

Desserts

No-bake apple crisp

6 apples
1 tsp cinnamon
1/4 tsp nutmeg
1 cup raisins - soak for 2 hours prior to use
2 tbsp lemon juice
2 cups walnuts
1 cup dates

Puree 2 apples, raisins, cinnamon and nutmeg (Use blender or food processor). I used a blender and had to add a little bit of water to get it to blend.

Chop up remaining 4 apples and mix with lemon juice.

Mix the puree apples and the chopped apples together and place in a serving dish or pan.

Chop walnuts and dates to the consistency of a crumble. Do not puree. Place on top of apples.

You can let it sit for several hours to let the flavors meld or serve immediately. I liked it better when it sat for a while.

Rice pudding

1 cup water
½ cup short grain brown rice
2 cups of almond or rice milk- vanilla flavoured
1/3 cup raisins
cinnamon to taste

Combine water and rice in a large uncovered saucepan. Bring to boil. Cook for about 20 minutes until almost all of the water has been absorbed. Reduce heat to minimum and take off of the burner. Add milk and replace to burner. Simmer on low heat for 30-40 minutes, stirring occasionally until mixture is thick and creamy.

Frozen peanut (almond) butter & chocolate dessert

Combine in blender:

½ cup natural nut butter
¼ cup honey
½ tsp unrefined sea salt
1 ¼ cup organic cream OR 1 package extra firm silken tofu
1 tsp vanilla
2 eggs

Pour blended mixture into 8x8 pan or round pan

Combine:

¼ cup maple syrup/ honey
¼ cup cocoa powder
1 tsp vanilla

Pour over first layer. Marble the layers with a knife. Freeze.

Millet cheesecake

Crust:

1 cup oatmeal
½ cup spelt flour
¼ cup nuts or seeds
1 tsp cinnamon
¼ tsp unrefined salt
1/3 cup safflower oil
3 Tbsp honey
2 Tbsp frozen orange juice
1 tsp vanilla

Mix and bake at 350 for 10-12 minutes. Cool completely.

Filling:

½ cup millet
2 cups water

½ tsp unrefined sea salt

Cook for 45 minutes

Add:

1/3 cup raw cashews

¼ cup honey

1 tsp vanilla

1/3 cup lemon juice

Blend together with millet until smooth. Pour millet mixture into crust. Top with fruit.

Brownie-muffins (gluten free)

1 small banana

1 cup unsweetened applesauce

1 cup organic raw sugar

¼ tsp unrefined sea salt

¾ cup cocoa powder

½ each rice and potato flour

1 1/2 cups chocolate chips

Mash banana in large mixing bowl. Whisk in applesauce, then sugar and salt. Whisk in cocoa and flours until smooth. Stir in chocolate chips. Spoon into 24 lightly greased mini muffin cups. Bake in preheated oven 25 min. until tops are firm and browned. Cool in tin. Makes 24.

Fudge protein brownies

5 squares unsweetened chocolate

½ lb of softened butter

1 ¾ cup organic raw sugar

5 eggs

1 ½ tsp vanilla extract

¾ cup unrefined flour

¼ cup chocolate protein powder

Optional:

1 cup chopped nuts or chocolate chips

½ tsp cinnamon

1 small mashed ripe banana

2-4 Tbsp strong black coffee

Butter a 9x13 inch pan. Preheat oven to 350F.

Melt the chocolate and cool for 10 mins.

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healing, naturally.

Cream butter and sugar until light and fluffy and add eggs one at a time.
Stir in vanilla and melted chocolate, beat well.
Stir in flour, protein powder and any optional ingredients and blend thoroughly.
Pour into pan and bake 25-30 minutes or until a toothpick inserted into the center comes out clean.
Cut into squares.

