



Hustle + Chow's Healthy Holiday Desserts

Created by Hustle + Chow



Chocolate Orange Ginger Truffles

8 ingredients · 2 hours 20 minutes · 10 servings



Directions

1. Add the dates, ginger, coconut oil, shredded coconut, orange extract, salt, and 1/4 of the cacao powder to the bowl of a food processor. Process until a smooth consistency is achieved.
2. Fold in the chocolate chips and roll the batter into 1 1/2-inch balls. Add the remaining cacao powder to a small bowl. Roll each ball in it until well coated.
3. Transfer the balls to a plate or container and refrigerate for two hours, or until firm. Enjoy now or freeze for later!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size

One serving is equal to approximately one truffle.

More Flavor

Mix cinnamon and ginger powder into the rolling cacao.

Ingredients

- 1 cup Pitted Dates
- 1/2 cup Candied Ginger
- 2 tbsps Coconut Oil
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Orange Extract
- 1/2 tsp Sea Salt
- 1/2 cup Cacao Powder (divided)
- 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	204	Cholesterol	0mg
Fat	10g	Sodium	132mg
Carbs	26g	Vitamin A	1IU
Fiber	3g	Vitamin C	0mg
Sugar	21g	Calcium	14mg
Protein	2g	Iron	1mg

Spiced Apple Walnut Cake

11 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a cake pan with parchment paper.
2. In a large mixing bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and allspice. Then add the applesauce, maple syrup, and coconut oil.
3. Fold in the walnuts and raisins. Transfer the batter to the cake pan and bake for 30 to 40 minutes or until a toothpick comes out clean. Dust with arrowroot powder (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

A 9-inch cake pan was used to make 8 servings.

Nut-Free

Omit the walnuts.

More Flavor

Add a pinch of salt and ground cloves.

Additional Toppings

Top with whipped coconut cream, cream cheese, or coconut ice cream.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

1 cup All Purpose Gluten-Free Flour

1 tsp Baking Powder

1/2 tsp Cinnamon

1/4 tsp Nutmeg

1/8 tsp Ground Allspice

3/4 cup Unsweetened Applesauce

1/4 cup Maple Syrup

1/4 cup Coconut Oil (melted)

1/4 cup Walnuts (chopped)

1/4 cup Raisins

1 tsp Arrowroot Powder (optional)

Nutrition

Amount per serving

Calories	208	Cholesterol	0mg
Fat	9g	Sodium	64mg
Carbs	31g	Vitamin A	7IU
Fiber	4g	Vitamin C	0mg
Sugar	12g	Calcium	54mg
Protein	2g	Iron	1mg

Chocolate Dipped Clementines

4 ingredients · 25 minutes · 2 servings



Directions

1. In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
2. Dip each segment of clementine half way into the chocolate. Place on a plate and top with salt, if using. Continue with all slices and refrigerate until hardened, about 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Ingredients

- 3 tbsps Dark Chocolate Chips
- 1/2 tsp Coconut Oil
- 2 Clementines (peeled, sectioned)
- 1/4 tsp Sea Salt (flaky, optional)

Nutrition

Amount per serving

Calories	180	Cholesterol	0mg
Fat	9g	Sodium	296mg
Carbs	21g	Vitamin A	0IU
Fiber	1g	Vitamin C	36mg
Sugar	17g	Calcium	22mg
Protein	2g	Iron	1mg

Cranberry Apple Crisp

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. In an oven safe dish, mix together the apple, cranberries, and 1/3 of the sweetener.
3. In a bowl combine the remaining ingredients together and add on top of the apples and cranberries.
4. Bake in the oven for 20 to 25 minutes or golden brown. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Add pecans or walnuts.

Additional Toppings

Top with vanilla ice cream.

