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RADIANT CLEAN

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# DESSERTS



# Disclaimer

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# Strawberry Bars

Serving Size: about 12-14 small squares

## **Ingredients:**

- 1 cup no sugar added Almond Butter
- 1 cup of shredded Coconut
- 1 cup of Oatmeal
- 3 tbsp of Maple Syrup
- 1 tsp of Vanilla Extract
- 2 cups of Strawberries, halved
- Juice of 1 Lemon
- 4 tbsp of Chia Seeds
- 1 tbsp of Honey



## **Directions:**

- Add the almond butter, shredded coconut, oatmeal, maple syrup and vanilla extra to a food processor and blend until they are broken up and combined.
- Line a cake pan with parchment paper. Spread the base mixture evenly on the pan pressing down firmly.
- Add the Strawberries to sauce pan over medium heat and cook for about 5 minutes.
- Using the back of our spoon (or a potato masher) mash the strawberry as much as you'd like.
- Reduce the heat and add the honey and lemon juice, cook, stirring often, for about for 2-3 min.
- Remove from heat and mix in the chia seeds until well combined.
- Spread the jam on top of the oatmeal base and sprinkle a little extra shredded coconut on top.
- Let it chill for at least 30 min and enjoy!

**Recommendations:** Keep in refrigerator before consuming. You can make the same jam using blueberries, raspberries, blackberries, apples and peaches!

# Choco-Avocado Mousse

Serving Size: 4

## **Ingredients:**

- 150g Semi-Sweet Chocolate Chips
- 1 cup unsweetened Almond Milk
- 2 ripe Avocados
- 2 tbsp of Cocoa Powder
- 1 tsp of Vanilla Extract
- 2 tbsp of organic Maple Syrup
- optional: Make Coconut Whipped Cream ( you will need 13.5oz can of full fat coconut milk refrigerated overnight)



## **Directions:**

- Melt the chocolate chips in the microwave or the stove. I recommend checking every 15 seconds to make sure they don't burn. Time will vary depending on microwave.
- Add the avocados, almond milk, cocoa powder, vanilla extract, and maple syrup to a food processor. Blend until smooth.
- Add the melted chocolate and the avocado cream to a bowl and mix until well combined.
- Separate the mousse into serving glasses and put it in the fridge to chill.

**Recommendations:** If you want to make the coconut whipped cream- Remove the thick and hardened coconut cream from the can and transfer to a mixing bowl, leaving any excess moisture/coconut water in the can ( you can discard it or use it for smoothies). Use a hand mixer/ blender to beat on medium high for 2 minutes, until light and fluffy.  
\*I recommend making the coconut whipped cream right before serving.  
\* The coconut milk that I found works best for this recipe is the the Whole Foods 365 Organic Coconut Milk (full fat).

# Watermelon & Mint Granita

Serving Size: 3-4

## **Ingredients:**

- 4 cups of chopped Watermelon
- A handful of Fresh Mint Leaves
- 1 Lime, juice and zest
- 2 packets Stevia or 1 tbsp of organic Honey

## **Directions:**

- Combine all of the ingredients in a blender. Blend until smooth.
- Pour into a shallow freezer proof container and freeze for 2 hours.
- Break the ice crystals by mixing the granita with a fork.
- Return to the freezer and leave to set overnight.

**Recommendations:** This recipe is so refreshing and delicious during summer months! A great substitute for unhealthy ice creams and the whole family will love it!





# Energy Balls

Serving Size: about 13-15 balls

## **Ingredients:**

- 1 cup of Almonds Flour or Oatmeal
- 1 scoop of your favorite Protein Powder (I recommend vanilla)
- 5 fresh dates, pitted
- 1/2 cup of organic Almond Butter
- 3 tbsp of Cacao Powder
- 1/2 tsp of Vanilla Extract
- 1/2 tsp of Cinnamon
- Pinch of Sea Salt
- Fresh Orange Zest to taste
- Shredded Coconut

## **Directions:**

- Add the almond flour cinnamon, protein powder, almond butter, a little orange zest (to taste), dates, vanilla extract and cacao powder to a food processor and process until the mix starts to come together.
- Optional: if the mixture seems too thick add the juice of 1/2 orange and blend more.
- Using a tablespoon to scoop the mixture make (about) 14 balls. It helps to have your hands a little wet for this step.
- Add and roll the balls on a plate with shredded coconut just enough to coat them
- Store in the fridge and enjoy!

