



Holiday Dessert Recipes

BROOKE MADER



Vegan Egg Nog

10 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Oat Milk (unsweetened)
2 cups Canned Coconut Milk
1/4 cup Maple Syrup
2 tsp Cinnamon
1 tsp Nutmeg
1 tsp Vanilla Extract
1/2 tsp Cardamom

DIRECTIONS

01 Add all the ingredients to a blender and blend on high for 30 seconds to one minute. Blend for longer if you prefer it frothier. Adjust the spices to your preference. Divide into cups and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 3/4 cup.

MORE FLAVOR

Use homemade dairy-free milk.

ADDITIONAL TOPPINGS

Top with coconut whipped cream and/or sprinkle with cinnamon or nutmeg.



Sticky Ginger Pudding with Coconut Ice Cream

6 SERVINGS 1 HOUR



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 tbsp Ground Ginger
1 tsp Baking Soda
1 tbsp Apple Cider Vinegar
1/2 cup Coconut Flour
1 1/2 cups Coconut Ice Cream

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Lightly grease a pie pan.
- 02 Make your gelatin egg by combining the hot water with gelatin in a small bowl. Set aside.
- 03 In a separate mixing bowl, whisk together the applesauce, melted coconut oil, maple syrup, ginger and baking soda.
- 04 Stir in the gelatin egg and apple cider vinegar. Then gently fold in the coconut flour until evenly combined.
- 05 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.
- 06 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.



Pistachio Pomegranate Bark

4 SERVINGS 30 MINUTES



INGREDIENTS

7 1/16 ozs Dark Chocolate (at least 70% cacao)
1 cup Pomegranate Seeds
1/2 cup Pistachios (shelled and chopped)
1/4 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 02 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 03 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 04 Once the chocolate is firm, break or cut it into pieces. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Vegan Pistachio & Date Halva

20 SERVINGS 1 HOUR



INGREDIENTS

3 cups Tahini

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

1 cup Pistachios (shelled, roughly chopped, divided)

DIRECTIONS

- 01 Line a loaf pan with parchment paper.
- 02 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.
- 03 Gently fold in 3/4 of the pistachios and transfer to the loaf pan. Spread evenly and top with the remaining pistachios.
- 04 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.



Pumpkin Pudding with Gelatin

3 SERVINGS 3 HOURS



INGREDIENTS

1/4 cup Unsweetened Almond Milk
1/4 oz Gelatin
1 2/3 cups Canned Coconut Milk (full fat)
1 cup Pureed Pumpkin
3 tbsps Monk Fruit Sweetener
1 tsp Pumpkin Pie Spice
3 tbsps Coconut Whipped Cream
1 tbsp Pumpkin Seeds

DIRECTIONS

- 01 Add the almond milk to a small mixing bowl and whisk. Sprinkle the gelatin over top and set aside. Let it sit while you prepare the rest. (Do not mix.)
- 02 In a small pot over medium-low heat, add the coconut milk, pureed pumpkin, monk fruit sweetener and pumpkin pie spice and whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm.
- 03 Remove the coconut milk mix from the heat and slowly pour it into the mixing bowl with the gelatin, whisking while you pour.
- 04 Place a sieve over the top of your jars and use a large spoon to transfer the pudding mixture into the jars through the sieve. (The sieve will ensure there are no clumps of gelatin remaining.) Store the jars in the fridge for two hours to set.
- 05 Remove the jars from the fridge and top each with coconut whipped cream and pumpkin seeds. Enjoy!

NOTES

LIKES IT SWEET

Add more monk fruit sweetener.

NO MONK FRUIT SWEETENER

Sweeten with maple syrup, honey or coconut sugar instead.



Pumpkin Pie Tarts with Coconut Whipped Cream

12 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

1 cup Almonds
1 cup Cashews
1 Egg
1/4 cup Coconut Oil (melted and divided)
1/3 cup Maple Syrup (divided)
1 tsp Vanilla Extract
1 tsp Cinnamon
1/2 tsp Sea Salt
2 1/4 cups Pureed Pumpkin
1/3 cup Unsweetened Almond Milk
2 1/2 tbsps Arrowroot Powder
2 tsps Pumpkin Pie Spice
1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

DIRECTIONS

- 01 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 02 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 03 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 04 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 05 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 06 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 07 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
- 08 In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 09 Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 10 When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!



NOTES

NO ARROWROOT POWDER

Use tapioca flour instead.

HOMEMADE PUMPKIN PIE SPICE

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

PUMPKIN PIE SQUARES

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.



