



# RISE

together today

Holiday  
Dessert Guide

# Table of Contents

## HOLIDAY DESSERTS

Cacao Avocado Creme_____	3
Pumpkin Spice Yogurt Parfaits_____	4
Chocolate-Fudge Easy Brownies_____	5
Chocolate Protein Fudge_____	6
No-Bake Oatmeal Peanut Butter Chocolate Chip Cookies_____	7
Fresh Berries with Coconut Cream_____	8
Mixed Berry Crisp_____	9
Healthy Apple Cinnamon Crisp_____	10



© Copyright, Rise Together Today, LLC:

# Cacao Avocado Creme

Makes 3-4 cups

## Ingredients:

- 1 avocado
- ½ cup coconut water
- ⅓ raw cacao
- ¼ cup raw agave nectar
- 1 tsp cinnamon
- ½ tsp sea salt

## DIRECTIONS:

1. Blend all ingredients on high until well combined.
2. Refrigerate and enjoy for up to 5 days!





# Pumpkin Spice Yogurt Parfaits

Makes 4 - 4oz servings

## Ingredients:

### *For the pumpkin layer*

- $\frac{2}{3}$  cup Greek style yogurt (almond yogurt works for this too!)
- $\frac{1}{2}$  cup pumpkin puree
- 2 tbsp agave nectar or 2-4 drops stevia
- $\frac{1}{2}$  tsp pumpkin pie spice
- 1 pinch sea salt

### *For the yogurt layer*

- $1\frac{1}{2}$  cups Greek yogurt or alternative dairy product

### *For the pecan layer*

- 1 cup pecan meal
- 1 tbsp agave nectar
- $\frac{1}{2}$  tsp pumpkin pie spice
- 1 pinch sea salt

## DIRECTIONS:

1. Blend all the ingredients for the pumpkin layer until well combined.
2. Split the contents in half and layer the first half into 2 8 oz mason jars.
3. Follow this layer with  $\frac{1}{2}$  of the yogurt layer.
4. In a mid sized bowl mix together the pecan layer until a rough mix has formed (this should be like a crumble).
5. Split this mix in in half and put one  $\frac{1}{2}$  in each jar as the next layer.
6. Repeat steps 2 and 3.
7. Finish with fresh pecans and a sprinkle of spice on top!



# Chocolate-Fudge Easy Brownies

## Ingredients:

### ***Brownie Ingredients***

- 2 cups raw dates
- 1 cup raw cacao powder
- ½ cup raw almond butter
- 1 teaspoon cinnamon
- 1 dash sea salt

### ***Frosting Ingredients***

- 1½ cups raw cacao powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract or 5 vanilla beans
- 1 cup raw agave nectar
- ¼ cup coconut oil or raw coconut butter
- 1 cup nut milk

## **DIRECTIONS:**

### ***Brownie***

1. Combine all ingredients except frosting in a food processor with the S-blade attachment. Process the dough to a rich creamy consistency that still has enough body to be shaped.
2. Press mixture into a 5-inch deep baking dish greased with a little bit of coconut oil. Coat top with an even layer of frosting.
3. Freeze for 10 mins or refrigerate for 20 min. Cut into desired shapes.

### ***Frosting***

1. In a high-powered blender, blend all ingredients until smooth. Add 1 cup nut milk to create a creamy texture. Top brownies and enjoy!

# Chocolate Protein Fudge

## Ingredients:

- 1 cup almond butter
- ⅓ cup coconut oil, melted
- 4 tablespoon agave
- 2 tablespoon cacao powder
- 1 scoop protein powder (optional)

## DIRECTIONS:

1. Melt your coconut oil and add to a mixing bowl with all the other ingredients.
2. Stir until a smooth paste.
3. Pour into a 8x8 pan or smaller pan lined with wax paper.
4. Place in the freezer for 30 minutes to set. Slice into squares, store in a tight container in the fridge.



# No-Bake Oatmeal Peanut Butter Chocolate Chip Cookies

## Ingredients:

- ½ cup canned unsweetened full fat coconut milk
- ½ cup plus 2 tablespoons natural creamy peanut butter or sunflower seed butter
- 2 tablespoon raw coconut oil
- 2 teaspoons granulated stevia or monk fruit sweetener
- 1 teaspoon pure vanilla extract
- ¼ teaspoon Himalayan pink salt
- 3 cups quick-cooking oats
- ½ cup no-sugar-added dark chocolate chips

## DIRECTIONS:

1. Line a baking sheet with parchment paper, wax paper, or a silicone mat
2. In a large bowl, whisk together the coconut milk, ½ cup of the peanut butter, and ½ cup water until smooth.
3. Use a spatula, fold in the oats, making sure all the oats are well soaked. Let sit for about 10 minutes, until the mixture becomes firm. Fold in the chocolate chips and mix them with a spatula to evenly distribute.
4. Using an ice cream scoop, portion cookies onto the prepared baking sheet, spacing them about 2 inches apart, and press down lightly to flatten them.
5. In a small bowl, whisk together the remaining tablespoons peanut butter and ½ teaspoon water. Drizzle the peanut butter over the tops of the cookies and let set at room temperature, about 15 minutes. Store wrapped in parchment paper to keep them fresh up to a week.

