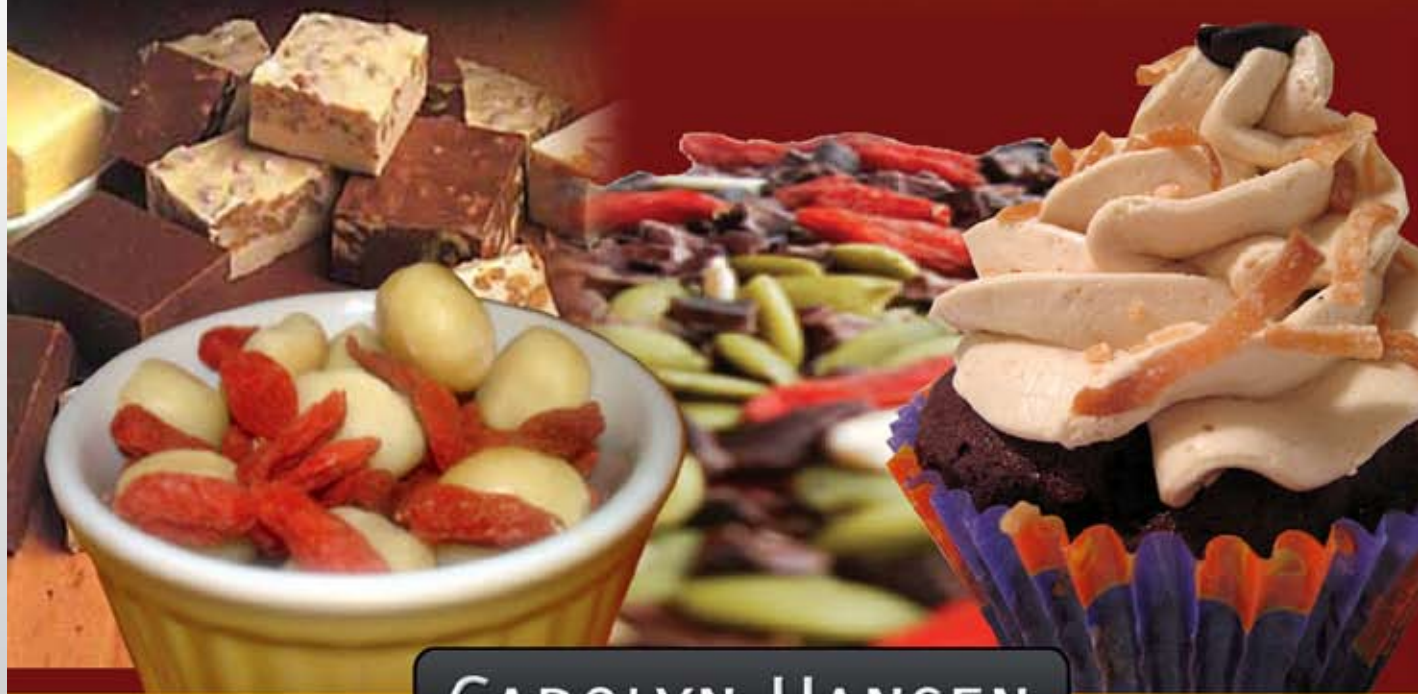


# 100 HEALTHY RAW SNACKS AND TREATS



CAROLYN HANSEN

# 100 Healthy Raw Snacks and Treats

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## Healthy - Natural - Sugar Free - No Cook Living Nutrition for Living Bodies

### **For Those Eager To Get Started**

Welcome to 100 Healthy Raw Snacks and Treats which showcases the amazing snacks that you can prepare yourself entirely from raw foods. It turns out that you CAN have your cake and eat it too, with easy-to-make, simple, guilt free, raw food healthy treats and delicious desserts that you and your family will not only savor but return to again and again whenever the occasion calls for a satisfyingly sweet treat.

If you are just interested in grabbing a suitable snack recipe to fulfill an immediate need, feel free to jump ahead to the recipe section and get started in the kitchen. All the recipes are self-contained and drop-dead easy to prepare. So you can get going right now.

For those of you who might be interested in the ideas behind the recipes, and why exactly these snacks should be considered far more healthy than the majority of snack ideas you might come across elsewhere, I have spent a little time putting together the following sections for you.

### **What Exactly Makes For A Healthy Snack?**

From snack bars to cookies, pies, and cakes, in this book you will find recipes for easy-to-make sweets that are wheat-free, gluten-free, dairy-free, sugar-free, and unprocessed. Deceptively simple in design, these treats pack loads of flavor and nutrition into every bite. By substituting these mouth-watering snacks and desserts for the traditional baked treats that you may be more familiar with, you will be giving your body much-needed nutrients while sacrificing none of the flavor.

Have you ever made a cake without having to bake it? Have you ever whipped up desserts like chocolate mousse, cookies, and ice cream without using sugar, flour, dairy, soy, or eggs as ingredients? Does that even seem possible to you?

Well, it is not only possible, it is by far the PREFERRED way to prepare snacks and desserts. In fact, I suspect you will be quite surprised to discover how easy it is to make these recipes which use raw and live food ingredients (which I will elaborate upon shortly). Moreover, not only do these nutritional ingredients make you look and feel great, but they taste incredible too. These recipes represent a way for you to dip into this amazingly healthy food lifestyle which is gaining more and more attention worldwide.

But before you can appreciate what makes the snacks in this book healthy you need to have some understanding of what makes your average snack recipe unappealing from the point of view of your health.

Take as an example your typical cookie. Delicious to be sure, but it has likely been put together using sugar, flour, and butter. None of these ingredients are going to work in your favor if your aim is to live a longer, healthier life, free of the modern-day diseases that we can attribute largely to the poor quality of a modern-day diet. Diseases like diabetes, hypertension (high blood pressure), and coronary disease have first lines of defense which begin with the words from your doctor: “You have eaten your last piece of XYZ. Banish it from your diet or you will be dead within two years.” Well, the prognosis might not be as bad as that, but it is never a good one. With obesity rates higher than they have been at any previous point in our history it is no exaggeration to say that our food is literally killing us years before our allotted time.

If you wish to live an extra ten or twenty years, pay attention to what you are eating. It is that simple.

To this end, the introduction of raw foods into your diet, or more correctly, the expansion of their role in your diet, is critical to your long term overall health. Now, I tend to use the words “raw” and “living” interchangeably when I am talking about the kind of healthy ingredients that feature predominantly in my recipes. So let me take a moment to explain what I mean by raw or living food, as opposed to cooked food.

Living food is simply any food type that has been grown in soil and harvested. On other words plant life! In addition to this, living food has not been cooked - at least not to the point that it destroys the enzymes that we derive from the food for our benefit. Most of the time this means the food is uncooked, or raw.

Raw foods which can be added to your daily diet without first needing to be cooked are any raw nuts, seeds, vegetables, sprouted grains, and beans. These foods are not processed, heated, cooked or altered in any way. They are nothing more than whole foods in their natural living state.

If you are not sure that you would call a nut a live food type, consider the following. What happens when you take that nut and you soak it in water? It sprouts, of course. So, although it remains dormant until prompted, it is very much alive, just waiting for the right environmental opportunity (water, light, warmth) to activate its life force. Incidentally, this is why it is better to sprout beans, nuts, and even seeds overnight, as it activates the food’s living energy (in the form of enzymes that give instructions at the cellular level) which is so valuable to us because it assists with our ability to digest our food properly. In contrast, cooked food has been stripped of the enzymatic activity that raw living foods have to offer.

Gluten intolerance is also largely explained by this idea, as wheat is not sprouted before it is cooked, so the gluten (part of the cell structure) becomes indigestible and toxic to those of us that are especially vulnerable to it. If the wheat is first sprouted, then cooked at a temperature below 112 degrees Fahrenheit it is still alive when you eat it. I have made sprouted wheat and rye bread and it is simply unbelievably good, and contributes to your health rather than cause a toxic reaction. It is called Essene bread after an ancient civilization (which flourished 2000 years ago). They cooked their grains (bread) after sprouting on a rock in the sun.

The reason why it is so important to elevate the amount of food in your diet which is rich in active enzymes is simply that your body needs them to function properly, and it will deplete its own enzyme reserves if these are not constantly replenished. In a sense, we all have an 'enzyme bank account'.

If we do not make regular deposits to this account by taking in the extra enzymes found in raw foods we will continue to use up our enzyme supply and become more susceptible to aging, disease and premature death.

## **Raw Foods Promote A Healthy Alkaline Balance**

OK, if you have read this far without feeling the need to jump ahead and get started on preparing one of the many recipes you will find in this book, now I am going to push my luck and try to educate you a little about another aspect of healthy food that most people never give a second thought.

I am talking about the acid/alkaline balance of our bodily chemistry.

A typical Western diet is high in carbohydrates, sugar, and fat, and low in complex carbohydrates, all of which promote an overly acidic body chemistry. This is further exacerbated by stimulants like coffee, tobacco, alcohol, chemical additives, preservatives, and drugs of all kinds. Most people with acute or chronic diseases tend to have an overly acidic body chemistry. Not surprisingly, cancer cells tend to grow better in an acid environment.

Scientists and nutritionists believe that our diets should ideally be made up of 80 percent alkaline foods and 20 percent acid foods. So, how do we get our bodies to the proper pH balance? The answer, of course, is that we try to eliminate some of the acid producing foods from our diet, and increase the alkaline forming foods.

The raw vegetables, nuts, seeds, and fruits found in the recipes of this ebook are all alkaline foods that you can enjoy in abundance.