Coconut Lemon Tarts

10 SERVINGS 4 HOURS



INGREDIENTS

1 tbsp Coconut Oil
2 cups Unsweetened Shredded Coconut
2 cups Pitted Dates
1/2 cup Water
1/2 oz Gelatin
1/4 cup Maple Syrup
1 1/2 Lemon (zested, juiced)
2 cups Canned Coconut Milk (full fat)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Grease a muffin tin with coconut oil or fill with liners.
- 02 Blend the coconut and dates in a food processor to form a crumbly mixture. Transfer to the muffin tin and use your fingers to form an even crust. Bake for 8 minutes or until slightly toasted. Set aside to cool.
- 03 Meanwhile, add the water to a pan and sprinkle the gelatin overtop. Let it thicken for about 5 minutes.
- 04 Heat the gelatin over low heat just until it melts. Remove from heat and stir in the maple syrup, lemon zest, lemon juice and coconut milk.
- 05 Fill the crusts with the coconut gelatin mixture and refrigerate for at least 4 hours.
- 06 Use a knife to loosen the sides and remove the tarts from the tin. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving equals one lemon tart, approximately the size of a regular muffin.

ADDITIONAL TOPPINGS

Add fresh fruit like blueberries to your gelatin filling before it sets.



Gingerbread Brownies

9 SERVINGS 35 MINUTES



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

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Place dates in a food processor and pulse until pureed, or chop the dates finely.
- 03 In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
- 04 Combine the remaining dry ingredients in a separate bowl.
- 05 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 06 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.
- 07 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.



Coconut Chickpea Blondies

16 SERVINGS 45 MINUTES



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)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and brush a baking dish with coconut oil (use an 8x8 pan for 16 blondies).
- 02 Add all ingredients to a food processor and process until smooth.
- 03 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.
- 04 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.



No Bake Dark Chocolate Coconut Cookies

15 SERVINGS 1 HOUR



INGREDIENTS

1 cup Unsweetened Shredded Coconut
1/2 cup Quick Oats
5 ozs Dark Chocolate (at least 70% cacao,
broken into pieces)
1 tsp Vanilla Extract
1/8 tsp Sea Salt

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Heat a large skillet or frying pan over medium heat. Add the coconut and the oats to the warm pan. Toast the coconut and oats for 5 to 8 minutes, stirring often, until golden brown. Transfer to a large mixing bowl to cool.
- 03 Meanwhile, set up a double boiler: 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.
- 04 Bring water to a boil then reduce to lowest heat. Add the dark chocolate to the smaller pot and stir until melted. Remove from heat and stir in the vanilla and salt.
- 05 Pour the melted chocolate into the bowl with the toasted coconut and stir to combine.
- 06 Spoon the chocolate and coconut mixture onto the prepared baking sheet and form into flat cookie shape approximately 2-inches in diameter. Freeze for about 30 minutes until solid. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week or freeze for up to one month. Cookies will melt if stored at room temperature.

SERVING SIZE

One serving is one cookie.

SUGAR-FREE

Use a sugar-free chocolate instead.



NO DOUBLE BOILER

Microwave the dark chocolate in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.



Peanut Butter Buckeyes

16 SERVINGS 1 HOUR



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 tps Coconut Oil

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 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.
- 03 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.
- 04 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.



Dark Chocolate Peanut Butter Cups

10 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

5 1/4 ozs Dark Chocolate (at least 70% cacao, broken into pieces)
1 1/2 tbsps Coconut Oil
1/2 cup All Natural Peanut Butter
1/2 tsp Vanilla Extract
1/8 tsp Sea Salt

DIRECTIONS

- 01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 02 Set up a double boiler: 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.
- 03 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir until melted. Remove from heat.
- 04 Divide half of the melted chocolate between the paper baking cups. There should be a thin, even layer of chocolate in each baking cup. Freeze for 10 to 15 minutes until solid.
- 05 Meanwhile, in a bowl combine the peanut butter, vanilla and salt. Stir until smooth.
- 06 Divide the peanut butter between the baking cups by spooning the peanut butter into the center of solid chocolate. Drizzle the remaining melted dark chocolate around and overtop the peanut butter.
- 07 Return to the freezer for about 30 minutes or until solid. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week or freeze for up to one month. Peanut Butter Cups will melt if stored at room temperature.

SERVING SIZE

One serving is one peanut butter cup.

NUT-FREE

Use sunflower seed butter instead.



ADDITIONAL TOPPINGS

Sprinkle the top of the peanut butter cups with coarse sea salt.

NO DOUBLE BOILER

Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.



Mint Chocolate Fat Bombs

8 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Almond Butter
1/4 cup Coconut Oil
3 tbsps Cocoa Powder
1/2 tsp Vanilla Extract
1/2 tsp Peppermint Extract
1/8 tsp Stevia Powder

DIRECTIONS

- 01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 02 Set up a double boiler: 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 to lowest heat.
- 03 Add the almond butter and coconut oil to the smaller pot and allow them to melt and stir to combine. Stir in the cocoa powder.
- 04 In a small bowl combine the vanilla, mint and stevia powder and stir until the stevia has fully dissolved. Add the stevia mixture to the almond butter mixture and stir well to combine.
- 05 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

NOTES

LEFTOVERS

Keep in the freezer for up to one month. They will melt at room temperature.

