



LOW-CARB BUTTERS *and* DESSERTS

Access over
38 Paleo Nut
Butters and
Raw Dessert
Recipes

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Low-Carb Butters

And

Desserts

A Mix of Paleo and Raw

Most people who love butters also love desserts. Both are comfort foods and have similar consistencies. What's wonderful about the recipes in this book, in addition to their tastiness, is that they are low-carbohydrate and they are full of good fat. Good fat helps support a healthy fat-burning metabolism. So, you can enjoy healthy comfort food without putting on a ton of weight. Inside, you will find two chapters, one dedicated to easy nut butter recipes and the other to delicious raw and paleo desserts.

GLASS JARS

When calling for coconut butter in the ingredients list, I specify glass rather than plastic jars. This is because you'll be softening the coconut butter by warming it. So using glass will reduce the possibility of nasty chemicals leeching into your coconut butter when you warm the jar. Also, glass jars are great for re-using.

SOAKING AND RINSING

Nuts are nutritional powerhouses. Soaking enables their germination process to begin, which brings out nutrients and allows easier digestion.

Nuts naturally produce toxin inhibitors that help protect them against germination until the ideal conditions are present for growth to occur, but these toxins can be harmful to us in large quantities. This is why soaking is so important. Soaking helps increase phytase activity, an enzymatic reaction that neutralizes phytic acid. Phytic acid is a compound found in legumes, grains, and nuts that reduces our absorption of certain minerals and vitamins such as iron, zinc, calcium, and B vitamins, all of which are often lacking in a plant-based diet.

I soak nuts to increase their nutritional and digestive value but also because soaking makes them softer and therefore much easier to blend. Just make sure to rinse them well with filtered water. In the dessert

recipes, I tell you how long to soak specific nuts, and you can follow guidelines online for the nut butters.

Soak items for the specified time a large bowl with enough filtered water to cover them at least an inch. Try to use them shortly after they've been soaked because that's when they are softer and easier to blend.

THE MEANING OF "RAW"

"Raw" means uncooked or dehydrated below 105 degrees F so that food enzymes are preserved.

TOOLS

You will need a food processor with an S blade for all recipes. For some recipes, you will need a dehydrator, parchment paper, and silicon molds or a 9x9-inch baking dish. Silicon molds produce cute little molded shapes, and a baking dish enables you to cut out coconut bark-size pieces.

WHERE TO PURCHASE

Most products that I use can be found on Amazon.com, in Whole Foods Market, or at your local natural foods market.

DISCLAIMER

We're not saying that these recipes will heal you, and the information we offer is not intended to be a substitute for the medical advice of a licensed practitioner. It is important to regularly consult a licensed practitioner in matters relating to your health, particularly with respect to any symptoms that may require diagnosis or medical attention. The author and publisher are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences to any person as a result of following the information in this book.

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Chapter 1 | Nut Butters

Basic Nut Butter Recipe

4 cups raw nuts of choice

1/4 cup oil of choice (pumpkin oil, coconut oil, olive oil)

A pinch of sea salt

Pulse the nuts in a food processor with an S blade until flour-like. Add the oil and salt. Blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Coconut oil has medicinal properties that assist with better brain function and fat loss. It also contains medium-chain triglycerides (MCTs). The lauric acid in coconut oil can kill bacteria, viruses, and fungi, and help stave off infections.

Blueberry Turmeric Cashew Butter

- 2 cups raw cashews
- 1/4 cup coconut oil
- 2 tablespoons pure blueberry powder
- 1 teaspoon ground turmeric
- 1 teaspoon vanilla extract
- A pinch of sea salt

Pulse the cashews in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Blueberries contain polyphenol antioxidants and are anti-inflammatory.

Turmeric belongs to the curcuminoid category and contains polyphenol antioxidants. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong anti-oxidant.

Chocolate Hazelnut Butter (“Nutella”)

2 cups raw hazelnuts

1/4 cup coconut oil

2 tablespoons raw cacao

1 teaspoon vanilla extract

Dark chocolate chips to taste

A pinch of sea salt

Pulse the hazelnuts in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth. For additional chocolate taste, fold in dark chocolate chips.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Cinnamon Ginger Brazil Nut Butter

- 2 cups raw Brazil nuts
- 4 tablespoons ghee butter
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- A pinch of sea salt

Pulse the Brazil nuts in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth. Add more cinnamon if desired.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Brazil nuts are high in monounsaturated fatty acids (MUFAs), vitamin E, selenium, copper, magnesium, manganese, potassium, calcium, iron, phosphorus, and zinc.