**Recommendations:** Feel free to play around with different flavors in this recipe. You can use different flavored protein powders or spices!



# Chocolate Protein Mug Cake

Serving Size: about 13-15 balls

## **Ingredients:**

- 1 large ripe Banana, peeled and mashed
- 1 Egg
- 1 scoop Whey Chocolate Protein Powder
- 2 tbsp Dark Chocolate Chips
- A little Vanilla Extract (2-3 drops)

## **Directions:**

- Add all of the ingredients in a large mug. Mix really well until fully combined.
- Do not fill the mug all the way to the top with batter as it may spill while baking.
- Microwave for 1-2 minutes. Enjoy!

**Recommendations:** You can also use different flavors of protein powder and add ons. For example I also like using Strawberry protein powder, finely chopped strawberries (instead of chocolate chips) and 1/2 tbsp of sprinkles. Or Vanilla protein powder, 1 tbsp of peanut butter and 1 tbsp of crushed peanuts.





# Mango Papaya Chia Pudding

Serving Size: 2-3

## **Ingredients:**

- 250 grams of ripe Papaya, peeled, deseeded, and diced
- 250 grams of ripe Mango, peeled and roughly-diced
- 1 packet Stevia
- 1 tsp Vanilla Extract
- 1 cup of Coconut Cream
- 2 tbsp Chia Seeds
- Cardamon to taste (if you don't like it feel free to skip it!)

## **Directions:**

- Combine papaya, mango, stevia, vanilla, and cardamom in a food processor or blender. Blend until smooth and pure like.
- In a bowl combine the fruit pure with the coconut cream, and chia seeds. Stir until well combined.
- Divide the mixture into individual serving ramekins (or small containers) and chill for at least 2 hours.
- Serve chilled and enjoy!  
\*If you have extra fresh mangoes I highly recommend add some small chopped pieces on top before serving.

**Recommendations:** Papaya is very seasonal and can be tough to find. You are welcome to use just mangoes or add another fruit of your choice. Raspberries and mangoes together is delicious!



# Raspberry Thumbprint Cookies

Serving Size: about 10 cookies

## **Ingredients:**

- 2 cups Quick Oats
- 1 cup mashed ripe Banana (about 3 depending on their size)
- 3 tbsp of Hems Seeds
- 1 tsp Cinnamon
- 3 tbsp Almond Butter
- 1/8 teaspoon fine grain sea salt
- 1 cup of fresh raspberries mashed
- 2 tbsp of Maple syrup



## **Directions:**

- Preheat the oven to 350°F and line a baking sheet with parchment paper.
- In a large bowl, stir together the oats, mashed banana, hems seeds, cinnamon, almond butter and salt until well combined.
- With a spoon, scoop the dough into 10 round cookies. Press your thumb into the centre of each cookie.
- Bake cookies at 350°F for about 12 minutes, until the cookies are golden brown.
- While the cookies are baking: mix the mashed raspberries and maple syrup in a small bowl.
- Remove the cookies from the oven and add a little bit of the fresh raspberry filling to each cookie. Enjoy!

**Recommendations:** The fresh raspberry filling won't stay fresh for long. I recommend consuming in 1-2 days. Is you want the cookies to last throughout the week I recommend subbing the fresh raspberry filling for sugar free organic raspberry jam. Just add a tsp of jam to the center of each cookie before baking them!

# Strawberry & Cantaloupe Parfait

Serving Size: 2

## **Ingredients:**

- 1 cups Strawberry, chopped
- 1 cup of Cantaloupe, chopped
- 1 cup of Non Fat Greek Yogurt or a vegan option such as Coconut or Almond Yogurt (no sugar added)
- 1 tsp of Vanilla Extract
- 2 tbsp of Honey
- 2 tbsp of shaved almonds

## **Directions:**

- In a bowl mix the yogurt and vanilla extract.
- in small glasses or dessert bowl assemble the parfaits in layers of yogurt, cantaloupe, yogurt, strawberries.
- Top it with shaved almonds and drizzle honey on top.



