

Desserts

Baked Cinnamon Apples with Vanilla Coconut Cream

Serves 4-5



5 organic apples, peeled and chopped

2 tsp ground cinnamon

1/4 tsp ground nutmeg

Pinch of salt

2 (14 oz) cans coconut milk, cooled in the fridge

1 tsp vanilla extract

Preheat oven to 300 degrees. Toss chopped apples with cinnamon, nutmeg, and salt and place in the bottom of an oven-proof baking dish. Bake for 45 minutes or until apple pieces are soft.

With a spoon, skim off the top creamy layer of coconut milk from the cans and place in a bowl (the remaining liquid can be reserved for another purpose). Add the vanilla and whisk until smooth and creamy. Serve over baked apples or store in the fridge until ready to use.

“SECRET INGREDIENT” CHOCOLATE PUDDING (gluten-free, high fiber)



Serves: 4

Ingredients:

2 small avocados

½ cup honey

½ cup cocoa powder

1 tsp vanilla

3 drops almond extract

1 tsp cinnamon (optional)

Directions:

Combine all the ingredients in a food processor (or NutriBullet) and blend until smooth. Serve as a pudding, dip, or even frosting. Store leftovers in refrigerator.

FLOURLESS PEANUT BUTTER COOKIES (gluten-free)



Ingredients:

- 1 cup natural peanut butter
- 1 cup white sugar
- 1 egg

Directions:

1. Preheat oven to 375 degrees F (180 degrees C).
2. Thoroughly combine all ingredients in a large bowl and mix until a thick dough forms (using an electric mixer is suggested).
3. Roll dough into 12 equal-sized balls and place about 2 inches apart on an ungreased baking sheet.
4. Dip a fork into sugar and press down in a crisscross design.
5. Bake in preheated oven for about 10-12 minutes.
6. Let cool for about 2 minutes before removing to a cooling rack.

REAL DEAL CHOCOLATE CHIP COOKIES

Ingredients:

¼ cup palm shortening or grass-fed butter	2 tablespoons coconut flour
¼ cup coconut palm sugar	½ teaspoon baking soda
2 tablespoons honey	½ teaspoon sea salt
1 large egg, room temperature	¼ cup dark chocolate pieces (just chop up a dark chocolate bar)
2 teaspoons vanilla	¼ cup Enjoy Life chocolate chips
1½ cups blanched almond flour	

Directions:

1. Preheat oven to 350 degrees F.
2. In a food processor, cream the palm shortening, coconut sugar, honey, egg, and vanilla for about 15 seconds until smooth and fluffy.
3. Add the almond flour, coconut flour, baking soda and sea salt and mix again until combined, about 30 seconds. Scrape down the sides of the bowl if needed in order to incorporate all of the flour. Pulse once or twice more.
4. Stir in the chocolate chips by hand.
5. Place golf-ball sized balls of dough on a cookie sheet lined with parchment or a SilPat. Using another sheet of parchment on top of the dough, flatten them slightly with the palm or your hand or a spatula. The cookies don't spread much so create the size and thickness you want prior to baking them.
6. Bake for 9-12 minutes, until slightly golden around the edges.

Notes

Serves one dozen. These keep best in an air-tight container in the fridge.

If you don't have a food processor, put a couple of cups of your almond flour in a blender or coffee grinder and give it a few pulses. Careful not to go too far or you will have almond butter. Then make the dough in a stand-mixer or bowl with electric beaters. Measure the 1½ cups almond flour after you've ground it.

If you plan to double this recipe, reduce the coconut flour by 1 teaspoon (so you would use 3 tbs + 2 tsp).

I do not like these with coconut oil. Palm shortening makes them chewy. If you're going to sub it out, my first suggestion would be grass-fed butter.

I like the flavor complexity with using 2 different types of chocolate, but you're welcome to use whatever you'd like.

The palm sugar gives the cookies a "brown-sugar" like taste that the original chocolate chip cookie has. You can try using all honey, but because it is liquid, the texture and flavor will change slightly.

Freeze-and-Bake Instructions

1. Make the dough as described above
2. Gather it into a large ball and roll it into a log
3. Tightly wrap the log in parchment paper, then twist the ends to secure
4. Freeze for up to 6 months
5. Preheat oven to 325 degrees then slice off desired amount of cookies
6. Place dough on a cookie sheet and bake for 15 minutes

*cookies will hold their small round shape when baked this way

Source: Against the Grain" Cookbook

FLOURLESS ALMOND TORTE (gluten-free)

Ingredients:

1 ½ cups raw almonds	½ Tsp. sea salt
¼ cup maple syrup	1 Tbsp. lemon zest
3 eggs	2 Tbsp. unsweetened coconut flakes, toasted
1 Tsp. almond extract	2 Tbsp. almonds, toasted and chopped

Directions:

1. Preheat the oven to 375°F. Line an 8-inch torte or quiche pan with parchment paper; cut to fit the bottom.
2. Place almonds in a food processor and grind until the consistency of the almonds is like flour, about 4 minutes. If the mixture starts sticking to the sides, run a spatula around to loosen.
3. In a small bowl, add the syrup, eggs, extracts, and salt. Mix well to fully incorporate the eggs. With the food processor running, pour the egg mixture through the feed tube and continue to process until smooth. Add the lemon zest and coconut and pulse to combine.
4. Pour the batter into the pan and bake for 25 to 30 minutes. When the top is lightly golden brown and the center is just set, the torte is ready. If the top browns too quickly, tent with foil.
5. Remove from oven and allow to cool. Garnish with toasted almonds.

Source: Dr. Mercola