Green Banana Macadamia Nut Butter

1/2 green banana dehydrated over night

2 cups raw macadamia nuts

2 tablespoons coconut oil

1 teaspoon vanilla extract

8 drops liquid vanilla stevia to taste

A pinch of sea salt

Peel the green banana, cut in half lengthwise, and dehydrate overnight. Pulse the macadamia nuts in the food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Green bananas are different from ripe bananas in that they contain a high amount of resistant starch. Since the body cannot break down resistant starches, green bananas will not raise your insulin levels! Dehydrating the banana makes it taste like a ripe banana.

Macadamia nuts contain vitamin A, iron, protein, thiamin, riboflavin, niacin, folates, zinc, copper, calcium, phosphorus, potassium, magnesium, polyphenols, amino acids, flavones, and selenium.

High-Protein Vanilla Cashew Butter

2 cups raw cashews

1/4 cup coconut oil

1 scoop vanilla whey protein from grass-fed source

1 teaspoon vanilla extract

Liquid vanilla stevia or sweetener of choice

A pinch of sea salt

Pulse the cashews in a food processor with an S blade until flour-like. Add remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Macadamia Cardamom Cashew Butter

- 2 cups raw cashews
- 1/4 cup coconut oil
- 1 tablespoon maca powder
- 1 teaspoon ground cardamom
- 1 teaspoon vanilla extract
- A pinch of sea salt

Pulse the cashews in the food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Cardamom aids digestion and detoxification, lightens depression, regulates blood pressure, provides antioxidants, and has anti-inflammatory and aphrodisiac effects.

Omega Cashew Butter

- 2 cups raw cashews
- 1/4 cup coconut oil
- 2 tablespoons ground flaxseeds
- A pinch of sea salt

Pulse the cashews in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Cashews contain copper, phosphorus, manganese, magnesium, and zinc. They have a lower fat content than most nuts, are heart-healthy, and are good for your bones.

Flaxseeds are a rich source of micronutrients, dietary fiber, manganese, B1, and the essential omega-3 fatty acid alpha-linolenic acid (ALA).

Paleo Pumpkin Pie Butter

- 2 cups raw pecans
- 3 tablespoons coconut oil
- 1 teaspoon cinnamon
- 1 tablespoon pumpkin puree
- 1 teaspoon maple extract
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground pumpkin spice
- A pinch of ground ginger
- A pinch of sea salt

Pulse the pecans in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Ginger acts as an anti-inflammatory for the colon, offers protection against colorectal cancer, promotes ovarian health, boosts the immune system, aids digestion, and diminishes morning sickness.

Snicker Doodle Almond Butter

- 2 cups raw almonds
- 4 tablespoons ghee butter
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla extract
- Liquid vanilla stevia to taste for sweetness
- A pinch of sea salt

Soak the raw almonds overnight. Pop off the skins (the skins can cause tummy issues due to the tannins) and rinse. Put in the dehydrator at 105 F for 24 hours or in your oven on a baking sheet on lowest setting with oven door slightly open overnight. Pulse the almonds in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Strawberry Shortcake Pistachio Butter

- 1 cup raw pistachios
- 1 cup raw cashews
- 4 tablespoons ghee butter
- 2 tablespoons pure strawberry powder
- 1 teaspoon vanilla extract
- A pinch of sea salt

Pulse the pistachios and the cashews in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Raw Walnut Butter

2 cups raw walnuts

4 tablespoons ghee butter

1 teaspoon vanilla extract

A pinch of sea salt

Pulse the walnuts in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Vanilla Pecan Pie Butter

- 2 cups raw pecans
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- A pinch of ground ginger
- A pinch of ground cloves
- A pinch of sea salt

Pulse the pecans in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage

2-3 weeks in the refrigerator in a sealed glass container

Benefits

Pecans are actually a fruit, not a true nut. The nutrients, minerals, antioxidants, and vitamins in pecans are essential for wellness. Pecans are rich in monounsaturated fatty acids, like oleic acid, and also contain phenolic antioxidants. Pecans maintain good cholesterol (HDL) and lower bad cholesterol (LDL). They are rich in ellagic acid, which helps rid body of toxic radicals and protects the body from disease and infection. Pecans contain vitamins E and B as well as manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

Coconut oil is high in fiber and good fat. Like coconut oil, it contains MCTs and lauric acid. Coconut oil boosts metabolism, which assists with weight loss, and increases energy levels. It also contains healthy fats, which help with satiety. It is full of essential amino acids, calcium, and magnesium.

