



INSTASHRED

PRESENTS

FAT LOSS FRIENDLY DESSERTS COOKBOOK





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**DIABETES-FRIENDLY
DESSERTS COOKBOOK**

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INTRODUCTION

To have diabetes used to mean **NOT** having your cake (and NOT eating it too).

But what we know now is that blood sugar control is about far more than simply avoiding sweets. For one, **it's about MODERATION**. Sugary snacks affect *EVERYONE* negatively, not just type I or type II diabetics.

However, simple sugar foods will negatively affect those with insulin resistance much more quickly and dangerously than those who are not affected by diabetic complications. **BUT....**

...with that in mind, it's important to know that there is a difference between the packaged, highly processed, low-fiber sweet treats you find at your grocery store and **NATURAL** sugar versions of those same treats you can whip up from the comfort of your own kitchen!

Living with diabetes *does not mean that you must live a life free from all sweet treats*, with you destined to wander a cold, bleak, flavorless, dessertless desert for the rest of your miserable days.

Living with diabetes means learning how to eat **ALL** foods in moderation, especially sweet treats. But... you can still have your natural complex carbohydrate cake **AND** eat it too!

In this **Diabetes-Friendly Dessert Cookbook**, we're going to reveal a *WORLD* of amazingly delicious **NATURAL SUGAR** desserts, for those special occasions when you want to create a **SMALL** but **SATISFYING** treat for you and the whole family!

Just remember....it's all about *MODERATION*. We've got cakes, we've got yoghurts, we've got pies, we've got smoothies, we've even got our versions of ice-creams. Just remember, *no matter the treat, treat it as such...a TREAT*.

Avoid eating desserts with each and every meal. When you make any of these delicious desserts, just be aware that, though they are *FAR healthier versions* of the same snacks you'd find at the supermarket, they will still add sugar to your bloodstream. So PAIR them with healthy, fiber and protein-rich meals to slow your insulin response.

And be aware that these amazing desserts, though built with fresh, healthy, high-fiber fruits and antioxidant-rich dark chocolate cocoa, will still contain a significant amount of natural sugar. So **SHARE** these treats with your loved ones. Don't simply scarf down the entire dessert all by yourself!

So, please enjoy these recipes. We're sure you'll love each and every one!

CHOCOLATE BROWNIES



A delicious dessert for chocolate lovers.

CHOCOLATE BROWNIES

 **PREP** 10 mins

 **COOK** 40 mins

 **SERVES** 4

FAT 37.8G

CAL 388

INGREDIENTS

1 cup almond meal

1/2 cup (125ml) coconut oil

1/2 cup cocoa powder

1/2 cup (125ml) coconut milk

1 egg

2 tablespoons raw honey

1 teaspoon cinnamon

15 pistachio nuts (optional)

METHOD

Preheat oven to 320F (160C) on fan bake.

Line an oven proof tray with baking paper.

In a mixing bowl, add in the almond meal, coconut oil and cocoa powder. Mix well.

Add coconut milk to the bowl and crack in the egg. Mix ingredients together.

Lastly, add in the raw honey, cinnamon and pistachio nuts (optional) and mix again.

Spoon the mixture onto the lined oven tray, spread it out and place into the oven to bake for 20 minutes.

Take the tray out of the oven and let it cool for 20 minutes.

Cut brownies into slices, serve and enjoy!

LIME CHEESECAKE



*Try this amazing dessert, very quick to make
and great for dinner guests.*

LIME CHEESECAKE

 **PREP** 20m

 **COOK** 1hr

 **CHILL** 1hr

 **SERVES** 8

FAT 37.8G

CAL 388

INGREDIENTS

Base

1 cup almonds
1/3 cup coconut oil, melted
6 dates
1/2 cup shredded coconut
1/4 cup coco

Topping/Filling

1 1/2 cups raw cashew nuts
4 tablespoons raw honey
6 tablespoons coconut oil
1/4 cup almond milk
1/2 cup lime juice
2 tablespoons lime zest
1 teaspoon vanilla essences

METHOD

Base

Start by making the base first, and soak the raw cashew nuts in water overnight, making sure water covers them.

In a blender add in almonds, shredded coconut, dates, and coco.

Place the coconut oil in a microwave safe bowl and microwave for 2 minutes to soften, then pour into the blender.

Blend until semi-smooth, remove the lid and mix together to make sure it all gets blended, you may need to repeat a few times.

Spoon the base mix into a non-stick muffin tray or silicone muffin mould and compact.

Top/Filling

Start by draining the soaked cashew nuts and place in a small hand blender

Add the raw honey to the blender.

Add the vanilla essence to the blender.

Add the coconut oil to the blender, soften in microwave for 2 minutes first if you need to.

Add in the lime zest, freshly squeezed lime juice and almond milk.

Blend the mix for 10 minutes (if using a bigger blender time will be reduced).

Spoon the topping onto each of the bases.

Place the muffin tray in the freezer for 1 hour to chill and set.

Take out of the freezer and remove them from the muffin tray. Let them sit on the bench for another 10 minutes before eating.

Enjoy this wonderful treat!

BANANA & BERRY FROZEN DESSERT



The Yonanas craze is here! Enjoy this fantastic dairy-free dessert, made from 100% natural frozen fruit (no, I'm not kidding!)

BANANA & BERRY FROZEN DESSERT

 **PREP** 5 mins

 **COOK** 5 mins

 **SERVES** 6

FAT 37.8G

CAL 388

INGREDIENTS

4 frozen ripe bananas,
chopped into thirds

1 ½ cups frozen
raspberries

1 ½ cups frozen
boysenberries

Note: These ingredients are based on a serving size for 6 people, so you can halve the ingredients if you are only making dessert for 2-3 people.

METHOD

At least 6 hours before you are going to make your frozen dessert, you need to prepare your fruit. Peel your ripe bananas (they should be spotted but not brown) and chop into thirds. Then place them into a sealed freezer bag and put into the freezer.

Place your fresh boysenberries and raspberries into freezer bag and also place them into the freezer.

Remove your frozen bananas, raspberries and boysenberries from the freezer and let semi defrost for about 10 minutes. This makes it easier on the machine and gives the dessert a smoother texture.

Set up your Yonanas Dessert Maker and place a bowl under the machine at the bottom where the dessert comes out.

Remove the black cylinder from the chute, and add into the chute two pieces of frozen banana, followed by a small handful of frozen raspberries and boysenberries

Turn the machine on and push the black cylinder down onto the fruit, so it forces the fruit through the blender. You should quickly see it coming out the bottom of the Yonanas machine (in a 'soft serve' like texture).

Keep repeating this process, alternating adding frozen banana and berries to the machine, until all of your ingredients have been used up.

Make sure you keep rotating the bowl at the bottom, so the frozen dessert doesn't over-flow!

Serve and enjoy this delicious treat!

About Yonanas Healthy Frozen Dessert Maker:

The Yonanas Healthy Frozen Dessert Maker is kitchen appliance that transforms your 100% frozen fruit into creamy, frozen soft serve desserts.

Simple and easy to use, all you need to do is make sure your freezer is well-stocked with ripe fruit!

TAPIOCA & COCONUT PUDDING



Try this delicious pudding!

TAPIOCA & COCONUT PUDDING

 **COOK** 25 mins

 **SERVES** 4

FAT 52G

CAL 734

INGREDIENTS

1 cup small tapioca pearls

3 1/4 cups (800ml) coconut milk,
full-fat

1/4 teaspoon Himalayan rock salt

1/3 cup honey

2 free range eggs

2 teaspoons vanilla bean paste

1/3 cup shredded coconut

Coconut oil, for greasing

METHOD

Bring the tapioca, coconut milk, and rock salt to a boil in a saucepan over medium-high heat, stirring constantly.

Once boiling, reduce the heat to medium-low and then stir in the honey. Simmer for 5 minutes, stirring constantly.