## **Devising Your Own Healthy Snack Recipes**

Preparing raw snacks is a fairly new culinary pastime and is largely experimental. Some things work and some things do not. Fortunately, I have done the bulk of the hard work for you already by spending hundreds of hours in the kitchen figuring out how to make these recipes work. All you need to do is follow the instructions exactly as provided and you can expect to see the same perfect treats materialize on your own kitchen counter.

Now, I have been asked on occasion whether there is a set of principles I use to come up with my healthy recipes. This is a fair enough question. I love working up new snack recipes, and over time I have developed what I feel is a good grasp on a simple formula. New recipes need a base with good texture, a sweetener, something to bind it all together, some favor, and they have to look good.

Simple right?

Actually, not at all. After thinking about this for a while I have realized that the process only SEEMS simple to me because I have been at it so long. Snack recipe design is far from simple.

In fact, it is very difficult to take the art of designing healthy raw snacks and boil it down to just a few key points. The plain truth of the matter is that you cannot simply take a normal recipe based around sugar, butter and white flour, and then turn it into something healthy. Believe me, I know - over the years I have set in motion many raw food disasters with very expensive ingredients wasted!

Here is what I mean about how difficult it is to reduce the recipe design process to a set of straightforward decisions about which substitutions might result in the optimal snack. Suppose, for example, that I wanted to make a raw fruit pie. Well, I would need to prepare a crumbly base, so I would need to select a solid ingredient, like some sort of nut. I can choose from maybe 30 different types of nuts, but some are very expensive, costing upwards of \$40 a kilo, so I would look for options among the remaining cheaper nuts available to me. Then I would need to consider the taste of the nut. Some are quite strong and are better mixed with other more bland-flavored nuts so the contribution to the taste from the nuts in the base does not overpower the pie.

Then I would need to think about a sweetener for the base. Dates would be a good choice, or raisins, or sultanas, or apricots. But dates are cheap and generally do the job best. But do I use them after soaking (to soften) or do I use them unsoaked? If I soak them, it means that more moisture will be added to the recipe. Will that make the pie too wet? On the other hand, if I add some cashews or coconut this will soak up the moisture and it will hold together so that I can pick it up and eat it without it falling apart in my hands.

Then I need a filling for my pie. Do I want it white, or another color? Because if I want it white I cannot use more dates for the sweetener because they would make it look brown and detract from the appearance. And the decisions go on and on, as any well-versed chef will tell you.

So while I may not be able to pass on to you very easily the method for coming up with recipes for healthy raw snacks, I can certainly put the recipes into your hands that have taken me years to gather together through trial and error, and more than a little passion on my part.

The good news is that you do NOT need to be an experienced cook to put together the snacks that you will find in these pages. For the most part, all that is required is that you own a blender and know how to use it (easy peasy). Provided you follow the recipes to the letter you really cannot go wrong. Dare I say it? Even a man should be able to put these snacks together!

Having said that designing recipes for healthy snacks is something of an art, what I think you will find is that as you spend time putting together more and more of these snacks you will start to get a feel for what is likely to work if you find you have a desire to begin experimenting.

Also, in some of the recipes I have included suggestions for possible variations on the ingredients which can be used successfully. But only for those ingredients that will not strongly affect the outcome of the recipe. For example, dried fruit - I might state that you can use any one of dozens of different dried fruits in the quantity suggested, and the resulting snack will still turn out okay. But always pay attention to the quantities involved - add too much and the balance will be altered and it might very well end up inedible. To be safe, I recommend you simply follow the recipes as closely as possible for best results.

Also, if you discover that you really enjoy these raw snacks, it is worth keeping in mind that snacks and desserts represent only a small component of the raw food recipe landscape, which you may wish to investigate more closely. In my own case, I only started to experiment with snack recipes as an easy means to add more raw food to my diet.

I was determined to eliminate some of the cooked food from my diet after realizing that a good portion of it was devoid of nutrition because of the way the enzymes in food are destroyed through the act of cooking. I also wanted to be able to come up with an enjoyable way to prepare food, and the fact that I can bypass the stove altogether plays perfectly to that requirement - something I have no doubt that you will appreciate as well.

On a very much related note, I strongly believe that the most important reason to include raw food in snacks is that the enzymes in raw food help to make the other foods we eat more digestible. This in turn provides our bodies with a wider range of nutrients to choose from than are available in food that has been cooked.

As someone who has spent a good number of years integrating these healthy raw snacks into my diet I know there are some other benefits they offer which might not be immediately apparent. Eating more raw food actually allows excess body fat to melt away. Moreover, other benefits you may discover include: an increased energy level, clearer skin and eyes, a feeling of satisfaction from eating without overeating, and an overall improved sense of well being. Eating this way also offers a good chemical balance between alkalinity and acidity, which results in better overall health.



## **A Final Word**

Well, the time has come to put the theory of healthy raw snacks behind us and actually start preparing some so that you and your family can enjoy them. Yes, it is time for you to plow into these recipes for 100 healthy raw snacks and treats and discover which ones will become your favorites.

I hope that I have managed to convey to you that these raw food snacks, treats and desserts will make for perfect guilt-free meals. Moreover, all of the recipes in this book use raw and living foods that are nutritious and are sweetened by nature's own sweeteners to make them excellent choices for the preparation of a healthy snack or treat.

Raw foods are the easiest to prepare, and most natural foods of all - unprocessed, succulent, vibrant, full of life and nourishment, with no extensive gap between the life giving forces of the plant and the living forces of our bodies.

The sun, air, soil, and rains have all done their work, and we have the instant benefit. They are living foods - sunlight foods. Nature has prepared these foods for us. Let us enjoy them!

**Yours in Health and Nutrition,**  
*Carolyn Hansen*

## **Almond Cookies**

½ cup raw almonds, ¼ cup raw walnuts, ½ cup dates, ¼ cup raisins, or dried cherries, ¼ teaspoon almond extract, dash salt, ¼ cup ground almonds.

Place the almonds, walnuts and salt in a food processor and process until coarsely chopped. Add the dates and almond extract and process until the mixture begins to stick together. Don't over process; you should still see chunks of almonds and walnuts. Add the raisins, if desired, and pulse briefly, just to mix.

Scoop about 1 tablespoon of the almond mixture into your hand and squeeze firmly until it sticks together. Roll into a 1 inch ball and flatten slightly to make a cookie. Roll each cookie in the ground almonds, and place on a plate. Chill at least 2 hours before serving.

Variations:

### ***For Chocolate Chip Cookies:***

Replace the raisins with chocolate or carob chips and add 1 teaspoon orange zest if desired.

### ***For Schoolboy Cookies:***

Omit the raisins and press a square of dark chocolate onto the top of each cookie

### ***For Lemon Cookies:***

Replace the almond extract with lemon extract and add 1 teaspoon lemon zest.

## **Almond Date Balls**

2 cups dates soaked 30 minutes, drained, 2 cups almond butter, ½ cup carob/cocoa powder.

In a food processor blend the dates to a smooth paste, add remaining ingredients and process until smooth. Remove from processor and form into round balls.

Keeps well in fridge.

## **Almond Power Bar**

2 cup almonds, ½ cup flax meal, ½ cup dried coconut, ½ cup almond butter (or any other nut butter), ½ teaspoon salt, ½ cup coconut oil, 2 tablespoons agave nectar, 1 tablespoon vanilla.

Place almonds, flax meal, shredded coconut, almond butter and salt in a food processor Pulse briefly, about 10 seconds. Melt coconut oil gently in microwave. Stir agave nectar and vanilla into oil. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste. Press mixture into an 8×8 glass baking dish Chill in refrigerator for 1 hour, until mixture hardens, cut into bars and serve. Makes 20 2 x 2" bars.

## **Almond Sesame Fudge**

2 cups almonds, ½ cup dates soaked for 30 minutes, drained, 1½ cups sesame seeds, 1 cup carob/cocoa powder, 2 tablespoons vanilla essence.

Place almonds into food processor and process until coarsely ground, add drained dates and sesame seeds and blend until well combined, add carob powder and vanilla essence and pulse until combined. Press into a glass dish and chill. Cut into squares before serving.

## Banana Almond Snack

Slice a banana in half lengthwise (banana split style). Lay the halves on a plate, with the flat part facing up. Spread  $\frac{1}{2}$  to 1 tablespoon of almond butter on each banana slice. Sprinkle raisins (or dates) and coconut flakes on each slice. Eat with a fork or with your hands! Could sprinkle on nuts, maple syrup, hemp seeds, goji berries etc.

## Banana Balls

1 cup mixed raw nuts and seeds – eg almonds, brazils, walnuts, pumpkin seeds, sunflower seeds, 1 cup desiccated coconut, 2 large bananas, 5 tablespoons agave nectar or  $\frac{1}{2}$  cup dates, 1 teaspoon vanilla flavour, 1 cup buckwheat (or almond) flour,  $\frac{1}{2}$  cup desiccated coconut – for rolling balls in.

Add nuts to a food processor and ground until crumbly; add coconut, bananas, agave nectar, vanilla and process until well combined. Then add buckwheat (or almond) flour slowly through the chute until it thickens. Make into small balls, roll in desiccated coconut. Store fridge or freezer.

## Banana Crunch

5 -10 bananas, 1 cup almonds crushed, 1 cup walnuts crushed, 1 cup carob powder, 1 cup dried coconut.

Place all the above ingredients on separate plates. Roll one banana at a time into the almonds, then the walnuts, then the carob, then the coconut. Place the “loaded” bananas on top of a piece of wax paper and freeze. Stick a Popsicle stick into one end of each banana before you roll them in the goodies and they look like something you would get from the ice cream truck.