Chapter 2 | Raw and Paleo Desserts

Avocado Chocolate Mousse

*Raw, Dairy-Free, Nut-Free, Low-Carb
(Serves 2)*

- 2 ripe avocados
- 1 cup unsweetened vanilla coconut milk
- 1/2 cup raw coconut butter
- 1/4 cup raw cacao powder
- Liquid stevia to taste

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Scoop your coconut butter into your food processor that has an S blade. Add your remaining ingredients. Blend until smooth. Scoop your mixture into 2 dessert dishes, then place in the fridge for 4 hours minimum or until firm. Grate dark chocolate over the top or add raw coconut flakes for garnish. Store in a sealed glass container in the fridge.

Banana Cinnamon Cream

*Raw, Dairy-Free, Low-Carb
(Serves 3-4)*

- 2 cups raw organic cashews
- 1/4 cup coconut oil
- 1/4 cup unsweetened vanilla coconut milk
- 1 ripe organic banana
- 1 teaspoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

Process

Soak your cashews for 2 hours in a bowl of filtered water. Rinse well. Place your cashews in your food processor that has an S blade. Blend until smooth. Add the remaining ingredients and blend again until smooth. Scoop your mixture into 4 dessert dishes and set in the fridge for 1 hour or until firm. Store in a sealed glass container in the fridge.

Blueberry Coconut Treats

Raw, Dairy-Free, Nut-Free, Low-Carb

32 oz jar raw coconut butter

1 teaspoon pure vanilla

2 tablespoons pure blueberry powder

Liquid stevia to taste

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Then mix all ingredients with the coconut butter in a food processor with an S blade. Scoop the mixture into silicon molds or a 9x9-inch baking dish. Refrigerate for 1 hour minimum or until firm. Store in a sealed glass container in the fridge.

Blueberry Ginger Ice “Cream”

*Dairy-Free, Nut-Free, Low-Carb
(Serves 3-4)*

- Can of full-fat coconut milk (BPA-free and additive-free)
- 3 tablespoons pure blueberry powder
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon ground ginger
- Pinch of sea salt
- Liquid stevia or natural sweetener of choice to taste (optional)
- 1 cup organic blueberries

Process

Refrigerate your can of coconut milk overnight, then flip over and drain the liquid. Scoop the cream into your food processor that has an S blade. Add the remaining ingredients (except for your blueberries) and blend until smooth. Scoop your mixture into an ice cream maker with the blueberries and churn until desired consistency is reached. Store in a sealed glass container in the fridge.

Carob Mint Mug De Kreme

*Dairy-Free, Nut-Free, Low-Carb
(Serves 2)*

2 cups unsweetened vanilla hemp or almond milk

2 1/2 tablespoons agar flakes

1 teaspoon peppermint extract

2 1/2 tablespoons carob powder

1 teaspoon pure vanilla extract

Pinch of sea salt

Liquid stevia or natural sweetener to taste

Process

Put your vanilla hemp/almond milk in a saucepan with your agar flakes. Mix well and bring to a simmer as you continue to mix. When your agar flakes are dissolved, remove your saucepan from the heat. Pour your mixture into 2 large coffee mugs. Set in the fridge for 1 hour or until firm. Store in a sealed glass container in the fridge.

Chocolate Coconut Butter Treats

Raw, Dairy-Free, Nut-Free, Low-Carb

32 oz jar raw coconut butter

1 tablespoon raw cacao

1 teaspoon pure vanilla extract

Pinch of sea salt

Natural sweetener of choice to taste (I prefer liquid stevia, found on Amazon)

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Scoop your coconut butter into your food processor with an S blade and combine with other ingredients. Blend until smooth. Scoop your batter into silicon molds or a 9x9-inch baking dish. Set in the fridge for 1 hour or until firm. Store in a sealed glass container in the fridge.

Chocolate Mint Whipped Cream

*Raw, Dairy-Free, Nut-Free, Low-Carb
(Serves 3-4)*

Can of full-fat coconut milk (BPA-free and additive-free)

1 teaspoon pure vanilla extract

2 tablespoons raw cacao powder

1/4 teaspoon of peppermint extract

Liquid stevia to taste (optional)

Process

Refrigerate your coconut milk overnight. Flip over, open the can, and pour out the liquid. Scoop out the coconut cream into a medium bowl and add other ingredients. Blend with an electric hand held mixer until smooth. Optional: fold in dark chocolate chips. Store in a sealed glass container in the fridge.

