

HEALTHY DESSERTS



YOUR GREATEST WEALTH

You may feel at times when you're adapting your diet to more healthy choices that you feel restricted and sometimes you wonder, what can I eat?

This journey is personal to you and somebody, somewhere will be saying the absolute opposite to whatever plan you're following.

My advice is to give yourself freedom. If there is something you fancy that is not on your food plan, for example a sugar coated jam donut, then have it because sometimes when you suppress your desires it can make it worse. Sometimes your body may crave something, not for the nutritional value, but rather an emotional reason and having that donut may nourish that aspect e.g. that childhood memory that needs some nurture. This is the subtle difference between gorging yourself on unhealthy choices without caring, compared to giving yourself freedom and then listening to your body, because maybe after you've eaten this and you feel the effect you are naturally more drawn to healthier options.

The Achilles heel for many people with healthy eating is when it comes to desserts and this handout addresses that with some very satisfying desserts that may look naughty and nice, yet they are healthy and nice, so you get the best of both worlds.

Blueberry cheesecake

Ingredients

Base

- 1 cup Soaked Almond or Hazelnut
- ½ cup Medjool dates pitted and chopped
- Pinch of Himalayan Salt

Creamy Topping

- ½ cup Blueberries
- 3 cups Soaked Cashew nuts
- ½ cup coconut oil

- ¼ cup of raw honey
- 2 Lemons or limes squeezed
- Fresh mint leaves to decorate

The Method

1. Place all the base ingredients into a blender and mix well.
2. Press the base into a cheesecake tin.
3. Place the creamy topping ingredients into a blender and mix until smooth. Then after blending add the blueberries remaining whole and stir in.
4. Spread the topping onto the base and decorate with mint leaves. 5. Keeps for 3 days in the fridge.



Raspberry and apple crumble

Ingredients

Base

- 4 cups Raspberries and Apples chopped
- ¼ cup Water
- 1 cup Soaked Almonds and then blended
- ¼ cup ghee
- ¼ cup Rolled oats

- ¼ cup Honey
- 1 tsp Cinnamon

The Method

1. Preheat the oven to 200/Gas mark 6.
2. Place the fruit into a saucepan with water and simmer until the apples are soft.
3. Add the honey to taste.
4. Rub the oats and almonds into the ghee forming fine bread crumbs.
5. Stir the honey into the oats and almonds.
6. Pour the cooked fruit into an oven dish then cover with the crumble mix on top.
7. Cook for 20-30 minutes.



Carrot cupcakes with lemon icing

Ingredients

Sponge

- 2 cups Carrot grated
- ½ cup Apple grated
- 1 cup Almond soaked and then blended
- 1 cup Raisins
- 1 cup Coconut desiccated
- 1 tsp Cinnamon

Topping

- 1 Lemon squeezed
- ¼ Avocados
- 2 tbsp Raw Honey

The Method

1. Place all the sponge ingredients into a large mixing bowl and stir well.
2. Spoon the sponge into individual cupcake cases.
3. Blend or mix all the topping/icing ingredients until smooth, then spread the topping generously onto the cupcakes.
5. Decorate with grated lemon zest or a sprinkling of cinnamon.
6. Don't keep them just eat them!

Blueberry pancakes

Ingredients

- 1 cup Buckwheat flour
- 1/2 cup Oat bran
- 1 cups Coconut milk
- 1 Egg / or vegan egg powder

- 1 tsp Baking Soda
- 2 tbsp Ghee/Coconut oil
- ¼ cup Blueberries
- Pinch of Himalayan Salt

The Method

1. Make the pancake mix by beating the eggs with the milk and flour.
2. Stir in the baking soda and salt and let stand for 20 minutes.
3. Place the ghee into a frying pan and turn up the heat.
4. Pour enough for one pancake into the pan and fry for a few minutes on each side.
5. Then add the blueberries or chocolate on top of the pancake, then fold over the pancake to warm through to melt the chocolate , to make it extra yummy.



