



NUTRIENT-DENSE SWEETS

PUMPKIN PIE SMOOTHIE

INGREDIENTS:

- ½ cup organic pumpkin puree (*make sure it is just pumpkin, not pumpkin pie filling*)
- 1 Frozen banana
- 3 dates, pitted (*or 4 tablespoons of date syrup – see Alternative Flavorings document*)
- ¼ teaspoon turmeric
- 1 teaspoon pumpkin pie spice
- 1 tablespoon raw almond butter
- ½ cup unsweetened soy or nut milk

DIRECTIONS:

Blend into a smoothie, then enjoy!

DATE POP-EM'S

INGREDIENTS:

- ¾ cup pitted dates, soaked in hot water for 20 minutes and then drained
- ¾ cup raw walnuts, pecans, or cashews
- ¾ cup dried cranberries, apricots, apple slices, or other dried fruit, chopped if necessary
- ¼ cup sunflower seeds
- 2 tablespoons goji berries or barberries
- 2 tablespoons chia seeds or hemp hearts (*hulled hemp seeds*)
- 2 tablespoons ground flaxseeds
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon

DIRECTIONS:

In a food processor, combine the drained dates and nuts and pulse until the nuts are finely ground and the dates are incorporated. Add the remaining ingredients and process until well combined. The mixture should be very sticky. If it seems to dry, add a little water. If the mixture seems too wet, add a little more ground flaxseed. Roll a heaping tablespoonful of the mixture between the palm of your hands to form a 1-inch ball. Transfer to a plate. Repeat. Cover the plate and refrigerate 4hr before eating. Keep refrigerated.



BANANA NICE CREAM

INGREDIENTS:

3 Frozen bananas peeled, cut into thirds
¼ C almond milk or dairy-free milk of your choice

DIRECTIONS:

The bananas used in this recipe should be well on their way to turning brown before you freeze them (it will not be as creamy or delicious if you use green or bright yellow bananas). Freeze the bananas ahead of time (easiest if peeled and then frozen in a Ziploc bag) and then add to food processor/high powered blender with non-dairy milk and blend until creamy. This is delicious as is, however it can also be flavored.

OPTIONS:

Gingerbread Almond Banana Nice Cream

Add 1 Tablespoon of raw almond butter, 1-2 teaspoons of grated ginger, a sprinkle of nutmeg, a sprinkle of cinnamon, and a sprinkle of ground cloves

Zombie Nice Cream

Add ½ teaspoon of Japanese matcha before blending/processing

Strawberry Nice Cream

Add 2 tablespoons of raw almond butter, 1 cup frozen strawberries, and ½ teaspoon vanilla extract

BLUEBERRY FLAX “YOGURT”

INGREDIENTS:

2 cups fresh or frozen blueberries
½ cup unsweetened soy milk
1 tablespoon ground flax seeds
3 dates, pitted

DIRECTIONS:

Blend until smooth. Chill and serve. Date syrup can be used in place of dates

ORANGE SLUSHY

INGREDIENTS:

1 cantaloupe
2 cups ice
6-8 dates

DIRECTIONS:

Blend the ingredients until smooth. Can use peaches or nectarines in place of cantaloupe. Date syrup can be used in place of dates.



AVOCADO CHOCOLATE PUDDING

INGREDIENTS:

- 1 rip avocado
- ½-¾ cups unsweetened soy, hemp, or almond milk (add more if needed)
- 2 tablespoons coco powder
- 6-8 dates, pitted
- ½ teaspoon vanilla extract

DIRECTIONS:

Blend all ingredients in a high-powered blender

BLACK BEAN BROWNIES

INGREDIENTS:

- 2 cups of cooked/canned black beans
- 1 ¼ cups pitted dates
- 2 tablespoons raw almond butter
- 1 teaspoon vanilla
- ½ cup coco powder
- 1 tablespoon ground chia seeds

DIRECTIONS:

Preheat the oven to 200 degrees F. Combine the black beans, dates, almond butter, and vanilla in a food processor or high-powered blender. Blend until smooth. Add remaining ingredients and blend again. Pour into a very lightly oiled 8x8in baking pan. Bake for 90 minutes. Cool completely before cutting. These taste best after they have been refrigerated.

CHOCOLATE CHERRY ICE CREAM

INGREDIENTS:

- ½ cup vanilla soy, hemp, or almond milk
- 2 tablespoons coco powder
- 4 pitted dates
- 1 ½ cups dark sweet cherries, frozen
- 1 teaspoon vanilla extract

DIRECTIONS:

Blend all ingredients together in a high-powered blender or food processor until smooth and creamy.



SWEET POTATO PEANUT COOKIES

INGREDIENTS:

- 2 tablespoons ground chia or flax seeds
- 1 ½ cups cooked/canned white beans
- 2 tablespoons peanut butter
- 1-2 ripe bananas
- ½ cup baked and peeled sweet potato
- 6-10 pitted dates
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 tablespoon vanilla extract
- 1 cup chickpea flour
- 1 teaspoon baking powder
- ½ cup dried apricots, cut into small pieces

DIRECTIONS:

Preheat oven to 350 degrees F. In a small bowl mix ground chia seeds with ½ cup water and stir. Let sit 2 minutes to form a gel. In a high-powered blender combine chia seed gel, white beans, peanut butter, 1 banana, sweet potato, dates, cinnamon, nutmeg, and vanilla extract. Blend until smooth and creamy. In a large bowl, combine the flour and baking powder and mix thoroughly. Add the blended mixture to this dry mixture and mix until flour is totally combined. Stir in apricot slices and second banana (cut into thin slices) and mix. Place parchment paper on large cookie sheet. Drop batter by spoonfuls onto the sheet and bake for 20 min.