Ingredients

- 1 Apple (medium, chopped)
- 1/2 cup Frozen Cranberries
- 1 1/2 tbsps Monk Fruit Sweetener (divided)
- 1/2 cup Oats
- 1/4 cup Whole Wheat Flour
- 1 tbsp Unsweetened Applesauce
- 1/2 tsp Cinnamon

Nutrition

Amount per serving

Calories	195	Cholesterol	0mg
Fat	2g	Sodium	3mg
Carbs	51g	Vitamin A	69IU
Fiber	8g	Vitamin C	8mg
Sugar	11g	Calcium	35mg
Protein	5g	Iron	2mg

Clementine Sponge Cake

7 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Place the peeled clementines in a pot and cover with water. Bring the water to a simmer and cook for 1 hour. Drain the water and transfer the clementines to a blender. Blend into a purée and set aside to cool.
2. Preheat the oven to 375°F (190°C). Line a 9-inch springform cake pan with parchment paper.
3. In a mixing bowl, whisk together the eggs, clementine purée, maple syrup and baking powder. Gently fold in the oat flour until well combined. Transfer the batter to the pan.
4. Bake for 25 to 30 minutes, or until golden brown and a toothpick comes out clean. Garnish with rosemary sprigs and a dusting of arrowroot flour. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container or food wrap for up to one week. Freeze for up to two months.

Serving Size

One serving equals one slice. A 9-inch springform pan yields eight servings.

More Flavor

Add vanilla extract and/or almond extract.

Additional Toppings

Top with ice cream, yogurt, coconut whipped cream or jam.

No Oat Flour

Use almond flour instead.

Ingredients

- 6 Clementines (peeled)
- 6 Egg
- 1/2 cup Maple Syrup
- 1 tsp Baking Powder
- 2 cups Oat Flour
- 2 tbsps Rosemary (sprigs, for garnish)
- 1 tbsp Arrowroot Powder (for garnish, optional)

Nutrition

Amount per serving

Calories	257	Cholesterol	140mg
Fat	6g	Sodium	117mg
Carbs	41g	Vitamin A	215IU
Fiber	4g	Vitamin C	27mg
Sugar	17g	Calcium	108mg
Protein	11g	Iron	2mg

Dark Chocolate Turtles

3 ingredients · 30 minutes · 12 servings



Directions

1. Finely chop the dates or blend in a food processor until sticky.
2. With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
3. Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
4. Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
5. Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

Notes

No Pecans

Use hazelnuts, almonds, cashews or pumpkin seeds instead.

No Dates

Use a combination of prunes, dried apricots or raisins instead.

Storage

Refrigerate or freeze in an airtight container until ready to serve.

No Microwave

Melt the chocolate in a double boiler instead.

Serving Size

One serving is equal to one dark chocolate turtle.

Ingredients

1 cup Pitted Dates (soaked for 10 minutes then drained)

1/4 cup Pecans (whole or halves)

3 1/2 ozs Dark Chocolate

Nutrition

Amount per serving

Calories	99	Cholesterol	0mg
Fat	5g	Sodium	2mg
Carbs	13g	Vitamin A	6IU
Fiber	2g	Vitamin C	0mg
Sugar	10g	Calcium	12mg
Protein	1g	Iron	1mg

Vegan Cinnamon Rolls

10 ingredients · 35 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk together the almond milk, apple cider vinegar, and half the maple syrup. In a separate mixing bowl, combine the almond flour, tapioca flour, baking powder, and baking soda. Add the wet ingredients to the dry ingredients and combine until the dough becomes soft and sticky. Set aside.
3. Lay a large sheet of parchment paper on the counter and sprinkle with tapioca flour. Roll out the dough into a flat rectangle about 1/4 to 1/2-inch thick. Sprinkle the cinnamon and coconut sugar generously overtop, then tightly roll the dough into a log, using the parchment to keep from getting sticky.
4. Using floss or string, slice the dough into 1 1/2-inch rolls. Transfer to the baking sheet and bake for 12 to 15 minutes, or until cooked through. Let cool for five minutes before icing.
5. Whisk together the cream cheese and remaining maple syrup. Spread over the cinnamon rolls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. The icing can be left on or refrigerated separately. Microwave for 15 seconds before serving.

Serving Size

One serving equals one cinnamon roll.

More Flavor

Add vanilla extract to the dough and icing. Mix the coconut sugar and cinnamon with melted coconut oil before spreading onto the dough.

Additional Toppings

Top with chopped pecans.

No Almond Milk

Use cashew milk or canned coconut milk.