Preheat oven to 360F (180C) on fan grill.

Whisk the eggs in a bowl until smooth.

Pour in about 1/2 cup of the hot tapioca mixture in with the whisked eggs very slowly, while continuing to whisk the entire time. Make sure to take your time with this step, otherwise you'll end up with scrambled eggs!

Gradually pour the egg mixture into the saucepan with the tapioca mix, stirring.

Stir in the vanilla bean paste, then return the pudding to the stove and continue to gently simmer for 3 minutes, or until thickened.

Grease an oven dish with coconut oil.

Remove the pudding from the stove, and slowly pour it into the oven dish.

Sprinkle coconut evenly over the pudding.

Put the pudding in the oven and grill for 4-6 minutes, or until the coconut is toasted and golden. Remove from heat and allow cooling for 5-10 minutes before serving. Enjoy hot or cold!

DARK CHOCOLATE MOUSSE



Try this delicious, creamy, dark chocolate mousse!

DARK CHOCOLATE MOUSSE

 **PREP** 15 mins

 **CHILL** 4 hrs

 **SERVES** 4

FAT 23.2G

CAL 308

INGREDIENTS

1 ripe avocado

1 cup (250ml) coconut milk

2 tablespoons honey

1/4 cup dates, pitted

1/2 cup cacao powder

1/4 tablespoon Himalayan pink salt

1 tablespoon vanilla extract

METHOD

Peel and remove stone from the avocado.

In a food processor add the avocado, coconut milk, honey and dates and blend until a smooth and creamy mixture.

Now add cacao powder, salt and vanilla extract and resume processing until well mixed.

Transfer the mix into a large mixing bowl and whisk for 2-3 minutes by hand until light and fluffy.

Divide the mousse into 4 bowls or glasses, lightly dust or sprinkle over cacao powder and place in the fridge to set for at least 4 hours.

Enjoy!

MIXED BERRY AND COCONUT SORBET



Try this delicious sorbet, packed with real fruit!

MIXED BERRY AND COCONUT SORBET

 **PREP** 1 hr 30 mins

 **SERVES** 5

FAT 40.5G

CAL 509

INGREDIENTS

3 1/2 cups (800ml) coconut milk

1/3 cup honey

1 cup strawberries

1 cup raspberries

1 cup boysenberries

1 cup blueberries

Juice of 1 lemon

METHOD

In a blender add in coconut milk, honey, all the berries and blend until smooth.

Zest in the skin of half a lemon and the juice of 1 whole lemon and blend again.

Transfer the mixture into an ice cream machine and churn for 90 minutes, or judge the time to churn by following the instructions of your ice cream machine and checking the mixture.

Remove from the ice cream machine and place in a freezable container to set.

Enjoy this amazing summer treat!

ALMOND FUDGE



This delicious fudge is perfect as a snack or a dessert!

ALMOND FUDGE

 **PREP** 15 mins

 **CHILL** 3 hrs

 **SERVES** 12

INGREDIENTS

Crust

1 cup dates, pitted

1 cup dried coconut

1 cup almonds

Filling

1 cup dates, pitted & soaked

1 cup cashews, soaked

1/2 cup (125ml) almond milk

4 tablespoons almond butter

1/3 cup maple syrup

1 teaspoon vanilla bean paste

Pinch of salt

1/2 cup coconut oil, melted

METHOD

Place the cashews and dates into a medium bowl and cover with water. Leave them to soak for 2 hours.

Line the bottom and sides of a brownie tin with baking paper.

Place crust ingredients in a food processor and pulse until you get a grainy mixture. Press crust evenly into the base of the brownie tin, and place in the freezer.

Place all filling ingredients except for the coconut oil in the food processor or blender and blend until smooth and creamy. Add in the coconut oil and blend again until combined. Spread evenly on top of the base, using a spatula. Place into the freezer to set for at least 3 hours. When set, cut into slices with a warmed knife. Store in an airtight container in the freezer. Enjoy!

ALMOND DATE BLISS BALLS



These delicious almond date bliss balls are the perfect snack! Note: This recipe requires chilling in the fridge for 2 hours.

ALMOND DATE BLISS BALLS

 **PREP** 1 hr 1 min

 **COOK** 2 hrs 2 mins

 **FREEZE** 1 hr 2 mins

 **CHILL** 1 hr 2 min

 **SERVES** 12

FAT 4.6G

CAL 118

INGREDIENTS

12 Medjool dates, pitted

1 tablespoon cacao powder

2 tablespoons almond butter

3/4 cup raw almonds

METHOD

Place the dates, cacao powder and almond butter into a food processor.

Blend until the mixture resembles a paste.

Add the almonds and pulse until they are finely chopped.

Use a spoon to roll the mixture into tablespoon sized balls.

Place balls into an air tight container, lined with baking paper, and allow to set in the fridge for 2 hours. Enjoy!

APPLE CINNAMON CAKE



A delicious cinnamon and apple cake dessert!

APPLE CINNAMON CAKE

 **PREP** 10 mins

 **COOK** 45 mins

 **SERVES** 8

FAT 16G

CAL 230

INGREDIENTS

Cake

2 1/2 cups almond flour

1/4 teaspoon rock salt

1/2 teaspoon baking soda

1/4 cup coconut oil

1/2 cup pure maple syrup

4 free range eggs

Topping

1/4 cup melted coconut oil

1/4 cup coconut sugar

2 tablespoons cinnamon

2 granny smith apples, peeled & sliced

METHOD

Line a cake pan with baking paper and dust with almond flour.

In a food processor combine flour, salt, and baking soda.

Add in the coconut oil, maple syrup, eggs and pulse until fully combined.

Pour into your cake pan.

To make topping, combine coconut oil, coconut sugar, and cinnamon. Now add the sliced apples and use your hands to make sure the apples are coated with the topping mixture.

Now place the sliced apples on to the top of your cake and sprinkle any remaining topping mixture over the top.

Bake at 350F (180C) for 45 minutes.

Enjoy!

APPLE BERRY CRUMBLE



This delicious berry crumble is the perfect dessert and is sure to impress guests!

APPLE BERRY CRUMBLE

 **PREP** 10 mins

 **COOK** 30 mins

 **SERVES** 8

FAT 24.7G

CAL 321

INGREDIENTS

4 Granny Smith apples, peeled & sliced

1 cup fresh strawberries, sliced

2 tablespoons coconut sugar

1 tablespoon cinnamon

1 cup almond meal

1 cup almonds, roasted & chopped

1/4 cup coconut oil, melted

METHOD

Preheat oven on fan bake at 360F (180C).

Place apples and strawberries into a medium sized baking dish and sprinkle 1 tablespoon of coconut sugar over the fruit.

To make the crumble topping, take a medium sized bowl add the remaining ingredients and mix until combine.

Sprinkle the crumble mix over the top of the fruit and bake for 30 minutes.

Enjoy!

BAKED PEARS



This healthy dessert is yummy and so easy to make.

BAKED PEARS

 **PREP** 5 mins

 **COOK** 30 mins

 **SERVES** 4

FAT 3.9G

CAL 125

INGREDIENTS

2 large ripe pears

1/4 teaspoon ground cinnamon

1/4 cup cashew nuts, crushed

2 teaspoon honey

METHOD

Preheat the oven to 350F (180C).

Cut the pears in half and place them on a baking sheet. You may also cut a sliver off the other end of your fruit so it stays upright.

Using a measuring spoon or a melon baller, scoop out the seeds.

Sprinkle with cinnamon, top with cashew nuts and drizzle some honey over each one.

Bake in the oven for 30 minutes. Cool before serving. Enjoy!

GRILLED PINEAPPLE WITH CINNAMON GLAZE



You have to try this, it's absolutely amazing!