SERVING SIZE

One serving is one fat bomb.

NO ALMOND BUTTER

Use cashew butter or sunflower seed butter instead.

MORE FLAVOR

Adjust stevia and mint extract to taste. Add pinch of salt.

NO STEVIA POWDER

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.



NO PAPER BAKING CUPS

Use a silicone mold instead.



Chocolate Almond Butter Pudding

3 SERVINGS 5 MINUTES



INGREDIENTS

2 Avocado (peeled and pits removed)
1/4 cup Maple Syrup
1/2 cup Unsweetened Almond Milk
2 2/3 tbsps Cocoa Powder
1/4 cup Almond Butter

DIRECTIONS

- 01 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 02 Divide into small bowls, add your choice of toppings or enjoy as is!

NOTES

SERVING SIZE

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

NO COCOA POWDER

Use cacao powder instead.

NO ALMOND BUTTER

Use peanut butter or any type of nut butter.

OPTIONAL TOPPINGS

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

MORE FIBER

Add ground flax seeds before blending.



Chocolate Avocado Pudding

3 SERVINGS 10 MINUTES



INGREDIENTS

2 Avocado
1/2 cup Pitted Dates (chopped, soaked and drained)
2 tbsps Maple Syrup
1/2 cup Plain Coconut Milk (from the carton)
1/3 cup Cocoa Powder

DIRECTIONS

- 01 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 02 Add the cocoa powder and blend again until combined.
- 03 Serve chilled. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1/2 cup of pudding.

MORE FLAVOR

Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

ADDITIONAL TOPPINGS

Fresh berries or toasted coconut.

DATES

Medjool dates were used to create this recipe.

NO COCONUT MILK

Use another non-dairy or dairy milk instead.

NO FOOD PROCESSOR

Use a blender instead.



Chewy Gingerbread Cookies

12 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tsp Baking Powder
2 tsp Ground Ginger
1 tsp Cinnamon
3 tbsps Coconut Oil (melted)
1 Egg (room temp)
1 tsp Vanilla Extract
1/4 cup Fancy Molasses
1/4 cup Maple Syrup

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
- 03 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is equal to one cookie.

COCONUT FLOUR

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Almond Butter Coconut Whip with Blueberries

3 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Canned Coconut Milk (full fat, refrigerated overnight)
1 1/2 tbsps Almond Butter
2 tbsps Maple Syrup
1/2 cup Blueberries (fresh or frozen)

DIRECTIONS

- 01 Scoop out the thickened cream from the can of coconut milk that has been refrigerated overnight into the mixing bowl, and set aside the remaining coconut juice for other uses.
- 02 Add the almond butter and maple syrup. Use a hand mixer to whip until fluffy.
- 03 Divide the almond butter coconut whip into small bowls and top with blueberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

NO MAPLE SYRUP

Use honey or your sweetener of choice.

NO ALMOND BUTTER

Use hazelnut, peanut, cashew or sunflower seed butter instead.

CAKE FROSTING

This whip makes a great cake frosting. Simply double or triple the recipe (depending on cake size) to make enough whip to ice a cake.

SERVING SIZE

Each serving yields approximately 1/3 cup of almond butter coconut whip.



Chocolate Pumpkin Muffins

12 SERVINGS 35 MINUTES



INGREDIENTS

- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1 cup Pureed Pumpkin
- 1/4 cup Oat Milk
- 1/3 cup Coconut Sugar
- 1/4 cup Coconut Oil
- 1 1/3 cups Oat Flour
- 1/2 cup Cocoa Powder
- 2 tsps Pumpkin Pie Spice
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 cup Dark Chocolate Chips (optional)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 02 In a large bowl combine the ground flax and water. Let it sit for five minutes or until thickened.
- 03 To the same bowl, add the pumpkin, oat milk, coconut sugar, and coconut oil. Mix until smooth. Then add the oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt. Stir well until combined. Fold in the chocolate chips, if using.
- 04 Fill each muffin liner about 3/4 full and place in the oven to bake for 22 to 25 minutes, until cooked through. Remove from the oven and let cool before serving or storing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.

SERVING SIZE

One serving is equal to one muffin.

NO OAT MILK

Use almond milk.

ADDITIONAL TOPPINGS

Chopped pecans or walnuts.