**Recommendations:** You can use your favorite fruit combinations in this recipe. If you prefer you can also mix the honey together with the yogurt and vanilla extract. I love assembling these parfaits in wine glasses. It makes them look to beautiful and tasty!



# No Bake Cookies

Serving Size: 8 cookies

## **Ingredients:**

- 2 Ripe Bananas
- 3/4 cup Coconut Flour
- 1/4 cup Coconut Oil
- 2 tbsp Maple Syrup
- 1/4 cup Dark Chocolate Chips. You can also use a vegan option.

## **Directions:**

- In a medium bowl mash the bananas using a fork.
- Add the coconut flour, coconut oil, maple syrup, and chocolate chips. Stir until well mixed.
- Using a spoon portion out the batter and make little balls.
- Put them in a tray lined with parchment paper and press each ball carefully with the palm of your hands (or a spoon) to flatten them out.
- If you want you can add a few more chocolate chips on top of the cookies at the end.
- Chill for 20 minutes and enjoy!

**Recommendations:** You can also add a little peanut or almond butter to the raw dough before mixing, or drizzle it on top before eating...its delicious!



# Pina Colada Nice Cream

Serving Size: 2-3

## **Ingredients:**

- 4 Bananas, peeled and frozen
- 1/4 cup canned Coconut Milk.
- 1/2- 3/4 cup Frozen Pineapple (depending on your taste)
- 2 tbsp of Shredded Coconut (optional- good if you like to have pieces in your nice cream)

## **Directions:**

- To freeze the banana I recommend peeling them, cutting them into pieces and adding to a ziplock bag before freezing.
- Add the frozen bananas, coconut milk, and frozen pineapple into your high-powered blender or food processor.
- Blend the bananas on high speed using the plunger to push the bananas down as needed. Blend for about 2-3 minutes until well mixed.
- Optional: Add the shredded coconut and mix well with a spoon.
- Add the nice cream to a container with a lid and freeze for 2 hours so that it is hard enough to scoop. Enjoy!



**Recommendations:** For all the RadGirls over 21- you can add some rum to the mixture before freezing or add a little rum to it when serving for an “adult healthier version of pina colada” ;)

# Strawberry Almond Butter Chocolate Cups

Serving Size: 4-6 cups

## **Ingredients:**

- 6 ounces of Semi Sweet Chocolate or Dark Chocolate (90% or above)
- 1/3 cup no sugar added Almond Butter
- 2 1/2 cups Strawberry, chopped

## **Directions:**

- Line 4-6 muffin cups with paper liners.
- Melt the chocolate on top of double boiler over simmering water, stirring until smooth. You can also use the microwave checking every 10 seconds until fully melted (chocolate burns quickly in the microwave so be careful).
- Spoon 1 tablespoon of melted chocolate into each paper liner.
- Using a pastry brush, brush chocolate over the bottom and up sides of liners to coat evenly. Freeze until chocolate firms, about 15-30 minutes.
- Add a little almond butter to each chocolate cup and top it with the chopped strawberries.
- Keep refrigerated if not consumed right away.



## **Recommendations:**

You use different combination of flavors for this recipes by using different filling and fruits. A few favorites of mine are peanut butter & banana, coconut yogurt (instead of almond butter) and coconut flakes, or non sugar added raspberry jam with fresh berries on top.



# Peanut Butter & Cranberry Protein Balls

Serving Size: about 12 balls

## **Ingredients:**

- 1 cup Rolled Oats
- 1/3 cup dried Cranberries
- 1/2 cup no sugar added creamy Peanut Butter
- 1/2 cup of Vanilla Protein Powder
- 1/3 cup Maple Syrup
- 1 tbsp Chia Seeds
- 1 tsp Vanilla Extract



## **Directions:**

- Combine all ingredients (except the dried cranberries) in a food processor.
- Blend until the oats are chopped and a dough is formed (about 30 seconds). Add in the cranberries and mix well with a spoon.
- Scoop out 1 large tablespoon of the mixture and form into a ball. Set on a cookie sheet lined with parchment paper. Repeat with the rest of the dough.
- Chill in the fridge for about 30 minutes or until ready to eat. Enjoy!
- These protein balls can be kept in the fridge up to a week, or longer if kept in the freezer in a closed container.