GRILLED PINEAPPLE WITH CINNAMON GLAZE

 **PREP** 7 mins

 **COOK** 10 mins

 **SERVES** 4

FAT 0.6G

CAL 127

INGREDIENTS

2 tablespoons honey

1/2 teaspoon ground cinnamon

1 small pineapple, peeled & sliced

Roasted Sesame seeds, for garnish

METHOD

In a small bowl, combine honey and cinnamon.

Using a pastry brush, apply a thin glaze over the cut pineapples.

Grill the pineapples.

Top with roasted sesame seeds.

Serve and enjoy!

CINNAMON CARROT CAKE



This delicious carrot cake is a treat sure to impress!

CINNAMON CARROT CAKE

 **PREP** 15 mins

 **COOK** 25 mins

 **SERVES** 8

INGREDIENTS

3 eggs

3/4 cup maple syrup

1 tablespoon vanilla extract

1 teaspoon nutmeg

1 tablespoon ground cinnamon

2 1/2 cups almond flour

1 teaspoon baking powder

1/2 teaspoon baking soda

11 1/2 ounces (350 grams) finely shredded carrot

2 1/2 ounces (70 grams) pecans

1/2 cup coconut oil, melted

3 cups coconut cream

METHOD

Preheat oven to 350F (180C).

Combine the eggs, maple syrup, vanilla extract, nutmeg, cinnamon and almond flour into a food processor, then process to combine.

Now add in the baking powder, baking soda, carrots and pecans. Process to combine. Note: Add in the pecans at the end and pulse the mixture if you prefer them to be coarsely chopped.

Finally add in the coconut oil and process for the final time, making sure all the ingredients are well mixed.

Divide the mixture evenly between two cake pans lined with baking paper, and bake in the oven for 20-25 minutes until risen and browned.

Take out of the oven and let them rest for 15-20 minutes.

Spread half of the coconut cream on one of the cake halves, then place the second cake on top and add the other half of the coconut cream on top.

Garnish with chopped pecans, then slice and enjoy!

Cake can be stored in the fridge in a seal tight container for 2-3 days.

SULTANA CAKE



This delicious sultana cake is a perfect snack food or dessert!

SULTANA CAKE

 **PREP** 10 mins

 **COOK** 1 hr 25 mins

 **SERVES** 12

FAT 12G

CAL 160

INGREDIENTS

2 cups sultanas
2 cups granny smith apples, grated
3 eggs
3 tablespoons macadamia nut oil
1 teaspoon vanilla extract
1 orange, zest & juice
1 tablespoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon grated nutmeg
1/4 teaspoon Himalayan rock salt
2 cups ground almonds
1/2 cup almonds, blanched

METHOD

Preheat oven to 300F (150C). Line a baking tin with baking paper.

Using a medium sized bowl mix the sultanas, grated apples, orange zest and juice.

Put the eggs, oil, vanilla, spices and salt in a large bowl and whisk gently.

Add the dried fruit to the wet mix and stir.

Now add the ground almonds and stir to combine.

Once fully combined pour into the tin and decorate the top with your almonds.

Fold the paper flaps in to stop the top from browning too much, or cover the top loosely with foil.

Cook for about 75-85 minutes.

Cool in the tin and serve, or store in a cool place or in the fridge for up to a month.

RAW BROWNIES



These delicious raw brownies are the perfect treat!

RAW BROWNIES

 **PREP** 15 mins

 **SERVES** 3

FAT 24.7G

CAL 446

INGREDIENTS

1 1/2 cups cashew nuts

Pinch of salt

1 cup dates, pitted

1 teaspoon vanilla

1/3 cup unsweetened cocoa powder

METHOD

Using a food processor, finely grind the cashew nuts.

Add salt, dates, vanilla, and cocoa powder. Mix well.

With the blender still running, add a little bit of water, until the mixture becomes sticky.

Put the mixture in a bowl and form small round balls using your hands.

You may roll in some cashew or add your favorite dried fruit into the mix. Store in an airtight container and refrigerate. Lasts up to 5 days.

BLONDIES



Delicious blondies! A must try!

BLONDIES

 **PREP** 10 mins

 **COOK** 25 mins

 **SERVES** 8

FAT 42.5G

CAL 527

INGREDIENTS

Wet Mixture

3/4 cup almond butter

1/3 cup coconut oil, softened

3/4 cup maple syrup

1 tablespoon vanilla extract

2 eggs

Dry Mixture

2 cups ground almonds

1 teaspoon baking powder

2 1/2 ounces (75 grams) crushed pecans

METHOD

Preheat oven to bake at 350F (180C).

Place the almond butter and coconut oil in a medium sized bowl and mix together until fully combined.

Pour in the maple syrup, vanilla extract and crack the eggs into the almond butter mixture.

Whisk all the ingredients until they are fully combined.

Place the ground almonds, baking powder and pecans into a large bowl.

Mix all the dry ingredients together.

Place the wet ingredients in the large bowl with the dry ingredients.

Mix all the ingredients thoroughly for 2 minutes or until fully combined, it will be a very thick and sticky consistency.

Pour the mixture into a baking tray lined with parchment paper, use a spatula to spread the mixture out evenly.

Bake for 20-25 minutes, the top should be golden brown.

Once out of the oven, let it cool for about 10 minutes, and slice carefully. They should be slightly hard and crispy on the outside but a little mushy and goeey on the inside. Enjoy!

FRUIT SALAD



Fresh fruit is the best! Great with breakfast, desserts or just a snack!

FRUIT SALAD

 **PREP** 20 mins

 **CHILL** 15 mins

 **SERVES** 5

FAT 0.9G

CAL 195

INGREDIENTS

Fresh Fruit

3 slices fresh pineapple

1/2 rockmelon

1/2 pawpaw

4 kiwifruit

1 1/2 cups blueberries

1 1/2 cups grapes

1 punnet (1/2 pound) strawberries

Fruit Salad Drizzle

2 tablespoons honey

2 teaspoons orange zest

1 teaspoon lime zest

Juice of 1 orange

Juice of 1 lime

4 sprigs of mint, finely chopped

METHOD

Slice and cube the pineapple, rockmelon, pawpaw, and kiwifruit and add to a large bowl.

Add blueberries, grapes, and quartered strawberries.

For the drizzle, add honey to a mixing jug and microwave for 30 seconds to make it runny. Add zest of orange and lime, orange and lime juice, and mint.

Stir briskly until well mixed and pour over fruit salad.

Mix drizzle through fruit salad lightly and serve immediately.

Enjoy!

CINNAMON & COCONUT BAKED PEARS



A great healthy sweet treat, this is great with a sweetened whipped coconut cream.

CINNAMON & COCONUT BAKED PEARS

 **PREP** 15 mins

 **COOK** 20 mins

 **SERVES** 6

FAT 0.3G

CAL 110

INGREDIENTS

6 ripe pears

1/2 cup of coconut sugar

1 heaped tablespoon of cinnamon powder

1 large lemon

METHOD

Peel and core pears.

Mix cinnamon and coconut sugar together in a large bowl.

Fill a large pot with enough water to submerge your pears.

Juice the lemon into the pot of water.

Place the pot of water and lemon juice on heat and bring to a boil.

Add your pears to the boiling water and lemon juice, cook for 5-8 mins until you can slightly pierce the pears with a knife.

Strain pears from liquid and place in the fridge to allow them to cool.

Pre heat your oven to 180 degrees.

Once cooled roll your pears in the coconut and cinnamon sugar mixture.

Place on a baking tray and bake for a further 10-15 minutes until the sugar begins to caramelize on the outside of the pears.

