CHRISTINA RICE

*A Lovely Collection of Paleo Sweetener-Free Desserts*

# #NoSugar NoProblems

PART I

** 30 Delicious Paleo Dessert Recipes, with plenty of vegan options!*
** Completely Sugar-Free*
** Completely Sweetener-Free*
** No Sugar Substitutes*
** Keto-Friendly*
** Low-Carb Friendly*

** No Bananas, Dates, or High-Glycemic Fruits*
** Options for the Candida Diet, low FODMAP, and most other Gut-Healing Protocols!*
** Diabetic Friendly*

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# Introduction

As I write this, I have been completely sugar-free, sweetener-free, fruit-free, and mostly starch-free for over nine months. I've been on a number of gut-healing protocols over the past few years, and all required the elimination of sugar, processed food, and fruit from my diet. I first went on the Candida diet three years ago, and that was followed by a number of other healing diets meant to address different health issues. No sugar, no sweeteners, no grains, no fruit, the Specific Carbohydrate Diet, the low FODMAP diet, the ketogenic diet, food intolerance elimination diets...the list goes on. I struggled with Candida overgrowth, SIBO, a number of other bacterial overgrowths, insulin resistance, reactive hypoglycemia, carbohydrate intolerance, anxiety, depression, adrenal fatigue, and a number of other hormonal imbalances.

Although it was overwhelming in the moment, these periods of eliminating foods from my diet ended up being the key to restoring my health, and the key to freedom. I was no longer trapped in a life filled with stomach pain, digestive distress, constant bloating, chronic fatigue, or brain fog. I was no longer a slave to sugar, as so many of us are. My cravings went away, my mood stabilized, my skin cleared up, my energy lifted, and I finally felt like I had taken control of my life.

As new research becomes popularized and the media catches on, more and more people are discovering a similar freedom after reducing the amount of sugar in their diets. Sugar can be more addictive than drugs, feeding the cycle of sugar overconsumption and practically rewiring our brains to crave it constantly. We're left feeling "hangry," tired, and never satisfied. Eating too much sugar isn't just a problem for those who struggle with their weight, binge-eating, food addiction, or diabetes, though - it's a much bigger issue.

Many are finally beginning to understand and accept the correlation between diet and a much wider range of health issues than previously thought, and we are discovering just how many symptoms, illnesses, and diseases are tied to sugar consumption. Minimizing sugar intake is key not only for balancing blood sugar levels, but also for protecting our healthy gut flora and preventing unwanted overgrowths of the "bad guys." As many discover that the root of their health issues lies in the health of their guts, people are learning how beneficial it can be to avoid sugar when possible and simply save it for special occasions. You might notice elevated mood and energy levels, stabilized blood sugar levels, improved digestion, healthier skin and joints, sharper cognition, and many other positive effects simply from a change in diet.

Meanwhile, a lot of research clearly shows that the overconsumption of sugar leads to chronic inflammation in the body. This inflammation has been linked to numerous diseases of the body and brain - anxiety, depression, Alzheimer's, Parkinson's, epilepsy, Irritable Bowel Disease, multiple sclerosis, and a number of other autoimmune and neurodegenerative diseases.

Does this mean we are destined for 100% sugar-free lives if we want to maintain our health? I don't think so at all. What it does mean, though, is that it is important for us to be aware of what we are putting in our bodies on a daily basis, and we should look to find a healthy balance when it comes to sweets. In today's world, it's too common to have a sugar-filled treat every single day, but that doesn't mean we can never indulge. It simply means choosing wisely and doing our best to nourish our bodies in order to heal any current health issues we may have while protecting our bodies and brains for the future.

Having been on so many sugar-free diets myself, I completely understand how frustrating and overwhelming it can be to eliminate sugar from your diet, both logistically and emotionally. Sugar-filled desserts are wrapped up in emotions, and they have become a huge part of our culture. I know what it's like to go through an entire holiday season without a single chocolate chip cookie, mug of cocoa, or bite of pie. At first it feels like you're missing out on all of the fun, because food has become tied to so many of our celebrations. But it doesn't have to be that way at all.

As more and more of my friends, family, and clients have had to reduce their sugar consumption for health reasons, I'm constantly asked for tips on how I survive sugar-free. I'll tell you exactly what I tell others. The key to succeeding on any protocol, gut-healing diet, or total lifestyle change that might feel restrictive at first is to ***not make it restrictive.*** Simple as that. I truly believe there is always a replacement, and there is always an alternative. It requires some creativity, but the only thing really restricting us is our mindset.

I've gotten used to a paleo, sugar-free life, but I recognize how tricky it can be for anyone who isn't used to so many gut-healing protocols. The point of going sugar-free is to truly get rid of the sugar-filled desserts in our lives, but sometimes it's nice to be able to have one for a girls' night in, a birthday, a holiday event, or any other special occasion.

What if you could have all of your favorite desserts without eating any sugar or

using any sweeteners? What if reducing the amount of sugar in your life didn't mean giving up ice cream, cookies, cupcakes, or brownies?

I created this dessert ebook to show you that you ***can*** still enjoy desserts with no added sugar, and they can be even more delicious than less healthy alternatives. Limiting sugar does not have to limit your life. I've created 30 sweetener-free recipes so you can indulge in any of your old favorites, but in a healthy way. All of these desserts are completely paleo, and many are vegan. I kept the recipes as simple as I could, using real-food ingredients like nuts and spices to highlight real food's natural sweetness. Delicious dessert ***can*** be healthy!

As you reduce the amount of sugar in your diet, you'll find that your taste buds change. Suddenly, a blueberry might become almost too tart for you. One day, 100% dark chocolate might actually start to taste sweet. This has happened to me, and it allows you to appreciate food in a new way. Many foods really are naturally sweet enough to enjoy as dessert - we just have to allow our taste buds to shift in order to taste that sweetness.

When people try to reduce their sugar intake, they often rely on sugar substitutes. You'll find the same pattern with most desserts and recipes labeled sugar-free - the sugar has just been replaced with another sweetener. Popular sugar substitutes include maple syrup, honey, yacon, monk fruit, stevia, Erythritol, xylitol, coconut sugar, and agave. I'll even throw bananas and dates on that list. The truth is, though, there is mixed research on many of those sugar substitutes, and they seem to all have their pros and cons. They're still sweeteners at the end of the day, and we shouldn't depend on them to feel satisfied.

That's exactly why I created this ebook! All of these recipes are ***completely*** sweetener-free. Not only is there no sugar, but there is no xylitol, monkfruit, Erythritol, stevia, coconut sugar, maple syrup, honey, yacon, or any other sugar substitute. There are also no bananas and there are no dates. Only three recipes contain fruit, and the fruits used have extremely low glycemic loads, which means these recipes will work even for those following a ketogenic diet. I've allowed the natural sweetness of whole foods to work its magic. You might be surprised how delicious it is to be sugar-free!

If you're keto, low-carb, on a Candida protocol, following low FODMAP, paleo, primal, vegan, vegetarian, limiting sugar for health issues, or limiting sugar just

because you feel better without it, there is something here for you. Whether you're looking for something simple and basic with minimal ingredients or something a bit more complicated and extravagant, you'll find plenty of options right here! Cookies, cakes, cupcakes, puddings, and shakes - I've got them all covered.

I've offered modifications where applicable, but feel free to get creative with your own as well! That being said, these recipes have been tried and tested many times by myself, family, and friends, so you can trust that they're oh-so-lovely and delicious as is.

I'm confident that you'll fall in love with these recipes, and you'll have no problem ditching the sugar with these in your back pocket! I can't wait for you to discover how delicious a sweetener-free dessert can truly be, and that reducing sugar doesn't mean you have to miss out on anything in life! If you've ever felt limited when it comes to food, I hope this helps you find your freedom.

xo Christina

# A few notes on Ingredients

I've kept the ingredients in these recipes as simple and hassle-free as possible without sacrificing flavor. All recipes are paleo, and the only flours you might need are coconut flour and almond flour. I buy most of my baking ingredients from Thrive Market to save money, especially when I know what I'll need ahead of time! I'll get anything else from Amazon or my local grocery store.

As mentioned, there are absolutely no sweeteners, sugar, or sugar-substitutes in any of these recipes. That being said, it's important to double check any ingredients you buy from the store to make sure those products don't have sneaky, unnecessary sugar added in. For example, I've seen many nut milks, nuts, vanilla extracts, and spices with added sugar in the ingredients.

When it comes to nut milks, make sure there are no sweeteners on the ingredients list. The only ingredients should be the nut, filtered water, and maybe some salt. You're looking for something that's labeled "Unsweetened." Even if it is unsweetened, avoid brands with a number of other thickeners, gums, and preservatives on their ingredient list. Many of these are gut irritants and/or sneaky ways to put carcinogens or other harmful ingredients into the product without consumers realizing it. I prefer brands like Malk, Three Twins, and The New Barn. Better yet, you can easily make your own nut milk at home with raw nuts or seeds, water, and salt to ensure that you know exactly what you're putting in your body.

However, I prefer to use coconut milk in all of my recipes. When you see "coconut milk" on any list of ingredients in this ebook, I'm referring to canned, full-fat coconut milk. You want to make sure the only ingredient is coconut / coconut cream and water. Try to avoid coconut milks containing guar gum, as this can cause digestive upset for many people. My favorite coconut milk brand is Natural Value because it has minimal ingredients and is packaged in a BPA-free can. Trader Joe's has a great canned coconut milk, as well.

A few of these recipes require coconut cream. When looking for a coconut cream, make sure the only ingredient is coconut cream. Again, try to avoid guar gum if possible. Trader Joe's has an organic coconut cream, but my favorite is the Let's Do... Organic! Organic Heavy Coconut Cream.

When it comes to vanilla, double check the ingredients. Sometimes companies unnecessarily add cane sugar to vanilla extracts. If you can't consume the alcohol in vanilla extract, pick up an alcohol-free version. However, when it comes to vanilla, I generally prefer to use vanilla bean powder when I can, because the only ingredient is vanilla bean.

Many of these recipes include nuts, and it's important to use raw, organic nuts and seeds. You'll save money if you pick these up from the bulk bins at your local grocery store. Always check the ingredients list on your nuts, because many are roasted in inflammatory oils or contain added salt or sugar. If you're in a pinch, dry roasted nuts will work, but raw and organic nuts are preferable. When it comes to shredded coconut, make sure it's organic unsweetened, shredded coconut. Many brands put sweeteners into their shredded coconut, so double check your ingredients.

The same rules apply when it comes to nut butters - always check your ingredients! Most nut butters at the store contain some form of sugar or sweetener, and the nuts used are often roasted. When the label says, "roasted nuts," those nuts could be roasted in an unhealthy, highly inflammatory oil. Sometimes the label does specify the oil used for roasting, but it's usually something like canola oil or sunflower oil, which we want to avoid. Once again, the only exception is with dry roasted nuts. Look for a nut butter where the only ingredients are the raw or dry roasted nut and salt. Trader Joe's has a great creamy almond butter, and the Whole Foods 365 Creamy Almond Butter is another excellent, affordable option. I also love brands like Artisana and Thrive Market. In general, almond butter tends to be the most affordable nut butter. For coconut butter, I like to use Nutiva, Artisana, and MaraNatha. I can usually find all of those at my local grocery store. Remember, you can also make your own nut butter at home using organic raw nuts and seeds!

If a recipe calls for soaked nuts, make sure that you are soaking organic, raw nuts in filtered water! Ideally, cashews will be soaked for at least four hours. However, cashews are soft enough that if you're really in a pinch, any amount of soaking time should work. You might just need to blend longer later on. Make sure you check recipes in advance to see if they call for soaked nuts so you can prepare ahead of time.

For peppermint essential oil, it's extremely important to make sure you are using a high quality brand that is truly safe for ingestion. The only brand I personally use is doTERRA. Sadly, a lot of peppermint essential oils on the market have been diluted, are not from a safe source, and are not safe for ingestion. Pure peppermint essential oil, however, has many incredible health benefits and is extremely powerful, so you only need a few drops at once. If using peppermint extract, make sure to double check the ingredients to make sure no sweeteners or sugars are added.
When it comes to salt, make sure you're using a high quality Celtic sea salt or pink Himalayan salt, which both have many health benefits. Your salt should be fine ground. Salt is not to be feared when it's from a quality source - just make sure you're not using regular old table salt!

CHOCOLATE HAZELNUT CREAM PIE
*recipe on page 28*

# All about Substitutions

In terms of substitutions, feel free to swap out anything you want! Remember, there is no "wrong" way to cook or bake. Your time in the kitchen is a time to be creative and to put your own flair on things. Don't ever be afraid to play with a recipe, try something new, or adjust something to your preferences.

That being said, recipes are helpful because they take the thinking and guesswork out of baking, and you can be confident your desserts will turn out delicious if you simply follow instructions. However, if you have certain dietary preferences or only have specific ingredients on hand, here are my suggestions.

In most recipes, one regular egg can be replaced with one chia egg or one flax egg. To make one chia or flax egg, mix one tablespoon of flax seeds or chia seeds with three tablespoons of filtered water in a small bowl. Place the bowl in the fridge and allow the mixture to gel up for 5-15 minutes. If you're replacing more than one egg, then double or triple that recipe.

Cacao and cocoa powder can generally be used interchangeably in these recipes. Cocoa is less bitter, but it has been heated at high temperatures and therefore is more processed than raw cacao. I personally use cacao whenever I can because I don't mind a slightly more bitter flavor and prefer to use raw ingredients when possible. However, cocoa powder is generally more affordable, so I'll use this when I'm planning on using a lot of chocolate, or when I'm baking for someone who isn't used to the flavor of sugar-free chocolate.