Cinnamon Vanilla Cashew Ice “Cream”

*Raw, Dairy-Free, Low-Carb
(Serves 3-4)*

- 2 cups of raw organic cashews
- 1 tablespoon coconut oil
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoon pure vanilla extract
- Pinch of sea salt
- Liquid stevia or natural sweetener of choice to taste

Process

Soak your cashews for 2 hours in filtered water. Rinse well. Blend all ingredients in your food processor with an S blade until smooth. Scoop your mixture into an ice cream maker and churn until desired consistency is reached. Store in a sealed glass container in the fridge.

Coconut Butter Ghee Treats

Raw, Nut-Free, Low-Carb

32 oz jar raw coconut butter

1/2 cup ghee

1 teaspoon vanilla extract

Pinch of sea salt

Liquid stevia to taste

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Mix coconut butter with the remaining ingredients. Pour mixture into a silicon mold of choice or a 9x9-inch baking dish. Refrigerate for 1 hour minimum. Store in a sealed glass container in the fridge.

Coconut Walnut Hemp Macaroons

Raw, Dairy-Free, Vegan, Paleo

- 1 cup pitted dates
- 2 cups unsweetened coconut flakes
- 1/4 cup raw walnuts
- 1/2 teaspoon vanilla extract
- Pinch of sea salt
- 1/2 cup raw hemp seeds

Process

Soak your walnuts in filtered water overnight. Rinse well. Soak your dates for 30 minutes in filtered water. Rinse well. Place all ingredients in your food processor with an S blade. Blend until it starts to form into a ball of dough. Roll little balls in your palms to form round cookies. Then roll your cookies into your raw hemp seeds. Place your cookies onto a few trays lined with parchment paper (whatever will fit into your fridge). They are ready when they become firm. Store in a sealed glass container in the fridge.

Coconut Whipped Cream

*Raw, Dairy-Free, Nut-Free, Low-Carb
(Serves 3-4)*

Can of full-fat coconut milk (BPA-free can and additive-free)

1/4 teaspoon pure coconut extract

1/2 teaspoon pure vanilla extract

1 teaspoon local honey or liquid stevia to taste

Process

Refrigerate the coconut milk overnight. Flip over, open the can, and pour out the liquid. Scoop out the coconut cream into a medium bowl. Add the remaining ingredients and use an electric mixer to whip up the cream. Scoop over fresh fruit, your favorite ice cream, or just eat as is! Store in a sealed glass container in the fridge.

Coffee Coconut Ghee Treats

Nut-Free, Low-Carb

32 oz jar raw coconut butter

1/4 cup warm, brewed organic coffee

4 tablespoons ghee

Pinch of ground cinnamon

Pinch of sea salt

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Scoop the butter into your food processor that has an S blade and add other ingredients. Blend until smooth. Pour batter into your favorite silicon molds or into a 9x9-inch baking dish. Set in the fridge for 1 hour or until firm. Store in a sealed glass container in the fridge.

Coffee Pecan Ice Cream

*Dairy-Free, Low-Carb
(Serves 3-4)*

Can of full-fat coconut milk (BPA-free and additive free)

2 tablespoons strong brewed organic coffee

2 large pastured egg yolks

1 teaspoon vanilla extract

Liquid stevia to taste

1/2 cup raw organic pecans

Process

Refrigerate the coconut milk overnight. Flip over, open the can, and pour out the liquid. Then in a large saucepan, combine your coconut milk, coffee, eggs, vanilla, and stevia. Whisk continuously until your mixture starts to simmer. Immediately remove from heat and let cool to room temperature. Transfer your mixture to a large mixing bowl or glass container. Refrigerate for 2 hours minimum or until it becomes firm. When you are ready to eat your ice cream, put the mixture through an ice cream maker with your pecans. It is ready when the ice cream has reached your desired consistency. Store in a sealed glass container in the fridge.