CINNAMON WHIPPED COCONUT CREAM



*A great smooth alternative to full fat cream, great with cinnamon and coconut sugar baked pears.
chilling time 8 hours for coconut cream*

CINNAMON WHIPPED COCONUT CREAM

 **PREP** 10 mins

 **FREEZE** 1 hr

 **CHILL** 8 hrs

 **SERVES** 6

FAT 27.8G

CAL 267

INGREDIENTS

2 cans of coconut cream

1 tablespoon of cinnamon powder

1 tablespoon of coconut sugar

METHOD

When chilling coconut cream make sure not to tip or shake your can so the cream and water in the can do not mix.

Once chilled for the appropriate amount of time open coconut cream and scoop out just the cream into your chilled bowl.

Add cinnamon and coconut sugar to your coconut cream.

Whisk coconut cream with your chilled attachments until it holds its shape on a whisked peak.

STRAWBERRY PEACH TURNOVERS



Divine vegan dessert

STRAWBERRY PEACH TURNOVERS

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6

FAT 55G

CAL 544

INGREDIENTS

6 peaches
2 punnets strawberries
1 tablespoon five spice
1 tablespoon vanilla paste
1 1/2 cups almond flour
1 1/2 cups coconut flour
3/4 cup tapioca flour
1/2 teaspoon salt
1 1/2 cup coconut oil
3/4 cup cold water
1 teaspoon apple cider vinegar

METHOD

Preheat oven to 400 degrees Fahrenheit.

Mix all dry ingredients together in a large bowl.

Knead in coconut oil into dry mix.

Mix water and vinegar, add to kneaded mixture.

Mix until fully combined.

Slice peaches and strawberries, place into a separate large bowl and five spice and vanilla.

Heat a frying pan, saute peaches and strawberries until tender, set aside and let cool.

Separate dough into 2, roll thinly between baking paper, layer with strawberry mix, leaving some space between.

Roll second half of dough , use as a top over strawberry mix, slice into portions, crimp the edges, place on a baking tray and bake in preheated oven.

VEGAN BEETROOT CHOCOLATE BROWNIE



VEGAN BEETROOT CHOCOLATE BROWNIE

 **PREP** 30 mins

 **COOK** 1 hr 1 min

 **SERVES** 6

FAT 20.1G

CAL 196

INGREDIENTS

2 tablespoons of ground linseed
6 tablespoons of water
3 medium size beetroot
3 tablespoons of coconut oil
1 1/3 cup of coconut milk
1/2 cup cacao powder
1/4 cup tapioca flour
1 tablespoon of vanilla bean paste
1/2 cup coconut sugar
1 1/2 cup almond meal
1 1/2 teaspoons baking powder
1/4 teaspoon of baking soda
1/2 teaspoon salt
1/3 teaspoon of ground cinnamon

METHOD

Place ground linseed and water in a large bowl, mix and allow to sit for 10 minutes.

Preheat oven to 350 degrees Fahrenheit, peel and small chop beetroot, roast in the oven for 20 minutes.

Place all remaining ingredients(excluding linseed and beetroot) into a food processor and mix until fully combined. (should resemble a batter consistency).

Allow beetroot to cool, once cooled add the beetroot and linseed mixture into the food processor and mix all till fully combined.

Grease a baking tin with coconut oil.

Pour batter mixture into greased tin and bake in preheated oven for 50 minutes - 1 hour

Allow to cool for 20-30 minutes.

APRICOT SLICE



A vegan delightful treat

APRICOT SLICE

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6

INGREDIENTS

Crust

1/2 cup almond flour

1/2 cup coconut flour

1/4 cup tapioca flour

1/4 teaspoon salt

1/2 cup coconut oil

1/2 cup shredded coconut

1/4 cup water

1/2 teaspoon apple cider vinegar

Filling

10 apricots

1/4 cup coconut sugar

2 tablespoons tapioca flour mixed into
1/4 cup water(slurry to thicken)

1 tablespoon Chinese five spice

1 teaspoon vanilla essence

1/4 cup water

METHOD

Crust

Mix all dry ingredients into a large bowl.

Mix in coconut oil by hand.

Mix water and vinegar together, add to dry mixture and mix by hand till fully combined.

Pack crust thinly into the bottom of a greased baking tin.

Filling

Cut de-seed and slice all apricots.

Place into a large pot with coconut sugar, five spice and vanilla essence.

Allow fruit to stew on a low heat for 10 mins, stirring occasionally.

Add slurry to thicken, pour over crust, sprinkle with shredded coconut.

Bake in a preheated oven 350 degrees Fahrenheit for 30 minutes.

CHOCOLATE PLUM CAKE



A plum filled dream

CHOCOLATE PLUM CAKE

 **PREP** 15 mins

 **COOK** 40 mins

 **SERVES** 8

INGREDIENTS

1 1/4 almond flour

2/3 cup and 3 tablespoons of tapioca flour

1/3 cup and 1 tablespoon coconut flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/4 teaspoon cardamom

1/2 cup of maple syrup

1/2 teaspoon five spice

2 large eggs

1/4 cup cacao

1 1/2 cups coconut cream

1/4 cup coconut oil melted

1 teaspoon vanilla paste

6-8 plums

3 tablespoons of coconut sugar

METHOD

Mix all dry ingredients together in a large bowl (except for the coconut sugar) mix.

Grease the bottom of a cake pan, preheat oven to 350 degrees Fahrenheit.

Slice plums into thin slices, sprinkle coconut sugar on the bottom of the cake pan, fan out sliced plus on top (if you have extra plums small dice and set aside).

In a large bowl whisk together eggs and all other wet ingredients.

Add dry mixture and diced plums to wet mixture, mix with an electric mixer for 3-5 minutes.

Pour into cake pan over top of the plums.

Bake in preheated oven

SEA SALT CHOCOLATE DIPPED FRESH FRUIT



SEA SALT CHOCOLATE DIPPED FRESH FRUIT

 **PREP** 20 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

- 1 can of coconut cream
- 2 blocks of 70% cocoa
- 1 teaspoon fine sea salt
- 6 fresh peaches halved pit removed
- 6 fresh plums halve pit removed
- 1 punnet of strawberries
- 1 apple sliced thin
- 1 banana sliced thin
- 1 pottle of coconut yoghurt

METHOD

Place a medium sized pot on medium low heat and add the cream from the coconut cream. (the rest is not needed and will make your chocolate to thin.)

Break the 2 blocks of chocolate into small pieces and add to the coconut cream.

Add salt and stir regularly to avoid the bottom sticking and burning.

Line a large plate or tray with baking paper (making sure it can fit into the fridge)

Once the chocolate is fully melted and smooth remove from the heat. Dip 10 halves of each fruit and the strawberries into the chocolate one at a time. Lay coated fruit onto the baking paper and place it in the fridge to set.

Thin slice the remaining fruit and fan it out on plates to serve. Add the chocolate dipped fruit to the plate. (You can drizzle the extra melted chocolate over the top if you wish)

Serve with a little bit of coconut yoghurt.

Enjoy!

BANANA STRAWBERRY “ICE-CREAM” PIE



BANANA STRAWBERRY “ICE-CREAM” PIE

 **PREP** 30 mins

 **CHILL** 1 hr +

 **SERVES** 6-8

INGREDIENTS

Base

½ cup of pitted dates

1 cup shredded coconut

½ cup mixed sunflower & pumpkin seeds

½ cup coconut flour

1/3 cup coconut oil melted

Filling

8 frozen bananas

1 ½ cups of frozen strawberries

1 teaspoon of vanilla paste

1 punnet of strawberries

¼ cup of melted cocoa

METHOD

Spray the bottom of a freezer safe pie dish to avoid sticking.

Place all ingredients for the base in a food processor and blitz till it combines fully. Spread the base across the bottom of the pie dish evenly. Wrap with cling wrap and place in the freezer.

Using a “yonana” machine or a clean food processor, alternate blitzing the frozen bananas and strawberries. Place the blitzed fruit into a large bowl, add vanilla and mix through.

