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.

Banana Oat Muffins

Ingredients

- 1 cup plain unsweetened organic Greek yogurt (I like Wallaby)
- 2 ripe bananas

- 2 eggs
- 2 cups rolled gluten free oats
- ¼ cup coconut sugar
- ½ tsp. black molasses
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ½ cup organic semi-sweet dark chocolate chips

Instructions

1. Preheat oven to 400F and prepare a muffin pan by spraying cavities with cooking spray or lining them with paper liners**. Set aside.
2. Add all ingredients except for chocolate chips to a blender or food processor and process on high until oats are broken down and batter is smooth and creamy. Stir in chocolate chips by hand.
3. Pour batter into prepared muffin pan, filling each cavity until it is about ¾ full. Optional: sprinkle a few chocolate chips over the top of each muffin.
4. Bake for 15-20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for ~ 10 minutes before removing. Store in an air-tight container for up to a week.

Notes

** If using paper liners, you'll want to spray them with cooking spray as well, since the lack of oil in these muffins could make them stick to the liners after baking.

Chocolate & Peanut Butter Chickpea Cookie Bars – Gluten Free & Vegan

The first time I made these bars I was seriously blown away by the buttery taste. These bars contain no butter, no flour, no refined sugar yet taste absolutely decadent and indulgent. Make sure you let others taste these before you reveal the secret ingredient…!

Yield: 12 squares

Ingredients

- 1 can chickpeas, rinsed & drained
- ½ cup peanut butter (I used a natural peanut butter that I ground myself at the store)
- ¾ cup maple syrup
- 2 tsp vanilla
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ¾ cups semi-sweet or dark chocolate chips, reserve ¼ cup for the top
- pinch sea salt

Instructions

1. Preheat oven to 350F and line a loaf pan with parchment paper
2. In a food processor (or high speed blender), add all ingredients except chocolate chips and process until batter is smooth, similar consistency to hummus
3. Stir in 1/2 cup of the dark chocolate chips
4. Scoop the batter into the lined pan and smooth it out evenly. Lightly press the remaining chocolate chips over top

5. Bake for 60 minutes or until toothpick comes out clean. This will vary with ovens so be patient and wait until the edges are beginning to brown
6. Cool for 10 minutes in the pan then transfer to a rack for another 30 minutes for them to set. Cut into squares.

Chef Karolina's Raw Chocolate Truffles

Dessert can taste decadent without sabotaging your diet or your health. The perfect craving-busters, these one-bite wonders are a sweet, soothing summer treat (no oven required!) or can be dressed up for holiday parties.

- 1 cup raw cacao powder
- 1 cup raw cashews or macadamia nuts
- 1/2 cup real maple syrup
- Water (to mix)
- Shredded unsweetened coconut, chopped nuts, chocolate nibs, raw sugar, cacao powder, ginger or something else you love (optional roll-in ingredients)

1. Mix cashews in a food processor until it forms a powder, slowly adding enough water to create a thick paste.
2. Add maple syrup to cashews and pulse to process. Add cacao powder and pulse to process.
3. Refrigerate four hours or overnight for best results.
4. Form teaspoon-size balls of dough. Coat them in your chosen roll-in ingredients! Makes 25 truffles.

Banana Cashew-Vegan Ice Cream

This is the one time it’s okay to deceive your mother. Blending frozen bananas and cashew butter creates a creamy, sumptuous “ice cream” that doesn’t miss the dairy. Mom will have no clue it’s healthy and you get bonus points for making homemade dessert.

- 3 tablespoons cashew butter (no sugar added)
- 5 frozen bananas
- 1 teaspoon vanilla extract
- Pinch cinnamon
- Chopped cashews (optional topping)
- Coconut flakes (optional topping)
- Organic cacao nibs (optional topping)

1. Combine cashew butter, bananas, vanilla and cinnamon in a Vitamix and blend until creamy consistency. Serve topped with cashews, coconut flakes or cacao nibs.

You can pre-make ice cream and keep in freezer. Defrost 10 to 15 minutes before serving.

Guilt-Free Hot Chocolate

When it’s cold outside and you want to warm up your insides, all you need is a guilt-free hot chocolate.

- 1/2 cup raw cashew nuts, soaked in water for 20 minutes

- 2 cups water (1 cup room temperature, 1 cup boiling)
- 4 dates, pitted
- 1 tablespoon raw cacao powder

Drain and rinse the cashews. Blend all the ingredients in a blender until smooth. Add the boiling water and pulse until combined. Drink it while it’s hot!