Key Lime Pie Ice Cream

*Raw, Dairy-Free, Low-Carb
(Serves 3-4)*

Can of full-fat coconut milk (BPA-free and additive-free)

1/4 cup raw cashews

1 1/2 teaspoons pure vanilla extract

Juice of 1/2 fresh organic lime

Zest of 1/2 organic lime

Liquid stevia or natural sweetener of choice (optional)

Process

Refrigerate your coconut milk overnight. Soak your cashews in filtered water for 2 hours, then rinse well. Put them in your food processor with an S blade. Flip over your can of coconut milk, open and drain liquid, and scoop out the cream into your food processor. Add your remaining ingredients and blend until smooth. Pour your mixture into an ice cream maker and churn until desired consistency is reached. Store in a sealed glass container in the fridge.

Lemon Cheesecake Mousse

*Raw, Dairy-Free, Low-Carb
(Serves 4)*

2 1/2 cups raw macadamia nuts or cashews

1/4 cup fresh lemon juice

Zest of 1/2 lemon

1 teaspoon nutritional yeast

1 teaspoon vanilla extract

1/4 cup coconut oil

1/4 cup coconut water

Liquid stevia to taste

Process

Soak your macadamia nuts/cashews for 2 hours. Rinse well. Place in your food processor with an S blade. Blend until smooth. Add remaining ingredients and blend until smooth. Scoop into 4 dessert dishes and place in the fridge for a minimum of 4 hours or until firm. Store in a sealed glass container in the fridge.

Lemon Cheesecake Pudding

Raw, Dairy-Free, Low-Carb

- 2 1/2 cups raw cashews
- 1/4 cup coconut oil
- 1/2 cup lemon juice
- Zest of 1 lemon
- 1 tablespoon vanilla extract
- 1 tablespoon maple extract
- Pinch of sea salt

Process

Soak your cashews in filtered water for 2 hours. Rinse well. Place all ingredients in a food processor with an S blade and blend until smooth. Pour into your dessert dishes and set in the fridge for a few hours or until firm. Store in a sealed glass container in the fridge.

Lemon Pie Chia Pudding

Raw, Dairy-Free, Nut-Free, Low-Carb

2 1/2 cups unsweetened vanilla coconut or hemp milk

1/2 cup chia seeds

Juice of 1/2 fresh-squeezed Meyer lemon

Zest of a Meyer lemon

1 tablespoon acai powder

1 teaspoon pure vanilla extract

Liquid stevia to taste (optional)

Process

Put all ingredients into a quart mason jar, place the lid on firmly. Shake the jar vigorously for a minute or two. Set your chia pudding in the fridge overnight, 8-10 hours. The pudding will be thick! Store in a sealed glass container in the fridge.

Note: If your pudding is not as thick as you would like, add a little more chia seeds, shake, and place back into the fridge for 2 hours minimum.

Low-Carb Lemon Pie Mousse

*Raw, Dairy-Free, Nut-Free, Low-Carb
(Serves 2-3)*

Can of full-fat coconut milk (BPA-free and additive-free)

1 tablespoon coconut oil

1/4 teaspoon lemon extract

Zest of 1/2 Meyer lemon

1 teaspoon vanilla extract

Pinch of sea salt

Liquid stevia to taste (optional)

Process

Refrigerate the coconut milk overnight. Flip over, pour out the liquid, and scoop out the cream. Put all of your ingredients into a food processor with an S blade and blend until smooth. (Alternatively, you can use an electric hand mixer to mix all ingredients together.) Optional: fold in some raw coconut flakes. Store in a sealed glass container in the fridge.

Mini Paleo Cheesecakes

Dairy-Free, Low-Carb, Paleo

Prep

Refrigerate 2 cans of full-fat coconut milk overnight. One will be used for the filling and the other will be used for the topping. Soak your raw cashews for 2 hours in filtered water, then rinse them well.

Step 1

CRUST: Preheat oven to 400 degrees F

- 3/4 cup coconut flour
- 2 pastured eggs
- 1 tablespoon vanilla extract
- 1 teaspoon maple extract
- 1 teaspoon sea salt
- 1/2 cup coconut oil

Process

Mix all ingredients in your food processor with an S blade until dough ball forms. Using your fingers, press a layer of the dough into the bottoms of your mini springform pans. It should be approximately 1/8-inch thick. Bake your crusts for 8 minutes, take them out of the oven, and let them cool completely. They can be put in the freezer to quicken the process.