Carob powder can also be substituted for cacao or cocoa powder, but it does have a slightly different flavor. Carob is a great chocolate replacement if you're looking to avoid the caffeine in cacao or cocoa, though.

Vanilla extract and vanilla powder can also be substituted for each other in these recipes, although vanilla extract tends to provide a slightly stronger flavor and adds more moisture to the baked good.

If you don't have peppermint essential oil, peppermint extract can also work, but you'll need to use more peppermint extract to reach the same strength in flavor. If you're using essential oil or peppermint extract instead of mint leaves in a recipe, either reduce the amount of liquid in the recipe, add more frozen greens, or do both in order to maintain the texture.

Feel free to use either Celtic sea salt or pink Himalayan salt in all of these recipes - you won't notice a difference in taste.

You can also use any type of nut milk desired, but remember that coconut milk is much thicker than other nut milks like almond, pecan, or cashew milk. Coconut milk will create thicker smoothies and shakes. If using another nut milk instead of coconut milk in a shake, don't add extra filtered water if you want to keep the super creamy texture!

# Cooking Tips and Hacks

***How do I know when something has finished cooking?***

For cakes and cupcakes, you can check if something is done by inserting a toothpick or sharp, thin knife into the center of the cake. If the toothpick or knife comes out clean (no wet batter), then it's done, so remove it from the oven! For cookies, look for a formed shape and/or slightly golden edges. Cookies aren't always firm right when they come out of the oven, but they firm up as they set.

Be careful not to overcook your items, because overcooking can suck out the food's moisture and create a dry texture. Also remember that things continue to cook a bit even after removing them from the oven. If you've overcooked something, remove it from its hot pan more quickly than you would otherwise so it stops cooking sooner. If you're really in a pinch, stick it in the fridge for a few minutes to cool faster. In general, wait for things to cool and set in place fully before removing them from their baking pans or baking trays to make sure they don't fall apart.

***What's the best way to frost a cookie, cupcake, or cake?***

You can spread the frosting with a spoon or knife, or you can pipe it on if you're feeling fancy! You can find cheap icing bags at the store or online, but you can also make your own frosting pipe right at home. Simply place the frosting in a Ziploc bag, cut off a small piece of the bag's corner, and squeeze the frosting out from there.

***What should I do if I have extras?!***

Everything is so delicious, I doubt you'll have extras! If somehow you do, though, I recommend storing any no-bake recipes in the refrigerator or freezer for longevity. Almond Joys, Tahini Freezer Fudge, Vanilla Cinnamon Fat Bombs, and Coconut Chai Ice Cream should be stored in the freezer. If you have extras of something with frosting on top and your house gets warm at all, store those items in the fridge as well so the icing or frosting doesn't melt. Coconut oil can turn to liquid at room temperature, so anything unbaked with coconut oil as its base runs the risk of melting if left out too long!

Almond Butter
Cup Shake

A regular almond butter cup usually only lasts one bite, so why not make a whole "milkshake" out of it?! Ever since having an Almond Butter Cup Dessert Smoothie at one of my favorite restaurants, I was determined to recreate it, but without all of the unnecessary sugar! This Almond Butter Cup Shake is so thick and creamy that you'll never go back to a regular almond butter cup!

***Serves:*** 2
***Total time:*** 5-10 minutes

***Ingredients:***
1 cup almond milk (or other nut milk)
½ cup organic raw cashews
2 tbsp almond butter
2 tbsp cacao powder
2 tbsp chia seeds
2 tsp vanilla
dash of sea salt
½ cup ice
3 tbsp cacao nibs
Optional: cacao nibs and slivered almonds for topping

***Instructions:***
1. Add all ingredients except for the ice and cacao nibs into a high-powered blender.
2. Blend everything together well.
3. Add in the ice and blend until the ice is mixed in, but no longer!
4. Add in the cacao nibs and pulse the blender a few times, just to get the cacao nibs mixed in evenly throughout the shake.
5. If you want, store in the fridge or freezer for a few minutes to allow the shake to thicken up even more.
6. Top with cacao nibs and slivered almonds if you'd like. Serve and enjoy!

# Blueberry Crumble

If you're in the mood for a fruity dessert with big flavor, this blueberry crumble is perfect for you. It's incredibly simple to throw together, and no one will ever guess there's no sugar inside! No sweetener is needed when you allow the natural flavors of blueberries and simple spices to meld together and shine through on their own.

***Serves:*** 6-8
***Prep Time:*** 10 minutes
***Cook Time:*** 35 minutes

***Ingredients:***
***Filling:***
4 cups blueberries
Juice from one lemon

***Topping:***
1 cup almond flour
½ cup raw pecans
1 cup raw walnuts
1.5 tbsp cinnamon
1 tbsp vanilla
½ cup coconut oil
¼ tsp Celtic sea salt / pink Himalayan salt

***Instructions:***
1. Preheat your oven to 350° F. Grease an 8x8 baking dish with coconut oil.
2. Mix the filling ingredients in a large bowl, making sure the blueberries are all coated with the lemon juice.
3. Transfer the filling into the baking dish.
4. Mix all of the topping ingredients together in another bowl, making sure that everything is evenly coated and evenly mixed.
5. Pour the topping on top of the filling in the baking dish. Spread out the topping so it's in one even layer across the top.
6. Bake in the oven for about 35 minutes, or until the top starts to brown and the blueberries are bubbling.
7. Remove from the oven and allow to cool. Enjoy!

# Brownie Mug Cake with Chocolate Almond Butter Filling

There's nothing better than an instant brownie, especially when there's chocolate lava inside! This brownie mug cake takes only a few minutes to pull together, and you'll die over the rich chocolate flavor paired with the warm, gooey filling in the center!

***Makes:*** 1 mug cake
***Prep time:*** 5-10 minutes
***Cook time:*** 2 minutes (varies depending on microwave and size of mug)

***Ingredients:***
***Mug cake:***
3 tbsp cocoa/cacao powder
1 egg
1 tbsp coconut flour
1 tbsp coconut butter or almond butter
½ tsp baking soda
1 tbsp coconut milk
3 tsp vanilla
¼ tsp sea salt

***Chocolate Almond Butter Filling:***
½ tbsp almond butter
½ tbsp cocoa/cacao powder
1 tbsp nut milk
1 tbsp filtered water
1 tsp vanilla

***Instructions:***
1. Grease a microwave-safe mug thoroughly with coconut oil.
2. In a small bowl, mix all of the mug cake ingredients together.
3. In another small bowl, mix the filling ingredients together. Add a little water or nut milk to thin if desired.
4. Pour half of the mug cake batter into the mug. Pour the filling on top of the batter. Then, pour the rest of the batter on top of the filling.
5. Microwave the mug for about 2 minutes, or until the cake is cooked through. The cook time will change depending on the size of your mug and the power of your microwave. A knife or toothpick should come out clean! I recommend microwaving for 90 seconds first. Then, cook in 10 second intervals (checking after every 10 seconds) until cooked through. When the top is cooked, the cake is done.
6. Wait a few minutes until cooled - it will be hot! If desired, pour any extra filling on top of the brownie. Enjoy!

Carob Almond Cookies

If you're not a carob lover yet, you're about to be! These carob almond cookies are the perfect sweet treat to whip together when you're in the mood for a chocolate fix without the sugar or caffeine. Carob, almond, and subtle spices balance each other out perfectly to create the ultimate cookie!

***Makes:*** About 13 cookies
***Prep Time:*** 5-10 minutes
***Cook Time:*** 12 minutes

***Ingredients:***
2 eggs
⅓ cup coconut flour
¼ cup carob
½ tsp baking soda
1 tbsp vanilla
2 tbsp melted coconut oil
2 tbsp almond butter
½ tsp cinnamon
½ tsp nutmeg
¼ tsp sea salt / pink Himalayan salt
¼ cup slivered almonds

***Instructions:***
1. Preheat your oven to 350° F. Line a baking sheet with parchment paper.
2. Mix all ingredients except for the slivered almonds together in a large bowl.
3. Once all ingredients are combined, fold in the slivered almonds.
4. Form small balls with the dough and place them on the parchment paper a few inches apart. Press down on each cookie lightly to flatten a bit.
5. Cook for 10-12 minutes, or until edges have started to crisp.
6. Allow to cool for about 15 minutes. Enjoy!

# Carob Fudge Muffins

Quick, simple, and oh-so-fudgey! These flourless carob muffins are so fast to pull together, you'll get your muffin fix in no time. They cook very quickly, so be careful not to leave them in the oven too long! If fudge got married to chocolate cake, this would be their baby!

***Prep Time:*** 5-10 minutes
***Cook Time:*** 8 minutes
***Makes:*** 6-7 muffins

***Ingredients:***
½ cup almond butter
¼ cup carob powder
3 eggs
2 tsp vanilla
1 tsp cinnamon
1 tbsp unsweetened shredded coconut
2 tbsp cashew butter
Optional: extra shredded coconut for topping

***Instructions:***
1. Preheat your oven to 350° F. Grease a muffin tray with coconut oil thoroughly or place cupcake/muffin liners in the tray.
2. Mix all ingredients together in a large bowl until well combined.
3. Pour even amounts of batter into 6-7 muffin slots. Don't fill them all the way up - they will be short muffins! You just need a bit of batter in each.
4. If desired, sprinkle extra shredded coconut on top of each muffin.
5. Bake for 7-8 minutes, or until a toothpick comes out clean.
6. Allow the muffins to cool for 2-3 minutes. Pop them out of the tray and let them to cool for another 10 minutes. Enjoy!

# Carrot Cake Chia Pudding with Cinnamon Cashew Cream Frosting

Why bother to make a whole carrot cake when you can whip up this chia pudding version in no time?! I've upgraded this classic by adding a decadent cinnamon cashew cream frosting on top - because what's a carrot cake without frosting?! The pudding will be delicious with or without the cashew cream, but I'm never one to turn down frosting!

***Serves:*** 1, with extra frosting!
***Prep Time:*** 20 minutes
***Refrigeration Time:*** at least 1 hour

***Ingredients:***

*Carrot Cake Chia Pudding:*
1 cup coconut milk
¼ cup chia seeds
1 tsp vanilla extract
1 tsp cinnamon
½ tsp nutmeg
½ tsp ginger
Pinch of sea salt
¼ cup grated carrots
1 tbsp raw walnut pieces

*Cinnamon Cashew Cream Frosting:*
½ cup soaked raw cashews (soaked for about 4 hours)
1 tsp vanilla
2 tbsp coconut milk
½ tsp cinnamon
Dash of sea salt / pink Himalayan salt

***Instructions:***

1. Stir the coconut milk, chia seeds, vanilla, cinnamon, nutmeg, ginger, and salt together in a small bowl.
2. Mix in the grated carrots and walnut pieces until they are spread evenly throughout.
3. Place the mixture in the fridge. While the chia seed pudding is in the fridge, prepare the frosting.
4. Add all of the cashew cream frosting ingredients into a high-powered blender or food processor.
5. Process/blend until there are no more cashew chunks. You will need to scrape down the sides a few times in between blending. If needed, add a little water to thin.
6. Place the frosting in the fridge to firm up. Remove the chia pudding from the fridge, and stir everything around again. Place back in the fridge.
7. After about 10 minutes, stir the chia pudding around one more time. Place back in the fridge for another 10-20 minutes, or until ready to serve.
8. When ready to serve, top the chia pudding with as much Cinnamon Cashew Cream Frosting as you'd like, and enjoy!

# Chocolate Avocado Pudding

You knew this was coming! There's nothing simpler or more delicious than the classic Chocolate Avocado Pudding, and it never gets old. This is one of my favorite treats to whip together when I'm low on time, need my creamy chocolate fix, and want to fit in an extra serving or two of veggies! This is a sneaky way to get more vegetables into anyone's diet without them realizing it!

***Serves:*** 2
***Total time:*** 5-10 minutes

***Ingredients:***
2 avocados
4 tbsp vanilla
2 tbsp full-fat canned coconut milk
2 tbsp cocoa/cacao powder
Optional: 1-2 cups spinach, cacao nibs for topping

***Instructions:***
1. Blend all ingredients together in a food processor or blender. Scrape the sides and blend again until everything is mixed thoroughly.
2. Pour into bowls and top with cacao nibs if desired. Serve and enjoy!

# Chocolate Hazelnut Cream Pie

If you're a Nutella lover, get ready for the pie of your dreams! This Chocolate Hazelnut Cream Pie does require some prep time, but it's so worth it in the end. Make sure to soak your hazelnuts overnight the night before so they blend more easily. This pie's thick and creamy texture enhances the rich chocolate-hazelnut flavor atop a perfectly soft but firm golden crust. If you don't usually like pie, this will change your mind!