Spread the fruit “ice-cream” over top of the base and place it back into the freezer for minimum 30 mins to allow to set. (Can be frozen longer to maintain a better shape)

To serve slice fresh strawberries and layer over the top of the pie. Drizzle with melted chocolate and serve.

Enjoy!

CINNAMON AND MAPLE ROASTED PINEAPPLE AND NECTARINES



CINNAMON AND MAPLE ROASTED PINEAPPLE AND NECTARINES

 **PREP** 15-20 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

3 apples small diced

2 mangoes peeled and small diced

1 pineapple peeled, core removed, halved

6 nectarines halved stone removed

1 tablespoon of ground cinnamon

½ cup maple syrup

500 grams coconut yoghurt

METHOD

Preheat oven to 350 degrees Fahrenheit. Line a large baking tray with aluminum foil.

Brush pineapple and nectarines with maple syrup and lightly sprinkle with cinnamon. Bake in the preheated oven for 30 mins.

In a large bowl mix together diced apple and mango.

When tender remove fruit from the oven and slice thinly.

To plate layer the apple and mango around the edge of a bowl, fill the center with coconut yoghurt (we used raspberry lime flavor) and top with the sliced roasted fruit.

Enjoy!

TROPICAL BERRY
“YONANA ICE CREAM”
WITH GLAZED PINEAPPLE



TROPICAL BERRY “YONANA ICE CREAM” WITH GLAZED PINEAPPLE

 **PREP** 15 mins

 **COOK** 30 mins

 **SERVES** 6

INGREDIENTS

200 grams frozen mango

200 grams frozen papaya

100 grams frozen pineapple

200 grams frozen strawberries

200 grams frozen raspberries

100 frozen blueberries

1 frozen banana

1 pineapple peeled core removed and halved

¼ cup maple or agave syrup

1 teaspoon ground cinnamon

METHOD

Preheat oven to 350 degrees Fahrenheit. Line a small baking sheet with aluminum foil.

Brush peeled and halved pineapple with the maple or agave syrup. Sprinkle with ground cinnamon. Bake in the preheated oven for 30 mins.

Alternately place the frozen fruit through a “yonana” machine to turn the frozen fruit into “ice cream”

Using a hot spoon mix together the fruit “ice cream” to combine the flavors.

Remove the glazed pineapple from the oven and slice thinly.

Serve in a bowl with the slice warm glazed pineapple as a topping.

Enjoy!

BLUEBERRY “YONANA” WITH MAPLE AND CINNAMON ROASTED PLUMS



BLUEBERRY “YONANA” WITH MAPLE AND CINNAMON ROASTED PLUMS

 **PREP** 15 mins

 **COOK** 30 mins

 **SERVES** 6

INGREDIENTS

3 large frozen bananas skin removed

500 grams of frozen blueberries

9 plums halved, and stone removed

½ cup maple syrup

2 teaspoons of cinnamon

METHOD

Preheat oven to 350 degrees Fahrenheit. Line a medium size baking tray with baking paper.

Brush the plum halves with maple syrup and sprinkle with ground cinnamon. Bake in the preheated oven for 30 mins.

Using a “yonana” machine, alternately place frozen bananas and blueberries through to make “Banana Blueberry Ice-cream”.

To serve spoon the “ice-cream” into a bowl, place the roasted plums around the outside and drizzle with the warm juice from the plums in the pan.

Enjoy!

VEGAN COCONUT TRIFLE



VEGAN COCONUT TRIFLE

 **PREP** 20 mins

 **CHILL** 2 hrs

 **SERVES** 6-8

INGREDIENTS

6 plums

5 bananas

3 punnets of strawberries

800 milliliters of coconut yoghurt
(flavored if desired)

2 teaspoons of cinnamon

250 grams of 78% cocoa crushed

3 cans of coconut cream

METHOD

Place 3 cans of coconut cream in the freezer and allow to chill for minimum 1 hour. Place aluminum bowl and whisk attachments in the fridge and allow to chill for 1 hour.

Slice all fruit into thin strips.

When chilled whip coconut cream with 1 teaspoon of cinnamon to a firm peak (should hold its shape)

In a large bowl alternately layer, whipped coconut cream, fresh fruit and coconut yoghurt. Finish the top layer with whipped coconut cream a fruit garnish, a sprinkle of 1 teaspoon of cinnamon and crushed cocoa.

Enjoy!

BERRY MUFFINS



A nutty, fruity take on the traditional muffin without the dairy and gluten! Note: This recipe makes 12 medium-sized muffins.

BERRY MUFFINS

 **PREP** 15 mins

 **COOK** 30 mins

 **SERVES** 12

FAT 3

INGREDIENTS

1/2 cup blueberries

1/2 cup raspberries

2/3 cup almond flour

1/4 teaspoon cinnamon

1 teaspoon baking soda

1/2 teaspoon sea salt (optional)

8 free range eggs

1/2 cup coconut oil

1/2 cup coconut milk

1/2 cup maple syrup

1 teaspoon vanilla extract

Ground almonds (optional)

METHOD

Preheat the oven to 350F (175C) on bake.

Place 12 paper muffin holders into a muffin tray (you may need two muffin trays).

Add almond flour, cinnamon, baking soda and sea salt (optional) to a large mixing bowl. Mix together.

Crack the eggs into the bowl with the dry ingredients, then add in the maple syrup, coconut milk and vanilla extract.

Using a hand blender, blend everything in the mixing bowl together.

Once blended, add in the blueberries and raspberries and stir into the mixture.

Spoon the muffin mixture into the muffin holders. Fill them until they are about half-full (as they will rise).

If you would like to, you can sprinkle ground almonds over the top of the muffins.

Place muffin trays in the oven and cook for about 30 minutes.

Once cooked, remove from oven and allow to cool for 15-20 minutes.

Enjoy this delicious treat!

NUT BAR



These fantastic treats will take at least 2 hours in the fridge to set.

NUT BAR

 **PREP** 20 mins

 **COOK** 59 mins

 **SERVES** 6

INGREDIENTS

1 cup walnuts

1 cup pecan nuts

1 cup of almonds

½ cup coconut oil

½ cup almond butter

½ cup raw honey

½ cup shredded coconut

½ cup almond meal

½ cup dried cranberries

½ cup goji berries

METHOD

Preheat the oven on bake at 320F (160C).

Line an oven tray with baking paper.

Place the walnuts, pecan nuts and the almonds on the tray and spread them out.

Place them in the oven to roast for 5 minutes.

Take the nuts out of the oven and place them in a food processor and mix.

Place the processed nut mix in a mixing bowl and set to the side.

Place a saucepan on a medium heat and melt the coconut oil.

Once the oil has melted add in the almond butter and the honey. Stir for a few minutes until smooth and runny.

To the mixing bowl at the shredded coconut and the almond meal. Add the mixture from the pot and mix together.

Add the cranberries and goji berries to the mixing bowl and mix them in.

Line a plate with baking paper and place the mix evenly onto it. Press down to smooth out and flatten.

Set in the fridge for at least 2 hours.

Cut into bars and enjoy this amazing snack!

BANANA CHIPS



Enjoy this deliciously sweet and crunchy treat that's super easy to make.

BANANA CHIPS

 **PREP** 15 mins

 **COOK** 15 mins

 **SERVES** 8

INGREDIENTS

2 pounds (1 kilogram) bananas, cut into chips

Coconut oil

½ teaspoon turmeric powder

Honey or maple syrup (optional)

METHOD

Heat a large pan to a medium-high heat with the coconut oil, and fry the bananas.

Add turmeric powder to the oil to make the bananas crispy. This will give the chips a nice yellow color.

Fry the chips until golden brown then transfer to a dish and drain them with paper towels.

You may drizzle the bananas with a little bit of honey or maple syrup before serving.

CRANBERRY TRAIL MIX



Perfect for hiking trips!