Healthy Chocolate Cake

Gluten-free

1-3/4 cup rice flour or buckwheat flour
1/2 teaspoon xanthan gum

OR

Has gluten

1 3/4 cup spelt flour

+

3/4 cup cocoa
1-1/2 teaspoon baking soda
1-1/2 teaspoon baking powder
1 teaspoon salt

2 eggs
1 1/2 cup apple sauce
1/2 cup soy or rice milk (optional: add 1 teaspoon vinegar to sour)
1/2 cup oil
2 teaspoon vanilla
1 cup boiling water

Combine dry ingredients in large bowl and mix. Beat eggs well, add milk and oil. Mix together both dry and wet ingredients. The batter will be thin. Pour into greased and floured 13" x 9" pan. Bake at 350 degrees for 35-40 minutes

Fruit topping

Blend 1 3/4 cup fresh or frozen berries in a blender. Add a small amount of apple juice if desired for added sweetness

Chocolate frosting

4 Tablespoon Cocoa powder
2 Tablespoon raw sugar

4 Tablespoon water
1/4 cup organic butter or coconut oil
vanilla extract to taste

Cook cocoa with water and sugar, stirring constantly. Remove from heat and add butter/ coconut oil stirring until dissolved. Add vanilla. Pour "frosting" on the cake.

Icing:

Option 1 – coconut butter: combine ½ cup coconut oil with a pinch of unrefined salt, and vanilla, honey, stevia to taste.

Option 2 – lemon butter: combine ¼ cup each butter or ghee, ¼ cup honey or rice syrup, 1 tsp light miso, ½ tsp vanilla, ½ tsp lemon juice

Chocolate Hazelnut Spread

- 1/3 cup hazelnuts, with skins
- ¼ cup maple syrup
- 1 – 2 Tbsp cocoa powder
- ¼ enriched vanilla soy milk

Preheat oven to 400F. Toast hazelnuts about 15 minutes, until skins are almost black.

Wrap hot hazelnuts in a clean cloth and rub until most of the skins have come off – discard the skins

Process nuts in food processor until smooth.

Add maple syrup and cocoa to nut mix, blend. Add soy milk to achieve desired consistency.

Transfer to air tight container and refrigerate

Caramel Spread

¼ cup melted or fresh liquid ghee (including foam and sediment if ghee is freshly made)
1 tsp light miso
¼ cup honey or maple syrup or rice syrup
1 tsp molasses

Combine ingredients at minimal heat until just blended. Remove from heat and serve on cakes, ice creams, etc.

“Ghee”

Place unsalted butter in cooking pot. 2 cups of butter yields about 1 ½ cup ghee. Heat until boiling. Turn heat down to medium-low to keep it simmering. Watch closely to avoid overcooking – do not stir. Skim off white foam that collects on surface. Keep simmering until it turns a clear golden brown color and the sediment on the bottom turns brown – about 15-20 mins. Remove from heat. Pour liquid into a glass or ceramic container for storage (leave brown residue in the pan). Skim off any remaining foam. Keeps at room temperature.

Vanilla yogurt ice cream

Combine:

2 eggs

1 heaping Tbsp light miso OR ¼ tsp sea salt

¼ cup unrefined sugar

¼ tsp stevia

2 tsp vanilla

2 cups heavy cream

1 ¾ cup plain yogurt

Chill mixture well. Freeze in ice cream maker (Donvier brand)

Coconut pineapple sorbet

Combine:

1 can coconut milk

2 pinches sea salt

1 Tbsp unrefined sugar

1/8 tsp stevia powder

¼ tsp each vanilla and almond extract

2-3 Tbsp fresh lemon juice

1 can crushed pineapple

Chill mixture well. Freeze in ice cream maker (Donvier brand)

Creamy fruit freeze

Combine in food processor:

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1 ½ cup heavy organic cream OR 1 package extra firm silken tofu
1 ½ cup frozen berries
Add flavors such as vanilla.
Blend to combine. Freeze. Enjoy.

Remove from stove, stir in raisins and cinnamon. Chill in refrigerator.