***Serves:*** 8-10
***Prep Time:*** 25-30 minutes
***Refrigeration Time:*** 4 hours

***Ingredients:***
*Crust:*
1.5 cups almond flour
1 cup unsweetened shredded coconut
¼cup coconut oil
2 tbsp almond butter

*Filling:*
½ cup cacao powder
1 cup soaked raw hazelnuts
(soaked overnight in filtered water)
1 cup coconut cream
½ cup coconut oil
2 tbsp vanilla
½ tsp sea salt / pink Himalayan salt
Optional: extra hazelnuts and cacao nibs for topping

***Instructions:***
1. Preheat your oven to 350° F. Grease a 9-inch freezer-friendly/oven-friendly pie pan with coconut oil.
2. Pour the crust ingredients into a food processor and process until you get a dough / coarse crumbs.
3. Be careful not to over-process. Press the mixture into the bottom of the pan in an even layer and up the sides of the pie pan as much as you can.
4. Bake in the oven for about 15-20 minutes, or until the crust is golden and firm.
5. Remove from the oven and allow the crust to cool completely.
6. While the crust is baking and cooling, make the filling. Add all of the filling ingredients into a food processor and process until everything is completely blended. This will take some time, so continue to scrape down the sides and process until the hazelnuts are all broken down and the filling is completely smooth.
7. Once the crust is cooled and the filling is done, pour the filling into the pie pan on top of the crust. If desired, place extra hazelnuts and cacao nibs on top for decoration.
8. Refrigerate for about four hours. You can also freeze the pie for 30 minutes to an hour if you want it to set more quickly, but it will take longer to thaw.
9. After the pie has set in the freezer or fridge, allow it to thaw to room temperature.
10. Serve and enjoy! Store extras in the fridge.

# Cinnamon Vanilla Mug Cake

This mug cake has been my go-to dessert for months because it takes me five minutesto pull together, completely satisfies my sweet tooth, and doesn't leave me feeling heavy or craving more. Cinnamon and vanilla are a heavenly combination, and they're extra divine when paired with coconut! The Coconut Butter Icing isn't mandatory, but it brings the mug cake to a whole new level! I also love topping this with some of my Coconut Chai Ice Cream when I'm feeling extra fancy. P.S. This mug cake also freezes very well!

***Makes:*** 1 mug cake
***Prep Time:*** 5 minutes
***Cook Time:*** 1-2 minutes

***Ingredients:***
1 egg
1 tbsp coconut flour
½ tbsp coconut oil
½ tbsp coconut butter
4 tsp vanilla
¼ tsp Celtic sea salt / pink Himalayan salt
¼ tsp baking soda
2.5 tsp cinnamon
⅛ tsp nutmeg

***Optional Coconut Butter Icing:***
1 tbsp melted coconut butter
½ tbsp melted coconut oil
¼ tsp cinnamon

***Instructions:***
1. Grease a mug thoroughly with coconut oil.
2. Either in a small bowl or directly in the mug, mix all of the ingredients together.
3. If mixed in a small bowl, pour the mixture into the mug. You can add some un sweetened coconut flakes on top if desired!
4. Microwave the mug for 60-90 seconds, or until the cake is cooked through. You'll know it's done when the top is cooked. The cook time will change depending on the size of your mug and the power of your microwave. A knife or toothpick should come out clean! I recommend microwaving for 60 seconds, then adding 10 seconds after until cooked completely.
5. If making the coconut butter icing, mix the icing ingredients together in a small bowl. Drizzle the coconut butter icing on top of the mug cake.
6. Wait a few minutes until cooled, and enjoy!

Cocoa-nut Fudge Bites

Who could turn down a fudge ball?! These Cocoa-Nut Fudge Bites are the perfect sweet treat to keep in your fridge for anytime you want a healthy dose of protein, fats, and fiber to satisfy that sweet tooth and fill you up quickly! They're the perfect combination of coconut, chocolate, a little crunch, and a whole lot of DELICIOUS! Watch out if you feed 'em to the kiddos - they might get addicted! You can use either cocoa or cacao powder, although I prefer cacao!

***Makes:*** About 10-12 balls
***Prep time:*** 10 minutes
***Refrigeration time:*** 1 hour

***Ingredients:***
½ cup almonds
½ cup walnuts
½ cup nut butter
2 tbsp coconut oil
⅓ cup unsweetened shredded coconut
2 tbsp cacao/cocoa powder
3 tbsp coconut flour
1 tbsp chia seeds
1 tsp cinnamon
¼ cup cacao/cocoa powder set aside for coating

***Instructions:***
1. Line a tray with parchment paper.
2. Add all ingredients (except for set aside cacao/cocoa powder) into a food processor. Process until everything is combined, and the mixture is a bit clumpy. Be careful not to over-process - the mixture shouldn't be completely smooth.
3. Place the extra cacao powder in a small bowl if it's not already.
4. Use your hands to form a small ball with some of the dough, then roll the ball a around in the cacao powder to coat it. Place the ball on the parchment paper.
5. Repeat until you run out of dough.
6. Once you've formed all of your fudge bites, place the tray in the freezer or the fridge to harden. The freezer will be faster, but you'll have to wait longer for them to thaw! They should harden in the fridge after about an hour.
7. Once the balls have firmed up, they're ready to be enjoyed! Store extras in the fridge.

Coconut Chai Ice Cream

This Coconut Chai Ice Cream is the perfect dessert to keep in the freezer for anytime you want something cold and sweet! The base is simply a can of full-fat coconut milk, but you can use coconut cream for ice cream that's extra thick. The best part? No ice cream maker is required! This recipe does require a bit of prep time, but it will store in the the freezer for a long time. If making this for a specific occasion, I recommend making it the day before so the ice cream can freeze throughout the previous day or overnight. It's delicious on its own, with toppings, or served on top of any other dessert (especially the mug cakes and fudge brownies)!

***Serves:*** 4-5
***Prep Time:*** 25 minutes
***Freeze Time:*** About 12 hours

***Ingredients:***
1 can full-fat coconut milk, chilled in the fridge overnight (You can also use coconut cream for extra thick ice cream!)
½ cup cashew butter
1 tsp cinnamon
½ tsp allspice
½ tsp cloves
½ tsp cardamom
½ tsp nutmeg
½ tsp ginger
2 tsp vanilla
Optional: ⅓ cup organic cashew pieces

***Instructions:***
1. Place a mixing bowl and the chilled coconut milk in the freezer for about 15 minutes.
2. Line a freezer-safe container with parchment paper. The shallower, the better. I like to use an 11x7 inch brownie pan.
3. Remove the mixing bowl and coconut milk from the freezer. Add the chilled coconut milk along with the rest of the ingredients (except for the optional cashew pieces, if using) into the mixing bowl. Use hand beaters or a stand mixer to whip together all of the ingredients until it's thick and creamy. This takes about 5-10 minutes. If using the cashew pieces, fold these in at the end so they are spread evenly throughout the ice cream.
4. Place the mixture into the lined freezer-safe container/pan. Cover with plastic wrap.
5. Freeze for about 30 minutes. Then use a spoon to break up the ice cream and mix it around as well as you can. Place back in the freezer for another 30 minutes. Repeat the same step, mixing again. It should be getting firmer and firmer.
6. Freeze the ice cream for another four hours or overnight.
7. The next morning, you can let it thaw as is and scoop it out that way. For more of an ice cream "look," remove it from the pan, break the frozen coconut milk into pieces, and place those pieces into a food processor. Process the pieces until it starts to resemble ice cream. Scoop and serve, or pour the ice cream into a regular sized freezer-safe container and refreeze. Thaw whenever you'd like a few scoops!

# Coconut Pecan Fat Balls

These fat balls are the perfect way to get a healthy dose of fats into your day while also satisfying that sweet tooth! I always have a batch of these in my fridge or freezer - they're my not-so-guilty little pleasure. Who knew coconut and pecans were such a dream together? Feel free to sub out the pecans for another nut, though - they'll taste incredible no matter what!

***Makes:*** about 15, depending on how big you make them
***Prep Time:*** 10 Minutes
***Freeze Time:*** 20 minutes

***Ingredients:***
1 cup raw pecans
¾ cup coconut oil
½ cup coconut butter
½ cup coconut flour
⅔ cup unsweetened shredded coconut
2 tsp vanilla
⅛ tsp sea salt / pink Himalayan salt
½ tsp cinnamon
½ cup unsweetened shredded coconut set aside in a small bowl for coating

***Instructions:***
1. Add all ingredients (except for the set aside shredded coconut) into a food processor. Process until everything is combined and you have a thick paste / sticky dough.
2. Roll the dough into balls as big / small as you like. Roll each ball around in the shredded coconut to coat the outside.
3. Place the balls in a freezer safe container, and freeze for about 20 minutes or until hardened. You can also place them in the fridge, but they will take longer to harden.
4. Allow to thaw a bit before enjoying! Store extras in the fridge or the freezer.

Coffee Cookie
Sandwiches

There is nothing I love more than a cookie sandwich! There's just something about a thick, delicious cream filling smushed in between two soft, warm cookies that I can't resist. These coffee-flavored cookies paired with the cinnamon cashew cream filling are truly divine. I used Dandy Blend to give these a smoky, coffee flavor without the caffeine, but you can substitute that for instant coffee if you'd like! If you're not familiar with Dandy Blend, it's an herbal coffee replacement. Dandy Blend is delicious on its own, but even better in a cookie! You can serve these as cookie sandwiches, as plain cookies without frosting, or as single cookies each topped with frosting. The cookies themselves are perfectly soft and chewy, and these sandwiches somehow get even better after being stored in the fridge!

***Makes:*** 10 cookies, or 5 cookie sandwiches
***Prep Time:*** 10 minutes
***Cook Time:*** 15 minutes

***Ingredients:***
*Coffee Cookies:*
1 cup almond butter
3 tbsp Dandy Blend or 3 tbsp instant coffee
3 tbsp coconut flour
1 egg
½ tsp sea salt / pink Himalayan salt
1 tsp baking soda
1 tsp vanilla

*Cashew Cream Filling:*
1 cup soaked raw cashews
(soaked for about 4 hours in filtered water)
2 tsp vanilla
1 tsp cinnamon
4 tbsp coconut milk
¾ tsp salt

***Instructions:***
1. Preheat your oven to 350° F. Line a baking tray with parchment paper.
2. Mix all of the cookie ingredients together in a medium bowl until everything is well incorporated.
3. Divide the batter into an even number of cookies - either 10 regular sized cookies or 12 slightly smaller cookies. Roll the batter into balls, place them on the parchment paper about an inch apart, and press down to form the cookies.
4. Bake for 12 minutes. Remove from the oven and allow to cool for about 15 minutes.
5. While the cookies are in the oven, prepare the filling. Add all of the filling ingredients into a food processor or high-powered blender.
6. Process / blend until there are no more cashew chunks left. You'll have to scrape the sides a few times to get everything mixed. Place the filling in the fridge to allow it to firm up until ready to use.
7. Once the cookies have cooled and the frosting has firmed up a bit, prepare the sandwiches.
8. 8. Place a generous dollop of the filling on the bottom of one cookie, and place another cookie on top to form a sandwich! Repeat until all cookies are done.
9. If not making sandwiches, you can use the filling as a frosting for each cookie. Spread as much cashew cream as you'd like on top of each cookie.
10. You can also eat the cookies plain if you'd like!
11. Serve and enjoy! Store extra cashew cream in the fridge.

# Edible Cookie Dough

Let's be honest - the best part about making cookies is eating the dough! Don't worry - this "dough" is totally egg-free, so you don't have to worry about eating raw eggs. I know your mom told you not to lick the spatula, but this time you can! This cookie dough isn't for baking, but you'd never want to bake it anyways. It's too delicious on its own!

***Serves:*** 3-4
***Total Time:*** 10 minutes

***Ingredients:***
½ cup coconut flour
½ cup almond flour
1 cup soaked cashews (soaked for about 4 hours in filtered water)
3 tbsp ghee
3 tbsp almond butter
¼ cup coconut milk
½ tsp sea salt / pink Himalayan salt
2 tsp vanilla
¼ cup cacao nibs

***Instructions:***
1. Add all ingredients except for the cacao nibs into a food processor.
2. Process until everything is combined well and a sticky dough forms.
3. Fold in the cacao nibs. If you'd like, refrigerate for a bit to firm up more.
4. Serve and enjoy! Store extras in the fridge.

# Freezer Almond Joys

Your favorite childhood treat just got a healthy upgrade! It's so easy to make your own version of this old classic, you'll never buy another candy bar again. All you need is a silicone candy mold sheet and a freezer, and you're ready to go. Keep these in the freezer for a quick bite of coconut-chocolate heaven whenever you need a little something to sweeten up your day!

***Makes:*** About 15 almond joys, depending on size of candy molds
***Prep Time:*** 15-20 minutes
***Freeze Time:*** 1 hour

***Ingredients:***
*Chocolate Bottom Layer:*
½ cup almond butter
½ cup melted coconut oil
¼ cup cacao/cocoa powder
1 tsp vanilla
¼ tsp sea salt / pink Himalayan salt

*Coconut Almond Top Layer:*
½ cup melted coconut oil
½ cup coconut butter
½ cup unsweetened shredded coconut
One raw almond per candy mold (I used 15)

***Instructions:***
1. In a small bowl, mix together all of the ingredients for the chocolate bottom layer.
2. Pour the chocolate layer into square silicone candy molds, filling up a little less than half of the mold with the chocolate mixture. In other words, a little more than half of each mold should be empty.
3. Place in the fridge while you prepare the top layer.
4. Mix the coconut oil, coconut butter, and shredded coconut for the coconut layer together in a bowl.
5. Pull out the silicone candy mold sheet with the chocolate inside. Pour some of the coconut top layer on top of the bottom chocolate layer in each candy mold. Leave a little bit of room at the top for when you add the almond.
6. Quickly place an almond on top of each Almond Joy, pressing down a little to ensure the almond freezes into the candy. I like to place the almond on top immediately after pouring in the top layer.
7. Place the silicone candy sheet in the freezer and leave to freeze until the candies have hardened. I usually leave them in for about an hour, but they're often ready sooner.
8. After the candies have hardened, pop them out of the candy molds! Store extras in the freezer.