CRANBERRY TRAIL MIX

 **PREP** 5 mins

 **COOK** 20 mins

 **SERVES** 5

INGREDIENTS

2 cup bleached almonds

1 cup macadamia nuts

$\frac{3}{4}$ cup raw pistachio nuts

1 cup dried cranberries

$\frac{1}{3}$ cup walnuts pieces

2 cups almonds

2 tablespoons sesame seeds

3 tablespoons honey, melted

1 tablespoon vanilla extract

METHOD

Preheat the oven at 450F (220C) on fan bake

In a large mixing bowl, add all the nuts and mix.

Pour in the honey and mix.

Add in the vanilla extract and mix again.

Add in the cranberries and mix.

On a lined flat baking tray add the trail mix and evenly space out, place in the oven to cook for 20 minutes. Keep an eye on it as they honey can burn.

Remove from the oven and let sit for 5 minutes.

Sprinkle over sesame seeds and break the mix up into small clutsters. Place in an air tight container and enjoy!

BANANA & RASPBERRY SMOOTHIE



*Try this delicious, creamy,
dark chocolate mousse!*

BANANA & RASPBERRY SMOOTHIE

 **PREP** 5 mins

 **COOK** 5 mins

 **SERVES** 2

FAT 1G

INGREDIENTS

1/2 cup ice cubes (6 ice cubes)

1/2 cup (125ml) water

2 bananas, peeled

1 1/2 cups of frozen or fresh raspberries

METHOD

Add ice cubes, water and bananas to the blender.

Blend until smooth.

Add in the raspberries and blend again until smooth. You may add more water to achieve the consistency you desire.

Serve and enjoy!

APPLE & KIWIFRUIT SMOOTHIE



This delicious and refreshing fruit smoothie contains all of the goodness you need.

APPLE & KIWIFRUIT SMOOTHIE

 **PREP** 5 mins

 **COOK** 5 mins

 **SERVES** 3

FAT 1G

INGREDIENTS

Add water and carrot to the blender.

Pulse until smooth.

Add in the apples and pulse again.

Add in the orange, ginger and kiwifruit.

Blend until smooth.

Serve and enjoy!

METHOD

Add water and carrot to the blender.

Pulse until smooth.

Add in the apples and pulse again.

Add in the orange, ginger and kiwifruit.

Blend until smooth.

Serve and enjoy!

Check out these amazing Health Benefits

This smoothie is rich in fibre, vitamins, nutrients and antioxidants - helping to boost your immune system and encourage cell growth.

Kiwi fruits are packed with many vitamins and minerals. They contain even more Vitamin C than oranges! Kiwi fruit is also a great detox fruit and gets the bowels moving.

Contains natural sugars for a healthy energy source.

Keeps you hydrated and refreshed.

CREAMY APPLE & CINNAMON SMOOTHIE



This is a delicious, creamy and sweet smoothie. A perfect little pick-me-up!

CREAMY APPLE & CINNAMON SMOOTHIE

 **PREP** 5 mins

 **SERVES** 4

INGREDIENTS

10 ice cubes

1 banana, frozen

1 medium apple, chopped

1 tablespoon ground cinnamon

2 tablespoons almond butter

1 1/2 cups (375ml) coconut milk

METHOD

Place the ice cubes into the blender first and then add the rest of the ingredients.

Blend until creamy, if necessary add more milk or water to reach your desired consistency.

Serve and enjoy!

GRAPEFRUIT & STRAWBERRY SMOOTHIE



This tangy fruit-loaded smoothie is delicious and wonderfully refreshing.

GRAPEFRUIT & STRAWBERRY SMOOTHIE

 **PREP** 5 mins

 **COOK** 5 mins

 **SERVES** 4

FAT 1G

INGREDIENTS

8-10 ice cubes

1 cup of water

1 pear, core removed

1 grapefruit, skin removed

2 apples, cores removed

1 punnet strawberries

1 peach, core removed

METHOD

Add the ice cubes and water to the blender.

Add in the pear and grapefruit, then blend.

Once smooth, add in the apples, strawberries, and peach.

Blend again until smooth.

Serve in tall glasses and enjoy this delicious fresh fruit smoothie!

Health Benefits

Keeps you hydrated.

Provides you with the full spectrum of nature's bioavailable vitamins, nutrients, and antioxidants.

Helps empower your immune system to protect you from illness.

Gives you the energy you need to get through the day!

PEACH, MANGO & ALMOND SMOOTHIE



This delicious, wholesome fruit smoothie is wonderfully refreshing.

PEACH, MANGO & ALMOND SMOOTHIE

 **PREP** 5 mins

 **COOK** 5 mins

 **SERVES** 3

FAT 1G

INGREDIENTS

1 cup ice

1 cup (250ml) water

2 peaches, stones removed

1 mango

1/2 cup ground almonds

1 banana, peeled

METHOD

Add ice, water, peaches and mango into the blender.

Pulse until smooth.

Add in the ground almonds and banana.

Blend together until smooth. You can add in extra water if you desire.

Serve and enjoy!

Health Benefits

Almonds are packed with essential nutrients and oils. They help to build strong bones and teeth, protect artery walls from damage and even reduce the risk of heart attacks!

Mangos, peaches and bananas are amazing sources of vitamins, nutrients, antioxidants and natural sugars. They help to boost your immune system, repair cell damage, and give you the energy you need to get through the day!

RHUBARB & STRAWBERRY SMOOTHIE



This tangy rhubarb and strawberry smoothie is delicious and wonderfully refreshing. Plus it is packed with Health Benefits!

RHUBARB & STRAWBERRY SMOOTHIE

 **PREP** 5 mins

 **COOK** 5 mins

 **SERVES** 3

FAT 1G

INGREDIENTS

6 ice cubes

1 cup (250ml) water

3 stalks of rhubarb, diced

2 oranges, quartered

1 punnet strawberries

3 slices fresh ginger

2 teaspoons lemon juice

METHOD

Add the ice cubes, water and rhubarb into the blender.

Pulse until well blended.

Add in the orange, strawberries and ginger.

Squeeze in the juice of the lemon, making sure not to get the pips in the blender.

Blend until smooth. Feel free to add more water to get to your desired consistency.

Serve and enjoy this refreshing smoothie!

Health Benefits

Provides you with the full spectrum of nature's bioavailable vitamins, nutrients, and antioxidants

Rhubarb is high in Vitamin C which boosts the immune system, helps protect against infections and aids in cellular growth.

Strawberries are amazing antioxidants and also a great source of natural sugars, if you are needing an energy hit!

Helps to keep you refreshed and hydrated.

CINNAMON AND COCONUT BAKED PEARS



A great healthy sweet treat. Goes great with a sweetened whipped coconut cream.

CINNAMON AND COCONUT BAKED PEARS

 **PREP** 10-15 mins

 **COOK** 25 mins

 **SERVES** 6

INGREDIENTS

6 ripe pears

1 can coconut cream

1 block 70% cocoa

1/2 cup of coconut sugar

1 heaped tablespoon of
cinnamon powder

1 large lemon

METHOD

Peel and core pears

Mix cinnamon and coconut sugar together in a large bowl

Fill a large pot with enough water to submerge your pears

Juice the lemon into the pot of water

Place the pot of water and lemon juice on heat and bring to a boil

Add your pears to the boiling water and lemon juice, cook for 5-8 mins until you can slightly pierce the pears with a knife

Strain pears from liquid and place in the fridge to allow them to cool

Pre-heat your oven to 180 degrees

Once cooled roll your pears in the coconut and cinamon sugar mixture

Place on a baking tray and bake for a further 10-15mins until the sugar begins to carmalize on the outside of the pears

Melt cocoa into coconut cream on medium heat. Stir till combined. Drizzle over pears.

ORANGE ALMOND CAKE & COCONUT LEMON ICING



Test your baking by trying this nice and moist orange and almond cake.