## Barfi

2 cups almonds, 2 cups cashews,  $\frac{1}{4}$  cup agave nectar or  $\frac{1}{2}$  cup dates, cardamom powder (to taste), pinch salt, carob/cocoa powder (optional).

Put all ingredients in a food processor and process until well combined. Lay the mixture out on a large cutting board and flatten in down to about  $\frac{1}{2}$  inch thickness. Cut in whatever shape desired. (Optional) Roll individual pieces in carob powder. Top each piece with whatever you'd like, cashews, almonds, walnuts, pecans, dates or bananas.



## **Bliss Balls**

1 cup sunflower seeds, ½ cup almonds, 1/3 cup agave nectar or ½ cup dates, 3-5 tablespoons mesquite meal or carob powder, pinch of nutmeg and/or cinnamon, pinch salt.

Place sunflower seeds and almonds in a food processor and process till coarsely ground. Add dates if using and the rest of the ingredients and process again till blended. Take about 1-2 tablespoons of the mixture and shape it into a ball. Roll it in sesame seeds, coconut flakes, or carob powder. Continue this process until all of the mixture is gone. Put the bliss balls into the freezer until ready to eat.

## **Caramel Dream Bars**

### **Crust**

2 cups almonds, 1 cup dates soaked 30 minutes, drained, ¼ cup cocoa powder, pinch salt.

### **Caramel Layer**

½ cup almond butter, ½ cup coconut butter, ¼ cup cacao butter, ½ cup agave nectar, 1 tablespoon vanilla essence, pinch salt. Garnish with cacao nibs, or desiccated coconut  
To form crust, process almonds, dates, cocoa powder and salt in food processor. Press into glass pan.

To form caramel layer process almond butter, cacao butter, agave nectar and coconut butter in food processor until smooth. Spread on top of crust layer. Top immediately with coconut and cacao nibs, pressing them into the caramel layer so they stick. Press in 8 x 8 square pan. Freeze until ready for serving.

## **Carob Bark**

1 cup raw coconut oil, ¾ cup raw carob/cocoa powder, 2 tablespoons vanilla essence, 1 cup raisins, raw nuts, coconut, or whatever you would like.

Put the coconut oil in a bowl, put this bowl in another bowl of hot water, When it has melted, stir in the carob, then stir in the other ingredients. Spread on wax paper lined cookie sheet, put in fridge or freezer 5-10 minutes to harden. Break into pieces Try experimenting with peppermint or other flavors instead of vanilla.

## **Carob Almond Balls**

1 cup almonds, 1½ cups carob powder, 2 tablespoons pine nut, ½ cup desiccated coconut, ¼ cup honey, plus 1 tablespoon honey, ¼ cup water, plus 1 tablespoon water, carob powder or coconut or ground almonds.

In a food processor, finely chop the almonds. Add the carob, pine nuts and coconut and process until mixed. Mix the honey and water together, add to mixture and process until mixed. Roll into balls and then coat with the carob or coconut or ground almonds. Refrigerate until needed.

## Carob Banana Pops

Large ripe bananas, carob powder, almonds soaked 8 hours (soaking optional) water, popsicle sticks (buy from craft shop).

Chop nuts in food processor. Mix carob powder and nuts, in tall cup adding water until you have a thick, creamy consistency. Cut bananas in half, insert stick into cut end of banana halves and dip in carob nut mixture. Place “pops” on wax paper or plastic wrap in freezer till frozen and enjoy!

Note: Excess carob nut mixture can be frozen, and then thawed out for next batch.

## Carob Fudge

$\frac{3}{4}$  cup walnuts,  $\frac{3}{4}$  cup raisins,  $\frac{1}{4}$  cup carob powder, dash of cinnamon, pinch of salt.

Combine all ingredients in a food processor and blend until smooth and balled up.

Remove from bowl and press into a glass dish – or shape into one large square with your hands.

Freeze until firm then slice. Double the recipe and keep in the freezer.



## Carob Tangerine Candy

Tahini (sesame paste), desiccated coconut, honey, carob/cocoa powder, vanilla essence, 2 tangerines, sesame seeds (ground).

Grate zest from peel of tangerines and mix with other ingredients until combined.

Add some ground sesame seeds until the mixture thickens. Refrigerate.

Mix tahini, ground sesame seeds and honey until thick. Refrigerate.

Roll out separately then roll together, gives a two-toned effect. Slice into bite sizes.

## Cashew Almond Candy

1 cup cashews, 1 cup almonds,  $\frac{1}{2}$  cup dates soaked 30 minutes, drained,  $\frac{1}{2}$  cup carob/cocoa powder, pinch salt, 1 tablespoon vanilla essence, 1 cup desiccated coconut.

Process nuts in food processor until coarsely chopped. Add dates and process until smooth. Add all other ingredients and pulse until blended.

Place in fridge until firm, typically several hours. Then form into balls, or cut into small squares. You can also use other nuts if you wish.

## Cashew Coconut Delight

1 cup cashews, 1 cup dried pineapple pieces, 1 cup desiccated coconut,  $\frac{1}{2}$  cup wheat germ, water.

Place all ingredients into food processor and process until well combined adding enough water to make a thick dough. Make into small balls and roll in coconut or wheat germ. Refrigerate for a few hours before serving.

## **Cashew Cookie Bar**

1 cup cashews, 1 cup dates soaked 30 minutes, drained, 1 teaspoon lemon juice, pinch salt.

Put all ingredients in a food processor and process until well combined. Leave a little chunky as it gives the bars a better texture. Form into 6 bars and refrigerate.

## **Cashew Gingered Crème**

2 cups cashews, 1 cup dates, 1 cup desiccated coconut, ½ teaspoon ground ginger or grated fresh ginger to taste.

Place cashews and dates in food processor and process until coarsely ground, add coconut and ginger and process further until well combined. Shape into small balls and flatten.

## **Cashew Ginger Crunch**

1 cup cashews, 1 tablespoon minced fresh ginger, 2 tablespoons sesame seeds, 1 cup raisins, 2 tablespoons agave nectar or raw honey.

Put all ingredients except for the agave nectar into a food processor and process until fairly fine, but still with some texture. Add agave nectar or honey and process just long enough for it to blend. Press into a dish or on a plate about ¾ inch thick and refrigerate for about an hour or more. Cut into squares or any shape.

## **Cherry Choco Cookies**

1½ cups walnuts, 1 cup dates, ½ cup chopped dried cherries, ½ cup cocoa/carob powder, ½ teaspoon vanilla essence or cherry extract (optional) pinch salt, 2 teaspoons water (for a moister brownie, optional).

Chop ¼ cup of the walnuts and set aside. Place the remaining walnuts and the salt in a food processor and process until coarsely ground. Add the dates and process until the mixture sticks together. Add the cocoa powder and optional vanilla and water and process until evenly distributed. Transfer to a mixing bowl. Add the reserved chopped walnuts and cherries and mix well. Make into 1 inch or more balls then flatten. Chill at least 2 hours before serving.

## **Chocolate Freeze**

Frozen bananas (peeled and sliced into chunks) carob/cocoa powder.

This is so wonderful and simple - just mix the ingredients together in a food processor until smoothly whipped and eat immediately.

## **Chocolate Cashew Fudge**

1½ cups cashews, 1 cup dates soaked 30 minutes, drained, 1/3 cup raisins, 1/3 cup carob powder, 1 cup water, 1 cup desiccated coconut.

Put all ingredients in food processor and process until combined. Shape into small cookies or balls. Refrigerate.

## **Chocolate Goji Lemon Bar**

2 cups of goji berries, 2 cups of cacao nibs, 1 teaspoon grated lemon zest,  
2 cups grated cacao butter.

Put all ingredients into a food processor and blend until smooth. Pour into any mould or put into a glass dish and put in the fridge to set. Cut into squares.

## **Chocolate Fudge**

½ cup carob/cocoa powder, ½ cup coconut butter, ½ cup honey

Optional ingredients to add - just experiment. Coconut and a few drops of mint, seeds, nuts, vanilla essence, cinnamon, raisins (or other chopped fruit), almond extract.

Mix all ingredients in a pan (warm slightly if necessary).

Press into a 5 x 5 dish. Chill in the refrigerator and cut and serve.

## **Chocolate Mousse**

1 avocado, 1 cup almond milk, 2/3 cup dates soaked 30 minutes, drained, ½ cup carob powder, ¼ cup almond butter.

In a food processor combine all ingredients and blend until creamy.

## **Chocolate Raw Life Bar**

1 cup cashews, 1 cup dates, 2 tablespoons carob powder, 3 tablespoons cocoa powder,  
2 tablespoons desiccated coconut.

Put cashew in food processor until finely chopped then dates. Add rest of ingredients and process until mixed. If mixed is too dry and won't hold together add 1-2 more dates or a little water. Press into small pan, refrigerate to harden, and then cut into squares. Keep refrigerated.

## **Chocolate Squares**

1 cup dates soaked 30 minutes, drained, ¾ cup cashew butter, 1 cup cacao/cocoa,  
¾ cup raw carob, ½ cup mesquite powder, 1 tablespoon coconut oil, splash of agave nectar, pinch of salt.

Place all ingredients into a food processor and process until mixture is smooth. Line a glass baking dish with wax or parchment paper and pour on the batter. Freeze for a few hours, take out of freezer to cut into squares and put back into freezer.

## **Coconut Balls**

Take equal amounts of cream cheese, any nut butter and coconut oil, sunflower seeds or chopped nuts, desiccated coconut and honey or other sweetener to taste and mash it all together. Roll into balls and roll in coconut.

## **Coconut Carob Balls**

1 cup cashews, ¾ cup dates, ½ cup carob/cocoa powder, ¼ cup agave nectar or honey,  
½ cup desiccated coconut plus extra to roll balls in.