Baked bananas with apple and cinnamon

Ingredients

- 2 Bananas Cut through the middle
- 1 tsp Cinnamon
- 1 tbsp raisins
- 2 tbsp Apple juice

The Method

1. Preheat the oven to 180/ Gas mark 5
2. Place the cut bananas into a small oven pot with lid.
3. Fill the bananas with the remaining ingredients and place in the oven for 5 – 10 minutes.
4. Eat while they're hot



Strawberry and coconut ice cream

Ingredients

- 1 cup Cashew nuts
- 1 cup Water
- ¼ cup Coconut manna
- ¼ cup Coconut oil
- 2 tbsp Raw Honey
- ¼ cup Strawberries halved

The Method

1. Put aside the strawberries and blend all the other ingredients until smooth in a food processor.
2. Now stir in the strawberries and mash them in a bit.
3. Place the mixture into a container and put into the freezer for 3 - 4 hours.



Mince pies

Ingredients

The Pastry

- 150g Cashew nuts (Soaked & Rinsed)
- 150g Almonds and pecans (Soaked & Rinsed)
- 250g Medjool dates stones removed
- 1 tsp Himalayan salt

The mince

- 1 and ½ cups dates chopped
- 1 cup raisins
- 1 and ½ tsp mixed spice
- ½ cup Orange juice
- 2 Apples finely chopped



The Method

1. For the healthy Pastry - Blend the pastry ingredients for a few minutes in a food processor until the mixture takes on a sticky, dough like form.
2. Then shape the pasty mixture to form the mince pie case in a muffin tin. Make sure the tin is well greased with coconut oil, if you are keeping it raw also line with cling film so that it is easier to lift out. You can then keep this stored in the fridge until ready to fill if you would like to keep it raw or bake at 180c for 15 minutes, if you would prefer it cooked.
3. For the mince – Stir the mixture in a bowl, you can keep it raw if you wish or gentle heat in a saucepan to fuse the flavours together and then allow to cool.
4. Fill each pastry with mince just before serving.

Nutty cream

Ingredients

- 150g of soaked cashew nuts or macadamia nuts
- 1 to 3 tbsp of Coconut milk depending on the consistency you prefer
- 6 drops of vanilla essence or ¼ teaspoon of vanilla powder

The Method

1. You can use any nuts that have been soaked overnight but cashews and macadamia nuts are the creamiest.
2. Then blend all ingredients until smooth and creamy. Keeps in the fridge for 3 days.
3. You can use this on many different deserts or simply have with strawberries or raspberries with some raw honey.



Chocolate energy bars

Ingredients

- 2 cups Raw cacao nibs
- ½ cup Hulled hemp seeds
- ½ cup Soaked Pumpkin seeds
- ½ cup Soaked Sesame seeds
- ½ cup Soaked Sunflower seeds
- 1/3 cup Soaked Flax seeds
- 3 tbsp Coconut oil
- 2 tbsp Raw Honey
- 2 tbsp of date syrup
- 1 tbsp of Maca powder
- ½ cup of soaked walnuts

The Method

1. Make sure the seeds are well rinsed and dried as best as possible so there is hardly any water on them. Set aside the walnuts and then blend all the other ingredients in a food processor until you have a sticky ball. Test for sweetness and add more raw honey if you prefer it a bit sweeter. Then add the walnuts and lightly blend so you have some crunchy bits.
2. Press into a tray and leave in the fridge to set. Cut into squares.
3. Will keep for up to two weeks in the fridge.



Lemon zing balls

Ingredients

- Peel from 1 lemon – use a lemon zester to extract that lovely lemon zest
- 1 cup Almonds soaked overnight and rinsed
- ½ cup raisins/dried cherries or cranberries (without sugar)
- Juice of 1/2 a lemon, or more to taste
- Pinch of cinnamon
- ½ cup Desiccated coconut or ground almonds

The Method

1. Blend all the ingredients until mixed into a dough - add a little water if needed. Add more sweeteners to taste.
2. Roll into balls and roll in organic desiccated coconut or ground almonds.
3. Chill in the fridge.
4. Will keep for 1 week in the fridge



Lemon mousse

Ingredients

- 3 Avocados
- 5 tbsp of soaked sunflower seeds
- 4 tbsp of lemon or lime juice
- 3 tbsp of raw honey

The Method

1. Put all ingredients into a blender and blend.
2. Pour out into a glass and garnish with Mango or fruit of your choice.



There you have a few good healthy desserts to nourish that part of your body that enjoys that sweet flavour, without refined sugar and refined white flour.

Which recipes are you going to try this week? My suggestion is pick 2 or 3 of them this week to test out, to see if they suit your body.