**Recommendations:** You can play around with this recipes using different ingredients such as nut butters, coconut, dark chocolate chips, dried fruits and spices!

# Protein Brownies

Serving Size: About 12-16 brownie squares

## **Ingredients:**

- 1 cup overripe Mashed Banana or Applesauce
- 1 scoop (about 3-4 tbsps) Chocolate Protein Powder
- 2/3 cup Almond or Peanut Butter
- 1/3 cup Cocoa Powder
- 1 tsp Vanilla Extract
- 1/4 tsp Salt
- 1/4 cup of Maple syrup or Honey
- Optional: Semi Sweet Chocolate Chips and or crushed nut of choice (I recommend walnuts)



## **Directions:**

- Preheat oven to 325 F.
- Line an 8-inch pan with parchment paper.
- Gently heat your nut butter in low heat until easily stir-able (you can also use the microwave).
- Combine all of the ingredients (expect for the ones that are optional) in a large bowl, stirring until completely smooth.
- Add the brownie mixture to the lined pan, spreading the mixture evenly.
- Optional: sprinkle a little semi sweet chocolate chips and/or crushed nuts on top.
- Bake for 20-25 minutes (if you like gooey brownies I recommend 20 min).
- The brownies will be a little undercooked when you take them out. Let them cool, then loosely cover with a paper towel and place in the fridge overnight.

**Recommendations:** You can store the brownies in the fridge for 1-2 days or in the freezer for up to 1 month.

# Apple & Almond Cake

Serving Size: about 13-15 balls

## **Ingredients:**

- 1 1/2 cup of Almond Flour
- 2 tbsp of Baking Powder
- 1 pinch of Salt
- 1/2 tsp of ground cinnamon
- 3/4 cup of organic Maple Syrup
- 1/4 cup of Avocado Oil or Olive Oil
- 1 tsp of Vanilla Extract
- 1 Egg, beaten
- 1/2 cup of Almond Milk
- 3 Apples, peeled and diced
- 1/4 cup of Shaved Almonds
- Organic Almond Butter



## **Directions:**

- Preheat the oven to 350 ° F.
- In a medium bowl, combine flour, baking powder, salt and cinnamon.
- In a larger bowl, combine maple syrup, avocado oil, vanilla extract and the egg mix well using a whisker or a mixer.
- Add the dry ingredients mixture and the almond milk alternately to the liquid ingredients a little bit at time while mixing it.
- Once well mixed add the apple pieces and mix gently.
- Transfer the dough to a non-stick baking pan (or use parchment paper). You can separate into smaller amounts (using a muffin pan) or make one big one (using a 6 or 8 inch cake pan).
- Bake for 45 to 50 minutes or until a toothpick comes out clean.
- Sprinkle shaved almonds on top. If you want them to get more crunchy broil for 1-3 min. Remove from oven and drizzle melted almond butter on top.

**Recommendations:** Adjust this recipe based on your taste. You can add your favorite spices (I love adding a little ground clove and apple pie spice). You can also make this recipe with pears!



# Chocolate Peanut Butter Nice Cream

Serving Size: 2-3

## **Ingredients:**

- 4 Bananas, peeled and frozen
- 1/4 cup cocoa powder
- 2 tbsp of Peanut Butter (or Almond Butter)
- Optional: 1/4 cup Almond Milk or milk of choice.

## **Directions:**

- To freeze the banana I recommend peeling them, cutting them into pieces and adding to a ziplock bag before freezing.
- Add the frozen bananas, cocoa powder, and peanut butter into your high-powered blender or food processor.
- Blend the bananas on high speed using the plunger to push the bananas down as needed. Blend for about 2-3 minutes until well mixed.
- Add the nice cream to a container with a lid and freeze for 2 hours so that it is hard enough to scoop. Enjoy!

**Recommendations:** There are a lot of modification you can do to this recipes. For example skip the peanut butter and add chunks of dark chocolate (just a little) to the mixture before freezing for a “Chocolate Chunk Nice Cream”. Think if the favors you love and play around with the recipe!