# Gingersnap Cupcakes with Spiced Cashew Cream Frosting

If you're in the mood for cozy fall vibes, these cupcakes will hit the spot! They're not quite gingebread, and not quite chai, but somewhere just in between! The sweet, deep spices create a perfectly decadent cupcake topped with a rich cashew cream frosting that will warm your soul.

***Makes:*** 9-10 cupcakes
***Prep Time:*** 20 Minutes
***Cook Time:*** 15 minutes

***Ingredients:***
***Gingersnap Cupcakes:***
4 eggs
½ cup coconut flour
1 tsp baking soda
½ cup almond butter
⅓ cup + 2 tbsp melted coconut oil
2 tbsp full-fat coconut milk
2 tbsp water
3 tsp vanilla
½ tsp apple cider vinegar
½ tsp sea salt / pink Himalayan salt
3 tsp ginger
2 tsp cinnamon
½ tsp nutmeg

***Spiced Cashew Cream Frosting:***
1.5 cups soaked raw cashews
(soaked about 4 hours in filtered water)
3 tbsp coconut oil
4 tsp vanilla
3 tsp cinnamon
1 tsp ginger
1 tsp nutmeg
¾ tsp sea salt

***Instructions:***
1. Preheat your oven to 350° F. Line a cupcake/ muffin tray with cupcake liners, or grease the tray with coconut oil.
2. Combine all of the cupcake ingredients in a large bowl. Make sure everything is mixed thoroughly.
3. Pour the batter into the muffin pan / cupcake liners.
4. Place in the oven for 12-15 minutes, or as soon as a knife / toothpick comes out clean.
5. While the cupcakes are in the oven, prepare the frosting. Add all of the frosting ingredients into a food processor and process until there are no more cashew pieces left. The frosting should be completely smooth. You'll have to scrape down the sides a few times.
6. Once the frosting is made, place it in a container and put it in the fridge to firm up.
7. After the cupcakes are done cooking, let them cool for five minutes. Then remove the cupcakes from the tray and allow them to cool for another 10-15 minutes.
8. Once the cupcakes are cooled and the frosting has firmed up in the fridge, top the cupcakes with the frosting. You can spread the frosting on with a spoon or knife, or you can pipe it on. You can make your own frosting pipe by placing the frosting in a Ziploc bag, cutting a small part of the corner off, and squeezing the frosting out from there.

# Horchata Milkshake in a Bowl

When you're in the mood for a cooling sweet drink after dinner, Mexican Horchata always hits the spot. That being said, sometimes a light drink leaves you wanting something just a bit more satisfying. That's where this Horchata Milkshake comes in! It combines those same delicious horchata spices with the thick and creamy texture of a milkshake, so you get the best of both worlds! Plus, it's thick enough that you can eat it out of a bowl!

***Serves:*** 1-2
***Total time:*** 5-10 minutes

***Ingredients:***
¾ cup coconut milk
½ cup water
1 cup frozen cauliflower
1 tbsp almond butter
½ cup coconut meat
1 tbsp cinnamon
1 tbsp vanilla
¼ tsp nutmeg
½ cup ice
Optional: coconut flakes for topping

***Instructions:***
1. Place all ingredients in a high-powered blender. Blend until everything is combined.
2. Pour in a bowl or in a large glass. Top with coconut flakes if desired.
3. Serve and enjoy!

Lemon Pound Cake
with Coconut
Lemon Icing

If you're a lemon lover, you're about to meet your dream come true! This pound cake is moist, rich, and perfectly sweet without being too heavy or too tart. The coconut lemon icing on top adds just a bit of sweetness and an extra creamy flavor that you won't be able to turn down!

***Makes:*** One pound cake, to serve about 6-8
***Prep Time:*** 15 minutes
***Cook Time:*** 40 minutes

***Ingredients:***
***Lemon Pound Cake:***
½ cup coconut flour
4 eggs
⅓ cup melted coconut oil
½ cup melted coconut butter
2 tbsp vanilla
Juice of 2 lemons
1 tsp lemon zest
1 tsp baking soda
½ tsp sea salt / pink Himalayan salt

***Lemon Icing:***
Juice from one lemon
¼ cup melted coconut oil
¼ cup coconut butter
½ tsp vanilla

***Instructions:***
1. Preheat your oven to 350° F. Grease a loaf pan (mine was 8x4) with coconut oil.
2. Mix all pound cake ingredients together in a large bowl until everything is well incorporated.
3. Pour the batter into the loaf pan.
4. Bake for 35-40 minutes, or until a toothpick comes out clean.
5. Allow the pound cake to cool for a few minutes until it is ready to be removed from the pan. Remove from the pan and allow to cool for another 20 minutes.
6. While the pound cake is cooling, prepare the icing.
7. Mix all of the icing ingredients in a small bowl until well incorporated.
8. Once the pound cake has cooled, either spread the icing on with a knife or pipe it onto the loaf. You can add the icing into a Ziploc bag, cut the corner, and pipe out the frosting from there.

Matcha Cupcakes with
Vanilla Coconut Frosting

There's no better time than tea time - or better yet, matcha time! Get your matcha on with these fluffy matcha cupcakes topped with light and airy vanilla coconut frosting! Be careful, though - this frosting is highly addicting. Who knew getting some more "green" into your diet could be so sweet?!

***Makes:*** 7 Cupcakes, with extra frosting
***Prep Time:*** 15 minutes
***Cook Time:*** 15 minutes

***Ingredients:***
*Matcha Cupcakes:*
3 eggs
⅓ cup coconut flour
2 tbsp matcha powder
½ tsp baking soda
¼ tsp sea salt / pink Himalayan salt
½ cup melted coconut oil
½ cup melted coconut butter
2 tsp vanilla
1 tbsp coconut milk
1 tbsp water

*Coconut Cream Frosting:*
1 can coconut cream, placed in the fridge overnight
4 tsp vanilla
¼ tsp cinnamon

***Instructions:***
1. Preheat the oven to 350° F. Grease a cupcake tray with coconut oil, or fill the slots with cupcake liners.
2. Combine all of the cupcake ingredients in a large bowl. Mix well until everything is incorporated.
3. Pour the batter into the cupcake tray until each cupcake slot is about ¾ full.
4. Place in the oven for 13-15 minutes, or until a toothpick or knife comes out clean. Once done, allow the cupcakes to cool for about 5 minutes. Remove them from the cupcake tray, and allow them to cool for another 10-15 minutes.
5. While the cupcakes are baking, prepare the frosting. Remove the coconut cream from the fridge, flip it over, and open the can. For extra thick frosting, pour out any liquid from the can, and then pour the solid contents into a large bowl. If the liquid hasn't separated, just pour all of the can's contents into a bowl.
6. Add the vanilla and cinnamon into the bowl. Use a hand beater to whip the mixture until you reach a light, fluffy texture - similar to whipped cream. Store the frosting in the fridge until ready to use.
7. Once the cupcakes have cooled, it's time to frost them! Either spread the frosting on using a knife or spoon, or you can pipe it onto the cupcakes. You can place the frosting in a Ziploc bag, cut a very small piece of the corner off, and pipe out the frosting from there.
8. Store extras in the fridge so the frosting doesn't melt!

# Mint Chip Shake

There's nothing quite as classic as a mint chip shake, but it has to be extra thick to meet my standards! This Mint Chip Shake is that thick - it's best eaten out of a bowl with a spoon! The pop of fresh mint leaves paired with rich chocolate and the crunch of cacao nibs creates the perfectly refreshing treat. Plus, you're sneaking in a few servings of veggies at the same time! The key to this shake is the frozen mint leaves, so stock up! If you don't have mint leaves on hand, though, you can sub that for peppermint essential oil or peppermint extract, along with a bit less liquid to maintain the thickness.

***Serves:*** 1-2
***Total time:*** 5-10 minutes

***Ingredients:***
½ cup full-fat coconut milk
½ cup filtered water
½ avocado
½ cup frozen mint leaves
1 cup frozen cauliflower
1 cup frozen spinach
2 tbsp cacao powder / cocoa powder
1-2 tbsp coconut butter
2 tbsp cacao nibs
Optional: ½ cup ice, cacao nibs and coconut flakes for topping

***Instructions:***
1. Add all ingredients except for the cacao nibs into a high-powered blender. Blend until everything is combined.
2. If adding ice, blend in the ice just until it's mixed in.
3. Add in the cacao nibs, and pulse the blender for a few seconds to mix the nibs into the shake.
4. Top with cacao nibs and coconut flakes if desired. Serve and enjoy!

No-Bake Walnut
Chai Blondies

Why bother with regular blondies when you can have walnut chai blondies?! Deliciously cozy chai spices and crunchy walnuts bring traditional blondies to a whole new level with this recipe. Plus, no baking is required! They have the texture of creamy fudge, and they're almost too simple to pull together. If you love cookies, chai, blondies, or all of the above, these were meant for you.

***Prep Time:*** 5-10 minutes
***Freeze Time:*** 1 hour 15 minutes
***Makes:*** 9 squares

***Ingredients:***
1 cup almond flour
½ cup raw almond butter
¼ cup cashew butter
2 tbsp coconut oil
4 tsp vanilla
3 tsp cinnamon
3 tsp nutmeg
3 tsp cloves
3 tsp cardamom
½ tsp ginger
½ tsp sea salt / pink Himalayan salt
¼ cup cacao nibs
¼ cup walnuts

***Instructions:***
1. Line a freezer-safe container (I used an 8x8 pan) with parchment paper.
2. Mix all ingredients together in a large bowl except for the cacao nibs and walnuts.
3. Once everything is mixed, fold in the cacao nibs and walnuts.
4. Press the mixture into the lined pan to make one even blondie layer.
5. Place in the freezer for about an hour.
6. Allow to thaw for a few minutes, then grab the parchment paper to remove the blondies from the pan.
7. Use a knife to cut into 9 squares.
8. Store leftovers in the fridge or freezer!

No-Bake Vanilla
Cinnamon Cheesecake

I was never a fan of traditional cheesecakes, but this raw vegan upgrade has changed my mind about how delicious a "cheesecake" can be! The sweet flavors of vanilla, cinnamon, and coconut blend together beautifully in this thick and creamy pie filling atop a perfectly crunchy crust. Unlike traditional cheesecakes, this will leave you feeling refreshed and satisfied instead of heavy and tired after eating. You'll need a springform pan to create this cheesecake, but you can also make it as a regular pie if you don't have a pan with removable sides! Be sure to allow the cheesecake to fully thaw before you enjoy it. When the cheesecake is still frozen, it might taste too "icy" for you to fully taste the flavor!

***Makes:*** One cheesecake, about 8 slices
***Prep Time:*** 25 minutes
***Freeze Time:*** 4-6 hours
***Thaw Time:*** 2 hours

***Ingredients:***
*Crust:*
½ cup pecans
½ cup unsweetened shredded coconut
½ cup almond butter
½ tsp sea salt / pink Himalayan salt

*Filling:*
2 cups soaked cashews (soak cashews in filtered water for about 4 hours, or overnight)
1 cup coconut cream
2 tbsp coconut butter
3.5 tbsp vanilla
2 tbsp cinnamon
¼ tsp sea salt / pink Himalayan salt
Optional: shredded coconut for topping

***Instructions:***
1. Line the bottom of a springform pan with parchment paper to make it easier to cut the cheesecake later on.
2. Place all of the crust ingredients in a food processor. Process until everything is combined and starts to clump together. Don't process so long that the ingredients turn into a paste, though.
3. Press the crust into the bottom of the springform pan, pushing down to make sure the crust forms one even layer.
4. Place the crust in the freezer while you make the filling.
5. Combine all of the filling ingredients in the food processor or a high powered blender. Process/blend until everything is mixed in and there are no cashew clumps left.
6. Once the mixture is smooth, remove the pan from the freezer and pour the filling into the pan on top of the crust.
7. Freeze the cheesecake for about 4-6 hours, or until the center is set. Allow the cheesecake to thaw for a few hours before serving. Store extras in the fridge or freezer.

*** If you don't have a springform pan, make this in a regular pie dish. You won't be able to remove the outside, so it will come out looking like a chilled pie instead of a cheesecake, but it will still taste delicious!

# Peppermint Chocolate Fudge Brownies

Thought you couldn't love the combination of chocolate and peppermint any more than you already do?! I'm about to prove you wrong. These rich chocolate fudge brownies with a hint of peppermint are sure to hit the spot if you're a chocolate lover! With only six ingredients, they're dangerously simple to make. The dense, fudge-like texture compliments the deep chocolate flavor and pop of mint perfectly! If you don't have peppermint essential oil, you can sub a few teaspoons of peppermint extract. Trust the bake time when it comes to cooking - they're so fudgey it can sometimes be hard to tell when they're done!

***Prep Time:*** 5-10 minutes
***Cook Time:*** 18 minutes
***Makes:*** 9 brownies

***Ingredients:***
4 eggs
1 cup cocoa/cacao powder
¼ cup coconut butter
⅓ cup coconut oil
4 tsp vanilla
3 drops peppermint essential oil

***Instructions:***
1. Preheat your oven to 350° F.
2. Grease an 8x8 square baking pan or line it with parchment paper.
3. Mix all ingredients together in a bowl until well incorporated.
4. Pour the batter into the baking pan. Bake for 15-18 minutes, or until a knife/ toothpick comes out clean. It's better to undercook these than overcook them. If you cook them too long, they'll come out a bit spongey.
5. Allow the brownies to cool completely before cutting.

# Pumpkin Cookies with Pumpkin Spice Frosting

Who says it can't be pumpkin time year round? Warning - you might catch pumpkin fever after one bite! These soft, moist pumpkin cookies topped with pumpkin spice frosting taste like a warm hug. It's time to curl up and get cozy with these delectable bites of heaven!

