



# RECIPE PACK: DESSERTS

Thanks for downloading our Just Desserts! Recipe Pack. Inside you will find 10 of our favorite healthy recipes that are sure to WOW your family and friends.

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NUTTY SUPERFOOD GRANOLA BARS



## INGREDIENTS

- 1 Cup Almonds
- 1 Cup Cashews
- ½ Cup old fashioned oats
- ½ cup pepitas
- ½ cup uncooked quinoa
- ⅔ cup dried blueberries
- ⅔ cup goji berries
- ½ cup toasted coconut
- ½ cup brown rice syrup
- ¼ cup maple syrup
- ½ tsp sea salt



Serves: 12  
Prep: 10 mins  
Cook: 10 mins

## INSTRUCTIONS

1. Preheat oven to 315 degrees. Line an 8x8 pan with parchment paper.
2. Place almonds, cashews, oats, pepitas and quinoa on a baking sheet. Bake for 10-12 minutes or until everything starts to get golden & toasty.
3. In the meantime in small bowl add the brown rice syrup, maple syrup and sea salt. Whisk until all ingredients are fully combined.
4. Place all toasted ingredients in a large bowl and add the dried blueberries, goji berries and toasted coconut.
5. Pour your syrup mixture over all ingredients and mix until fully incorporated (it will be sticky!). Then pour mixture into your prepared pan and press down firmly (I placed a sheet on parchment paper over the mixture, since it is sticky & this helped) until its nice and packed.
6. Place in the freezer for 30 minutes to firm up or in the fridge for an hour. Slice into 12 bars and enjoy! (Bars will keep in the fridge for a week)

APPLE CHIPS



## INGREDIENTS

- 2 or 3 Apples
- Cinnamon



Serves: 2 - 4  
Prep: 5 mins  
Cook: 3 hours

## INSTRUCTIONS

1. Preheat oven to 230F degrees.
2. Cut your apples thinly and remove any seeds. No need to peel or core. Place thinly sliced apples on two baking sheets lined with parchment paper or a silicone mat. Sprinkle the apple slices with cinnamon.
3. Bake the apples in the preheated oven for one hour. Remove and flip the slices. Sprinkle cinnamon on the other side.
4. Bake for another hour. Leave the apples in the oven but turn the oven off and allow it to cool completely. This typically takes an additional 1-2 hours. Don't skip this step! This is when they crisp up.

C A C A O B O M B S



## INGREDIENTS

- 1 cup raw almonds
- 5 medjool dates
- ½ cup quinoa (or buckwheat/oats)
- ¼ cup desiccated coconut
- 2 tbsp water
- 2-3 tbsp coconut oil (melted)
- 1 heaped tsp maca powder (optional)
- pinch of sea salt
- ¼ cup raw cacao powder (or more or less to taste) + extra to dust



## INSTRUCTIONS

1. Blend the almonds to a rough flour, then all the dates and blend again until well combined and crumbly.
2. Transfer to mixing bowl and add the salt, coconut, quinoa, maca, and cacao and stir well then add the coconut oil and water and combine with your best utensil, your hands.
3. Roll the mixture into small balls (about 2.5cm diameter) until all the mixture is used up.
4. Roll the balls in some extra cacao powder and store in a container in the fridge.



SUNBUTTER BROWNIES



## INGREDIENTS

- ½ cup sunbutter
- 3 large eggs
- ½ cup maple syrup
- 1 tbs vanilla extract
- 1 tsp apple cider vinegar
- ½ cup cacao powder
- ½ tsp celtic sea salt
- ½ tsp baking soda
- ½ cup chocolate chips



Serves:  
Prep: 10 mins  
Cook: 15 mins

## INSTRUCTIONS

1. In a food processor, combine sunbutter, eggs, and maple syrup
2. Pulse in vanilla, vinegar, cacao powder, salt, and baking soda
3. Stir in chocolate chips by hand
4. Transfer batter to a greased 8 x 8 inch baking dish
5. Bake at 350°F for 15-20 minutes
6. Cool for 1 hour
7. Serve