# Fresh Berries with Coconut Cream

## Ingredients:

- 1 can full fat coconut milk
- ½ teaspoon vanilla extract
- Pinch of sea salt
- Fresh berries

## DIRECTIONS:

1. Put a can of coconut milk in the fridge for several hours. The solid and liquid will have separated. Scoop out the solid part and mix with a hand mixer. Add a pinch of sea salt and vanilla extract.
2. Serve with fresh berries.





# Mixed Berry Crisp

## Ingredients:

### ***Topping***

- ¾ cup almond flour
- ½ cup old fashioned gluten free rolled oats
- ⅔ cup unsweetened finely shredded coconut
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¼ cup solid coconut oil
- 2 tablespoon pure maple syrup

### ***Filling***

- 1½ cups fresh raspberries
- 3½ cups fresh blueberries
- 1 teaspoon maple syrup
- 1 teaspoon organic cornstarch
- ½ lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

## **DIRECTIONS:**

1. Preheat the oven to 350 F.
2. In a large bowl, gently toss together raspberries, blueberries, maple syrup, cornstarch, lemon zest, lemon juice and vanilla extract. Pour berry mixture into a pie plate.
3. In a separate bowl, whisk to combine the almond flour, rolled oats, salt, cinnamon and shredded coconut. Using a for, work in the solid coconut oil and maple syrup until the topping resembles a coarse meal. Sprinkle evenly on top of the berry mixture.
4. Place the filled pie dish in a preheated oven and bake until the fruit is bubbling, and the topping is golden brown, about 40 minutes. Remove from the oven and let cool 10-15 minutes before serving.

# Healthy Apple Cinnamon Crisp

## Ingredients:

- 7 apples medium sized
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon ginger
- Coconut oil non-stick cooking spray

### ***Crumble Topping***

- ¼ cup pecan or walnuts
- ¼ cup almond flour
- 2 tablespoon almond butter
- 6 dates

## **DIRECTIONS:**

1. Preheat oven to 350°F
2. Peel and chop apples - try using the slicer attachment on a food processor as a shortcut.
3. Spray medium pan with cooking oil spray, then place apples in pan over medium heat. Apples will release fluid and begin to dehydrate after a couple of minutes. Add cinnamon, nutmeg and ginger. Cook until apples are hot and soft, about 15 minutes. Don't allow apples to dry out and burn.
4. Remove apples from heat and pour into a 9 x 9-inch greased baking dish.
5. Mix all topping ingredients in the food processor until well blended and chunky.
6. Remove crumble topping from the food processor and sprinkle on top of the apples in the baking dish. Bake the apple crisp for 15 minutes. Use an ice cream scoop to spoon small portions into dessert bowls. Serve warm or cold.

# RISE

## Expert Recipe Contributors



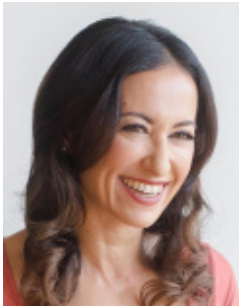
**Jenny Ross**

Jenny Ross is the internationally recognized chef, author, educator, and force behind Jenny Ross Living Foods. She has been an early pioneer of the raw movement, coaching clients about the healing power of living foods, while motivating them to adopt a more vibrant, healthy lifestyle. She has a degree in holistic nutrition, certificates as a health and life coach and currently serves as a consulting chef on some of the best plant based projects in the country and as executive chef for Tribest.



**Tana Amen**

Tana Amen, BSN, RN is the VP of Amen Clinics and empowers thousands to become warriors for their health. She is the author of 10 books, including the New York Times best-seller The Omni Diet. Tana is a highly respected speaker, media guest, health and fitness expert and martial arts enthusiast, who has earned two second-degree black belts. She is also a cancer survivor, nurse, mother, and the wife of renowned psychiatrist Dr. Amen.



**Mareya Ibrahim**

Mareya is best known as The Fit Foodie. She is a TV chef, holistic nutrition coach, author and award-winning entrepreneur. She is a food safety expert, patented inventor of Eat Cleaner and the Grow Green line of products. She is a recent author of the book Eat Like You Give a Fork: The Real Dish on Eating to Thrive and podcast host of Recipes for Your Best Life.