





Welcome to this new recipe book of desserts! These recipes should give you some fun and "healthful" ideas.

## Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

## Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

## Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

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## Chocolate Zucchini Muffins

12 servings

30 minutes

### 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)

### Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive 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 between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre 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.



## Avocado Brownies

12 servings

30 minutes

### Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

### Notes

**Avocado:** One medium avocado is equal to approximately one cup of mashed avocado.

**No Ghee:** Use coconut oil or coconut butter instead.

**Pan Size:** For 12 servings, we used a 9 x 9-inch pan.





## Raspberry Apple Crisp

2 servings

30 minutes

### Ingredients

- 1/2 cup Raspberries
- 1 Apple (chopped)
- 2 tsps Cinnamon (divided)
- 1 tbsp Coconut Oil
- 1/4 cup Cashews (chopped)
- 1/4 cup Almonds (chopped)
- 3 tsps Almond Flour
- 1 tbsp Maple Syrup
- 1 tbsp Mint Leaves (optional)

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the raspberries and apple to a small baking dish.
- 2 Mix half of the cinnamon into the raspberries and apples and top with coconut oil.
- 3 In a small bowl add the cashews, almonds, almond flour, maple syrup and the remaining cinnamon. Mix together until evenly combined. Add this crumble over the raspberries and apples and place in the oven.
- 4 Bake for 25 to 30 minutes or until golden brown. Remove from the oven and cool slightly.
- 5 Once cooled, top with mint leaves, if using. Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Nut-Free:** Use oats, oat flour and seeds instead of almonds, cashews and almond flour.

**Additional Toppings:** Coconut yogurt or coconut whip.



## Chocolate Layered Chia Pudding

2 servings

25 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 cup Strawberries (cut in half)

### Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**No Coconut Yogurt:** Use another type of yogurt instead.



## No Bake Dark Chocolate Coconut Cookies

15 servings

1 hour

### Ingredients

1 cup Unsweetened Shredded Coconut  
1/2 cup Quick Oats  
5 ozs Dark Chocolate (at least 70% cacao, broken into pieces)  
1 tsp Vanilla Extract  
1/8 tsp Sea Salt

### Directions

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

### Notes

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

**Serving Size:** One serving is one cookie.

**Sugar-Free:** Use a sugar-free chocolate instead.

**No Double Boiler:** Microwave the dark chocolate in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.





## Chocolate Coconut Peanut Butter Bites

18 servings

1 hour

### Ingredients

1/3 cup Unsweetened Shredded Coconut  
1/4 cup Coconut Oil  
1/4 cup Maple Syrup  
1/2 cup Cocoa Powder  
1/2 cup All Natural Peanut Butter

### Directions

- 1 Line a plate or a small baking sheet with parchment paper. Set aside.
- 2 Heat a skillet or frying pan over medium heat. Add the coconut to the warm pan and toast it for 5 to 8 minutes, stirring often, until golden brown. Transfer the toasted coconut to a small bowl or plate to cool.
- 3 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 4 Add the coconut oil and maple syrup to the smaller pot and allow the coconut oil to melt. Add the cocoa powder and stir well until thickened and smooth. Remove from heat.
- 5 Add in the peanut butter and stir until well combined and a soft dough forms. (Note: If the dough is too soft to roll into balls, chill in the fridge or freezer for 10 to 15 minutes.)
- 6 Roll the dough into one-inch balls then gently press or roll each ball in the toasted coconut to evenly coat on all sides and place on the prepared baking sheet or plate.
- 7 Freeze for about 30 minutes or until solid then transfer to an airtight container in the refrigerator. Enjoy!

### Notes

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

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**Serving Size:** One serving is one ball.

**More Flavor:** Add vanilla extract or sea salt.

**No Peanut Butter:** Use sunflower seed butter or other nut butter instead.

**No Maple Syrup:** Use another liquid sweetener, like honey, instead.

**Peanut Butter:** This recipe was created and tested using chilled and firm peanut butter.





## Hazelnut Cocoa Bites

8 servings

20 minutes

### Ingredients

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

### Directions

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

### Notes

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

**Serving Size:** One serving is equal to one ball.

**More Flavor:** Add vanilla extract.



## Cranberry Apple Oat Crisp

8 servings

50 minutes

### Ingredients

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

### Directions

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

### Notes

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

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

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

**Additional Toppings:** Top with whipped coconut cream, ice cream or yogurt.

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





## Chocolate Chip Banana Bread

12 servings

40 minutes

### Ingredients

1/3 cup Extra Virgin Olive Oil (divided)  
3 Banana (ripe, mashed)  
1/4 cup Maple Syrup  
1/2 cup Oat Milk (unsweetened)  
2 tbsps Ground Flax Seed  
2 cups Chickpea Flour  
1 tbsp Baking Powder  
1/2 cup Dark Chocolate Chips (divided)

### Directions

- 1 Preheat the oven to 350°F (175°C) and brush a loaf pan with a bit of the olive oil.
- 2 In a large bowl, combine the remaining oil, banana, maple syrup, oat milk, and ground flax.
- 3 In a separate bowl, combine the chickpea flour and baking powder. Add the dry ingredients to the wet batter and mix until combined. Fold in 3/4 of the chocolate chips.
- 4 Pour the batter into the loaf pan and top with the remaining chocolate chips. Bake for 30 to 35 minutes, or until a knife inserted into the middle comes out clean.
- 5 Let cool completely before slicing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight wrap or container for up to one week.