FROZEN BANANA BITES



## INGREDIENTS

- 2 bananas; cut into ½-in slices
- 5 oz chocolate chips
- 2 tbs unsweetened shredded coconut



Serving: 14 slices  
Prep: 10 mins  
Cook: 10 mins

## INSTRUCTIONS

1. Place sliced bananas on a parchment paper lined plate
2. One by one, using a small heart shaped cookie cutter, cut banana slices into hearts
3. Melt chocolate over very low heat
4. Dip sliced banana hearts into chocolate, then sprinkle with coconut
5. Place on parchment lined plate to set
6. Freeze for 1 hour
7. Serve

HEALTHY PROTIEN COOKIE DOUGH



## INGREDIENTS

- 1 15 oz can of Chickpeas, rinsed & drained
- ¼ cup vanilla plant-based protein powder
- 2 tbs almond/cashew butter
- 1 tbs coconut sugar
- 1 tsp vanilla extract
- ⅙ tsp sea salt
- 2 tbs vegan chocolate chips



Serves: 6  
Prep: 10 mins  
Cook: 10 mins

## INSTRUCTIONS

1. Add chickpeas to a large food processor and process until they start to smooth out. You may need to use a rubber spatula to scrape down the sides.
2. Add protein powder, almond butter, coconut sugar, vanilla, sea salt and process until a ball of dough forms.
3. Use a rubber spatula to separate the cookie dough a bit, add chocolate chips and pulse 2-3 times or until chocolate chips get dispersed in the cookie dough.
4. Remove cookie dough from the processor and enjoy!
5. Store any leftover dough in a sealed container in the fridge for up to 3-4 days.

RAW (3 INGREDIENT) BRRR



## INGREDIENTS

- 2 cups medjool dates; soaked in warm water for 10 minutes, pit removed
- 1 cup nut of choice, raw
- 3 heaping tbs of cacao powder



## INSTRUCTIONS

1. Pulse nuts in a food processor for 10-20 seconds until roughly chopped.
2. Add in medjool dates and cacao powder and pulse until mixture is thick and sticky, about 30-60 seconds.
3. Scoop out mixture and spread into a parchment paper lined brownie tray and place in the freezer for 1 hour to set.
4. Once set, cut brownies and store in the refrigerator to devour.



FLOURLESS PEANUT BUTTER MUFFINS



## INGREDIENTS

- 2 medium sized bananas
- 1 cup natural peanut butter
- 6 medjool dates; remove pits
- Sea Salt (optional)



Serves: 12

Prep: 5 mins

Cook: 20 mins

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a food processor, mix all three ingredients until everything is blended well.
3. Spoon batter into standard sized muffin pans. The muffin pans need to be greased or lined. I use silicone liners for mine.
4. Bake for 15-20 minutes.
5. Let them cool completely before removing from the pans.

PALEO BLUEBERRY CHOCOLATE MACAROONS



## INGREDIENTS

- 1 Cup Unsweetened shredded coconut
- 2 tbs coconut flour
- ½ cup frozen blueberries; thawed and rinsed
- 1 tbs pure maple syrup
- 2 tbs almond/coconut milk from a carton
- pinch of Kosher Salt
- 1 egg white
- ¼ cup dark chocolate chips
- ½ tsp coconut oil



Serves: 12

Prep: 15 mins

Cook: 20 mins

## INSTRUCTIONS

1. Preheat oven to 325°F, line a baking sheet with parchment paper or silicone baking mat.
2. Place the shredded coconut, coconut flour, blueberries, maple syrup, milk and salt in a food processor. Pulse a few times, scraping down as needed until combined but still chunky. Set aside.
3. Place the egg white in a small bowl and beat with a handheld electric mixer until stiff peaks form.
4. Transfer the coconut mixture into a large bowl and gently fold in the egg whites until well combined.
5. Scoop the mixture out onto the baking sheet in by the tablespoonful.
6. Bake for 15-20 minutes until bottoms start to turn golden brown.
7. Remove from oven, let cool for 5 minutes on baking sheet before gently transferring to a cooling rack. Let macaroons cool completely.
8. Melt the chocolate and coconut oil in a small bowl.
9. Dip the flat bottoms of each macaroon in the chocolate and place back on the parchment lined baking sheet.
10. Refrigerate on the baking sheet until chocolate is set, about 20 minutes.