Process all ingredients in food processor until combined. Roll into balls and roll in coconut.

## **Coconut Fudge Bars**

3 cup walnuts, 2 cups desiccated coconut, ½ cup carob powder, ½ cup agave nectar, ¼ cup coconut oil/butter, or to taste (for creamy consistency).

In a food processor, grind walnuts until they are creamy. Add all other ingredients and pulse to mix well. Add a little water if needed. Place mixture in flat, glass dish and cover. Place in freezer for at least an hour before serving. To serve, cut into small pieces and eat right away or store in freezer.

## **Cranberry Candy**

2 cups macadamia nuts, 1/2 cup desiccated coconut, 2 cups dried cranberries, ¾ cup raisins, pinch salt.

Place macadamia nuts and salt into a food processor and process until coarsely ground. Add the dried cranberries, raisins, coconut and continue processing until mixture begins to stick together when pressed between your fingers. Roll into balls of desired size. These freeze great.

### ***Variations:***

Use almonds, walnuts, pistachios or pecans in place of macadamia nuts  
Substitute dried apricot, dried cherries, dried pineapple (chopped) in place of the cranberries and/or raisins. Omit the coconut.

## **Cranberry and Lime Bars**

¾ cup almonds, ¾ cup cashews, ¼ cup dates, ¼ cup dried cranberries, ½ cup coconut, ½ lime.

Place almonds and cashews in food processor and process until coarsely ground, add dates and lime and process further. Lastly add cranberries and coconut and pulse until combined. Shape into oblong bars and refrigerate.

## **Cranberry Nut Snack Mix**

2 cups sunflower seeds, 1 cup pine nuts, 1 cup pumpkin seeds, 1 cup dried cranberries, 1 cup raisins.

Measure all of the ingredients into a mixing bowl and stir with a wooden spoon until well combined. Serve in small bowls.

## **Dark Chocolate Bar**

1 cup cashews, ½ cup carob/cocoa powder, ½ cup dates or ¼ cup agave nectar, 1 tablespoon vanilla extract.

Blend all ingredients well making sure there are no hard bits remaining. Scoop mixture from blender and mould into a bar shape on a flat plate. Place in fridge or freezer to harden up. Enjoy as is in small bit sized pieces, or add to raw ice-cream.



## **Date Raisin Balls**

Dates, raisins, carob, coconut, avocado, honey, walnuts, quantities not important.  
Process, roll into balls. Roll in chopped cashews.

## **Date Nut Balls**

1 cup almonds, 1 cup walnuts,  $\frac{1}{2}$  cup sunflower seeds, 1 cup dates soaked 30 minutes, drained,  $\frac{1}{2}$  teaspoon cinnamon, 1 tablespoon cocoa powder (optional)

Put all ingredients in a food processor and process until well combined. Roll into balls.

## **Date Nut Thingies**

$\frac{1}{4}$  cups raisins,  $\frac{1}{3}$  cup apple or other fresh fruit juice,  $\frac{1}{4}$  cup pitted dates, 1 cup almonds, 1 cup macadamia nuts ground,  $\frac{1}{4}$  cup dried coconut, pinch salt.

Place the raisins in a small bowl and add the apple juice to cover. Let them soak overnight in the refrigerator. Next day, blend the raisins, the soaking juice and dates in a blender until well mixed. Add a little more juice (or water) if necessary.

Grind the nuts and salt in a food processor until coarsely ground. Add the raisin and date mixture to the food processor with the nuts and pulse to mix. Form into various shapes and roll in the coconut. These freeze well.

## **Date Nut Treats**

Take a couple of medjool dates, and cut them length wise in half. Fill date with  $\frac{1}{2}$  teaspoon almond butter, and then gently press a whole almond into the date.

These taste better than any candy and will give energy quickly like before you exercise.

## **Date Pecan Squares**

1 cup dates soaked 30 minutes, drained, 1 cup raisins,  $\frac{1}{2}$  cup pecans, 2 cups desiccated coconut, 1 teaspoon vanilla essence.

Place all ingredients except coconut in a food processor and process until well combined. By hand, work in  $\frac{1}{2}$  cup of the coconut. Sprinkle  $\frac{3}{4}$  cup coconut in a pan, place date-pecan mixture on top and spread to cover bottom layer. Top with remaining coconut. Cover and place in refrigerator. When chilled, cut into squares.

## **Delightful Coconut Fudge Bars**

3 cups raw walnuts, 2 cups desiccated coconut,  $\frac{1}{2}$  cup carob powder,  $\frac{1}{2}$  cup agave nectar or 1 cup dates,  $\frac{1}{4}$  cup coconut oil/butter, or to taste (for creamy consistency).

$\frac{1}{4}$  cup coconut water, for consistency, if desired.

In a food processor, grind walnuts until they are coarsely ground, add all other ingredients and process until well combined. Place mixture in flat, glass dish and cover. Place in freezer for at least an hour before serving. To serve, cut out brownie-sized pieces and eat right away.

## Easy Healthy Fudge

2 cups almond butter,  $\frac{1}{4}$  cup cocoa powder,  $\frac{1}{2}$  cup plus 2 tablespoons liquid honey, 1 heaped tablespoon coconut oil, melted (optional), 2 teaspoons vanilla essence, pinch salt.

Combine all ingredients in a large bowl. Mix until well combined.

Spoon the mixture into a pan and flatten with the back of a spoon. Place in the freezer for an hour or so, and then take it out to cut into bite-size squares or rectangles.

## Eatmore Bars

1 cup macadamia nuts, 1 cup carob/cocoa powder,  $\frac{1}{2}$  cup coconut oil, 1 cup agave nectar.

Combine all ingredients in a food processor and process until smooth. Pour mixture into a rectangular baking dish and add 2 cups of your favorite chopped nuts. Try a mixture of hazelnuts, walnuts and macadamia nuts. Spread the mixture evenly in the pan and place into the freezer till ready to serve.

## Energy Orbs

$\frac{3}{4}$  cup of any nut butter,  $\frac{1}{4}$  cup tahini (sesame paste),  $\frac{1}{2}$  cup sweetener (agave nectar, dates, or raw honey), 1 cup sunflower seeds or sesame seeds,  $\frac{1}{4}$  cup of carob/cocoa powder,  $\frac{1}{2}$  -  $\frac{3}{4}$  cup of shredded coconut.

Blend all ingredients together and make into round balls. Roll in coconut.

## Famous Raw Freezer Fudge

1 cup cashews,  $\frac{1}{2}$  cup dates soaked 30 minutes, drained,  $\frac{1}{2}$  cup coconut oil,  $1\frac{1}{2}$  cups carob/cocoa powder,  $\frac{1}{2}$  cup agave nectar (or add more dates), 1 tablespoon vanilla essence.

Put nuts into food processor and blend until crumbly, add dates and blend again. Add remaining ingredients and pulse till combined. It thickens quickly so be careful!

Press into glass pan and freeze 30 minutes then cut into pieces before it gets too solid.

**Optional** – Pulse in chopped favorite nuts after blending for nutty fudge.

## Fig Bars

2 cups dried figs, 1 cup desiccated coconut,  $\frac{1}{2}$  cup dates soaked for 30 minutes, drained, 1 teaspoon vanilla essence,  $\frac{1}{2}$  cup almonds.

Process the figs and dates in a food processor, then add the coconut and vanilla. Spoon the mixture into a shallow 8 x 8 inch pan then score into squares. Place an almond on each square. Refrigerate  $\frac{1}{2}$  hour before serving.

## Fig Date Bars

Fig Date Filling - 1 cup dried figs, 1 cup dates, 1 tablespoon lemon or orange juice, 1 tablespoon honey.

Crumbly base and topping - 1 cup pecans, 1/2 cup almonds, 1/2 cup dates, 1/2 cup desiccated coconut, 1/2 teaspoon cinnamon, pinch salt.

Place first four ingredients in food processor and blend to a paste. Set aside.  
Place all ingredients for the base in food processor and process until mixture is coarsely ground and starts to stick together.

In a small dish arrange half of the crumble as a base. Then spread all of the Fig Date Filling on top, and sprinkle with remaining crumble on top. Press layers together with the back of a spoon. Cut into 16 squares.

## Freezer Cookies

1/2 cup sesame seeds, 1/2 cup favorite nuts, 1 large banana, 1 red or golden delicious apple, 1/4 cup raisins.

Place all ingredients into food processor and process until blended. Add a little water if necessary to make a sticky dough. Spread in a pan or dish and freeze.  
Can be cut up like cookies or fudge squares. Eat frozen. This can also make ice cream sandwiches. Use frozen banana ice cream inside the sandwich.

## Fridge Cookies

3 cups rolled oats, 2 cups almond butter, 3/4 cup honey.

Mix almond butter and honey together then add oats. Form into balls and set aside. Pulverize more oats in a food processor until powdery. Roll balls in powder. (You can add carob powder and cinnamon to the oat powder). Refrigerate for a while before eating.

## Frozen Grapes

1 bunch of grapes de-stemmed.

Wash the grapes and lightly dry with a paper towel. Put them in a bag or mason jar and freeze. This refreshing treat is a must have in your freezer because they are perfect for popping into your mouth when you need something to “take the sugar edge off.”

## Frozen Vanilla Bliss

This tastes very much like soft serve ice cream, only better. It makes a healthy snack.  
3/4 cup water, 2 tablespoons tahini or more to taste, 1-2 frozen bananas, cut in chunks  
Dash vanilla essence (optional).