**Serving Size:** One serving is equal to one slice of banana bread.

**Additional Toppings:** Serve with maple syrup, a dab of butter or coconut oil, ice cream or whipped coconut cream.

**More Flavor:** Add vanilla extract, sea salt and/or chopped nuts.

**No Chickpea Flour:** Use all purpose gluten-free flour instead.

**Chickpea Flour:** This recipe was developed and tested using Bob's Red Mill Garbanzo Bean (Chickpea) Flour. Results may vary if using another type of flour.



## Chocolate Pumpkin Energy Bars

6 servings

45 minutes

### Ingredients

1/3 cup Pumpkin Seed Butter (melted)  
3 tbsps Maple Syrup  
1/2 tsp Ground Ginger  
1/2 tsp Cinnamon  
1 1/2 cups Rice Puffs Cereal  
1/2 cup Pumpkin Seeds  
1 oz Dark Chocolate (chopped)

### Directions

- 1 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle overtop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

**Serving Size:** One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

**No Pumpkin Seed Butter:** Use tahini, sunflower seed butter, peanut butter, or almond butter instead.





## Double Chocolate Mug Cake

1 serving

5 minutes

### Ingredients

2 tbsps Oat Flour  
2 tbsps Cocoa Powder  
1/4 tsp Baking Powder  
1 tbsp Dark Chocolate Chips  
3 tbsps Unsweetened Almond Milk  
1 1/2 tbsps Maple Syrup  
1 tbsp Avocado Oil

### Directions

- 1 In a mug combine the oat flour, cocoa powder, baking powder, and chocolate chips. Add the unsweetened almond milk, maple syrup, and oil. Stir well to combine.
- 2 Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Nut-Free:** Use oat milk or coconut milk instead.

**More Flavor:** Add vanilla extract or a pinch of salt.

**Additional Toppings:** Top with more chocolate chips before cooking.

**No Avocado Oil:** Use melted coconut oil instead.

**No Maple Syrup:** Use another liquid sweetener instead.



## Chocolate Strawberry Chia Pudding

2 servings

30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk  
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## Macadamia Nut Clusters

8 servings

30 minutes

### Ingredients

5 1/2 ozs Dark Chocolate (chopped)  
3/4 cup Macadamia Nuts  
1/4 tsp Sea Salt (coarse)

### Directions

- 1 Place the dark chocolate in a microwave-safe bowl. Microwave for one minute, then stir. Return to the microwave for 30 seconds at a time, stirring each time, until all the chocolate has melted.
- 2 Line a baking sheet with parchment paper. Arrange the macadamia nuts into groups of five or six nuts. Scoop the melted chocolate over top until each macadamia cluster is covered. Sprinkle with salt.
- 3 Refrigerate for at least 20 minutes or until the chocolate has hardened. Enjoy!

### Notes

**Leftovers:** Keep refrigerated for up to one week or freeze if longer.

**Serving Size:** One serving equals approximately two macadamia nut clusters containing five to six nuts each.

**Nut-Free:** Use pumpkin seeds and dried fruit instead.

**Additional Toppings:** Dried fruit, shredded coconut, hemp seeds or sesame seeds.

**No Macadamia Nuts:** Use almonds instead.



## Lemon Blueberry Fat Bombs

18 servings

1 hour

### Ingredients

1/4 cup Coconut Oil  
1/4 cup Raw Honey  
1 cup Coconut Butter  
1 tsp Vanilla Extract  
1/2 Lemon (juiced, zested)  
1 cup Blueberries

### Directions

- 1 In a saucepan over low heat, melt the coconut oil, honey, and coconut butter. Add the vanilla extract and whisk until well combined.
- 2 Pour the mixture into a silicone muffin tray or muffin cups. Top each cup with lemon juice, zest, and blueberries.
- 3 Refrigerate for about one hour or until set. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days, or freeze for up to three months.

**Serving Size:** One serving equals one fat bomb, approximately 1-inch (2.5 cm) deep.

**More Flavor:** Add cinnamon or nutmeg to taste.

**Additional Toppings:** Add sliced almonds, crushed pistachios, or coconut flakes.

**No Coconut Oil:** Use cacao butter instead.





## Cranberry Coconut Fat Bombs

18 servings

1 hour

### Ingredients

1/4 cup Coconut Oil  
1/4 cup Raw Honey  
1 cup Coconut Butter  
1 tsp Vanilla Extract  
1/4 cup Dried Unsweetened Cranberries  
1/4 cup Unsweetened Shredded Coconut

### Directions

- 1 In a saucepan over low heat, melt the coconut oil, honey, and coconut butter. Add the vanilla extract and whisk until well combined.
- 2 Pour the mixture into a silicone muffin tray or muffin cups. Sprinkle the cranberries and shredded coconut evenly over each cup.
- 3 Refrigerate for about one hour or until set. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days, or freeze for up to three months.

