



Chewy Gingerbread Cookies

12 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Coconut Oil (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

Directions

1

Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.

2

In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.

3

Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

Notes

Coconut Flour, This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Gingerbread Brownies

9 servings

35 minutes

Ingredients

- 1/2 cup Pitted Dates
- 3 Egg
- 2 2/3 tbsps Fancy Molasses
- 1/2 cup Coconut Oil
- 2 tps Vanilla Extract
- 1 cup Unsweetened Almond Milk
- 1/2 cup Coconut Flour
- 1/4 cup Cocoa Powder
- 2 tps Ground Ginger
- 1/4 tsp Ground Cloves
- 1 tsp Baking Soda
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place dates in a food processor and pulse until pureed, or chop the dates finely.
- 3 In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
- 4 Combine the remaining dry ingredients in a separate bowl.
- 5 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 6 Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
- 7 Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

Make it as a Cake, Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.



Coconut Whipped Cream

6 servings

10 minutes

Ingredients

1 1/2 cups Organic Coconut Milk
(canned, full fat, refrigerated overnight)

Directions

- 1 Chill a mixing bowl in the fridge for about 10 minutes before whipping.
- 2 Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
- 3 Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
- 4 Enjoy!

Notes

Serve it With, Fresh fruit like berries or peaches.

Likes it Sweet, Add a splash of maple syrup and vanilla extract while whipping.

Leftovers, Store sealed in an airtight container in the fridge up to 4 days.



Dark Chocolate Turtles

12 servings

30 minutes

Ingredients

1 cup Pitted Dates (soaked for 10 minutes then drained)
1/4 cup Pecans (whole or halves)
3 1/2 ozs Dark Organic Chocolate

Directions

- 1 Finely chop the dates or blend in a food processor until sticky.
- 2 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 3 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 4 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 5 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

Notes

No Pecans, Use hazelnuts, almonds, cashews or pumpkin seeds instead.
No Dates, Use a combination of prunes, dried apricots or raisins instead.
Storage, Refrigerate or freeze in an airtight container until ready to serve.
No Microwave, Melt the chocolate in a double boiler instead.
Serving Size, One serving is equal to one dark chocolate turtle.



Pistachio Pomegranate Bark

4 servings

30 minutes

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)
1 cup Pomegranate Seeds
1/2 cup Pistachios (shelled and chopped)
1/4 cup Unsweetened Coconut Flakes

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage, Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.