In blender, combine water, tahini, banana and vanilla. Blend until thick and smooth.  
Serve immediately. Serves 1  
The addition of carob or other fruit works very well in this recipe.  
If you prefer a sweeter drink, add one or two soaked dates.

## **Fruit Logs**

1 cup dates soaked 30 minutes, drained, ½ cup dried fruit (apricots, figs, pineapple or your choice soaked 30 minutes), 1 cup nuts (pecans, walnuts, almond or your choice), 1 cup desiccated coconut, 1 teaspoon vanilla essence, ½ teaspoon cinnamon or any other spice.

Grind dry nuts in a food processor, add dates and process further until combined add, vanilla, spice, and dried fruit a few pieces at a time. Shape into small logs ½ - ¾ inch thick, and roll in dried coconut. Chill until stiff.

## **Fruit Nut Bonbons**

1 cup walnuts or pecans, ½ cup raisins, ¾ cup figs, ½ cup apricots, 1 cup desiccated coconut.

Place fruit and process briefly until roughly chopped but still chunky adding a little water to make a thick dough. Place in a bowl and hand mix in the walnuts or pecans. Form into balls, roll in coconut and store in fridge.

## **Galaxy Brownies**

2 cups pecans, ¾ cup macadamia nuts, 1 cup dates, 2 tablespoons dried coconut, ½ cup cocoa/carob powder, 2 tablespoons agave nectar, ½ teaspoon vanilla essence, ½ teaspoon cinnamon, pinch salt.

Grind the nuts until coarsely ground, add dates then chocolate, agave nectar, vanilla and coconut and continue processing until the mixture starts to stick together. Press into an 8 x 8 glass baking dish. Let set in fridge. These brownies freeze well.

Variations - Roll these into cookie balls. Swap dates for raisins or dried cherries.

Use a variety of nuts such as almonds, walnuts, pecans or hazelnuts.

## **Ginger Snap Bars**

1½ cups almonds or other nuts, 1½ cups figs, ½ - 1 teaspoon ground ginger (to taste), ½ teaspoon cinnamon, ¼ teaspoon ground cloves.

Process almonds in a food processor until coarsely ground. Add figs and remaining ingredients and process until it sticks together. Do not over process, as it will become oily if you do. Shape into bars with your hands or press into a square glass dish and then slice into bars. Wrap and freeze bars if not using right away.

## **Ginger Treats**

2½ cups sunflower seeds, 2 cups raisins, 1-2 inch piece fresh ginger, juice of 1 orange, 1 apple chopped, ¼ cup honey or ½ cup dates to sweeten, pinch salt.

Optional cloves, nutmeg, mace, carob.

Process everything but ½ cup sunflower seeds and chopped apple in a food processor until smooth. Pulse in chopped apple and the leftover sunflower seeds so they stay chunky. Roll into little balls and coat with carob powder.

## Goji Energy Bars

1 cup sunflower seeds, 1 cup pine nuts,  $\frac{1}{4}$  cup soaked buckwheat,  $\frac{1}{4}$  cup agave nectar or  $\frac{1}{2}$  cup dates, 1 cup pumpkin seeds, 1 cup almonds, water,  $\frac{1}{2}$  cup goji berries.

Place sunflower seeds, pine nuts, soaked buckwheat, pumpkin seeds, almonds and some goji berries into a food processor and blend for a few seconds. In a bowl, mix these ingredients with the agave nectar and a little water to moisten and add some more dried goji berries. Mold the mixture into energy bars. Use cookie molds, or make balls with your hands or use a fork on a plate to make compact energy bars.

## Goji-Mac-Snack

$\frac{1}{2}$  cup macadamia nuts,  $\frac{1}{2}$  cup goji berries

Simply mix and eat.

Warning: Once you start... you can't stop!

## Goey Goji Clusters

1 cup dates soaked 30 minutes, drained,  
1 cup goji berries, 1 cup carob/cocoa powder,  
1 cup hazelnuts, 2- 3 tablespoons agave nectar.

Put all ingredients in food processor and process until combined but still chunky. Roll into 1 inch balls and place in refrigerator.



## Grezzo Chocolate Fudge

### Base

1 cup walnuts, 1 cup pecans, 1 cup dates pitted and soaked 30 minutes, drained,  $\frac{1}{4}$  cup carob/cocoa powder.

Prepare the base by grinding walnuts and pecans in a food processor until fine. Add dates and  $\frac{1}{4}$  cup raw cacao powder and blend until smooth. Remove from the food processor and with your hands form into squares (or cubes or whatever other shape suits your fancy).

### Topping

$\frac{1}{2}$  cup carob/cocoa powder,  $\frac{1}{4}$  cup coconut oil,  $\frac{1}{4}$  cup agave nectar

Mix together by hand and cover the bases with the sauce topping. Keep few days in fridge.



## Hard Healthy Candy

1 cup ground nuts,  $\frac{1}{4}$  cup brewers' yeast,  $\frac{1}{2}$  cup raw wheat germ,  $\frac{1}{2}$  cup honey, 2 tablespoons oil,  $\frac{1}{2}$  cup raisins, sesame seeds.

Mix together all ingredients except sesame seeds. Roll into balls and coat with sesame seeds.

## Health Fudge

$\frac{1}{2}$  cup walnuts or almonds,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup dates, 1 cup sunflower seeds, 1 cup peanut butter,  $\frac{1}{2}$  cup carob/cocoa powder,  $\frac{1}{2}$  cup sesame seeds,  $\frac{1}{2}$  cup desiccated coconut.

Place nuts in a food processor and process until coarsely chopped, add dates and raisins and blend until smooth. Add all other ingredients and blend until well combined. Press into dish or pan and chill, covered for several hours to harden. Cut into squares.

## Hansel and Gretel Mix

1 cup goji berries, 1 cup cacao nibs, 1 cup sunflower seeds, 1 cup pumpkin seeds.

Mix everything together in a bowl. This recipe has infinite variations. Add hemp seeds, sesame seeds, crushed nuts, dried currants, raisins, sultanas, apricot chunks, pineapple, mango etc.



## Healthiest Smoothie in the World

Are you getting your greens? They are healthiest raw but remember, you can always juice them or blend them to make them go down nice and easy.

Smoothie suggestion: blend a banana with the juice of two oranges and 100g of raw spinach. You don't even taste the green stuff and it's all thick and creamy to boot.

## Healthy Candy of Zion

1 cup pecans or walnuts, 1 cup dates soaked 30 minutes, drained, 3 teaspoons orange zest, 1 teaspoon vanilla,  $\frac{1}{2}$  cup honey,  $\frac{1}{4}$  cup sesame seeds, pinch salt.

Put nuts in food processor and process until coarsely chopped, add dates and process further until chopped up. Add all other ingredients and pulse till combined thoroughly. Form firmly into 1" balls and roll in coconut and set aside upon wax paper or foil to set.

## La La Lemon Chia Bars

2 cups walnuts,  $\frac{1}{2}$  cup pine nuts,  $\frac{1}{2}$  cup pistachios,  $\frac{1}{2}$  cup raisins (or other dried fruit) 1 tablespoon agave nectar, 1 tablespoon honey, juice from 1 lemon, 1 teaspoon cardamom,  $\frac{1}{8}$  cup coconut oil, 2 tablespoons Chia seeds,  $\frac{1}{4}$  cup desiccated coconut pinch salt.

Place nuts into a food processor and process until well combined, add all other ingredients and process further until mixed together. Press mixture into a glass baking dish and spread out to desired thickness. Cover and refrigerate for several hours. Cut into bars and serve.

## Lemon Logs

$\frac{3}{4}$  cup cashews,  $\frac{3}{4}$  cup almonds,  $\frac{3}{4}$  cup dates,  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  cup desiccated coconut.

Place first four ingredients into a food processor and process until roughly ground. Add coconut and continue to process until well combined. Shape into oblong small logs or bars and refrigerate.

## Lemon Coconut Bars

1 cup almonds,  $1\frac{1}{2}$  cups dates soaked 30 minutes, drained, 1 cup desiccated coconut, zest and juice of 1 lemon, 1 teaspoon vanilla essence, pinch salt.

Place all ingredients into a food processor and process until well combined. Press into an 8 x 8 baking pan. Chill for a couple hours until firm. Then cut into squares.

## Lemon Squares

**Crust** Ingredients -  $\frac{1}{2}$  cup dates soaked 30 minutes, drained,  $\frac{1}{2}$  cup pecans,  $\frac{1}{2}$  cup walnuts,  $\frac{3}{4}$  cup almonds, 3 tablespoons honey,  $\frac{3}{4}$  cup desiccated coconut, pinch salt.

**Topping** Ingredients -  $1\frac{1}{4}$  cup dates soaked 30 minutes, drained,  $\frac{3}{4}$  cup walnuts, 1 teaspoon psyllium powder, zest of one lemon, juice of 1 lemon, pinch salt.



**Crust** - Place all ingredients into a food processor and process until well combined. Press into an 8 x 8 pan.

**Topping** - Process topping ingredients in food processor until smooth. Spread onto the crust. Sprinkle top with coconut.

## Macadamia Nut Fudge

1 cup macadamia nut (or almond) butter, 1 cup carob/cocoa powder,  $\frac{1}{2}$  cup coconut butter,  $\frac{1}{2}$  cup agave nectar, 1 tablespoon vanilla essence, pinch salt,  $\frac{1}{4}$  teaspoon cinnamon.

In a large bowl, combine carob, coconut butter and macadamia nut butter. Stir in agave nectar, vanilla, salt and cinnamon. Mix well, mashing lumps against side of bowl with a fork to smooth out batter. Pour mixture into a 7 x 11 glass dish. Place in freezer for 1-2 hours, until firm. Cut into squares and serve. Store in refrigerator or freezer.