**Serving Size:** One serving equals one fat bomb, approximately 1-inch (2.5 cm) deep.

**More Flavor:** Add lemon juice, salt, cinnamon, or nutmeg to taste.

**Additional Toppings:** Add sliced almonds, crushed pistachios, or chopped fruit.

**No Coconut Oil:** Use cacao butter instead.



## 10 Minute Stovetop Peach Crisp

2 servings

10 minutes

### Ingredients

2 tbsps Coconut Oil (divided)  
2 tbsps Maple Syrup (divided)  
1/2 cup Oats  
1/4 tsp Cinnamon  
2 Peach (sliced)

### Directions

- 1 Melt half the coconut oil and half the maple syrup together in a skillet. Add the oats and cinnamon and toast for four minutes, stirring constantly. Once oats are toasted, remove and set aside.
- 2 Melt the remaining oil and maple syrup in the same skillet over medium heat. Add the peaches and cook for four minutes stirring frequently. Divide evenly between bowls and top with the oat mixture. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Serve with chopped almonds, whipped cream, honey, and/or ice cream.





## Mini No Bake Lemon Coconut Tarts

12 servings

50 minutes

### Ingredients

1 cup Pitted Dates (divided)  
1/2 cup Almonds  
1/8 tsp Sea Salt (divided)  
1 Lemon (large, zest and juice divided)  
3/4 cup Coconut Butter  
1 tbsp Coconut Oil

### Directions

- 1 Line a muffin pan with paper or silicone baking cups. Soak 1/4 of the dates in warm water.
- 2 Add the remaining 3/4 of the dates, the almonds, half of the salt and half of the lemon zest to a food processor and blend until the date mixture forms a sticky ball. Divide the dough between baking cups and press into an even layer in the bottom of each baking cup. (Use damp fingers if the dough is too sticky.)
- 3 Add the coconut butter, the soaked dates, lemon juice, coconut oil and the remaining salt and zest to the food processor and blend until smooth (the mixture will form a soft wet dough). Spoon the coconut lemon mixture on top of the date layer and use a spoon or damp fingers to spread the coconut lemon mixture into an even layer.
- 4 Transfer the muffin pan to the freezer and allow the tarts to set for 20 to 30 minutes before removing the paper and transferring to an airtight container in the fridge. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to a week.

**Serving Size:** One serving is equal to one tart.

**Nut-Free:** Use sunflower seeds or shredded coconut instead.

**More Flavor:** Add vanilla extract or lemon extract.

**More Color:** Add some dried turmeric for a yellow tart.

**Lemon:** One large lemon yields 1/4 cup of juice and two teaspoons of zest.



## Super Seed Chocolate Bark

8 servings

40 minutes

### Ingredients

2 3/4 ozs Dark Chocolate  
2 tsps Coconut Oil  
1/4 cup Pumpkin Seeds  
1/4 cup Sunflower Seeds  
2 tsps Hemp Seeds

### Directions

- 1 Line a plate or baking sheet with parchment paper.
- 2 Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
- 3 Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
- 4 Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
- 5 Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
- 6 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

**Serving Size:** One serving is equal to approximately 1/4 cup of bark.

**More Flavor:** Add sea salt or vanilla extract.

**No Seeds:** Use chopped nuts instead.





## No Bake Maple Pecan Bars

12 servings  
2 hours 10 minutes

### Ingredients

- 1 1/2 cups Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tsps Water
- 1 tsp Vanilla Extract
- 1/4 cup Cashew Butter
- 3/4 cup Pecans (roughly chopped)

### Directions

- 1 Line a baking pan with parchment paper.
- 2 In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
- 3 Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
- 4 Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
- 5 Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
- 6 Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

### Notes

**Leftovers:** Store leftover slices in the fridge for up to one week, or freeze for longer.

**Serving Size:** One serving is one square.

**Baking Pan:** This recipe was tested in an 8 by 8-inch baking dish.

**Gluten-Free:** Use gluten-free oats.

**No Cashew Butter:** Use almond butter instead.





## Raspberry Coconut Panna Cotta

3 servings

4 hours

### Ingredients

2 tbsps Lemon Juice  
1/3 oz Gelatin  
2 cups Canned Coconut Milk (full fat, divided)  
1 tbsp Honey  
1/2 tsp Vanilla Extract  
1/8 tsp Sea Salt  
1 cup Raspberries

### Directions

- 1 In a medium bowl, add the lemon juice and then sprinkle the gelatin on top. Let it sit for two to three minutes. Do not mix.
- 2 In a small pot over medium-low heat, add the coconut milk and honey. Whisk to combine. Allow it to heat through for two to three minutes or until warm. Do not let it boil.
- 3 Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
- 4 Pour the coconut milk mixture into a blender and add the raspberries. Blend on high until smooth and creamy. Pour into jars and place in the fridge for four hours to set. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is an eight-ounce ramekin portion.

**Additional Toppings:** Top with additional raspberries.

**No Honey:** Use maple syrup instead.