ORANGE ALMOND CAKE & COCONUT LEMON ICING

 **PREP** 30 mins

 **COOK** 1 hr

 **SERVES** 6

FAT 80.8G

CAL 927

INGREDIENTS

Cake

2 whole oranges (skins on)
6 eggs
2 tablespoons raw honey
3 cups (300 grams) almond meal
1/3 cup coconut oil
1 teaspoon baking soda
1 teaspoon pure vanilla paste

Icing

1 cup (250ml) coconut oil, lightly melted
1/2 cup honey, lightly melted
1/3 cup coconut cream
1/4 cup coconut flour
Zest from 2 lemons
1/3 cup fresh lemon juice
1 teaspoon vanilla extract

METHOD

Cake

Place the oranges (whole) into a saucepan and cover them with water. Place the lid on and boil for 2 hours.

Preheat oven to 360F (180C) on bake and line the bottom of a cake tin with baking paper.

Lightly beat the eggs in a bowl.

Blend the eggs, honey and boiled oranges (you may wish to halve them first) until smooth in a food processor or cake mixer.

Add the rest of the ingredients to the food processor, again blending thoroughly.

Pour mixture into the lined cake tin and bake for 50-60 minutes. Make sure the top doesn't burn and that the middle is completely cooked (using the skewer test).

Allow to cool before icing.

Icing

Combine all ingredients in food processor and puree until smooth.

Pour mix into a bowl, cover and place in the fridge to chill until icing. The icing will solidify as it cools.

CHRISTMAS CAKE



Enjoy this Christmas cake just in time for the special time of year.

CHRISTMAS CAKE

 **PREP** 10 mins

 **COOK** 1 hr 30 mins

 **SERVES** 12

FAT 15.2G

CAL 242

INGREDIENTS

1 cup dried apricots, chopped

1/2 cup dried dates, chopped

1/2 cup dried figs, chopped

1/2 cup currants

1/2 cup sultanas

1/2 cup prunes, chopped

1 orange (zest & juice)

3 tablespoons macadamia nut oil

3 eggs

1 teaspoon vanilla extract

1 tablespoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/4 teaspoon rock salt

2 cups ground almonds

Almonds, to decorate

METHOD

Preheat oven to 300F (150C). Line a cake tin with baking paper.

Slice all the dried fruit and mix together in a bowl. Grate the orange zest and add to the bowl along with the juice.

In another bowl, put the eggs, oil, vanilla, spices and salt and whisk lightly. Mix in the dried fruit and ground almonds. Stir to combine and spoon mixture into the tin. Cover the top loosely with aluminum foil to stop the top browning too quickly.

Cook for 75-85 minutes. Enjoy!

CINNAMON CACAO BANANA BREAD



Delicious and sweet banana bread!

CINNAMON CACAO BANANA BREAD

 **PREP** 25 mins

 **COOK** 50 mins

 **SERVES** 6

FAT 32G

CAL 417

INGREDIENTS

2 eggs

3/4 cup coconut oil, melted

1/3 cup honey

1 teaspoon vanilla extract

1 cup walnuts, chopped

2 cups almond meal

1/3 cup cacao powder

1 teaspoon cinnamon

1/2 teaspoon salt

1 teaspoon baking powder

4 bananas, mashed

METHOD

Preheat oven to 350F (180C).

Using egg beaters, mix the eggs, coconut oil, honey, and vanilla extract.

In a separate bowl, mix the walnuts, almond meal, cacao powder, cinnamon, salt, and baking powder.

Add the dry ingredients to the wet, and add the bananas. Stir the mixture.

Scoop the mixture into a baking paper lined, tin loaf pan.

Place the tin loaf pan into the preheated oven for 50 minutes.

Allow the bread to cool before cutting and serving. Enjoy!

CHOCOLATE ALMOND BLISS



Nutty Chocolate Bliss

CHOCOLATE ALMOND BLISS

 **PREP** 30 mins

 **COOK** 1 hr

 **SERVES** 8

FAT 48.5G

CAL 643

INGREDIENTS

1 cup almonds

1 cup walnuts

3 cups cashews

3 tablespoons of cocoa powder (plus an additional 1/4 cup)

3 1/2 tablespoons of maple syrup (plus an additional 1/3 of a cup)

2 tablespoons of coconut oil

1/2 cup shredded coconut

5 dates (pitted) 1/2 cup almond butter

1/4 cup fresh lemon juice

1 tablespoon vanilla

METHOD

Soak in water 2 cups of cashews for minimum 1 hour maximum 24 hours.

Preheat oven to 350 degrees fahrenheit.

Crust; in a food processor blend, almonds, walnuts, dates, shredded coconut, 2 tablespoons cocoa powder, 3 1/2 tablespoons of maple syrup (blitz till combined 2-3 mins).

Empty crust ingredients into a separate bowl.

Filling; In a food processor blitz soaked cashews, almond butter, lemon juice, 1/3 cup maple syrup, 1/4 cup cocoa powder, vanilla.

Grease a silicon muffin tray with coconut oil, pack the crust mixture into the bottom of each firmly, use a spoon to spread the filling mixture over the top of the crusts.

Cover with cling wrap and place in the freezer for 1 hour to allow it to set.

CHOCOLATE CHUNK COOKIES



A healthier version of a chocolate lovers dream cookie.

CHOCOLATE CHUNK COOKIES



PREP 20 mins



COOK 20 mins



SERVES 6

INGREDIENTS

1 cup almond flour.

1/4 cup coconut flour.

1 teaspoon baking soda.

1/4 teaspoon of salt.

6 tablespoons of coconut oil

1/2 cup dried blueberries

1/2 cup dried cherries

3/4 cup coconut sugar

6 tablespoons of almond butter

2 teaspoons vanilla bean paste (or extract)

1 large egg (can swap flax or linseed "egg" for vegan)

2 cocoa bars (200-250 grams total)

METHOD

In a large bowl mix, almond flour, coconut flour, baking soda and salt.

In a separate bowl mix coconut sugar and egg together with a hand mixer, mix until well combined.

Add vanilla and coconut oil to egg mix, mix until well combined, add almond butter, mix until well combined.

Stir in dried fruit, crush the cocoa bars and stir in, add flour mixture to wet mixture and stir together.

Set bowl in the fridge and allow to sit for up to an hour.

Line a baking sheet with baking paper, roll cookie dough into balls (roughly 70 grams) place a baking tray and cook in preheated oven.

MOCHA MUFFINS



*Delicious mocha flavoured muffins!
Perfect for a morning tea snack!*

MOCHA MUFFINS

 **PREP** 10 mins

 **COOK** 30 mins

 **SERVES** 12

INGREDIENTS

2 tablespoons coconut oil, melted

1/4 cup coconut milk, full fat

2 teaspoons chicory

1 egg

1 cup almond flour

1/4 cup raw cacao powder

6 tablespoons coconut sugar

1/4 teaspoon ground cinnamon

1/4 teaspoon salt

1/2 teaspoon baking soda

METHOD

Preheat oven to 350F (180C).

Meanwhile, mix all the dry ingredients together in a large bowl using a spatula.

Add melted coconut oil, egg, chicory and milk mixture and whisk to combine.

In a muffin tray add paper muffin cups.

Spoon the mixture into the muffin cups, filling each cup with 1 1/2 tablespoons. Bake for 20 minutes, or until a stick inserted into the center comes out clean.

Remove from the oven and let cool for 5-10 minutes.

Note: These are great with whipped coconut cream spooned on the top.

ORANGE, WALNUT & POPPY SEED MUFFINS



These muffins are very citrusy, perfect for the lunchbox or a mid-afternoon treat!