Step 2

FILLING

2 cups soaked raw cashews

1 tablespoon vanilla extract

Can of full-fat coconut milk (BPA-free and additive-free)

1 tablespoon coconut oil (preferably extra virgin unrefined)

3 tablespoons fresh lemon juice

Zest of 1/2 organic lemon

Process

Flip over the refrigerated can of coconut milk and pour out the liquid. Scoop the cream into your food processor with an S blade and mix in the remaining ingredients until creamy. Scoop the mixture into your crusts. Set in your fridge.

Step 3

TOPPING

Can of full-fat coconut milk (BPA-free and additive-free)

1 teaspoon pure vanilla extract

Liquid stevia to taste (optional)

Process

Flip over the refrigerated can of coconut milk, drain the liquid, and scoop out the cream. With an electric hand mixer, blend all ingredients until fluffy. Scoop your topping onto your “cheese” cakes and set in the fridge for 3-4 hours or until firm.

Mint Chocolate Chip Ice “Cream”

Dairy-Free, Low-Carb
(Serves 3-4)

Can of full-fat coconut milk (BPA-free and additive-free)

1 cup raw macadamia nuts

1 teaspoon peppermint extract or 6 fresh mint leaves

1 teaspoon vanilla extract

1/2 cup dark chocolate chips

Liquid stevia to taste (optional)

Process

Refrigerate the coconut milk overnight. Flip over, open can, and discard water. Soak your macadamia nuts for 2 hours in filtered water. Rinse well. Put your macadamia nuts into your food processor with an S blade and blend until smooth. Scoop your coconut cream into the food processor. Add peppermint extract, vanilla, and stevia and blend until smooth. Fold in your chocolate chips. Set in your fridge for 1 hour or until it is firmer. Store in a sealed glass container in the fridge.

Orange Cinnamon Cashew Cream

Raw, Dairy-Free
(Serves 3-4)

- 1 cup raw cashews
- 2 soaked and pitted dates
- 1 teaspoon pure vanilla extract
- Juice of 1 organic orange
- Pinch of sea salt
- Pinch of cinnamon

Process

Soak cashews for 1 hour and your dates for 30 minutes in filtered water. Rinse both well. Blend all ingredients in a food processor with an S blade or a high-speed blender until smooth. Store in a sealed glass container in the fridge.

Raw Lemon Coconut Truffles

Raw, Dairy-Free, Low-Carb

- 1 cup unsweetened coconut flakes
- 1/4 cup raw coconut butter
- 1 tablespoon melted virgin unrefined coconut oil
- Zest of Meyer lemon
- 1 tablespoon vanilla extract
- Pinch of salt
- Pinch of cinnamon

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Scoop the coconut butter into your food processor with an S blade. Add all other ingredients and blend until smooth. Place little balls of the dough onto 1-2 cutting boards lined with parchment paper (depending on how many will fit in your refrigerator). Truffles are ready when firm. Store in a sealed glass container in the fridge.

Red Velvet Coconut Treats

Raw, Dairy-Free, Nut-Free, Low-Carb

- 32 oz jar raw coconut butter
- 1/4 teaspoon vanilla extract
- 1 tablespoon pure strawberry powder
- 1 tablespoon pure beet juice powder
- Liquid stevia to taste

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Then mix the coconut butter and all other ingredients in a food processor with an S blade until smooth. Pour mixture into silicon molds or a 9x9-inch baking dish and set in the fridge for 1 hour minimum or until firm. Store in a sealed glass container in the fridge.

Snickerdoodle Ghee Treats

Raw, Nut-Free, Low-Carb

1 1/2 cup ghee

2 tablespoons pure vanilla extract

Pinch of sea salt

1 teaspoon cinnamon

Liquid stevia to taste (optional)

Process

Mix all ingredients together in a food processor with an S blade until well blended. Scoop spoonfuls of mixture onto a baking sheet lined with parchment paper. Set in the fridge for 1 hour minimum or until firm. Store in a sealed glass container in the fridge.

Sweet Lemon Beet Coconut Treats

Raw, Dairy-Free, Nut-Free, Low-Carb

- 32 oz jar raw coconut butter
- 1 heaping tablespoon of beet powder
- 1 tablespoon fresh lemon juice
- Zest of 1/2 organic Meyer lemon
- 1 teaspoon vanilla extract

Process

Soften your coconut butter by placing the jar in a hot pot of water that has been removed from the heat. Scoop the butter into a mixing bowl. Mix in all ingredients with an electric hand mixer until smooth. Pour the batter into your favorite silicon molds or into a 9x9-inch baking dish. Set in the fridge until your treats become firm. Store in a sealed glass container in the fridge.