## Mock Choco Balls

$\frac{1}{4}$  cup tahini (sesame paste), 3 tablespoons almond butter, 5 tablespoons agave nectar, 3 - 4 tablespoons carob powder, pinch of salt, sesame seeds (to roll balls in)

Combine everything together, shape into balls and roll in sesame seeds, then place into the freezer until ready to eat.

## **Nut Fudge**

2 cups cashews, 1 cup dates and 1 cup raisins soaked 30 minutes, drained, 1 cup ground flax seeds, 1 cup walnut pieces, 1 cup water, 4 tablespoons carob/cocoa powder.

Blend all ingredients together in food processor. Pour into a bowl. Spread in a glass dish and freeze for a few hours. Cut in rectangles.

## **Nutty-Fruity Chewy Snacks**

1/3 cup sunflower seeds, 1/4 cup pine nuts, 1/2 cup walnuts, 1/3 cup almonds, 1/2 cup desiccated coconut, 1 cup raisins, 1 cup dried figs soaked for 30-60 minutes, drained, Coating: 1 cup desiccated coconut, 1 teaspoon cinnamon (or to taste).

Grind the seeds, nuts, and coconut to a fine meal in a food processor. With the food processor still running, add the soaked dried figs, and the raisins. The mixture should form a ball. If it does not, add more raisins and a few tablespoons of water. The mixture should not be wet but chewie like a paste.

On a plate, pour about 1 cup of dried coconut. Wet your hands and form mixture into balls with your hands. Roll the balls on the shredded coconut. Place the coated balls on a plate and dust with cinnamon powder.

## **Pecan Date Log**

1 cup pecans, 1 cup cashews, 1 1/2 cups dates, 1 teaspoon cinnamon, desiccated coconut

Put nuts in food processor and process until crumbly. Add dates and cinnamon and process until it is the consistency of sticky cookie dough. Roll into 1 large log and put in fridge to harden for 1-2 hours. Slice into pieces and dip into coconut.

## **Pecan Orange Balls**

2 cups pecans, 1 1/2 cups dates, 2 tablespoons orange zest grated finely, desiccated coconut.

In food processor, pulse dates and pecans together, then add zest and pulse till mixed. Add a little water if necessary to make a sticky dough. Use a tablespoon to measure and form mixture into balls. Roll balls in coconut. Refrigerate.

## **Pecan Sandies**

2 cups pecans, 1 cup dates soaked 30 minutes, drained, 1 teaspoon vanilla essence, pinch salt, 24 pecan halves for garnish.

Place all ingredients into food processor and process until well combined. Make into small balls and flatten. Place a pecan half on each cookie.



## **Peanut Butter Slices**

1 cup peanut butter,  $\frac{3}{4}$  cup pecan nuts chopped,  
1 cup of raisins, chopped,  
 $\frac{1}{4}$  teaspoon vanilla essence,  $\frac{1}{4}$  cup honey, chopped peanuts to roll logs in.

Mix all of the ingredients together. If not firm enough, add more nuts or if too firm add more honey. Form into 3 long rolls. Roll in finely chopped peanuts, wrap and chill until firm. Slice into  $\frac{1}{2}$ " slices and serve.

## **Peanut Butter Protein Bars**

4 scoops chocolate protein powder,  $\frac{2}{3}$  cup flax seed meal,  $\frac{1}{4}$  cup water,  
4 tablespoons chunky peanut butter, 1 tablespoon cocoa,  $\frac{1}{2}$  tablespoon stevia (optional).

Place all ingredients in large bowl and mix until well blended, will become a sticky and thick dough. If feel you need to add more water, add a tablespoon at a time. Separate dough into 4 separate parts. Place each piece of dough on cling film and mold into a bar shape. Then just pop them in fridge or freezer. They taste way better cold and are not as sticky. Makes 4 bars.

## **Pineapple Nut Cream**

$1\frac{1}{2}$  cup cashews,  $\frac{3}{4}$  cup almonds, 2 cups fresh pineapple.

Place almonds and cashews into food processor and process till finely chopped. Add pineapple and blend till smooth. Top your fruit with this sweet cream for a healthy snack or dessert.

## **Raisin Fudge**

$1\frac{1}{2}$  cups walnuts,  $1\frac{1}{2}$  cups raisins,  $\frac{1}{2}$  cup carob/cocoa powder, dash of cinnamon, pinch salt.

Combine all ingredients in a food processor and blend until smooth and balled up. Remove from bowl and press into glass dish - alternatively you can shape into one large square with your hands. Freeze until firm then slice. This may be kept refrigerated or frozen.

## **Raw Brownies**

1 cup dates soaked 30 minutes, drained, 1 cup almond (or cashew) butter, 1 cup carob powder.

Process dates until smooth add other ingredients and pulse until combined. Mix and press into 9 x 9 square pan. Refrigerate at least one hour. Cut into squares or roll into small balls.

## **Raw Raisin Nut Candy**

1 cup raisins, 1 cup walnuts, 1 tablespoon vegetable oil, 1 cup sliced almonds.

In a food processor combine raisins and walnuts. Process until they form a sticky ball. Coat hands with oil and roll mixture into balls the size of large marbles, then coat with sliced almonds. Cover and refrigerate for up to 3 days. Recipe makes 40 candies.

## Raw Fudge

2 cups cashews, 1 cup walnuts, 1 cup dates, 1 cup raisins, 2 heaped tablespoons carob powder,  $\frac{1}{2}$  cup pineapple juice,  $\frac{1}{2}$  cup water, 1 cup flaxseed meal (optional).

Place cashew dates and raisins into food processor and process until well blended. Add carob, juice and water. Whiz to a thick paste. Stir in flaxseed meal and water. Press onto ungreased cookie sheet and freeze for 2 hours. Cut into squares and store in the freezer.

## Raw Energy Bars

Choose your own quantities of the following ingredients for the bars.

Almonds, cashews, walnuts, dates, flax seeds, sunflower seeds, pumpkin seeds, raisins, dried cranberries, coconut, honey, cinnamon, nutmeg, allspice, vanilla essence, salt.

Place nuts in food processor and process until coarsely ground, Add dates and process again till combined. Add a little water or juice if necessary to make into a sticky dough. Add the rest of the ingredients just to combine, leave some ingredients whole to give texture.



Spread the mixture out into a glass baking dish, cover it with foil, and stick it all in the fridge to harden up. Cut into bars.

## Raw Fudge Brownies

1 $\frac{1}{2}$  cups of walnuts, 1 cup dates,  $\frac{1}{3}$  cup cocoa/carob powder, 1 teaspoon vanilla essence, 2 teaspoons of water (or juice), pinch salt,

Put the walnuts and salt in the food processor and process until coarsely ground. Add the dates, cocoa powder and vanilla and process until the mixture sticks together. Finally, add the water and process briefly. Transfer to a flat container and pat down into a flat fudge-like form with a spatula. Put into fridge to harden then cut into slices.

## Rawsome Chewy Caramels

2 cups cashews, 1 $\frac{1}{2}$  cups dates, 1 teaspoon vanilla extract, 2 teaspoons maple extract, pinch salt.

Process cashews in food processor until coarsely chopped and natural oils make the nut meal begin to stick together. Add remaining ingredients and continue to process. If necessary, add up to 5 teaspoons water, 1 teaspoon at a time until to desired moistness. Press into a small dish, refrigerate for 2 hours before cutting to serve. Will keep up to 1 week in the refrigerator... if they last that long!!



## Red Squares

2 cups of cacao butter, grated  
1 cup of goji berries  
 $\frac{1}{2}$  cup of agave nectar or  $\frac{3}{4}$  cups dates.

Put everything into a food processor and blend until smooth, then place in cube moulds. Turn out when set.



## Sesame Honey Candy

2 cups sesame seeds,  $\frac{1}{2}$  cup honey,  $\frac{1}{4}$  cup lemon juice, 2 tablespoons olive oil  
 $\frac{1}{2}$  cup whole sesame seeds for rolling balls in.

With a high-speed blender, grind the 2 cups of sesame seeds as far as they will go. “Coach” the grinding by pushing the mixture into the blade. Add the oil, then the lemon juice, then the honey. Continue coaching it into a thick, smooth paste. Take the mixture out of the blender. Pour some whole sesame seeds into a dish or bowl. Grab about  $\frac{1}{2}$  tablespoon of the candy paste and roll it into a ball.

Roll the ball around in the whole sesame seeds and then roll in your hands to press the sesame seeds into the ball. You should get around 40 or 50 balls from this recipe.

## Sesame Apricot Flats

1 cup sesame seeds,  $\frac{1}{2}$  cup dried apricots chopped,  $\frac{1}{4}$  cup raisins, 2 tablespoons of agave nectar or more to taste,  $\frac{1}{4}$  teaspoon almond extract,  $\frac{1}{2}$  teaspoon cinnamon, pinch nutmeg.

Place the sesame seeds, cinnamon, nutmeg and almond extract in a food processor and blend until they are a powder. Add the agave nectar and continue blending until it is a smooth mass. You might need to frequently turn the blender off and scrape down the sides. Add the raisins and chopped apricots and stir by hand until mixed in. Shape into flat rounds or roll into balls.

## Spirulina Sunrise

$\frac{3}{4}$  cup brazil nuts,  $\frac{1}{2}$  cup cashew nuts,  $\frac{1}{2}$  cup sesame seeds plus extra for sprinkling on top,  $\frac{1}{2}$  cup dried figs,  $\frac{1}{2}$  cup dates, 1 heaped tablespoon spirulina powder.

