



5
Easy
And
Delicious
Raw
Dessert Recipes !

Chocolate Mousse

1 avocado
¼ cup cacao powder
1/4 cup agave
¼ cup almond milk
1 tsp vanilla extract

Blend in high speed blender until smooth and creamy.

Basic Raw Chocolate

1 cup of raw cacao butter
1 cup raw cacao powder
2 tablespoons of raw agave nectar (or more to taste)

Melt the cacao butter over low heat. Either in a dehydrator, in a double boiler over the lowest heat, or in a sauce pan at the lowest heat. If using the stovetop method, you can keep an eye on the temperature with a candy thermometer making sure not to bring the cacao over 118 degrees.

Once it has liquefied, whisk in the cacao powder and agave until smooth. Pour into a squeeze bottle and then fill the molds. Set in the freezer for 5 – 10 minutes until set and then pop out of the molds. Because there are no chemicals or fillers in this yummy chocolate keep them in the fridge until serving time.

From there get creative! You can add chopped nuts, coconut, or dried fruit. Add pure mint extract for a chocolate mint. Play with flavors and textures to re create your favorite candy bar.

Chocolate Orange Coconut Donut Holes

2 cups of almond or brazil nuts soaked overnight and drained

1 cup unsweetened coconut flakes

1/4 cup of light agave

1/4 cup of raw organic coconut oil

2 tablespoons of raw cacao powder

Zest of 2 oranges

Juice from 1/2 of one orange

Pinch of sea salt

Process nuts in food processor until they are very finely ground

Add 1/2 cup of the coconut and remaining ingredients until they are well combined and form a sticky dough

Roll into balls formed from 1 teaspoon of dough

Place remaining 1/2 cup of coconut into a bowl and toss each donut until well coated

Place donut holes in the freezer for 1-2 hours to set

Transfer to the refrigerator

Enjoy!

variation:

If you want vanilla donuts, omit the cacao powder, the orange juice and the orange zest and replace with a tablespoon of organic vanilla extract.

The Best Brownies Ever

12 oz walnuts (preferably soaked and dehydrated)

12 organic medjool dates (pitted)

1 heaping teaspoon Yacon powder (optional)

1 heaping teaspoon Lucuma powder (optional)

4 heaping tablespoons of Raw Cacao powder

1-2 teaspoons of vanilla

Pulse walnuts in a food processor until finely ground

Add dates and process until well combined

Add remaining ingredients and process until well combined

*the mixture should be tacky and form a dough like consistency

Press the mixture into a 9 x 9 glass pan

Cover and refrigerate for at least one hour

Remove from the refrigerator and cut into delicious individual brownies

Icing (optional)

1 cup raw almond butter, at room temperature

1/2 cup maple syrup or agave

1/2 cup raw cacao powder

1 tsp vanilla

In a food processor, combine all ingredients and process until smooth. Use immediately or store in covered container in fridge for up to 2 weeks.

Carrot Cupcakes

5 cups raw carrot pulp (from juicing)
2 cups finely ground flax seeds or flax meal
1 teaspoon ground cinnamon
½ teaspoon Chinese five spice powder
½ teaspoon ground ginger
¼ teaspoon sea salt
2 cups chopped walnuts
½ cup raw agave nectar
2 cups dates (pre-soaked/puréed)
2 tablespoons virgin coconut oil
1 teaspoon vanilla extract (non-alcohol)

In a large bowl, combine all dry ingredients (carrot pulp included) and mix thoroughly. Add the remaining ingredients and knead well. “Dough” should be fairly malleable.

Use cupcake pan to fill parchment cups halfway with mixture, using finger tips for leveling.

Place filled cups on one dehydrator pan. Dehydrate cupcakes at 118 degrees for about 3 hours.

Frosting

3 cups raw cashews (pre-soaked)
1 cup raw agave nectar
1 ¼ cups virgin coconut oil
1 teaspoon of fresh lemon juice

Purée cashews and agave nectar in a high speed blender.. In a large bowl, combine cashew/agave purée, lemon juice and coconut oil. Use hand mixer to whip into a frosting consistency. Place frosting in refrigerator for 15-20 minutes before icing cupcakes.

