Dark Chocolate Almond Mousse

5 SERVINGS 3 HOURS 5 MINUTES

INGREDIENTS

2 cups Unsweetened Almond Milk

1/2 cup Chia Seeds

1/2 cup Cocoa Powder

1/4 cup Almond Butter

3 tbsps Monk Fruit Sweetener

1 tsp Vanilla Extract

1/2 tsp Sea Salt

DIRECTIONS

01 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.

02 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

NOTES

LEFTOVERS
Refrigerate in an airtight container for up to five days. Stir well before serving.

SERVING SIZE
One serving is roughly 1/2 cup.

ADDITIONAL TOPPINGS
Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

NO ALMOND BUTTER
Use another nut or seed butter instead.

Apple Dips

2 SERVINGS 15 MINUTES

INGREDIENTS

1/2 cup Plain Greek Yogurt
2 tbsps Unsweetened Shredded Coconut
2 tbsps Hemp Seeds
1/4 tsp Cinnamon
1 Apple (sliced)

DIRECTIONS

01 Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.

02 Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.

03 Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

NOTES

KID-FRIENDLY
Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

MAKE IT SWEETER
Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

NO COCONUT
Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

NO YOGURT
Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.

Frozen Yogurt Covered Blueberries

4 SERVINGS 40 MINUTES

INGREDIENTS

2 cups Blueberries (fresh or frozen, not wild)
1/4 cup Plain Greek Yogurt

DIRECTIONS

01 In a bowl, combine blueberries and yogurt until well coated.

02 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.

03 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.

Salted Peanut Fat Bombs

6 SERVINGS 50 MINUTES

INGREDIENTS

1/2 cup All Natural Peanut Butter
1/4 cup Coconut Oil
1/4 tsp Sea Salt
1/8 tsp Stevia Powder

DIRECTIONS

01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.

02 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.

03 Add the peanut butter and coconut oil to the smaller pot. Allow them to melt and stir to combine. Stir in the salt and stevia powder.

04 Divide the peanut butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for at least 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

NOTES

LEFTOVERS
Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

SERVING SIZE
One serving is one fat bomb.

MORE FLAVOR
Adjust stevia and salt to taste. Add vanilla extract.

ADDITIONAL TOPPINGS
Flaked sea salt.

NO PEANUT BUTTER
Use another nut or seed butter instead.

NO STEVIA POWDER
Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated).