

Coconut Meat Parfait from the RANCH in Malibu

This enzyme-rich yogurt supports a healthy gut, while also benefiting the body through bone-boosting calcium, muscle supporting magnesium and anti-inflammatory properties. Antioxidant-rich berries boost the nutrition and flavor profile of the dish, but feel free to get creative with your layers – healthy granola, cacao nibs, or any type of fresh fruit you wish would all taste delicious.

Yield: 2 to 4 servings

Ingredients:

- 1 package young thai coconut meat OR 1 young thai coconut; remove meat from inside
- $\frac{1}{4}$ cup cashew milk
- 2 Tablespoons lemon juice
- 1 Tablespoon coconut nectar or raw maple syrup
- Pinch of sea salt
- Selection of fresh berries or another desired fruit and granola for layering.

Directions:

Blend together cashew milk, coconut meat, lemon juice, sweetener and pinch of until smooth and creamy.

Take a parfait glass and layer the following:

1. Berries
2. Coconut meat cream
3. Granola
4. More berries; blueberries, raspberries, and or blackberries
5. Finish with a sprinkle of coconut shreds.

**thanks to RANCH in Malibu for the recipe. I spent a week there and loved this breakfast dish.*

Raw Energy Balls

Ingredients:

- $\frac{3}{4}$ cup raw almonds
- 2 tbs chia seeds
- 2 tbs hemp seeds
- 1 cup pitted dates
- 1 cup dried cranberries
- $\frac{3}{4}$ cup creamy raw almond butter or peanut butter
- 3 tablespoons coarse coconut flakes to coat

Directions:

1. In a food processor fitted with the 's' blade, grind the almonds until finely ground.
2. Add the chia seeds and hemp seeds and grind to a fine meal.
3. Add the pitted dates, the cranberries and nut butter and blend until mixture is evenly combined.
4. Spread the mixture on a baking pan lined with parchment paper. Press firmly down for an even layer and freeze for 30 minutes to set.
5. Take the mixture out of freeze and form into balls (wet hands to roll) and roll in the coconut flakes.
6. Store in refrigerator or freezer.

Dark Chocolate Matcha Cups

Ingredients:

- 1 12 ounce bag organic dark chocolate chips
- 1 12 ounce bag semi sweet chocolate chips
- 2 teaspoons coconut oil
- 1 tablespoon matcha powder
- 2/3 cup creamy nut butter (almond or cashew or peanut)
- 2 tablespoon dark maple syrup (or honey)

Directions:

1. Line mini muffin pan with liners.
 2. Combine both types of chocolate chips in bowl and add 1 tsp coconut oil. Melt half of the chips in microwave or over stove using double broiler. Stir well. Don't over cook.
 3. Fill each liner about 1/3 way with chocolate and place in freezer.
 4. Blend together in blender the matcha, nut butter and maple syrup.
 5. Roll mixture into small flat balls and top the dark chocolate in each muffin tin.
 6. Melt the remaining half of the chocolate chips with 1 tsp. of coconut oil the same as before and top off each cup.
 7. Place in freezer for 30 minutes and then sprinkle with matcha and enjoy. You can store in airtight container in freezer for 2 months.
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Oatmeal Dulse Crackers

Yield: approximately 24 triangles (6 servings)

Ingredients:

- 1½ cups rolled oats
- 1¼ cup sunflower seeds
- 2 tablespoons whole wheat pastry flour
- 1½ teaspoon Sea Seasonings Dulse Granules with Garlic
- pinch sea salt
- 1 tablespoon + 1 teaspoon melted coconut oil
- 1 tablespoon + 1 teaspoon brown rice syrup
- Up to 2 teaspoons filtered water
- 2 tablespoons Sesame seeds
- 2 tablespoons Poppy seeds
- 2 tablespoons Caraway seeds

Directions:

1. Preheat oven to 350F.
2. In food processor, finely grind oats, sunflower seeds, and flour together. Add dulse granules and salt.
3. In separate small bowl, whisk together coconut oil and rice syrup.
4. Add oil-syrup mixture to dry ingredients in food processor, adding in water as needed. (Dough should be stiff, yet pliable.)
5. Between parchments sheets, roll out dough with rolling pin to uniform thickness, 1/8 inch. Remove top sheet of parchment.
6. Mix together equal amounts of sesame, poppy and caraway seeds and sprinkle liberally over rolled dough. Cover with top sheet of parchment again and roll seeds into dough.