Ingredients

- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Apple Cider Vinegar
- 1/4 cup Maple Syrup (divided)
- 3 cups Almond Flour
- 2 cups Tapioca Flour (plus more for work surface)
- 1 tbsp Baking Powder
- 1/2 tsp Baking Soda
- 2 tbsps Coconut Sugar
- 1 tbsp Cinnamon
- 6 ozs Vegan Cream Cheese (room temperature)

Nutrition

Amount per serving

Calories	448	Cholesterol	0mg
Fat	27g	Sodium	362mg
Carbs	48g	Vitamin A	50IU
Fiber	5g	Vitamin C	0mg
Sugar	11g	Calcium	254mg
Protein	11g	Iron	3mg

No Tapioca Flour

Use arrowroot powder or cornstarch.

Cookie Caramel Chocolate Cups

8 ingredients · 1 hour · 10 servings



Directions

1. Line a muffin tray with paper baking cups and set aside.
2. Add the almond flour, maple syrup, and 3/4 of the coconut oil to a food processor. Blend until a soft, cookie dough-like texture forms. Divide the dough evenly between baking cups and press it into an even layer at the bottom of each baking cup. (Use damp fingers if the dough is too sticky.) Transfer to the freezer for at least 15 minutes or until firm.
3. Meanwhile, rinse out the bowl of the food processor. Add the soaked dates, peanut butter, salt, and reserved date water and blend until mostly smooth, scraping down the sides of the food processor when needed. Add one to two additional tablespoons of the date water if needed. The consistency of the date caramel sauce should be thick, mostly smooth, and not liquidy.
4. Using a spoon or damp fingers, add the date caramel sauce in an even layer to the top of the almond cookie layer. Place in the freezer for at least 15 minutes or until chilled.
5. Meanwhile, melt the chocolate and the remaining coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
6. Spoon the melted chocolate over the top of the caramel layer. Place in the freezer for at least 15 minutes or until the chocolate has set then transfer to an airtight container in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size

One serving is equal to one cup.

Peanut-Free

Use another nut or seed butter instead.

More Flavor

Add vanilla extract or top with flakey sea salt. Use almond or coconut milk instead of water for the date caramel.

Ingredients

- 1 cup Almond Flour
- 2 tbsps Maple Syrup
- 1/4 cup Coconut Oil (divided)
- 3/4 cup Pitted Dates (soaked in hot water for at least 10 minutes)
- 2 tbsps All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 2 tbsps Water (reserved from soaking the dates; plus more if needed)
- 4 1/3 ozs Dark Chocolate

Nutrition

Amount per serving

Calories	248	Cholesterol	0mg
Fat	18g	Sodium	33mg
Carbs	20g	Vitamin A	6IU
Fiber	4g	Vitamin C	0mg
Sugar	13g	Calcium	43mg
Protein	4g	Iron	2mg

No Dark Chocolate

Use milk chocolate instead.

No Maple Syrup

Use honey or another liquid sweetener instead.

Double Chocolate Mint Energy Balls

7 ingredients · 15 minutes · 6 servings



Directions

1. Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
2. Form the mixture into small balls with your hands and enjoy!

Notes

No Almonds

Use raw cashews instead.

Serving Size

One serving is equal to two balls.

Storage

Store in the fridge up to five days, or in the freezer for up to three months.

Ingredients

- 1/2 cup Pitted Dates
- 1/2 cup Almonds (raw)
- 2 tbsps Cacao Powder
- 1 tbsp Cacao Nibs
- 1/8 tsp Sea Salt
- 1/2 tsp Peppermint Extract
- 1 tbsp Water

Nutrition

Amount per serving

Calories	124	Cholesterol	0mg
Fat	7g	Sodium	50mg
Carbs	13g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	8g	Calcium	41mg
Protein	3g	Iron	1mg

No Bake Cheesecake Cups

6 ingredients · 35 minutes · 4 servings



Directions

1. Pulse the digestive biscuits in a food processor or blender until finely ground. Divide them evenly between cups.
2. In a medium bowl, whisk together the cream cheese, honey, coconut cream, and vanilla until fluffy and smooth.
3. Spoon the cream cheese mixture over the crumbled biscuits. Let it set in the fridge for at least 15 minutes. Top with raspberries and enjoy!

Notes

Leftovers

Cover the cups with plastic wrap and refrigerate for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup of cheesecake.

No Digestive Biscuits

Use graham cracker instead.

More Flavor

Add almond extract and/or lemon zest to the cream cheese mixture.

No Raspberries

Use blueberries, strawberries, or blackberries instead.

Digestive Biscuit

One biscuit is approximately 15 grams or 1/2 oz.