Place brazil nuts, cashews and sesame seeds in food processor and process till roughly chopped. Add figs, dates and spirulina and process until well combined. Roll into small balls then flatten and roll in sesame seeds.

## Sweet Seed Bars

2 cups cashew nuts, 2 cups sesame seeds, 2 cups sunflower seeds, 2 cups desiccated coconut, 1 cup honey.

Chop cashew in food processor, add seeds and coconut and process until chopped then add honey and pulse until thoroughly combined. Pour into a square pan, covering with foil and chill for a few hours until set firm. Cut into bars and refrigerate.

## **Stuffed Date Snack**

Pit the fruit and replace the stone by a piece of candied pineapple, crystallized ginger, or a walnut half, a Brazil nut, a cube of chocolate, a glace cherry, or a mixture of ground almonds and chocolate powder.

## **Sunflower Seed Balls**

½ cup almonds, 1 cup sunflower seeds, ½ cup dates (or 1/3 cup agave nectar), 4-5 tablespoons of cocoa powder, pinch of salt, ½ teaspoon cinnamon  
A couple drops of peppermint oil (optional) A small bowl of desiccated coconut.

In blender, chop nuts, dates and seeds. Add rest of ingredients and pulse until combined. Form into one inch balls. Roll in coconut and place in sealed container in fridge to store.

## **Super Energy Bar**

½ cup pitted dates, ½ cup walnuts, ¾ cup almonds, 3 tablespoons honey, ¾ cup desiccated coconut, ¼ cup raisins, ¼ cup dried cranberries, 3 tablespoons Barley green or any green dried powder (optional).

Place all ingredients into food processor and process until well combined. For bars, press the dough into an 8 × 8 pan and sprinkle with extra coconut. Refrigerate for 1-2 hours before cutting into bars.

To make energy balls, roll dough into 16 to 24 balls and roll each ball in coconut. Refrigerate for 1-2 hours.

## **Super Chocolate Goji Lemon Bar**

2 cups goji berries, 2 cups cocoa nibs, 1 teaspoon grated lemon peel,  
2 cups grated raw cocoa butter.

Grind up the goji berries and cacao nibs in a coffee mill. Then put all the ingredients into a blender. You will need a very durable blender as this can be quite dense.

Put into any mold and refrigerate until set. If you want to use ice cube trays you would need 4 for this recipe.

## **Swanky Seed-n-Nut Balls**

¼ cup pumpkin seeds, ¼ cup sesame seeds, ½ cup almonds, ¼ cup walnuts,  
2 tablespoons tahini, 3 tablespoons agave nectar, 1 tablespoon almond butter,  
¼ cup desiccated coconut.

In a food processor, grind the pumpkin seeds, almonds, and walnuts together until coarsely ground. Add the tahini, agave nectar and almond butter: and process together well. Form the mixture into balls and roll in coconut. Refrigerate or freeze.

Yield about 10 balls.

Note: Use only one kind of nut if that is all you have on hand.

## The Crazy Good Bar

2 cups walnuts, 1 cup dates,  $\frac{1}{2}$  cup raisins,  $\frac{1}{4}$  cup dried cranberries,  $\frac{1}{2}$  teaspoon almond extract, pinch cinnamon, 2 tablespoons carob/cocoa powder, 1 teaspoon coconut oil.

Grind the walnuts in food processor till roughly chopped, add dates, raisins, cranberries, almond extract and cinnamon and process until mixture sticks together when pressed. Spread the coconut oil in the bottom of a glass baking dish and up the sides. Press mixture into the dish. Cut into squares. Refrigerate or freeze.

## Velvet Chocolate

1 cup cashew or macadamia butter,  $\frac{1}{4}$  cup water, 3 tablespoons honey, 2 tablespoons carob/cocoa powder, 1 teaspoon vanilla essence, pinch salt.

Blend well, pour in a flat dish, and freeze until solid.

## Walnut Candy

1 cup walnuts,  $1\frac{1}{2}$  cups raisins, 1 tablespoon vegetable oil, 1 cup sliced almonds  
In a food processor combine raisins and walnuts. Process until they form a sticky ball.

Coat hands with oil and roll mixture into balls the size of large marbles, then coat with sliced almonds. Cover and refrigerate for up to 3 days.

## Walnut Chocolate Coconut Fudge

3 cups walnuts, 2 cups desiccated coconut,  $\frac{1}{2}$  cup carob/cocoa powder,  $\frac{1}{2}$  cup agave nectar or 1 cup dates,  $\frac{1}{4}$  cup coconut oil/butter,  $\frac{1}{4}$  cup water, for consistency, if desired.

Place walnuts in food processor and grind until creamy, add all other ingredients and process until well combined. Place mixture in flat, glass dish and cover. Place in freezer for at least an hour before serving. Cut into pieces.

## White Chocolate Goji Fudge

Grind up:  $\frac{1}{2}$  cup goji berries  
(usually sticky, not really a powder)  
Blend until smooth:  $\frac{1}{2}$  cup cacao butter,  
 $\frac{1}{2}$  cup cashews,  $\frac{1}{2}$  cup agave nectar.

Blend in goji powder, then by hand mix in whole:  
 $\frac{1}{2}$  cup cacao nibs,  $\frac{1}{2}$  cup whole goji berries,  
zest from 1 orange. Spread in a glass pie plate,  
chill in the freezer until firm.



## 15 Bonus Dessert Recipes

### Frozen Treats and Ice Cream

All of these frozen dessert or anytime treat recipes are created with natural and healthy ingredients. If you are looking for 'better for you' alternatives to commercial ice cream you will now be able to make delicious frozen dishes with all plant products free from sugar, unhealthy fats and harmful chemicals.

Raw ice cream is so easy to make and there are endless possibilities for variations. You could make a new one each week and never run out. It is nearly impossible to go wrong with frozen fruit, nuts and dates so you can feel confident to explore new recipes that you have designed yourself. You may end up with a fabulous new recipe that you can share with others.

For the base of your ice cream you need something creamy and protein rich and cashews are the favorite. The next ingredient for creaminess is fresh coconut. You can purchase brown coconuts and remove the husk then extract coconut meat and blend.

You may need a small blender like a Magic Bullet or a Vita Mix as the ultimate raw food processor to blend it up finely. You may also be lucky enough to be able to purchase Thai coconuts which are so much easier to extract the meat from.

Next you need a sweetener and to keep the mixture white you can use agave nectar or honey. If you do not need to keep the mixture white (as with chocolate) you can use dates or raisins for superb natural sweetness.

The addition of healthy coconut oil or cacao butter gives the most decadent creaminess and richness for the ultimate luxury ice cream. It can be used straight from the freezer as the oil stops it from freezing solid.

Cacao nibs can also be added for a natural sugar free version of chocolate chips.

Lastly your choice of fruit – fresh or frozen the choices are endless and can be added in directly to the ice cream mix or blended with a sweetener and poured over the top for a blast of color and taste.

Here are some basic recipes so you can start experimenting.

## Raw Vanilla Ice Cream

2 cups raw cashews, soaked 4 hours, 2 cups coconut meat 1 cup water, 1 cup agave nectar,  $\frac{1}{4}$  cup coconut butter 2 tablespoons vanilla extract or seeds of  $\frac{1}{2}$  vanilla bean,  $\frac{1}{2}$  teaspoon salt.

Puree all ingredients in a food processor and blend until completely smooth.

Scoop the mixture into a container and place in the freezer for 3 to 4 hours. Every hour or so, remove from freezer and mix well. Place back in freezer to chill. Repeat until desired consistency, 5 to 7 hours.

To make in an ice cream maker: Chill the mixture in the freezer for hour or two, until cold. Scoop the chilled mixture into the ice cream maker and follow the manufacturer's instructions.



## Cashew Orange Ice Cream

Add zest and juice of one orange to the above mix.

Macadamia Vanilla: substitute  $\frac{1}{2}$  cup macadamia nuts for  $\frac{1}{2}$  cup of the cashews and add an extra teaspoon of vanilla essence.

Note: You can then either drink these ice cream bases as a smoothie type drink, OR pour into ice-cube trays to make frozen chunks with a tooth pick in them to eat like sweets later or pour into a Tupperware container and pop in freezer.



## **Bountiful Berry N-ice Cream**

2 cups raw cashews soaked 4 hours, 2 cups berries (strawberries, blueberries, cranberries, etc). 4 bananas, zest and juice of one lime or lemon.

Process the cashews, banana, half of the berries and lime or lemon juice in a food processor until nice and creamy. Pour the mixture in a freezable container, fold in rest of berries and freeze for a couple of hours until set.

Top with fresh fruit or fresh fruit puree.



## **Monkey Fudge Popsicles**

2 ripe bananas, 1 cup raw cashews, 3 tablespoons cocoa or carob powder.

Place in food processor and blend until smooth. Place in a Popsicle tray for freezing at least 2 hours before serving.

## **Freezer Cookies**

1/2 cup sunflower seeds, 1 cup almonds or cashews, 1 large banana, 1 apple, 1 cup dates, 2 teaspoons vanilla essence.

Place all ingredients in a food processor and blend until well combined. Spread the mixture in a pan or dish and freeze.

The cookies can then be cut up like cookies or fudge squares, and eaten from frozen. For an added treat, make a tasty raw ice cream for freezer cookie ice cream sandwiches.



## Real Chocolate Ice Cream

4 cups cashews, 2 cups dates, 4 tablespoons raw chocolate powder, 1-2 cups water.

Put all ingredients in food processor and blend till smooth. Pour into a freezable container with a lid and freeze or pour into an ice-cream maker and process until ready to eat.



## Berry Maca Pie

Base: 2 cups macadamia nuts, 1 cup almonds, 1 cup dates, soaked at least 30 minutes then drained, 1/2 cup desiccated coconut.

