

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.