Ingredients

- 3 1/8 ozs Digestive Biscuit
- 1/2 cup Cream Cheese, Regular
- 2 tbsps Honey
- 1/4 cup Coconut Cream
- 1/4 tsp Vanilla Extract
- 1/2 cup Raspberries

Nutrition

Amount per serving

Calories	264	Cholesterol	27mg
Fat	16g	Sodium	256mg
Carbs	27g	Vitamin A	5IU
Fiber	2g	Vitamin C	4mg
Sugar	14g	Calcium	40mg
Protein	4g	Iron	1mg

Apple Pie Cashew Cheesecake Cups

8 ingredients · 2 hours 30 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tin with silicone or paper muffin liners.
2. In a food processor, combine the oats, half of the cinnamon, 1/3 of the coconut oil, 1/3 of the maple syrup, half of the vanilla, and half of the salt. Process until a sticky batter is formed.
3. Scoop 1 1/2 tablespoons of the batter into each muffin liner. With your fingers press and mold the batter to form an even crust around the bottom and sides. Transfer to the oven and bake for seven minutes.
4. Wipe out the food processor and add the cashews, 2/3 of the apple, and the remaining of the following ingredients: cinnamon, coconut oil, maple syrup, vanilla, and salt. Blend for two to three minutes or until the mixture is very smooth.
5. Divide the cashew mixture evenly into each of the baked crusts. Top with the remaining apple, and sprinkle with cinnamon to garnish. Transfer the cups to the fridge to set for at least two hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size

One serving is equal to one cheesecake cup.

Different Flavors

Use pumpkin pie spice in place of the cinnamon, and swap out the apple for pumpkin puree.

Short on Time

Soak the raw cashews in boiling water for 10 to 20 minutes.

Ingredients

- 2 cups Oats (rolled)
- 2 tsps Cinnamon (divided)
- 1/3 cup Coconut Oil (melted, divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract (divided)
- 1/2 tsp Sea Salt (divided)
- 1 cup Cashews (raw, soaked for at least 6 hours and drained)
- 1 1/2 Apple (large, chopped, divided)

Nutrition

Amount per serving

Calories	290	Cholesterol	0mg
Fat	17g	Sodium	137mg
Carbs	31g	Vitamin A	18IU
Fiber	3g	Vitamin C	1mg
Sugar	12g	Calcium	38mg
Protein	5g	Iron	2mg

Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 10 servings



Directions

1. Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
2. Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
3. Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
4. In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Serving Size

One serving is equal to approximately two truffles.

Additional Toppings

Top with crushed up candy cane or shredded coconut flakes.

More Flavor

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

Ingredients

- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

Nutrition

Amount per serving

Calories	133	Cholesterol	0mg
Fat	7g	Sodium	61mg
Carbs	17g	Vitamin A	1IU
Fiber	2g	Vitamin C	0mg
Sugar	13g	Calcium	17mg
Protein	1g	Iron	1mg

Gingerbread Brownies

13 ingredients · 35 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (177°C).
2. Place dates in a food processor and pulse until pureed, or chop the dates finely.
3. In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
4. Combine the remaining dry ingredients in a separate bowl.
5. Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
6. Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
7. Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

Make it as a Cake

Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.

Ingredients

- 1/2 cup Pitted Dates
- 3 Egg
- 2 2/3 tbsps Fancy Molasses
- 1/2 cup Coconut Oil
- 2 tsps Vanilla Extract
- 1 cup Unsweetened Almond Milk
- 1/2 cup Coconut Flour
- 1/4 cup Cocoa Powder
- 2 tsps Ground Ginger
- 1/4 tsp Ground Cloves
- 1 tsp Baking Soda
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	213	Cholesterol	62mg
Fat	15g	Sodium	370mg
Carbs	17g	Vitamin A	146IU
Fiber	4g	Vitamin C	0mg
Sugar	11g	Calcium	102mg
Protein	4g	Iron	2mg

No Bake Maple Pecan Bars

11 ingredients · 2 hours 10 minutes · 12 servings



Directions

1. Line a baking pan with parchment paper.
2. In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
3. Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
4. Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
5. Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
6. Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

Notes

Leftovers

Store leftover slices in the fridge for up to one week, or freeze for longer.

Serving Size

One serving is one square.

Baking Pan

This recipe was tested in an 8 by 8-inch baking dish.

Gluten-Free

Use gluten-free oats.