Place nuts and dates in food processor and blend until a sticky crumb like consistency. Sprinkle dried coconut on bottom of 8-inch pie pan with a removable base. Press macadamia nut mixture onto coconut.

Filling: 2 cups cashews, 6 tablespoons coconut oil (gently warmed), 1/4 cup lime juice, 1/2 cup agave nectar or honey, 1 tablespoon vanilla essence, 6 tablespoons water. 2-3 cups mixed berries, such as blueberries or raspberries.

Place all ingredients in food processor and blend until smooth and well combined. Pour mixture onto base and freeze 1 to 2 hours, or until firm. Remove from freezer, slice while frozen, and transfer to serving platter. Defrost in fridge 1 hour or on countertop 30 minutes; top with berries; and serve.

## Carrot Cake

Cake: 5 cups grated carrots (about 6 carrots), 1 cup dates, 1 cup walnuts,  $\frac{3}{4}$  cup dried apricots,  $1\frac{1}{2}$  cups desiccated coconut,  $\frac{1}{2}$  cup raisins or currants, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon nutmeg.

Frosting:  $2\frac{1}{2}$  cups cashews,  $\frac{1}{2}$  cup raisins  $\frac{1}{2}$  cup agave nectar or honey,  $\frac{1}{2}$  cup coconut oil, juice and zest of 1 lemon,  $\frac{1}{4}$  cup water.

Preparation of cake: Grate the carrots either by hand on a grater or in a food processor fitted with a grater blade attachment and place in a bowl. Place walnuts, dates and apricots in food processor and blend until crumbly. Add to grated carrots in bowl, add spices and mix well.

Transfer the mixture to the food processor and blend in two batches until the mixture comes together and holds its shape. Tip back into bowl and fold in coconut by hand. Set aside while you make the Lemon Cashew Frosting.

Lemon Cashew Frosting: Place the cashews, raisins, warmed and melted coconut oil, lemon juice and zest in food processor and blend, continuously scraping down the sides, until a thick creamy paste is formed. This could take a while... just be patient and keep scraping. You can add a few tablespoons of water to encourage the cashews if you get impatient.

Into the bottom of a cake pan with a removable base place one half of the cake mixture. Then place a layer of the frosting and then another layer of the cake mixture. Then place the rest of the frosting on top of cake. Place cake in fridge for a few hours till set.



## Chocolate Avocado Pie

Base: 1½ cups pecans or walnuts, ½ cup sunflower seeds, 1 cup dates soaked at least 30 minutes and drained.

1 banana.

Place the nuts, seeds and dates in a food processor and blend until well combined. Press mixture into the bottom of a pie pan with a removable base.

Place a thin layer of sliced banana on top of the base.

Filling: 2 ripe avocados, 1 cup dates soaked for at least 30 minutes and drained.  
2 tablespoons coconut oil warmed slightly and melted, ½ cup cocoa or carob powder,  
1 tablespoon vanilla essence.

½ cup of coconut or chocolate chips to decorate.

Place all ingredients in food processor and blend until smooth. Either spoon the filling on top of the base and smooth out or put it into a piping bag and pipe it onto base in a decorative fashion (as shown).

Sprinkle coconut or chocolate chips on top.

Refrigerate for several hours remove from tin, slice and serve.

For variety, try adding berries, lemon, or a little passion fruit juice to the avocado mixture. You can also leave out the crust for this pie and make only the filling, serving it as a delicious chocolate mousse pudding.



## Chocolate Cream Cheesecake

Base: 2 cup of walnuts or pecans, 1 cup dates soaked for at least 30 minutes and drained. Place the ingredients in a food processor until they are well combined. Press the mixture in to the bottom of a pie pan that has a removable base.

White filling: 3 cups cashews, soaked for a few hours and drained,  $\frac{1}{2}$  -  $\frac{2}{3}$  cup agave nectar or honey,  $\frac{1}{3}$  cup lemon juice,  $\frac{1}{2}$  cup coconut oil, warmed and melted, 1 teaspoon vanilla essence,  $\frac{1}{4}$  -  $\frac{1}{3}$  cup of water.

Blend everything in a high power blender or food processor until completely smooth.  
Note: This may take a few minutes, so you may need to stop the blender and scrape down the sides once or twice.

Chocolate filling: 2 medium bananas, 1 cup dates soaked at least 30 minutes and drained,  $\frac{1}{4}$  -  $\frac{1}{2}$  cup cocoa or carob powder, 1 teaspoon vanilla essence  
Blend everything until smooth.

Assembly: Pour the white filling on top of the base, followed by the chocolate filling. Put in the fridge or freezer for several hours to set. Then remove the spring form pan ring and slice. When ready to serve decorate the top of cheesecake with sliced banana or chopped pecans.

## Variation

### Berry Cheesecake

Use the crust and cheesecake filling, above, doubling the recipe if you are using a large cheesecake pan. Chill the cheesecake and then top with berry topping.

Berry Topping: 2 cups fresh or frozen berries of your choice,  $\frac{1}{2}$  cup soaked dates or agave nectar or honey to sweeten. Blend all until smooth. Decorate with some whole fresh or frozen berries.



## **Date Nut Torte**

Base: 2 cup walnuts, 2 cups raisins.

Place nuts and raisins in a food processor and blend till crumbly and well combined. This may take a few minutes and you may see it forming a small ball. Press into the bottom and up the sides of a small pie dish.

Filling: 2 cups dates, 1 lemon juiced.

In a food processor, blend dates and lemon juice until smooth and creamy. Spread this filling on top of base.

Decorate as you like, fresh strawberries on top, dried blueberries, or a few goji berries.



## Lime Cheesecake Cups

Makes 12

Base: 1 cup macadamia nuts, ½ cup dates soaked for at least 30 minutes and drained.  
½ cup desiccated coconut.

Place nuts and dates in a food processor and blend until a sticky crumb consistency. If mixture seems to dry add a little water a tablespoon at a time.

Line a 12 cup muffin time with paper cupcake liners and sprinkle in the coconut to coat the bottom of the liners.

Press nut/date mixture onto coconut to make base.

White layer: 1½ cups cashews, 6 tablespoons of coconut oil, warmed and melted, ¼ cup lime juice, ½ cup agave nectar or honey, 6 tablespoons water, 1 tablespoon vanilla essence

Mixed berries

Place cashews, coconut oil, lime juice, agave nectar, and water in a food processor and blend until smooth. Pour mixture into cups and freeze 1-2 hours or until firm. Remove from freezer, carefully remove cupcake liners.

Defrost in fridge for 1 hour or on the countertop for thirty minutes. Top with fresh berries, and serve.



## **Peach Tart with Lemon Ginger Cream**

Base: 2 cups pecans (or almonds), 1 cup dates, 1 teaspoon ground cinnamon, 1/4 teaspoon sea salt, water as needed.

Place all ingredients in a food processor and blend until well combined. If the mixture is a bit dry and crumbly add a little water a tablespoon at a time until the mixture is sticky and can hold itself together. Press the dough into the bottom and up the sides of a pie pan with a removable base.

Filling: 2 cups cashews, soaked 1 hour and drained, juice and zest of 1 lemon, 1/2 cup agave nectar or honey, 3 teaspoons grated fresh ginger, 2 tablespoons coconut oil, water as needed.

4 large peaches, peeled, pitted, and sliced 1/4 inch thick.

Any other fresh or frozen fruit can be used for variation.

Combine all of the ingredients in a blender and blend until smooth. Add water as necessary to blend it, but try to keep it as thick as possible. Spread the cream in the tart crust.

Arrange the peaches over the top of the tart and chill for at least an hour before serving.



## Pineapple Dessert Cake

Base: 2 cups cashews, 1 tablespoon vanilla essence,  $\frac{1}{2}$  cup agave nectar or honey.

Place cashews and vanilla in food processor and blend until crumbly. Add the agave nectar and process till well combined. If mixture seems a bit dry add a tablespoon or so of water.

Press half the mixture into the bottom of a pie pan with a removable base.

Filling:  $1\frac{1}{2}$  cups cashews,  $\frac{1}{2}$  cup agave syrup,  $\frac{1}{4}$  cup coconut oil,  $\frac{1}{4}$  cup water, as needed,  $2\frac{1}{2}$  cups fresh pineapple cored and chopped.

Place cashews, agave nectar and warmed and melted coconut oil into food processor and blend until smooth, adding water as needed to create a creamy texture. Spoon the mixture into a mixing bowl, add the pineapple and stir to mix well.

Spoon the filling on to the prepared base in pie pan and sprinkle the remaining half of the base mixture on top and pat down, lightly. Place in freezer for two hours or until chilled.





## Strawberry Fields Forever

Base: 1 cup Brazil or any other nut, 1 cup dates soaked at least 30 minutes and drained, ½ cup shredded coconut, ½ cup of cocoa or carob powder, 1 teaspoon vanilla essence, pinch sea salt.

Place all ingredients in a food processor and blend until well combined. Press into the bottom of a pan with a removable base. If you are making a large pie you might need to double or even triple the recipe (base and filling).

Filling: 1 cup cashews, 2 cups fresh or frozen chopped strawberries, ½ cup melted coconut oil, ½ cup agave nectar or honey, 1 tablespoon lemon juice, ¼ teaspoon salt.

Place cashews in food processor and blend until crumbly. Add all other ingredients and blend until completely smooth. Pour the filling over the base and chill or freeze until ready to serve.

Strawberry sauce: 1 cup strawberries, a splash of agave nectar or a little honey to taste. Blend or mash the strawberries and agave nectar together. Pour over slices of strawberry pie.