Pie Crust

2 cups whole wheat flour (or 1-3/4 cup brown rice + 1 tsp guar gum)
1 tsp. salt
3/4 cup oil and butter (1/2 and 1/2)

Blend flour and salt. With pastry fork, cut in oil and butter. Sprinkle with 5 to 6 tbsp. cold water, mixing between each tbsp. Roll out into crust. Makes top and bottom crust.

Use this for both the following recipes:

Apple Pie

Slice enough apples to mound in bottom pie crust. Sprinkle with 2 tbsp. whole wheat flour and 1 tbsp. cinnamon, mixing gently. Squeeze juice of 1 lemon on top. Drizzle with honey so that apples are about half covered. Cover with top crust and bake at 425 degrees, for 40-50 minutes.

Fresh Strawberry Pie

Filling:

2 pints strawberries
1-1/2 cup apple juice
2 tbsp. arrowroot powder
1/8 cup honey

Bake bottom pie crust at 425 degrees for 15 minutes or until golden brown. Wash berries. Heat 1-1/4 cups juice in a saucepan. Mix arrowroot with reserved juice and add to boiling juice. Cook over medium heat until thick and clear. Remove from heat and stir in honey and 1 cup sliced strawberries. Cover and let set at room temperature until cool. Fill pie crust (cooled) with remaining berries and pour sauce over them. Return to freezer for a few minutes.

Sweet Potato and Apple recipe

Preheat oven to 350 degrees (if not using slow cooker)

3 medium sweet potatoes
3 medium apples - organic preferred

Cube both them into 1/2 - 1' pieces - Place into a 6x11 baking dish or slow cooker (I used the slow cooker)

Mix the following:

1 - 1/2 cup of organic apple juice
1 1/2 tsp of cinnamon
1 1/2 tbs maple syrup (optional)

Pour this sauce over the potatoes and apple. Cover and back until soft. 1-1.5 hours (or slow cooker for 2 hours) Very satisfying and fat free

Really Easy Flourless Chocolate Cake

1 1/2 cups walnuts
Dash of salt
12 pitted dates (soaked and drained)
1/3 cup cocoa
1/2 tsp vanilla
2 tsp water
1/2 cup raspberries for garnish

In a blender or food processor, blend walnuts, salt and dates. Add the cocoa vanilla and water and blend until even consistency. Press into 5" round cake pan and chill for two hours. Use the raspberries as a garnish.

Chocolate Mousse

1/4 cup dates (soaked)
1/4 cup maple syrup
1/2 tsp vanilla
3/4 cup mashed avocado (1.5 avocados)
1/4 cup + 2 TBSP cocoa
1/4 cup water

In a blender or food processor blend dates maple syrup and vanilla. Add and blend the avocado and cocoa. Finally, slowly add the water and blend until you reach your desired consistency.

Bliss Cup

3/4 cup pitted dates

3 1/2 cup water
1 cup raw cashews
2 Tbsp vanilla extract
1/2 tsp sea salt
3 avocados, peeled, pitted and mashed
3/4 cup carob or cocoa powder
1 pint raspberries
1 Tbsp agave nectar (can from the health food store)
Mint leaves (for garnish)

Soak the dates in 1 1/2 cup water for 20 mins. Drain and reserve the date-soaking water. Soak the cashews in 2 cups of water for about 20 mins. Drain and set aside.

In a food processor, blend 1/2 cup of dates, half of the vanilla and half of the sea salt until smooth. Add the mashed avocados and process. Add carob/cocoa powder and 1-2 Tbsp of the date-soaking water and blend into a smooth mousse. Set aside.

In a blender, combine the cashews, remaining dates, vanilla and sea salt and 1/2 cup of the date soaking water. Blend into a cream.

In a separate bowl, mix raspberries with agave.

To assemble, spoon 1/2 cup of the mousse into the bottom of a parfait cup.

Follow with 1/4 cup of the berry mixture and then 1/4 cup of the "cream".

Repeat this layering in three other cups. Garnish with mint leaves.