No Cashew Butter

Use almond butter instead.

Ingredients

- 1 1/2 cups Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tsps Water
- 1 tsp Vanilla Extract
- 1/4 cup Cashew Butter
- 3/4 cup Pecans (roughly chopped)

Nutrition

Amount per serving

Calories	284	Cholesterol	0mg
Fat	15g	Sodium	101mg
Carbs	36g	Vitamin A	7IU
Fiber	5g	Vitamin C	0mg
Sugar	21g	Calcium	67mg
Protein	6g	Iron	2mg

Ooey Goey Date Squares

10 ingredients · 30 minutes · 16 servings



Directions

1. Preheat oven to 375°F (191°C).
2. Place chopped dates in a small sauce pan with water. Place over low heat. Stir continuously with a fork until mixture forms a gooey paste.
3. In a large mixing bowl, combine flour, salt, baking soda, oats and cinnamon. Mix dry ingredients together. Then add oil, honey/maple syrup, almond butter and ¼ cup warm water. Use a spatula to stir well.
4. Divide the oat mixture into two even portions. Press one portion down into a pan to form the crust (we use an 8 x 8 inch square pan). Then use a spoon to spread date mixture evenly over the crust. Sprinkle the other half of the oat mixture evenly across the top.
5. Pop in the oven and let bake for 15 minutes. Remove from oven and let cool before cutting into squares. Enjoy!

Ingredients

- 1 cup Pitted Dates (finely chopped)
- 1 cup Water
- 1 cup Almond Flour
- 1/4 tsp Sea Salt
- 1 tsp Baking Soda
- 2 cups Oats
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil (melted)
- 1/4 cup Maple Syrup
- 1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	150	Cholesterol	0mg
Fat	7g	Sodium	118mg
Carbs	20g	Vitamin A	2IU
Fiber	3g	Vitamin C	0mg
Sugar	9g	Calcium	47mg
Protein	4g	Iron	1mg

Green Tea Shortbread Cookies

7 ingredients · 1 hour 30 minutes · 12 servings



Directions

1. In a medium-sized bowl, whisk together the flour, green tea powder, and salt. Set aside.
2. In a stand mixer, cream together the butter and sugar until very well combined, about four to five minutes. Add the vanilla and beat to incorporate.
3. With the stand mixer running on low, slowly add the flour mixture and beat until just combined.
4. Remove the dough. Place it on a cutting board and divide it in half. Place each half on plastic wrap and shape into 1 1/2-inch thick logs. Wrap and place in the fridge for at least one hour.
5. Preheat the oven to 350°F (175°C) and line two baking sheets with parchment paper.
6. Remove the dough from the fridge and slice it into 1/4-inch thick cookies. Place the cookies on the baking sheets, keeping about two inches of space from each other. Bake for eight to nine minutes, until the edges are just barely set. Let cool on the baking sheet before moving to a wire rack. Let them cool completely.
7. In a large bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
8. Carefully dip the cookies in the melted chocolate and set them on parchment-lined baking sheets until set. To speed up the process, transfer to the fridge to firm up. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size

One serving is approximately two cookies.

Gluten-Free Flour

This recipe was tested with Bob's Red Mill 1-to-1 Gluten-Free All-Purpose flour. Results may vary with other brands.

Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 2 tsps Green Tea Powder
- 1/4 tsp Sea Salt
- 1/2 cup Butter (room temperature)
- 1/4 cup Cane Sugar
- 1 tsp Vanilla Extract
- 3/4 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	222	Cholesterol	20mg
Fat	13g	Sodium	50mg
Carbs	23g	Vitamin A	237IU
Fiber	2g	Vitamin C	0mg
Sugar	11g	Calcium	4mg
Protein	2g	Iron	1mg

How to Measure Flour

Fluff the flour first and then spoon it into your measuring cup and use the back of a knife to level off the flour. Do not scoop the flour directly into your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your cookies dry, puffy, and crumbly.

Pecan Pie Squares

5 ingredients · 35 minutes · 16 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
3. Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
4. Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
5. Place in the oven and bake for 20 minutes.
6. Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

Notes

Leftovers

Store in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.

Ingredients

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

Nutrition

Amount per serving

Calories	245	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	21g	Vitamin A	9IU
Fiber	4g	Vitamin C	0mg
Sugar	13g	Calcium	23mg
Protein	4g	Iron	1mg

Gingerbread Oatmeal Bars

11 ingredients · 1 hour 20 minutes · 8 servings



Directions

1. Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
2. In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
3. Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
4. Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size

One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.