Apple Cranberry Muffins

12 SERVINGS 35 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/4 cup Water
2 cups Oat Flour
1/3 cup Coconut Sugar
1 tsp Baking Soda
1/2 tsp Sea Salt
1 tsp Cinnamon
2/3 cup Unsweetened Almond Milk
2 Apple (small, grated)
1/4 cup Coconut Oil (melted)
3/4 cup Dried Unsweetened Cranberries

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 02 In a small bowl, mix the ground flax with water and set aside.
- 03 In a large mixing bowl, add the oat flour, coconut sugar, baking soda, sea salt and cinnamon. Whisk well. Then add the ground flax/water mix, almond milk, grated apple and melted coconut oil. Mix well to combine using a spoon or spatula. Gently fold in the dried cranberries.
- 04 Divide the batter into the prepared muffin tin. Bake for 22 to 24 minutes.
- 05 Remove the muffins from the oven and let them cool before placing on a cooling rack for 15 minutes. Serve and enjoy!

NOTES

SERVING SIZE

One serving is equal to one small muffin.

DENSITY

These muffins are quite dense due to the oat flour. They do not rise very much.

NUT-FREE

Use a nut-free milk instead of almond milk such as coconut, hemp or rice milk.

OPTIONAL TOPPINGS

Top muffins with almond butter or coconut butter.

LEFTOVERS

Refrigerate muffins up to four days. Freeze for longer.

NO COCONUT OIL

Use butter or ghee.



Apple Crumble Bites

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1/2 cup Canned Coconut Milk
- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 2 Apple (medium; cored and sliced into 1/2-inch wedges)

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 03 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 04 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

SERVING SIZE

One serving is approximately 6 to 8 wedges, or half of an apple.

MORE FLAVOR

Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

SERVE IT WITH

Drizzle of honey or yogurt for dipping.

APPLE

Gala apples were used to create this recipe.



Apple Crisp

8 SERVINGS 1 HOUR



INGREDIENTS

2 Apple (cored and sliced)
1/3 cup Maple Syrup (divided)
1 tbsp Coconut Flour (or 1 tbsp)
1/4 cup Unsweetened Applesauce
1 cup Oat Flour
3/4 cup Oats
1 tsp Baking Powder
1/2 tsp Sea Salt
1/3 cup Coconut Oil
1 cup Coconut Ice Cream (optional)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 02 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 03 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 04 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 05 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 06 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 07 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 08 Scoop into bowls and serve with coconut ice cream.

NOTES

LEFTOVERS

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

HOMEMADE OAT FLOUR

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.



Avocado Brownies

12 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 02 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top.
- 03 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 04 Remove from the oven and let cool before slicing. Enjoy!

NOTES

AVOCADO

One medium avocado is equal to approximately one cup of mashed avocado.

NO GHEE

Use coconut oil or coconut butter instead.

PAN SIZE

For 12 servings, we used a 9 x 9-inch pan.



Spiced Macaroons

20 SERVINGS 25 MINUTES



INGREDIENTS

1/3 cup Coconut Butter
1 tsp Cinnamon
1/2 tsp Ground Cloves
2 tbsps Maple Syrup
2 cups Unsweetened Shredded Coconut

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a saucepan over low heat, combine the coconut butter, cinnamon, cloves and maple syrup. Heat just until melted, stirring frequently. Remove from heat and gently fold in the shredded coconut using a spatula.
- 03 Very tightly pack the mixture into a tablespoon. Add more coconut butter or oil if the mixture is too loose.
- 04 Push down the edge of the macaroon with your thumb to help release it from the spoon. Transfer to the baking sheet and repeat for the remainder of the mixture.
- 05 Bake for 10 minutes or until golden brown. Let the macaroons cool completely to allow them to firm up. If the macaroons are too crumbly, freeze them before serving. Enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to three months. For best results, serve from frozen (no need to thaw).

SERVING SIZE

One serving equals approximately one macaroon.

NO COCONUT BUTTER

Use egg whites instead of coconut butter. This swap will make the macaroons more firm.



Sparkling Pomegranate Limeade

8 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Water
2 1/2 cups Sparkling Water
1/2 cup Lime Juice
3/4 cup Monk Fruit Sweetener
1/2 cup Pomegranate Seeds
1/2 oz Thyme Sprigs (for garnish, optional)

DIRECTIONS

- 01 Combine the water, sparkling water, lime juice, monk fruit sweetener and pomegranate seeds in a jug.
- 02 Serve into glasses and garnish with a sprig of thyme. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated for up to four days. For best results, add sparkling water just before serving.

SERVING SIZE

One serving equals approximately one cup.

NO MONK FRUIT SWEETENER

Use maple syrup instead and adjust the amount for sweetness.



Hot Chocolate

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 tbsps Cocoa Powder
1 tbsp Maple Syrup
1 3/4 ozs Dark Chocolate (at least 70% cacao)

DIRECTIONS

- 01 Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup and dark chocolate. Whisk well to combine.
- 02 Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup if needed. Divide into mugs and enjoy!

NOTES

MINT HOT CHOCOLATE

Add peppermint extract.

CAFE MOCHA

Add coffee and blend until a froth starts to form.