***Makes:*** 10-12 cookies
***Prep Time:*** 15 minutes
***Cook Time:*** 15 minutes

***Ingredients:***
***Pumpkin Cookies:***
½ cup organic canned pumpkin (not pumpkin pie filling!)
½ cup almond butter
3 tbsp vanilla
3 tbsp pumpkin pie spice
½ tsp sea salt
1 ¾ cups almond flour
¼ tsp baking soda

***Pumpkin Spice Frosting:***
½ cup coconut butter
3 tbsp coconut oil
1 tsp vanilla
½ tsp pumpkin pie spice
½ tsp cinnamon

***Instructions:***
1. Preheat your oven to 350° F. Line a baking tray with parchment paper.
2. Mix all of the pumpkin cookie ingredients together in a bowl until well incorporated.
3. Use your hands to form cookies an inch or two wide with the dough, and place the cookies on the baking sheet about an inch apart.
4. Bake in the oven for 15 minutes.
5. Remove from the oven and allow the cookies to cool for about 10 minutes. While they cool, prepare the frosting.
6. Mix all of the frosting ingredients together in a small bowl. You might need to melt the coconut butter and coconut oil to make them easier to mix.
7. Allow the frosting to firm up a bit so that it's not completely hard, but also not liquid. Spread the frosting onto the cookies with a spoon or knife.
8. Enjoy! Store extra frosting in the fridge.

Raspberry Coconut Cream Parfait

Sometimes the simplest things in life are truly the most delicious. This whipped parfait is light and airy but extremely filling and decadent. It truly has the texture of a cloud! All you need are a few ingredients and a hand mixer to create this dreamy whipped dessert! Feel free to pair it with some nuts for an added crunch, switch out the fruit, or make any other adjustments desired!

***Serves:*** 1-2
***Prep Time:*** Overnight refrigeration
***Cook Time:*** 5 minutes

***Ingredients:***
½ cup raspberries
1 can coconut cream, placed in the fridge overnight
4 tsp vanilla
¼ tsp cinnamon
Optional: handful of cacao nibs

***Instructions:***
1. Remove the coconut cream from the fridge, flip it over, and open the can. For an extra thick parfait, pour out any liquid from the can, and then pour the solid contents into a large bowl. If the liquid hasn't separated, just pour all of the can's contents into a bowl.
2. Add the vanilla and cinnamon into the bowl.
3. Use a hand beater to whip the mixture until you reach a light, fluffy texture - similar to whipped cream. This will take a few minutes.
4. To assemble the parfait, place a bit of the coconut cream whip into the bowl you'll be serving in. Take half of your raspberries and place them on top of the coconut cream. Add a bit more of the coconut cream whip, and then top that with the rest of your raspberries. Add a bit more of the coconut cream on top of the second layer of raspberries.
5. If desired, add some cacao nibs for an extra crunch!
6. Serve and enjoy! Any extras should be stored in the fridge.

# Samoa Cookies

Thought you had to give up your favorite Girl Scout cookie? Think again! I'm giving the Girl Scouts a run for their money with these wickedly delicious healthy samoas! It takes a few different steps to create these bites of heaven, but each part is quick and easy. All you need are some simple shortbread cookies dipped in rich dark chocolate and coated in toasted coconut, and you're in business!

***Makes:*** About 10 small cookies
***Prep Time:*** 10 minutes
***Cook Time:*** 15 minutes

***Ingredients:***
*Toasted Coconut Coating:*
½ cup unsweetened shredded coconut
4 tsp vanilla

*Shortbread Cookies:*
½ cup coconut flour
4 tbsp melted coconut oil
1 tbsp melted coconut butter
1 tsp vanilla

*Dipping Chocolate:*
½ cup cocoa/cacao powder
½ cup coconut oil
2 tsp vanilla
½ tsp sea salt

***Instructions:***
1. Preheat your oven to 350° F. Line two baking trays with parchment paper.
2. In a small bowl, mix together the shredded coconut and the vanilla for the toasted coconut coating. Try to get as much of the coconut to touch the vanilla as possible.
3. Spread the shredded coconut out onto a baking sheet and put it in the oven for about 5 minutes while you prepare the cookie dough.
4. Mix together all of the cookie ingredients in a small bowl. Divide the dough into even amounts, and roll into small balls to create cookies. I usually make about 10. Be gentle, because the cookies will be small and fragile.

5. Place the dough on the baking tray, and press down on each ball to flatten the dough a bit.
6. If you haven't already, take the toasted coconut out of the oven. Put the cookies in the oven and bake for 6-8 minutes. Keep an eye on them! They cook quickly, and you don't want them to burn.
7. Pour the toasted coconut shreds back into the small bowl you first mixed them in.
8. Once the cookies are done, remove them from the oven and allow them to cool for about 10 minutes. Put parchment paper on a plate or serving platter to eventually place the finished cookies on.
9. Prepare your dipping chocolate. Place all of the dipping chocolate ingredients in a small saucepan. Place over medium heat until all of the ingredients have melted and the chocolate has warmed up. Stir the mixture as it heats up, and make sure it doesn't get so hot that it burns!
10. Once the chocolate is warmed up, turn off the heat. It's time to put it all together! Take a cookie, dip it completely in the chocolate, and then roll it around in the toasted shredded coconut. Be gentle with the cookies, as they can break easily at this stage. Your fingers might get messy, but it's worth it! After each cookie has been dipped in chocolate and coconut, place it on the parchment paper to cool.
11. Once all cookies are done, place them in the fridge for about 20 minutes to allow the outer layer to harden.
12. Once the chocolate has hardened, they're ready to be eaten!

Strawberry Milkshake

There's nothing better than a simple, thick and creamy strawberry milkshake! Ditch the diner version and melt into this healthier take on an old classic! When the natural sweetness of strawberries combines with the creamy texture and flavor of coconut, true magic happens. This strawberry milkshake is delicious as is, or you can give it a little twist by adding in some cacao powder!

***Serves:*** 1-2
***Time:*** 5 minutes

***Ingredients:***
1 cup frozen strawberries
1 cup full-fat canned coconut milk
2 tbsp vanilla
1 tbsp chia seeds
1 cup frozen coconut meat
1 cup ice
Optional: 1 tbsp cacao powder

***Instructions:***
1. Add all ingredients except for ice into a high-powered blender. Blend until mixed.
2. Add in the ice and blend again, just until the ice is mixed in. Be careful not to overblend!
3. Store in the fridge or freezer for a few minutes to allow it to thicken up even more, or enjoy immediately!

Tahini Vanilla Freezer Fudge

Freezer fudge is the ultimate secret weapon - it's always ready when a craving strikes! If you're typically a fan of more savory flavors but want a subtle hint of sweet, these are for you. Tahini, vanilla, and coconut create a unique flavor profile unlike almost every other typical dessert, which is why I love it so much! Plus, these little fudge bites are too simple to pass up. You just need a silicone candy mold, a few ingredients, and a freezer!

***Makes:*** About 15 pieces of fudge, depending on size of candy mold
***Prep Time:*** 5 minutes
***Freeze Time:*** 30 minutes

***Ingredients:***
½ cup raw tahini
½ cup melted coconut oil
3 tbsp melted coconut butter
2 tbsp vanilla
½ tsp sea salt
3 tbsp shredded coconut
Optional: dash of cinnamon

***Instructions:***
1. Stir all ingredients together in a large bowl. Make sure everything is mixed evenly.
2. Pour the mixture into silicone candy molds until all is used up.
3. Freeze the candy molds until the tahini fudge has hardened - usually about 30 minutes.
4. Pop the fudge out of the candy mold to enjoy! Store in the freezer.

# Vanilla Coconut Fat Bombs

I always keep little fat bombs on hand to snack on whenever I want a sweet treat! With only four ingredients, you might be surprised at how flavorful these are! You can pull these fat bombs together in just a few minutes and keep them in the freezer for whenever you want a simple dessert to squash those sugar cravings! They taste just like frozen frosting - without the sugar crash.

***Makes:*** about 15 fat bombs (could be more or less, depending on how big your candy molds are)
***Prep Time:*** 5 minutes
***Freeze Time:*** 30 minutes

***Ingredients:***
½ cup melted coconut oil
½ cup melted coconut butter
½ tbsp cinnamon
1 tsp vanilla

***Instructions:***
1. Mix all ingredients together in a bowl.
2. Pour into silicone candy mold of choice.
3. Place in the freezer for about 30 minutes, or until hardened.
4. Pop the fat bombs out of the molds to enjoy! Store extras in the freezer.

Yellow Cake with
Dark Chocolate Frosting

If a sugar-free birthday is coming up, this is the perfect cake for the occasion! A classic yellow cake covered with rich, dark chocolate frosting is the best way to celebrate. This chocolate frosting is practically like fudge, and it's ideal for anyone who appreciates the deep flavor of true dark chocolate. Have your cake … and definitely eat it, too!

***Serves:*** 8
***Prep Time:*** 20 minutes
***Cook Time:*** 15 minutes

***Ingredients:***
***Yellow Cake:***
5 tbsp coconut flour
5 tbsp almond flour
½ tsp baking soda
¼ tsp sea salt / pink Himalayan salt
4 eggs
2 tbsp melted coconut oil
2 tbsp melted coconut butter
1 tsp vanilla
Juice from 1 lemon

***Dark Chocolate Frosting:***
½ cup soaked cashews (soaked about 4 hours in filtered water)
1 ⅓ cup cacao/cocoa powder
⅔ cup coconut oil
1 tbsp coconut butter
5 tsp vanilla
¼ tsp sea salt
5 tbsp coconut milk
Optional: water to thin

***Instructions:***
1. Preheat your oven to 350° F. Grease a 9 inch round cake pan with coconut oil.
2. Mix together all of the yellow cake ingredients in a large bowl until everything is well combined.
3. Pour the batter into the cake pan.
4. Bake for 13-14 minutes, or until a toothpick comes out clean.
5. While the cake is baking, prepare the frosting.
6. Add all frosting ingredients into a food processor. Process until there are no cashew chunks left. You'll have to scrape down the sides a few times - be patient with the process. If needed, add a little bit of filtered water or nut milk to thin.
7. Once the frosting is done, place it in the fridge until ready to be used.
8. After the cake is done, allow it to cool for about 5 minutes. Remove from the pan, and allow it to cool for another 10 minutes.
9. When the cake has cooled, frost it with your dark chocolate frosting.
10. Slice and serve!

# About Christina

Christina Rice is a Nutritional Therapy Practitioner, Primal Health Coach, and Reiki Practitioner. She is the creator of the Paleo Women Lifestyle Program, host of Wellness Realness podcast, and the blogger behind christinaricewellness.com. Christina struggled with a number of health problems over the years including extreme malabsorption, SIBO, Candida overgrowth, parasites, hypothyroidism, insulin resistance, amenorrhea, autoimmune issues, anxiety, depression, and acne, but she didn't find relief or support through the Western medical system. Eventually she discovered the power of the paleo diet and lifestyle, which helped her finally turn her health around and transform her life as a whole. Ever since experiencing the healing properties of nutrient-dense food, positive lifestyle changes, and energy healing firsthand, she has dedicated herself to helping others find similar transformations in their own lives.

Christina uses a holistic approach to help clients from all over the world live their healthiest lives and address different obstacles such as digestive issues, eating disorders, weight loss/gain, hormonal imbalances, amenorrhea, mindset around food and fitness, and more. She also helps clients overcome emotional and energetic blocks through reiki healing. She has a passion for healthy cooking, clean beauty, and fitness, and you can find all of her healthy recipes on her blog. You can usually find her on a long walk by the beach, listening to a podcast, or recipe testing in the kitchen!

Interested in learning more? You can find Christina's blog, podcast, ebooks, online course, and other services at christinaricewellness.com.

CHRISTINA RICE

# #NoSugar NoProblems

PART II

*A Second Collection of Paleo Sweetener-Free Desserts*

* *Over 30 Delicious Paleo Dessert Recipes, with plenty of vegan options!*
* *All Sugar-Free*
* *All Sweetener-Free*
* *Gluten-Free and Dairy-Free*
* *No Sugar Substitutes*
* *No Bananas, Dates, or High-Glycemic Fruits*
* *Keto-Friendly*
* *Low-Carb Friendly*
* *Options for the Candida Diet, low FODMAP, and most other Gut-Healing Protocols!*

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# Introduction

When I released my first #NoSugarNoProblems ebook, I had no expectations for how it would be received. It was something I was incredibly proud to share with the world (and still am), because I hoped it would help many others effortlessly reduce their sugar intake without ever feeling deprived. It was a resource I wish I had a few years ago when I was quitting sugar, having major withdrawals, and feeling left out when I had to be strictly sugar-free for a long period of time as I healed my gut and hormonal health. I hoped the ebook would help clients, family, and friends who were also on elimination diets while working through their own health issues. Food tends to be a main part of celebrations in our culture, and I don't think anyone should feel like they are missing out on that if they don't want to.

That was my hope, but I had no idea how much a simple ebook could vastly impact people's lives. I received countless emails and messages from people saying that #NoSugarNoProblems was the one tool that made going sugar-free painless for them, a key step in helping them resolve their digestive issues, hormone imbalances, blood sugar swings, stubborn acne, unwanted weight gain, mood swings, binge and restrict patterns, HPA axis dysregulation (a.k.a "adrenal fatigue"), sugar cravings in general, and more. People told me that my ebook made it so they never felt deprived while on a low-carb, ketogenic, anti-Candida, or even low-FODMAP diet, allowing them to stick with it and get the results they were hoping for. People who previously felt limited by their food allergies and intolerances finally felt like they were no longer held back from having a sweet treat. I received numerous messages from people thanking me for helping them finally eliminate artificial sweeteners from their diets, which they didn't realize were actually at the root of their mysterious symptoms.