Ingredients

- 1/3 cup Maple Syrup
- 1 1/2 tbsps Blackstrap Molasses
- 1/2 cup Almond Butter
- 1 cup Oats
- 1/3 cup Pumpkin Seeds
- 1/3 cup Walnuts (roughly chopped)
- 1/3 tsp Ground Ginger
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Ground Cloves
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	245	Cholesterol	0mg
Fat	15g	Sodium	81mg
Carbs	23g	Vitamin A	2IU
Fiber	4g	Vitamin C	0mg
Sugar	11g	Calcium	103mg
Protein	7g	Iron	2mg

Vegan Pistachio & Date Halva

3 ingredients · 1 hour · 20 servings



Directions

1. Line a loaf pan with parchment paper.
2. Combine the tahini and dates in a food processor or blender and blend until smooth. Add a teaspoon of water at a time if needed to loosen up the mixture.
3. Gently fold in 3/4 of the pistachios and transfer to the loaf pan. Spread evenly and top with the remaining pistachios.
4. Freeze for at least an hour or until set. Cut into squares or slices and enjoy!

Notes

Leftovers

Keep frozen in an airtight container or freezer bag. Line with parchment paper between pieces if needed.

Serving Size

One serving equals one thin slice, about 1/4-inch thick. A standard loaf pan was used to make 20 servings. This recipe also works in an 8 x 8-inch dish.

Nut-Free

Use sesame seeds, coconut flakes or dried fruit instead of pistachios.

More Flavor

Use toasted pistachios.

Make it Sweeter

Add more dates, honey or maple syrup before transferring to the loaf pan for freezing.

Ingredients

3 cups Tahini

1 1/2 cups Pitted Dates (soaked, drained and rinsed)

1 cup Pistachios (shelled, roughly chopped, divided)

Nutrition

Amount per serving

Calories	280	Cholesterol	0mg
Fat	22g	Sodium	42mg
Carbs	18g	Vitamin A	57IU
Fiber	5g	Vitamin C	0mg
Sugar	8g	Calcium	164mg
Protein	8g	Iron	4mg

Cardamom & Lime Rice Pudding

9 ingredients · 25 minutes · 4 servings



Directions

1. In a medium pot, add the coconut milk, water, rice, lime juice, lime zest, cardamom, cinnamon, and vanilla extract.
2. Bring to a boil, stirring frequently. Simmer on low heat, stirring occasionally, for twenty minutes, or until the liquid is absorbed and the rice is cooked through.
3. Add the coconut sugar, stir to combine, and remove from heat. Allow it to sit for five minutes. Divide evenly between bowls, top with chopped pistachios and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat with additional coconut milk.

Serving Size

One serving is equal to approximately 1/2 cup.

Nut-Free

Use fresh fruit or raisins instead of pistachios.

More Flavor

Omit the water and use milk instead for an extra creamy pudding.

Ingredients

- 2 cups Canned Coconut Milk
- 1/2 cup Water
- 1/2 cup Basmati Rice
- 1/2 Lime (juiced and zested)
- 3/4 tsp Cardamom
- 1/4 tsp Cinnamon
- 1/2 tsp Vanilla Extract
- 2 tbsps Coconut Sugar
- 2 tbsps Pistachios (shelled, chopped)

Nutrition

Amount per serving

Calories	343	Cholesterol	0mg
Fat	23g	Sodium	31mg
Carbs	29g	Vitamin A	23IU
Fiber	1g	Vitamin C	2mg
Sugar	6g	Calcium	16mg
Protein	4g	Iron	0mg

Peanut Butter Buckeyes

7 ingredients · 1 hour · 16 servings



Directions

1. Line a baking sheet with parchment paper.
2. In a medium-sized mixing bowl, add the peanut butter, protein powder, coconut flour, maple syrup and salt. Mix to combine. Using a tablespoon, roll into balls and place them on the baking sheet. Repeat until the batter is used up and then place in the freezer to harden for 30 minutes.
3. In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
4. Remove the bukeyes from the freezer. Using a toothpick or a fork, dunk into the melted chocolate about 2/3 of the way up. Place back on the baking sheet. Repeat until all are dipped in chocolate. Place in the fridge to harden, about 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks. Freeze for up to 6 months. These are best enjoyed from the fridge or freezer.