7. Remove top sheet of parchment again. Score dough all the way through using pizza cutter or knife at 2-inch intervals vertically and horizontally to create squares. Score diagonally to make triangles. Slide dough with bottom parchment onto half sheet pan.

8. Bake until lightly browned, about 15 to 20 minutes. (Caution: crackers on outer edges may brown more quickly than those in center.)

9. Transfer to wire rack and cool completely. Separate crackers along scored cuts and store in airtight container at room temperature.

*Thank you to the Natural Gourmet Institute / NYC for this recipe.

Flourless Almond Torte With Balsamic Glazed Strawberries and Honey-Mascarpone

This recipe, adapted from Laura Rosenberg at www.greennpakinnutrition.com, is the perfect Valentine's Day indulgence!

For torte:

1½ cups raw almonds, blanched and skinned

¼ cup maple syrup

3 large organic eggs

1 teaspoon almond extract

¼ teaspoon vanilla extract

¼ teaspoon sea salt

Pre-heat oven to 375°F. Line an 8-inch spring form pan or cake pan with a parchment paper circle cut to fit the bottom.

In a food processor fitted with a metal blade or a Vitamix (preferred), grind the almonds until flourlike, about 3 minutes. If the oil from the nuts causes the mixture to stick to the sides, run a spatula around the edge to loosen the mixture. Continue to process another 1 minute.

Measure the maple syrup, eggs, extracts, and salt into a measuring cup, mixing well to break up the eggs. While the food processor is running, pour the maple syrup mixture through the feed tube and process until smooth.

Pour the batter into the prepared pan and bake for 25-30 minutes. The torte is ready when the top is lightly golden brown and the center is firm. If the top browns too quickly, tent with foil and continue baking.

For balsamic glazed strawberries:

6 tablespoons balsamic vinegar

$\frac{1}{2}$ cup finely ground maple crystals

Sea salt and freshly ground black pepper

2 cups fresh strawberries, quartered

Combine vinegar and maple crystals in a small bowl. Stir until maple crystals dissolve. Add a pinch of salt and pepper; stir to mix well. Let sit for 15 minutes.

In a bowl, pour marinate over the strawberries. Gently toss to coat.

For honey mascarpone:

2 teaspoons honey

$\frac{1}{2}$ cup mascarpone

Mix honey with mascarpone until well blended.

Serve the torte in wedges, covered with honey mascarpone and topped with balsamic glazed strawberries.

Chocolate Bark

Looking for a sweet V-Day treat that won't sabotage your smart life? Try this amazing Dark Chocolate, Cherry, and Almond Bark, adapted from Laura Rosenberg at www.greennpakinnutrition.com. Be sure to use raw, organic dark chocolate to retain nutrients and avoid additives like sugar, milk, and preservatives!

Ingredients:

- 1 cup almonds
- 3 cups dark chocolate chips (70% cocoa)
- 1/2 cup dried cherries, chopped
- 1/4 teaspoon sea salt (optional)

Instructions:

1. Roast almonds in the oven at 350°F until lightly toasted, about 10 minutes.
 2. While the almonds are toasting, place chocolate chips in a large, heat-proof bowl.
 3. Place hot almonds in bowl over chocolate chips and let set 5 minutes until chocolate is melted. If necessary, place over a double boiler to melt chocolate.
 4. Stir in cherries.
 5. Spread chocolate mixture on a parchment-lined cookie sheet. Sprinkle with sea salt if desired.
 6. Place in refrigerator to cool. Break into pieces and serve.
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Gluten-free Chewy Granola Bars



Makes 24 squares

Ingredients

Coconut oil cooking spray, for the baking sheet

Dry Ingredients

- 2 cups organic gluten-free oats
- $\frac{3}{4}$ cup raw sliced almonds
- $\frac{1}{2}$ cup raw pumpkin seeds
- $\frac{1}{2}$ cup raw sunflower seeds
- $\frac{1}{2}$ cup unsweetened shredded coconut
- $\frac{1}{4}$ cup sesame seeds

- 2 Tablespoons ground flaxseed
- 1 cup unsweetened sulfur-free dried cherries

Wet Ingredients

- $\frac{1}{2}$ cup brown rice syrup
- $\frac{3}{4}$ cup unsweetened almond butter
- 2 teaspoons organic vanilla extract
- 1 Tablespoon coconut oil
- $\frac{1}{2}$ teaspoon sea salt

Directions

1. Preheat the oven to 350 °F. Line a baking sheet with aluminum foil and coat lightly with coconut oil cooking spray. Spray a 9 x 13-inch baking dish, line it with parchment paper and set aside.

2. Spread out the oats, almonds, pumpkin seeds, sunflower seeds, and shredded coconut on the prepared baking sheet and roast in the oven for 8 to 10 minutes.



3. In the meantime, in a large saucepan over low heat, combine the brown rice syrup, almond butter, vanilla, coconut oil, and salt and cook, stirring, until heated through and combined well using a spatula.



4. Once the granola mixture has toasted, remove it from the oven, add the toasted sesame seeds, ground flaxseed, dried cherries, and toss to evenly combine. Using the foil as an

aid, transfer the granola mixture into the large saucepan with the wet mixture. Mix well with a spatula to coat evenly.

6. Once the mixture is well combined and slightly cool, pour the granola into the prepared baking dish and press it down firmly, to evenly distribute it in the dish. Let cool for at least an hour, or overnight.



7. Cut into squares and store in an airtight container.



I packaged them up as gifts for my clients.



Cucumber – Pineapple Guacamole

This refreshing mix is more like a salad than a classic guacamole dip. Its delicious with quinoa or lentil chips or spooned over grilled turkey burgers or fish.

Ingredients

- $\frac{1}{2}$ cup chopped fresh cilantro
- 2 Tbs. finely chopped purple onion
- 1 Tbs. minced fresh jalapeno, including seeds; more to taste
- sea salt (to taste)
- 1 cup diced Persian cucumbers
- 2 ripe avocados
- 1 cup diced fresh pineapple (cut into $\frac{1}{2}$ -inch dice)
- 1 Tbs fresh lime juice (more to taste)

Directions

1. In a mixing bowl, mash together $\frac{1}{2}$ of the cilantro, onion, jalapeño, and salt.
2. Stir into the mix the diced cucumbers.
3. Halve and remove the pits of the avocados and use a spoon to scoop the avocados into the bowl. Gently stir in the avocados, without mashing, along with the pineapple, the remaining cilantro, and lime juice. Serve immediately.

**This recipe was adapted from Roberto Santibane, Fine Cooking.*

Vanilla Matcha Chia Pudding

Makes 2 Servings

Ingredients

- 2 cups vanilla almond milk (or other non-dairy milk)
- 5 Tbs organic chia seeds

- 2 tsp vanilla extract
- 1 tsp matcha powder
- 2 tsp maple syrup or raw honey
- A couple dashes of cinnamon (optional)

Directions

1. In bowl add all the ingredients and stir until mixed well.
2. Pour into glass jars, shake and cover. Let sit in the refrigerator for at least one hour.

(Note: Best to have it sit overnight, but it should become pudding like after a few hours.)

3. Enjoy with your favorite toppings: crushed almonds, pecans, goji berries, cacao nibs.

Flourless Almond Butter Chocolate Chip Cookies

Taste testers didn't miss the flour in these simple, gluten-free chocolate chip cookies! Only 5 ingredients needed to make them. This recipe makes 1 dozen cookies.

Ingredients:

- 1 large egg
- 1 cup raw almond butter
- 1/2 cup coconut sugar
- 1 teaspoon baking soda
- 1 cup semi-sweet or dark chocolate chips

Directions:

1. Preheat oven to 350F degrees and line a large baking sheet with parchment paper
2. In a medium bowl, beat the egg. Add the almond butter, baking soda, and coconut sugar. Mix everything together very well. Fold in the chocolate chips until combined.
3. Scoop the dough, about 1.5 Tablespoons each, onto prepared baking sheet. Gently press down on the dough mounds with the back of a spoon. If you find the cookie dough balls are oily-looking from your almond butter, blot each with a paper towel.
4. Bake for 8 to 10 minutes. The cookies will look very soft and underbaked, but that's ok. For crispy cookies, bake for up to 12 minutes. Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely.

Cookies stay fresh stored covered at room temperature for up to 7 days. Cookies freeze well, up to 3 months.