More and more people are becoming well-aware of the fact that excess sugar consumption has a massive impact on our overall health. Study after study shows that high sugar intake is linked to a number of chronic health issues including diabetes, cardiovascular disease, obesity, autoimmune disease, and neurodegenerative diseases like Alzheimer's. The reason why I fell into all of this, though, is because I learned so much about sugar's effect on gut health. I personally experienced its negative impact on my own gut, which in turn affected my overall health. After dealing with Candida overgrowth, SIBO, parasites, and other types of bacterial overgrowths in my gut, I quickly realized how much better I felt avoiding sugar. It wasn't until after I had been strictly sugar-free for some time while addressing my gut dysbiosis that I realized sugar's immediate negative effects when I did have it - bloating, constipation, acne, brain fog, fatigue, and sometimes even rashes on my skin. If those symptoms popped up after just one sugar-filled treat, what was it doing to my body years ago when I was having it every day?!

Let's talk more about gut health for a moment, because it's one of my favorite topics. One of the biggest threats to a healthy microbiome is a diet high in sugar, because this is what the "bad" bacteria in our guts love to feed off of. When we continue to consume sugar, we're only encouraging the growth of the disease-promoting bacteria in our guts, which can manifest in a number of ways. It can lead to gut imbalances, of course, like Candida overgrowth or Small Intestinal Bacterial Overgrowth (SIBO), but it can also lead to seemingly unrelated symptoms and diseases like allergies, acne, psoriasis, and memory problems in addition to the standard bloating and irregular bowel movements. Conventional sugar is highly inflammatory in the body, and inflammation is a root cause of almost every disease, including cardiovascular disease, neurodegenerative disease, and autoimmune disease.

Many people don't realize how much sugar they really consume. Recent data suggests the average American consumes about 19.5 teaspoons of sugar a day, which is about 66 pounds a year. The statistics are even worse for children and teens, who get about 16% of their calories every single day from sugar. No wonder we are in the most serious health crisis since the Spanish influenza! The average lifespan in America has declined for the third year in a row now (it's 2018), which hasn't occurred since 1918. What's making our lives that much shorter? Chronic disease, rooted in inflammation… which is almost always linked to high sugar intake.

That's the bird's-eye view, but reducing sugar intake can help anyone improve their health, even if they're struggling with symptoms they think are unrelated. Bloating, low energy, hormonal problems, mood swings, irregular bowel movements, acne, weight gain, and more - these are all things that people struggle with every day, and reducing sugar intake is a key step in eliminating all of them.

Now that people are more aware of sugar's health risks, it's led to a cultural obsession with other "less offensive" sweeteners, especially the low-calorie ones. Stevia, xylitol, erythritol, and a number of other sweeteners are hot on the shelves, but the truth is that these can also cause a number of health issues. At the end of the day, all of these sweeteners are processed foods that can cause inflammation and its related symptoms. I've seen stevia and xylitol cause the same exact negative symptoms as refined cane sugar! Even zero-calorie, "low glycemic" sweeteners can cause blood sugar spikes and crashes, and eventual weight gain. Plus, the world of sweeteners is complicated to navigate to begin with. Which are safe? Which aren't? What are they REALLY made from?

Rather than worry about the nitty gritty of which sugar-substitutes are better than others, what if we just avoided them altogether? That would be a lot easier, if you

ask me! If you don't use any added sweeteners, you will avoid all of the potential negative side effects they might have on your body. Simple fix.

I'm a firm believer that everyone should be following a diet rooted in whole, unprocessed, nutrient-dense foods. Many people have developed skewed taste buds because they've been eating hyperpalatable, processed meals and desserts for most of their lives. Your taste buds adjust to that, and they learn to only be satisfied by something that's unnaturally sweet, which often leads to overeating. The truth, though, is that nature has provided plenty of foods that contain naturally sweet flavors, especially when put in the right combinations. Fruit is the most common example of this, but what about cinnamon, nutmeg, ginger, vanilla, cacao, coconut, nuts, and seeds? These unprocessed, healthy ingredients contain their own sweetness and can be made into some truly incredible desserts.

If you're used to eating desserts sweetened with sugar, stevia, xylitol, or other sweeteners on a regular basis, it can take an initial phase of "retraining" your taste buds to resensitize them to the natural flavor of foods. After that transition, you'll find your sugar cravings will decrease dramatically, and foods that didn't seem sweet before suddenly taste like dessert. Fruit might taste almost too sweet for you, and 100% dark chocolate might become your new favorite treat after dinner. You'll realize that many foods you previously thought were bland are actually vibrant in taste, and your hunger signals will start to regulate themselves properly again.

If you're already at that stage, then the desserts in this ebook are definitely for you. Personally, my taste buds have adjusted so much that many of the desserts in this ebook are almost too sweet for me! However, if you're not already there yet… fear not. While some of the desserts inside might be most highly appreciated by the completely sugar-free palate, most of these recipes will be a hit even among those who still eat sugar on a regular basis. Trust me - I used some pretty critical taste testers, and almost nobody suspected these treats were sweetener-free.

These are the types of desserts I like to eat in my own life in order to avoid the digestive, skin, and brain symptoms that always come when I consume traditional sugars and sweeteners. This ebook will make going sugar-free a breeze, and it will help anyone who is on a sugar-free gut-healing protocol. After the amazing feedback I got from the first #NoSugarNoProblems ebook, I knew I had to make a second. And this time, I made it even better.

Just like the first installment, the desserts in this ebook contain no sugar or other added sweeteners. That means no stevia, xylitol, erythritol, monkfruit, maple syrup,

honey, agave, coconut sugar, or any other sweeteners you might see on the shelves. There are also no high-glycemic fruits like bananas or dates. The only fruits used in this ebook are low-glycemic berries and avocado. What makes the recipes sweet? Nuts, seeds, nut butters, vanilla, cinnamon, nutmeg, sea salt, and other unprocessed ingredients. These desserts are filled with plenty of healthy fats to keep you full and satisfied, instead of traditional carbohydrate-heavy desserts that leave you endlessly reaching for more.

"Fat bombs" are popular in the low-carb community as a way of getting extra healthy fats into your diet, and you will find plenty of those in here! I have even more fruit-free options in this ebook, more vegan options, and overall more recipes than in the last installment! The ingredients are as simple as possible, and the recipes are easy enough for anybody to follow. There are also plenty of no-bake recipes for anyone who doesn't like to use the oven. I've included cakes, cookies, brownies, tarts, ice cream, fudge, bars, and more! There is something for everyone. And if I'm being completely honest, I think the recipes in here are definitely my best work to date. Some of these recipes are truly better than their sweetener-filled counterparts.

While I do think everyone should be conscious of their sugar consumption, I don't think it's necessary to live a completely sugar-free, sweetener-free life by any means. However, there are certain periods in our lives when we might find ourselves needing to go completely sugar-free and sweetener-free, especially when we are addressing particular health issues. You shouldn't feel like you have to miss out on anything while changing your diet to address your health, especially during the holiday season, birthdays, and other celebrations! Instead of eliminating desserts altogether, it's often easier to swap them out for a healthier option.

That being said, this ebook is not a free pass to eat dessert all day every day! Just because it doesn't have sugar doesn't mean it's not still a dessert. Your daily meals should be centered around proteins, lots of colorful vegetables, and healthy fats. These desserts are there for you on the occasion when you do want a sweet treat without the negative effects of sugar or other sweeteners. And, okay, I admit - these are the only "desserts" I approve of as snacks. If you're having a hard time removing sugar from your diet, this resource will become your best friend!

I know how frustrating it can be when you want to make a dessert without sugar, but every "sugar-free" recipe on the Internet is filled with stevia, monkfruit, dates, or some other sweetener. With this ebook, you'll never have to sort through the nonsense again. When I say sugar-free, I MEAN sugar-free.

It might seem like just a book of dessert recipes, but it's so much more than that to me. It's a tool that has helped me, my clients, and my friends feel a little more "normal" even though we have food allergies and have to eat strictly sugar-free and sweetener-free for our health. My sugar-free desserts have helped so many people finally conquer their health issues because they were finally able to stick with a healthier diet. I am extremely proud of this little ebook, and I can't wait to see how many more people it helps!

Whether you're keto, low-carb, on a Candida protocol, following low FODMAP, paleo, primal, vegan, vegetarian, gluten-free, dairy-free, limiting sugar for health issues, or limiting sugar just because you feel better without it, this ebook was made for you. Share it with your friends and family, and show them how delicious the sweetener-free life can really be! If you make any of these desserts and take a photo, make sure you tag me (@christinaricewellness) and use the hashtag #NoSugarNoProblems so I can see what you made! Now that you have this ebook, no sugar is no problem. ;)

xo Christina

# A few notes on Ingredients

If you've read the section on ingredients from #NoSugarNoProblems Part 1, then you'll already be familiar with most of these notes. If you need a refresher, or if you haven't read through the first #NSNP yet, then here's everything you need to know about the ingredients used in this ebook.

I've kept the ingredients in these recipes as simple and hassle-free as possible without sacrificing flavor. All recipes are paleo, and the only flours you might need are coconut flour and almond flour. I buy most of my baking ingredients from Thrive Market to save money, especially when I know what I'll need ahead of time! I'll get anything else from Amazon or my local grocery store.

As mentioned, there are absolutely no sweeteners, sugar, or sugar-substitutes in any of these recipes. That being said, it's important to double check any ingredients you buy from the store to make sure those products don't have sneaky, unnecessary sugar added in. For example, I've seen many nut milks, nuts, vanilla extracts, and spices with added sugar in the ingredients.

When it comes to nut milks, make sure there are no sweeteners on the ingredients list. The only ingredients should be the nut, filtered water, and maybe some salt. You're looking for something that's labeled "Unsweetened." Even if it is unsweetened, avoid brands with a number of other thickeners, gums, and preservatives on their ingredient list. Many of these are gut irritants and/or sneaky ways to put carcinogens or other harmful ingredients into the product without consumers realizing it. I prefer brands like Malk, Three Twins, and The New Barn. Better yet, you can easily make your own nut milk at home with raw nuts or seeds, water, and salt to ensure that you know exactly what you're putting in your body.

However, I prefer to use coconut milk in all of my recipes. When you see "coconut milk" on any list of ingredients in this ebook, I'm referring to canned, full-fat coconut milk. You want to make sure the only ingredients are coconut / coconut cream and water. Try to avoid coconut milks containing guar gum, as this can cause digestive upset for many people. My favorite coconut milk is Native Forest Simple Unsweetened Organic Coconut Milk because it has minimal ingredients and great texture. Trader Joe's has a great canned coconut milk, as well. You can usually find coconut milk in the baking section or Asian aisle of your grocery store.

Remember that coconut cream is different than coconut milk. When looking for coconut cream, make sure the only ingredient is coconut cream. Again, try to avoid guar gum if possible. Trader Joe's has an organic coconut cream, but my favorite is the Let's Do...Organic! Organic Heavy Coconut Cream.

When it comes to vanilla, always double check the ingredients. Sometimes companies unnecessarily add cane sugar to vanilla extracts. If you can't consume the alcohol in vanilla extract for any reason, pick up an alcohol-free version. However, when it comes to vanilla, I generally prefer to use vanilla bean powder when I can, because the only ingredient is pure vanilla bean.

Many of these recipes include nuts, and it's important to use raw, organic nuts and seeds. You'll save money if you pick these up from the bulk bins at your local grocery store. Always check the ingredients list on your nuts, because many are roasted in inflammatory oils or contain added salt or sugar. If you're in a pinch, dry roasted nuts will work, but raw and organic nuts are preferable. When it comes to shredded coconut, make sure it's organic, unsweetened, shredded coconut. Many brands put sweeteners into their shredded coconut, so double check your ingredients.

The same rules apply to nut butters - always check your ingredients! Most nut butters at the store contain some form of sugar or other added sweetener, and the nuts are often roasted. When the label says, "roasted nuts," those nuts could be roasted in an unhealthy, highly inflammatory oil. Sometimes the label does specify the oil used for roasting, but it's usually something like canola oil or sunflower oil, which we want to avoid. Once again, the only exception is dry roasted nuts. Look for a nut butter where the only ingredients are the raw or dry roasted nut and salt. Trader Joe's has a great creamy almond butter, and the Whole Foods 365 Creamy Almond Butter is another excellent, affordable option. I also love brands like Artisana and Thrive Market. In general, almond butter tends to be the most affordable nut butter. For coconut butter, I like to use Nutiva, Artisana, and MaraNatha. I can usually find all of those at my local grocery store. Remember, you can also make your own nut butter (including coconut butter) at home using organic raw nuts and seeds and your food processor!

If a recipe calls for soaked nuts, make sure that you are soaking organic, raw nuts in filtered water! Ideally, cashews will be soaked for at least four hours. However, cashews are soft enough that if you're really in a pinch, any amount of soaking time should work. You might just need to blend longer later on. Make sure you check recipes in advance to see if they call for soaked nuts so you can prepare ahead of time. For peppermint essential oil, it's extremely important to make sure you are using a high quality brand that is truly safe for ingestion. The only brand I personally use is doTERRA. Sadly, a lot of peppermint essential oils on the market have been diluted, are not from a safe source, and are not safe for ingestion. Pure peppermint essential oil, however, has many incredible health benefits and is extremely powerful, so you only need a few drops at once. If you're using peppermint extract instead of

peppermint essential oil, double check the ingredients to make sure no sweeteners or sugars are added.