ORANGE, WALNUT & POPPY SEED MUFFINS

 **PREP** 15 mins

 **COOK** 30 mins

 **SERVES** 12

FAT 11.6G

CAL 163

INGREDIENTS

3 oranges

1 1/2 cups almond meal

3/4 cup chopped walnuts

1 1/2 teaspoons baking soda

1 teaspoon ground cinnamon

2 teaspoons poppy seeds

2 free range eggs

1 teaspoon vanilla extract

1/4 cup maple syrup (optional for a sweeter muffin)

METHOD

Preheat the oven to 360F (180C).

Halve three oranges, skin on, and blend in food processor until fine. Set aside.

Place almond meal, chopped walnuts, baking soda, cinnamon, and poppy seeds in a large mixing bowl.

Stir until combined.

In a separate bowl, whisk two eggs until combined, then add blended orange, vanilla extract and maple syrup (optional). Mix until combined.

Make a well in the dry ingredients, and pour in the wet mixture and mix until combined, but be careful not to overmix.

Spoon the mixture into a greased muffin tin.

Bake for 30 minutes and remove to cool. Leave muffins to cool before removing from muffin tin.

Enjoy!

BAKED PEARS WITH MELTED COCOA & STRAWBERRIES



BAKED PEARS WITH MELTED COCOA & STRAWBERRIES

 **PREP** 20 mins

 **COOK** 45 mins

 **SERVES** 4-6

INGREDIENTS

4-6 pears peeled

2 tablespoons of cinnamon

½ cup of maple syrup

2 lemons juiced

2 punnets of strawberries sliced

1 70% bar of cocoa

1 can of coconut cream

500 ml of coconut yoghurt

METHOD

Preheat the oven to 350 degrees Fahrenheit.

Place a large pot of water on to boil, add lemon juice, when boiling add peeled pears and cook for 10-12 mins until tender when pierced with a knife. Remove from the boiling water and pat dry with a paper towel or clean cloth.

Brush all pears till lightly coated with maple syrup and then dust with cinnamon. Bake in the preheated oven for 10-15 mins until the outside of the pears begins to golden.

Place a small pot on medium to low heat, add the cream from the coconut cream and dispose of the watery part. Break your cocoa bar into rough pieces and add to the heated coconut cream. Stir till combined and smooth.

Remove stems from strawberries and slice them.

To plate; remove warm pears from the oven, place in the center of the plate or shallow bowl. Add sliced strawberries and coconut yoghurt. Drizzle with melted cocoa and serve.

Enjoy!

MAPLE CINNAMON ROASTED PINEAPPLE WITH FRESH FRUIT & COCONUT YOGHURT



MAPLE CINNAMON ROASTED PINEAPPLE WITH FRESH FRUIT & COCONUT YOGHURT

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

2 pineapple peeled, and core removed

2 punnets of strawberries sliced stem removed

5 fresh peeled pears medium diced

500 ml of coconut yoghurt

½ cup maple syrup

1 tablespoon of cinnamon

1 bar of 70% cocoa

1 can of coconut cream

METHOD

Preheat the oven to 350 degrees Fahrenheit. Slice the pineapple into 6 or 8 pieces (however many people you are serving.) Brush pineapple with maple syrup and sprinkle with cinnamon. Bake in the preheated oven for 30 mins.

Place a small pot on medium to low heat, add the cream from the coconut cream and dispose of the watery part. Break your cocoa bar into rough pieces and add to the heated coconut cream. Stir till combined and smooth.

Place the sliced strawberries and diced pears into a bowl, add the roasted pineapple, top with coconut yoghurt and drizzle with melted cocoa.

Serve and Enjoy!

TROPICAL FRUIT SALAD WITH BAKED PINEAPPLE MELTED COCOA & COCONUT YOGHURT



TROPICAL FRUIT SALAD WITH BAKED PINEAPPLE MELTED COCOA & COCONUT YOGHURT

 **PREP** 30 mins

 **COOK** 20-25 mins

 **SERVES** 6-8

INGREDIENTS

2 pineapples peeled, and core removed

2 mangos peeled, and seed removed

3 bananas sliced

2 punnets of strawberries stem removed
and sliced

1 bar of 70% cocoa

1 can of coconut cream

500 ml of coconut yoghurt

1/3 cup of honey

2 pears for garnish

METHOD

Preheat oven to 350 degrees Fahrenheit. Brush pineapple with honey and place on a baking sheet. Bake in the oven for 20-25 mins. Remove when golden and dice into cubes.

Place a small pot on medium to low heat, add the cream from the coconut cream and dispose of the watery part. Break your cocoa bar into rough pieces and add to the heated coconut cream. Stir till combined and smooth.

Cut strawberries and bananas into thin slices, small dice the mango. Spread evenly into a shallow bowl with the roasted pineapple. Top with coconut yoghurt, drizzle with melted cocoa and garnish with a fan of thin sliced pears.

Enjoy!

CHOCOLATE AND AVOCADO MOUSE WITH MAPLE ROASTED NECTARINES



CHOCOLATE AND AVOCADO MOUSE WITH MAPLE ROASTED NECTARINES



PREP 20 mins



COOK 15-20 mins



COOL 40 mins - 1.5 hrs



SERVES 6-8

INGREDIENTS

4 cans of coconut cream chilled for 30 mins or longer

3 avocados peeled and deseeded

4 tablespoons of cocoa powder

4 table spoons of maple syrup

6 nectarines deseeded and quartered

METHOD

Chill the coconut cream, a large bowl and the Whisk attachments for a hand mixer in the fridge for 30mins- 1hour. Preheat an oven to 350 degrees Fahrenheit.

Put the flesh of the avocados into a food processor and blend till completely smooth. 3-5mins

After everything is appropriately chilled, scoop the cream of the top of the coconut cream(avoid using the extra liquid at the bottom as much as possible) add it to the chilled bowl, add 2 tablespoons of maple syrup and the cocoa powder.

Whisk the coconut cream, maple syrup and cocoa powder together. Begin at a low speed and gradually increase.

After the coconut cream begins to thicken add in the pureed avocado. Whisk till it thickens even further. Wrap the bowl with cling wrap and place it in the fridge to allow it to set. (It will also thicken further in the fridge)

In a separate bowl toss the quartered nectarines in the remaining maple syrup. Place on an oven tray and roast in the preheated oven for 15-20 mins.

Allow nectarines to cool slightly, serve mousse in a bowl and garnish with roasted nectarines.

Enjoy!

MINI MAPLE AND CINNAMON APPLE PIES



MINI MAPLE AND CINNAMON APPLE PIES

 **PREP** 30 mins

 **COOK** 45 mins

 **SERVES** 6-8

INGREDIENTS

3 large apples, chopped

2 ½ cups shredded coconut

1/3 cup chia seeds

1/2 cup coconut flour

1/3 cup tapioca flour

1/3 cup water

2 Tablespoons of maple syrup

1/3 cup maple syrup

1 tablespoon vanilla

1 tablespoon ground cinnamon

½ teaspoon salt

Water

1 tablespoon tapioca flour

METHOD

In a small bowl, soak chia seeds in water till just covered. Let sit for 10 minutes.

In a food processor blend tapioca flour, coconut flour, salt, and shredded coconut. Blend till fine. Add 1/3 cup water, 2 tablespoons maple syrup and soaked chia seeds. Blend till a smooth dough forms.

Grease a muffin or mini pie baking tray.

Heat a large pot to medium high heat, add chopped apples, cinnamon, maple syrup and vanilla. Cook for 5-10 mins until apple are tender. Stir regularly to prevent burning. Once tender add 1 tablespoon of tapioca and stir quickly to thicken. Remove from heat.

Roll out the pie dough and line the greased baking sheet. (Make sure to save some for the pie tops.

Spoon apple mixture into the pie crusts, top with a thin layer of dough on top.

Bake in a preheated oven at 350 degrees Fahrenheit for 40 mins until golden

Enjoy!