OATMEAL CHOCOLATE CHIP COOKIES



## INGREDIENTS

- 3/4 cup almond flour/meal
- 3/4 cup rolled oats
- 1/4 cup finely shredded (desiccated) unsweetened coconut
- 1/4 cup vegan dark chocolate
- 3/4 tsp baking powder
- 1/4 tsp sea salt
- 1/3 cup packed organic brown sugar or muscovado sugar
- 1/4 cup aquafaba
- 2 Tbsp almond butter
- 3 Tbsp avocado or melted coconut oil
- 1/2 tsp vanilla extract



Serves: 12

Prep: 40 mins

Cook: 15 mins

## INSTRUCTIONS

1. In a large mixing bowl, stir together almond flour, oats, coconut, vegan chocolate, baking powder, salt, and sugar.
2. In a separate bowl, beat aquafaba (using a handheld mixer or by whisking vigorously) until light and fluffy and loose peaks have formed. (Add a little cream of tartar to help them along if not whipping.)
3. To the aquafaba, add the almond butter, oil, and vanilla (optional) and beat or whisk to combine. (The mixture will deflate a little – that's OK). Then add to dry ingredients and mix until combined. You should have a firm, semi-tacky dough (see photo). Cover and chill in the refrigerator for at least 30 minutes or overnight.
4. Preheat oven to 350 degrees F (176 C) and line a baking sheet with parchment paper.
5. Scoop chilled dough into roughly 2-Tablespoon amounts (I like this scoop) and form into small discs (see photo). Place on baking sheet with about a 1-inch gap in between each cookie to allow for spreading. There should be about 12 cookies.
6. Bake for 10-12 minutes or until the edges are slightly golden brown. Be careful not to burn (especially on the bottoms) – they bake quickly toward the end. Remove from oven and let cool for 5 minutes.
7. Store leftovers in a loosely sealed container at room temperature up to 3-4 days, or in the freezer for 1 month. We recommend storing them in the freezer once cooked to help retain their crispy exterior. These are so delicious when warm and dipped in almond milk or hot cocoa!

## FRUIT

- Dried Blueberries
- Goji Berries
- Shredded Coconut
- Apples
- Medjool Dates
- Bananas
- Frozen Blueberries

## SPICES & BAKING

- Brown Rice Syrup
- Maple Syrup
- Sea Salt
- Cinnamon
- Coconut Oil
- Sunbutter
- Vanilla Extract
- Apple Cider Vinegar
- Cocoa Powder
- Baking Soda
- Chocolate Chips (Dairy Free)
- Coconut Sugar
- Coconut Flour
- Almond Flour/Meal
- Baking Powder
- Brown/ Muscovado Sugar

## GRAINS & SEEDS

- Almonds
- Cashews
- Old Fashion Oats
- Pepitas
- Quinoa

## DAIRY

- Eggs
- Almond/Coconut Milk

## MISC

- Chickpeas
- Vanilla Vegan Protein Powder
- Nut Butter
- Almond Butter
- Peanut Butter
- Aquafaba

# Enjoy this Recipe Pack?

Click below to schedule a  
One-on-One FIERCE Discovery Call!

BOOM! Our aim for this chat is to Reflect + Reassess + Refresh so we have direction going forward on what is working & what isn't working right now so we can create a plan! I look forward to talking to you soon!

Believing in YOU,

*~ Coach D. xo*

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