOCA RASPBERRY WHIPPED PARFAIT

- 3-4 tbsp. cacao powder
- 1 cup cashews
- Water as needed
- Maple syrup, honey or stevia as needed
- 1 small package of raspberries
- 2 tbsp. ground coffee
- Pinch sea salt

Blend avocado and coconut milk in a mini chopper/blender until smooth. Add cacao powder, pinch of sea salt and sweetener to taste (but not overdoing it because it should still be a little bitter since the cashew whip and raspberries are sweet). Set aside.

Grind cashews until fine and add in water bit by bit until it forms a thick cream. Add in maple syrup to taste with a pinch of sea salt.

In a wine glass, begin to layer beginning with a bottom layer of raspberries, followed by cashew whip, then chocolate, then begin over. Finish with cashew whip adding raspberries on top.



Parfaits, Ice Cream & Pudding

BANANA CHOCOLATE POWER PARFAIT

First layer

- 1 cup almond milk
- 1/4 cup oats
- 2 tbsp rice protein powder
- 1 tbsp cacao powder
- 2 tbsp chia seeds

Mix all ingredients and put into the fridge for up to 2 hours.

Second layer

- 2 frozen banana (or simply use 1 banana & 1 cup frozen berries)
- 3/4 cup water
- 1/3 cup hemp protein powder
- 2 tbsp hemp seeds
- 2 tbsp. chia seeds
- 1/2 tsp vanilla extract

Blend all ingredients together in a Vitamix or other high-powered blender and pour in a little bit into a mason jar. Take the first layer mixture and begin to layer alternating with the second layer. Repeat this until you reach the top of the Mason jar and top with banana slices and cacao nibs.



Parfaits, Ice Cream & Pudding

COCONUT AVOCADO CACAO PUDDING

- 1 avocado
- 1/4 cup full fat coconut milk
- 3 tbsp cacao powder
- 3 tbsp maple syrup
- 2 good pinches of sea salt

Combine all ingredients in a blender until smooth. Enjoy.



Parfaits, Ice Cream & Pudding

BANANA NUT & COCONUT ICE CREAM

- 3 frozen bananas
- 1/4 cup full fat coconut milk (from the can)
- 2 tbsp nut butter of your choice

Put frozen bananas in a blender and blend until creamy. Add in coconut milk and nut butter and continue to blend and then place into a container to freeze. Scoop out after it's been frozen and add fruits or chocolate sauce on top.



Stress free Desserts

SPREADS & DIPS





Spreads & Dips

PEAR & ALMOND BUTTER LOVE CHILD

- 1 bartlett pear sliced
- Almond butter
- Slice of sunflower flax dimpflemer bread or Ezekiel sprouted bread
- tbsp unpasteurized honey

Toast bread, spread almond butter and place sliced pear along top. Drizzle with honey.



Spreads & Dips

APPLES WITH BLUE MAJIK TAHINI

Dressing:

- 3 tbsp tahini
- 1 tbsp full light coconut milk
- 1 tbsp maple syrup (or to taste)
- Pinch of salt
- Water to liquefy so that it's "dipable"

Stir altogether and enjoy!

Dip apples and enjoy. It's that easy! Celery also works great here as well.



Spreads & Dips

AYURVEDIC APPLESAUCE MIXTURE

- 1/4 cup applesauce
- 1/2 tsp cardamom powder
- 1 tsp ghee
- Couple of squeezes from the juice of half a lemon
- 1 tsp agar agar flakes dissolved in 4 tsp of hot water

Preheat oven to 350 degrees.

Combine all ingredients leaving the agar agar mixture to the end. Let sit for 10mins.



Stress free Desserts

BRITTLE





Brittle

SEXY CHOCOLATE BRITTLE

- 1/4- 1/3 cup coconut oil
- 1/3 cup cacao powder
- Pinch chili flakes
- Pinch sea salt
- 2-3 tbsp hemp hearts
- Handful chopped mixed nuts
- Maple syrup to sweeten
- Optional rocket fuel: maca, gogi berries, cacao nibs

Melt coconut oil over medium heat. Once melted, remove from stove and whisk in cacao powder until well combined. Add chili flakes, sea salt, hemp hearts and chopped mixed nuts.



Stress free Desserts
DONUTS & BROWNIES





Donuts & Brownies

CHOCOLATE BLUEBERRY DONUTS

- 4 large eggs, room temperature
- 1/4 cup melted coconut oil + a little extra to grease the pan
- 2 tsp stevia
- 1/4 cup full-fat coconut milk from a can
- 1 tsp raw, unfiltered apple cider vinegar
- 2 tsp pure vanilla extract
- 1/2 cup coconut flour, sifted
- 1/4 cup almond flour
- 1/2 cup frozen blueberries
- 1/4 cup unsweetened cacao powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt

Preheat oven to 350F. Lightly grease doughnut pan with coconut oil and set aside.

Using a stand or hand mixer, beat eggs with coconut oil and stevia on medium speed until creamy. Slowly add in coconut milk, apple cider vinegar and vanilla extract and continue beating until well mixed.

Stop mixer and add in sifted coconut flour, cocoa powder, baking soda and sea salt (or just sift right into the bowl like me). Mix until just combined and remove bowl from mixer. Stir in blueberries and scoop batter into doughnut pan with a spatula. Try not to overfill them. You may just a tablespoon or two of batter left over.

Bake in the center of the oven for 18 to 20 minutes or until a toothpick or cake tester comes out clean. Remove to a wire rack and allow to cool. Trim with a kitchen scissors if necessary.



Donuts & Brownies

(VIRTUALLY) SUGAR-FREE BROWNIES

- 2 oz dark chocolate (70% or higher cocoa – and sugar-free)
- 2 eggs
- 2 egg whites
- 2 tbsp coconut oil
- 1/4 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/4 cup unsweetened applesauce or mashed bananas
- 1 tbsp stevia liquid extract
- 1/4-1/2 cup Chopped Walnuts (optional)
- 1 1/2 cups of soft cooked black beans rinsed and drained

Melt the dark chocolate on a low heat. I added a few tablespoons of water to help the pot from staining. Add this to a food processor with all the other ingredients and blend. Pour this into a lightly greased baking pan. Cook at 350 Fahrenheit for 20-30 minutes.

Its ready when the edges begin to pull away from the sides. I also pressed the top with the spoon and made sure it didn't leave an imprint.

(optional) – melt some more dark chocolate and add a dollop of agave – and use as icing. Store them in the fridge (making them fudge texture).