When it comes to salt, make sure you're using a high quality Celtic sea salt or pink Himalayan salt, which both have many health benefits. Your salt should be fine ground. Salt is not to be feared when it's from a quality source - just make sure you're not using regular old table salt!

Many of these recipes call for almond flour. Every time I mention almond flour in a recipe, I'm referring to finely ground, blanched almond flour, which appears light beige in color. This is slightly different from almond meal, which you might also see at the store. While almond flour is made from blanched almonds that have had the skins removed, almond meal is made from almonds that still have their skins on. Almond meal is not as finely ground as almond flour, so it will perform differently in certain recipes. Almond meal will work just as well as almond flour in some recipes, but to play it safe, I recommend sticking with blanched almond flour!

# All about Substitutions

When it comes to substitutions, feel free to make any swaps that you want! Remember, your time in the kitchen is a time to be creative and to put your own flair on things. Don't ever be afraid to play with a recipe, try something new, or adjust something to your preferences. You can switch out spices, nut butters, or any other flavors that you want.

That being said, recipes are helpful because they take the thinking and guesswork out of baking, and you can be confident your desserts will turn out delicious (and in tact) if you simply follow instructions. While it's easy to swap out nut butters and spices, not all ingredients can be substituted 1:1. For example, coconut flour, almond flour, and other paleo flours are not usually interchangeable in baked goods. If you want to make sure the texture and flavor of the dessert turn out as intended, it's probably best to stick with the original recipe.

However, if you have certain dietary preferences or only have specific ingredients on hand, here are my suggestions for substitutions.

In most recipes, one regular egg can be replaced with one chia egg or one flax egg. To make one chia or flax egg, mix one tablespoon of flax seeds or chia seeds with three tablespoons of filtered water in a small bowl. Place the bowl in the fridge and allow the mixture to gel up for 5-15 minutes. If you're replacing more than one egg, then double or triple that recipe. This is typically a foolproof substitution for any recipe that only requires 1-2 eggs.

Cacao and cocoa powder can generally be used interchangeably in these recipes. Cocoa is less bitter, but it has been heated at high temperatures and therefore is more processed than raw cacao. I personally use cacao whenever I can because I don't mind a slightly more bitter flavor and prefer to use raw ingredients whenever possible. However, cocoa powder is generally more affordable, so I'll use this when I'm planning on using a lot of chocolate at once, or when I'm baking for someone who isn't used to the flavor of sugar-free chocolate.

Carob powder can also be substituted for cacao or cocoa powder. While carob does have a similar taste, the flavor is definitely slightly different. Carob is a great chocolate replacement if you're looking to avoid the caffeine in cacao or cocoa, though.

Vanilla extract and vanilla powder can also be substituted for each other in these recipes, although vanilla extract tends to provide a slightly stronger flavor and adds more moisture to the baked good.

If you don't have peppermint essential oil, peppermint extract can also work, but you'll need to use more peppermint extract to reach the same strength in flavor.

Feel free to use either Celtic sea salt or pink Himalayan salt in all of these recipes - you won't notice a difference in taste.

You can also use any type of nut milk desired, but remember that coconut milk is much thicker than other nut milks like almond, pecan, or cashew milk. In recipes that specify the use of coconut milk, I do recommend sticking with full-fat canned coconut milk to make sure the texture comes out as intended.

Feel free to substitute nut butters, but remember that changing the nut butter can also significantly change the flavor of the recipe! Some nut butters also have a slightly different consistency than others, which is important to take note of. If you're going to substitute a nut butter, try to use one with the same viscosity as the original ingredient. Coconut butter is one nut butter I don't typically recommend swapping out for something else because it bakes differently than other nut butters in certain recipes. Almond butter, cashew butter, sunflower seed butter, walnut butter, and other nut and seed butters are usually seamless substitutions in terms of texture, but they will change the taste. When it comes to almond butter, I usually use creamy almond butter. If you like an added crunch, though, feel free to use crunchy almond butter!

# Commonly Asked Questions

***How do I know when something is done cooking?***

For cakes and cupcakes, you can check if something is done by inserting a toothpick or sharp, thin knife into the center of the cake. If the toothpick or knife comes out clean (no wet batter), then it's done, so remove it from the oven! For cookies, look for a formed shape and/or slightly golden edges. Cookies aren't always firm right when they come out of the oven, but they firm up as they set.

Be careful not to overcook your items, because overcooking can suck out the food's moisture and create a dry texture. Also remember that things continue to cook a bit even after removing them from the oven. If you've overcooked something, remove it from its hot pan more quickly than you would otherwise so it stops cooking sooner. If you're really in a pinch, stick it in the fridge for a few minutes to cool faster. In general, wait for things to cool and set in place fully before removing them from their baking pans or baking trays to make sure they don't fall apart.

***What should I do if I mess up the recipe? What if I accidentally left out an ingredient, didn't let the dessert set for long enough, or undercooked it and it's falling apart?***

You can salvage almost any dessert by putting it in the freezer! It'll stick together after it's been frozen, and it will still taste delicious when you're ready to eat it. Recipe testing always involves some "mess-ups," and I've learned that I can always save a broken cake or crumbly cookies by putting them in the freezer and then eating them a few hours later. They might not be picture-perfect, but they still taste amazing (sometimes even better)! If you follow instructions, though, your desserts won't fall apart to begin with!

***What's the best way to frost a cookie, cupcake, or cake?***

You can spread the frosting with a spoon or knife, or you can pipe it on if you're feeling fancy! You can find cheap icing bags at the store or online, but you can also make your own frosting pipe right at home. Simply place the frosting in a Ziploc bag, cut off a small piece of the bag's corner, and squeeze the frosting out from there.

***What should I do if I have extras?!***

Everything is so delicious, I doubt you'll have extras! If somehow you do, though, I recommend storing any no-bake recipes in the refrigerator or freezer for longevity.

Things will last for a very long time (a few months) in the freezer, so store it there if you're not sure when you'll eat it next. The fridge is fine if you think you'll eat it within the next week! If you have extras of something with frosting on top and your house gets warm at all, store those items in the fridge as well so the icing or frosting doesn't melt. Coconut oil can turn to liquid at room temperature, so anything unbaked with coconut oil as its base runs the risk of melting if left out too long!

Raw Almond
Butter Cheesecake

This decadent no-bake, vegan Almond Butter Cheesecake was inspired by one of my favorite restaurant desserts - the Almond Butter Cheesecake from SunCafe in Studio City, California! I discovered this dessert shortly after I first moved to Los Angeles, and while I'm not one for traditional cheesecakes, I immediately fell in love with the rich, fudge-like chocolate ganache and luxurious almond butter filling. I used to celebrate every "big" occasion with this cheesecake in college, but now I can make my own...without the sugar! I might be biased, but I like this remake MUCH better than the original. This raw vegan cheesecake takes a few steps to pull together, but it is well-worth it in the end and leaves you with plenty of extra servings!

***Serves:*** 8-10
***Prep time:*** 25 minutes
***Freeze time:*** 2-3 hours

***Ingredients:***

***Crust:***
1.5 cups raw pecans
1 cup raw almonds
¼ cup coconut oil
½ cup almond flour
¼ cup cacao / cocoa powder
¼ cup almond butter
¼ tsp sea salt / pink Himalayan Salt

***Chocolate Ganache Layer:***
½ cup almond butter
1 tbsp vanilla
½ cup full-fat coconut milk
¼ cup coconut oil
½ cup cacao / cocoa powder
¼ tsp sea salt / pink Himalayan salt

***Almond Butter Filling:***
1 ⅓ cups raw cashews, soaked (soak for about 4 hours beforehand in filtered water)
¾ cup almond butter
¼ cup coconut oil
¾ cup full-fat coconut milk
1 tbsp coconut flour
1 tbsp vanilla
1 tsp cinnamon
1/2 tsp sea salt / pink Himalayan salt

***Instructions:***

1. Line the bottom of an 8 or 9-inch springform pan with parchment paper if you want to remove the cheesecake from the pan later on. If you're going to leave the cheesecake in the pan, then simply grease the pan with coconut oil to prevent sticking. With either option, make sure you grease the inside walls of the pan.
2. Place all of the crust ingredients in the food processor. Process until everything is combined and starts to clump together, forming a crumbly dough. Don't process so long that the ingredients turn into a paste, though. Press the crust into the bottom of the springform pan, pushing down to make sure the crust forms one even layer and reaches all edges.

3. Place the crust in the freezer while you make the filling.
4. Add all of the chocolate ganache ingredients into the food processor. Process until everything is smooth and completely combined.
5. Remove the crust from the freezer, and place the chocolate ganache layer on top of the crust. Use a spatula to spread the chocolate ganache layer across the whole crust to create an even layer that reaches all sides. Place the pan back in the freezer while you make the almond butter filling.
6. Place all of the almond butter filling ingredients in the food processor or a high-powered blender. Process until everything is mixed together well, and you're left with a smooth, creamy filling.
7. Remove the pan from the freezer and pour the almond butter filling on top of the chocolate ganache layer. You can smooth the top with a spatula.
8. Place in the freezer for 2-3 hours, or until the cheesecake is completely set. It might take less time depending on your freezer.
9. Let the cheesecake thaw for about 20-30 minutes before serving, depending on how thawed you like it. Store any extras in the fridge, or in the freezer if you want to store them for a longer period of time!

*** If you don't have a springform pan, you can make this in a regular pie pan. You won't be able to remove the outside to get straight sides, so it will come out looking like a chilled pie instead of a cheesecake, but it will still taste the same! You could also make this in an 8x8 inch baking pan lined with parchment paper.

# Almond Butter Fudge

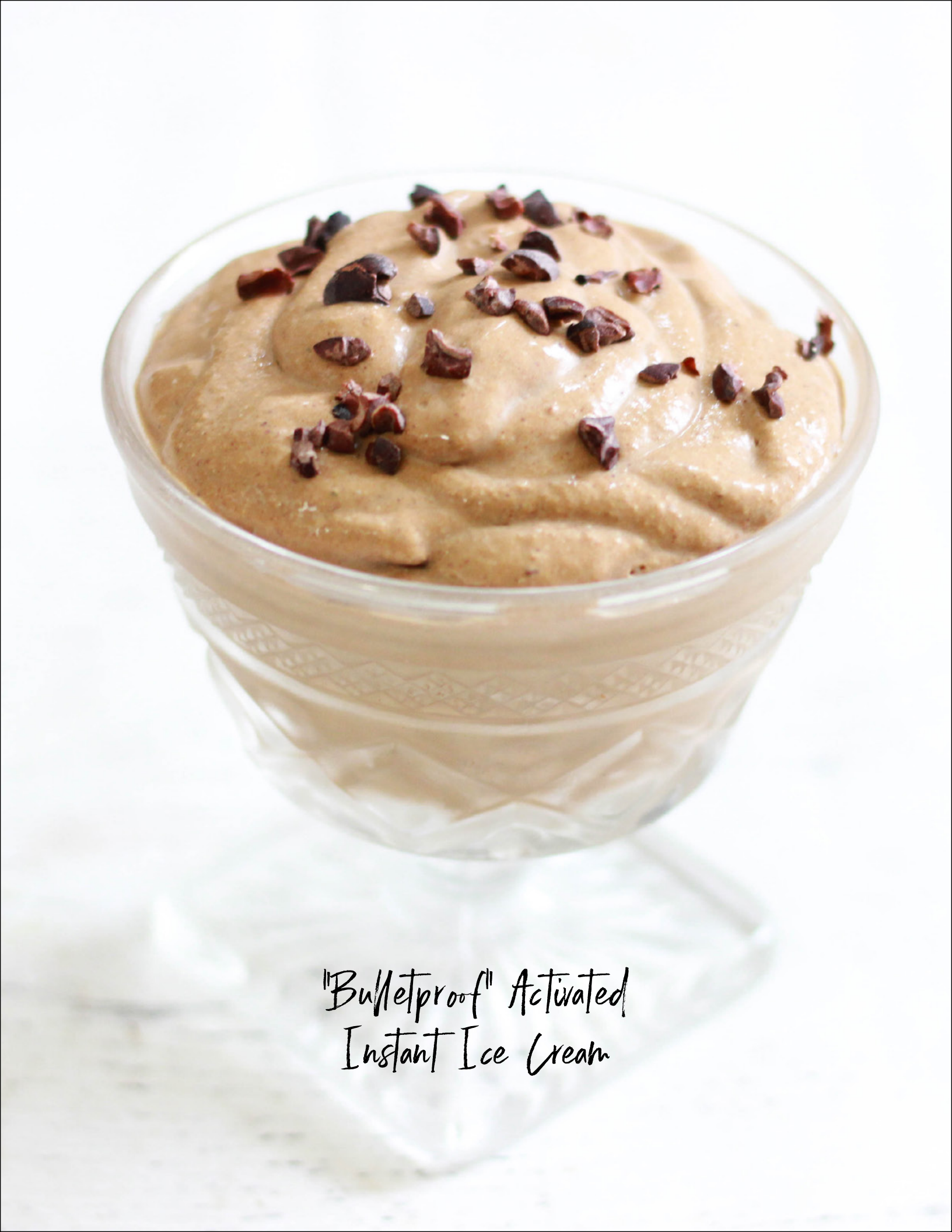
There's something about fudge that's truly irresistible, and this almond butter fudge is no exception! This is the perfect dessert to keep stored in the freezer for any time you want to grab a sweet treat. If you love almond butter and chocolate as much as I do, look no further! This is a foolproof recipe (no baking required!) that's a hit with everyone who tries it.