Serving Size

One serving is equal to one ball.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Protein Powder

This recipe was tested with a plant-based protein powder.

No Protein Powder

Remove and replace with coconut flour, using half the amount called for.

Ingredients

1 cup All Natural Peanut Butter

1/4 cup Vanilla Protein Powder

3 tbsps Coconut Flour

3 tbsps Maple Syrup

1/4 tsp Sea Salt

3/4 cup Dark Chocolate Chips

1 1/2 tsps Coconut Oil

Nutrition

Amount per serving

Calories	188	Cholesterol	0mg
Fat	13g	Sodium	45mg
Carbs	13g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	9g	Calcium	19mg
Protein	6g	Iron	1mg

Super Seed Chocolate Bark

5 ingredients · 40 minutes · 8 servings



Directions

1. Line a plate or baking sheet with parchment paper.
2. 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 heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

Serving Size

One serving is equal to approximately 1/4 cup of bark.

More Flavor

Add sea salt or vanilla extract.

No Seeds

Use chopped nuts instead.

Ingredients

2 3/4 ozs Dark Chocolate

2 tsps Coconut Oil

1/4 cup Pumpkin Seeds

1/4 cup Sunflower Seeds

2 tbsps Hemp Seeds

Nutrition

Amount per serving

Calories	130	Cholesterol	0mg
Fat	11g	Sodium	3mg
Carbs	6g	Vitamin A	5IU
Fiber	2g	Vitamin C	0mg
Sugar	3g	Calcium	14mg
Protein	4g	Iron	2mg

Sticky Ginger Pudding with Coconut Ice Cream

10 ingredients · 1 hour · 6 servings



Directions

1. Preheat the oven to 350°F (177°C). Lightly grease a pie pan.
2. Make your gelatin egg by combining the hot water with gelatin in a small bowl. Set aside.
3. In a separate mixing bowl, whisk together the applesauce, melted coconut oil, maple syrup, ginger and baking soda.
4. Stir in the gelatin egg and apple cider vinegar. Then gently fold in the coconut flour until evenly combined.
5. Transfer to the pie pan and bake for 45 to 50 minutes or until golden brown and firm to the touch. The center should remain gooey.
6. Let cool slightly before serving. Scoop into bowls and top with ice cream. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Serving Size

One serving equals approximately 1/4 to 1/3 cup of sticky pudding.

Additional Toppings

Top with coconut whipped cream, cinnamon, cacao nibs, chia jam or fruit (fresh, poached or broiled).

No Applesauce

Use mashed banana, pear puree or pumpkin puree instead.

No Coconut Oil

Use ghee or butter instead.

No Gelatin

Make a chia or flax egg instead, or use real eggs in place of the gelatin and water.

More Flavor

Substitute some of the ground ginger with fresh grated ginger.

Ingredients

- 2 tbsps Water (hot)
- 1/4 oz Gelatin
- 1 cup Unsweetened Applesauce
- 1/2 cup Coconut Oil (melted)
- 1/3 cup Maple Syrup
- 1 tbsps Ground Ginger
- 1 tsp Baking Soda
- 1 tbsps Apple Cider Vinegar
- 1/2 cup Coconut Flour
- 1 1/2 cups Coconut Ice Cream

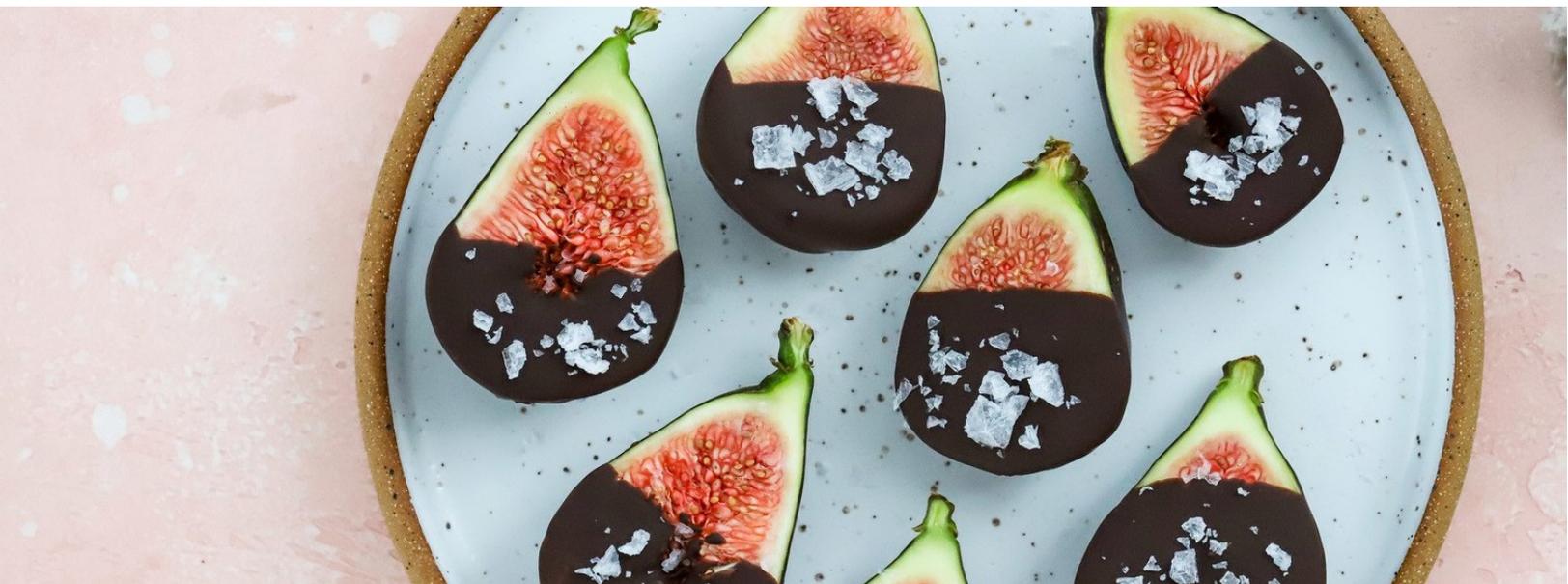
Nutrition

Amount per serving

Calories	408	Cholesterol	0mg
Fat	28g	Sodium	243mg
Carbs	30g	Vitamin A	12IU
Fiber	4g	Vitamin C	0mg
Sugar	21g	Calcium	22mg
Protein	3g	Iron	2mg

Chocolate Dipped Figs with Flaky Sea Salt

3 ingredients · 25 minutes · 4 servings



Directions

1. Line a baking sheet with parchment paper.
2. In a microwave-safe dish, melt the chocolate, working in 30-second intervals until the chocolate is smooth and melted.
3. Dip each fig into the chocolate and place on the parchment-lined pan. Top with sea salt. Place in the fridge for 20 minutes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to four chocolate-dipped figs.

Ingredients

3 1/2 ozs Dark Chocolate

8 Fig (cut in half)

1/8 tsp Sea Salt (flaky)

Nutrition

Amount per serving

Calories	222	Cholesterol	1mg
Fat	11g	Sodium	80mg
Carbs	31g	Vitamin A	152IU
Fiber	6g	Vitamin C	2mg
Sugar	22g	Calcium	53mg
Protein	3g	Iron	3mg

Coconut Chickpea Blondies

9 ingredients · 45 minutes · 16 servings



Directions

1. Preheat oven to 350°F (177°C) and brush a baking dish with coconut oil (use an 8x8 pan for 16 blondies).
2. Add all ingredients to a food processor and process until smooth.
3. Spread the batter evenly into the pan. (The batter will be very sticky, so brushing a spatula with coconut oil first will help.) Sprinkle extra coconut over the top and press in gently.
4. Bake for 20 to 25 minutes or until toothpick comes out clean and edges are slightly browned. Let cool for 20 minutes, then cut into squares. Enjoy!

Notes

Leftovers

Store in the fridge for 5 days or freeze in an airtight container.

No Maple Syrup

Use honey instead.

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

- 3/4 tsp Coconut Oil
- 2 cups Chickpeas (cooked)
- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Powder
- 1/4 tsp Baking Soda
- 1/3 cup Unsweetened Shredded Coconut (plus extra for garnish)

Nutrition

Amount per serving

Calories	108	Cholesterol	0mg
Fat	6g	Sodium	67mg
Carbs	11g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	4g	Calcium	47mg
Protein	4g	Iron	1mg