***Makes:*** 8-10 fudge squares
***Prep time:*** 20 minutes
***Freeze time:*** 1-2 hours

***Ingredients:***
***Chocolate Fudge Layer:***
½ cup almond butter
¼ cup melted coconut oil
2 tsp vanilla
½ cup cacao powder
¼ tsp sea salt / pink Himalayan salt

***Almond Butter Layer:***
1.5 cups almond butter
½ cup coconut oil
1 tbsp vanilla
½ tsp cinnamon
½ tsp sea salt / pink Himalayan salt
Optional: ¼ cup slivered almonds for topping

***Instructions:***
1. Line a 9x5 inch loaf pan with parchment paper. (You can also use a pan that's another size, but make sure it's freezer-safe. The wider the pan, the shorter the fudge bites will be.)
2. Mix all of the ingredients for the chocolate fudge layer in a bowl, or pulse them together in a food processor. Once everything is well-combined, pour the mixture into the lined loaf pan. Place the pan in the freezer for about 10 minutes.
3. While the chocolate layer is in the freezer, mix all of the ingredients for the almond butter layer in a bowl, or pulse them together in a food processor.
4. Once the bottom layer has been in the freezer for about 10-15 minutes, remove the pan from the freezer and pour the almond butter layer on top of the chocolate layer. Sprinkle slivered almonds on top if you're using them.
5. Place the pan in the freezer for 1-2 hours. Once the fudge has hardened, it's ready to eat! You can remove the fudge from the pan by lifting up the parchment paper. Then, chop the fudge into squares of whatever size you like! Store any extras in the freezer.



"Bulletproof" Activated
Instant Ice Cream

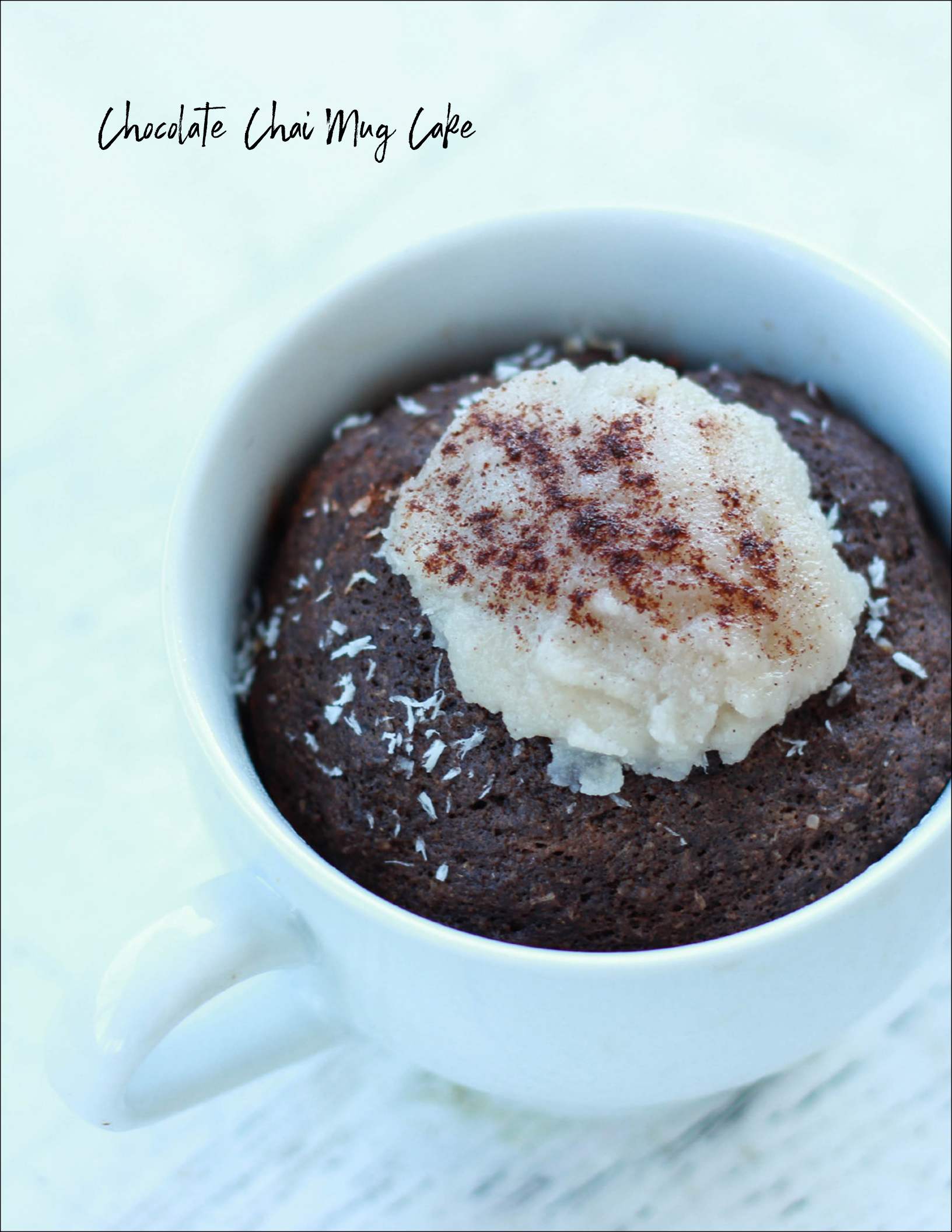
I admit, this recipe is very "extra." I try to keep my recipes as simple as possible, but this is the one exception! My favorite place to eat in Los Angeles is Erewhon Market, and the "ice cream" you'll find there is known to be ridiculously expensive and to include an outlandish number of ingredients. My favorite Erewhon "ice cream" is by far the Bulletproof "Activated" ice cream, so I decided to recreate it in this book. This delicious medley of chocolate and coffee is definitely worth the hassle of pulling out a bunch of ingredients! The Dandy Blend is really what gives the Activated its signature flavor, but you can replace it with Instant Coffee for a similar effect, just a bit more caffeine. Here's your taste of Erewhon!

***Serves:*** 2
***Total time:*** 5 minutes

***Ingredients:***
½ cup frozen coconut meat
½ large avocado (about ½ cup, frozen will make it creamier)
1 tbsp almond butter
½ tbsp coconut butter
½ tbsp Dandy Blend (or instant coffee)
3 tsp ghee
1.5 tsp vanilla
3 tbsp cacao powder
1 tbsp hemp seeds
1 tsp cinnamon
½ tsp sea salt / pink Himalayan salt
½ cup water
¼ cup cacao nibs
1 cup ice

***Instructions:***
1. Add all ingredients except for cacao nibs and ice into a high-powered blender, food processor, or Vitamix. Blend until smooth.
2. Add in the ice. Blend briefly - just until the ice is incorporated in.
3. Add the cacao nibs. Pulse 2-3 times to incorporate them into the ice cream.
4. Serve and enjoy!

# Chocolate Chai Mug Cake



In high school and college, I'd curl up every Sunday morning on my bed with a mug of chai tea and a piece of chocolate. Chocolate and chai have always been the perfect match, but they're even better when paired together in a mug cake! Mug cakes are always the answer whenever you're in the mood for a single-serve dessert that's ready in a flash. I like to mix coconut flakes or cacao nibs into the batter for an added crunch, but they're not necessary. The frosting is also completely optional, but it only takes a second to stir together, and it tastes delicious! You can make this as a single large mug cake for yourself or to split with someone else, or you can divide the batter into two mugs or small ramekins.

P.S. Although I give instructions for cooking the mug cake completely, I secretly always love to leave my mug cakes slightly undercooked for a gooey center!

***Serves:*** 1-2
***Prep time:*** 5 minutes
***Cook time:*** 2 minutes

***Ingredients:***
***Mug Cake:***
3 tbsp almond flour
1 egg
2.5 tbsp coconut butter
3 tsp vanilla
1 tsp cacao powder
2.5 tsp cinnamon
¾ tsp ginger
½ tsp cardamom
½ tsp allspice
½ tsp cloves
½ tsp sea salt / pink Himalayan salt
¼ tsp baking soda
3 tbsp nut milk (add more if needed to thin)
Optional: 1 tbsp shredded coconut flakes or cacao nibs

***Frosting:***
1 tbsp melted coconut butter
½ tsp nut milk
Pinch of cinnamon

***Instructions:***
1. Grease a mug well with coconut oil.
2. Add all of the cake ingredients into the mug, stirring thoroughly until everything is mixed evenly. Add in coconut flakes or cacao nibs if desired. (If you want, you can also split the batter into two mugs for two servings, because it's a larger mug cake.)
3. Microwave the cake for one minute, and then check the top. You'll know the cake is done cooking when the top has risen completely and the center is not sunken in at all. If the mug cake isn't done cooking, continue to cook in 10 second increments, checking the top at each interval. You don't want to overcook the cake, or it might dry out. Each microwave will have a different cooking time, but it's usually anywhere between 1 and 3 minutes.
4. Once the mug cake is completely cooked, remove it from the microwave.
5. To make the frosting, mix all of the frosting ingredients together in a small bowl. Spread on top of the mug cake. Enjoy!

Chocolate Coconut
Chunk No-Bake Cookies

Every single time someone tries one of these, their eyes go wide and they exclaim, "What is this?!" I'm not exactly sure what they are, but I know they're delicious and addicting! These no-bake "cookies" are one of my favorite desserts to store in the freezer at all times because I am always in the mood for them, and they last forever. These mounds of chocolate and coconut might not look like much, but they're definitely a fan favorite amongst my family and friends. If you think you're bad at making cookies, here's a foolproof option for ya!

***Makes:*** About 15 large cookies
***Prep time:*** 20 minutes
***Freeze time:*** 30 minutes

***Ingredients:***
3.5 cups unsweetened, shredded coconut flakes
½ cup coconut oil
¼ cup cacao powder
½ cup almond butter
½ cup coconut butter
½ cup coconut flour
2 tsp vanilla
¼ tsp sea salt / pink Himalayan salt

***Instructions:***
1. Line a very large baking sheet (or 2 smaller ones) with parchment paper.
2. In a large saucepan, melt the coconut oil. Stir in the cacao powder evenly.
3. Bring the mixture to a simmer, and allow it to simmer for 2-3 minutes, or until it starts bubbling (but make sure it doesn't burn). Turn off the heat.
4. Add in the vanilla, salt, almond butter, and coconut butter. Mix everything together until you have a smooth consistency.
5. Stir in the coconut flour.
6. Add in the coconut flakes one cup at a time, stirring everything together each time. The mixture should be thick and somewhat crumbly, but you should be able to scoop it up.
7. Use a spoon to scoop the mixture onto the parchment paper in the size of cookies.
8. Place the baking sheets in the freezer for about 30 minutes to allow the cookies to harden.
9. Once the cookies have hardened, remove them from the freezer and enjoy! Store extras in the fridge for the short-term or in the freezer for longterm storage.

# Cinnamon Apple Walnut Loaf

I was determined to create a cinnamon-apple dessert for this ebook, so I challenged myself to do it without using any apples. Apple cider vinegar provides the subtle hint of apple in this fall-inspired loaf, but it's the cozy autumn spices that really steal the show. Usually I say that the frosting is optional in my recipes, but in this case, it's required! The frosting is what brings out the apple flavor and pulls the whole loaf together! This loaf with a mug of tea is the ideal evening snack.

***Serves:*** 8
***Prep time:*** 15 minutes
***Cook time:*** 25 minutes

***Ingredients:***

*Cinnamon Apple Walnut Loaf:*
1 ⅓ cups almond flour
⅓ cup almond butter
3 eggs
2 tbsp vanilla
1.5 tbsp cinnamon
1 tsp nutmeg
½ tsp sea salt / pink Himalayan salt
1 tsp baking soda
¼ cup apple cider vinegar
1 cup walnuts

*Frosting:*
1 cup soaked cashews (soaked in filtered water for about 4 hours)
¼ cup coconut milk
4 tsp apple cider vinegar
1 tsp vanilla
½ tsp cinnamon

***Instructions:***

1. Preheat your oven to 350° F. Line a 9x5 inch loaf pan with parchment paper or grease it with coconut oil.
2. In a large bowl, mix together all of the ingredients for the loaf until everything is combined thoroughly.
3. Pour the batter into the loaf pan, and bake in the oven for about 25 minutes or until a toothpick comes out clean.
4. While the loaf is baking, make the frosting. Blend all of the frosting ingredients together in a food processor until you get a smooth, creamy consistency.
5. After the loaf is done baking, remove it from the oven and allow it to cool. Once the loaf is cooled, spread the frosting on top.
6. Slice and enjoy! You can store leftovers on the counter, covered, for a few days, or store in the fridge for up to a week.

# Cinnamon Crunch Cookies

These cookies are like cowboy cookies, cinnamon oatmeal cookies, and cinnamon toast crunch all rolled together into one and turned paleo. The nuts and seeds are the secret to the crunchy texture that compliments the rich cinnamon flavor so well, and the melted chocolate adds another layer of depth to these irresistible cookies! Watch out Oatmeal Raisin... Cinnamon Crunch is stealing the spotlight! If you love all things cinnamon, these will become your new favorite treat!

***Makes:*** 12 cookies
***Prep time:*** 15 minutes
***Cook time:*** 15 minutes

***Ingredients:***
1 cup almond meal
¼ cup + 1 tbsp ground flaxseeds
¼ cup almond butter
¼ cup walnuts
¼ cup sunflower seeds
¼ cup unsweetened shredded coconut
1 egg
¼ cup melted coconut oil
1.5 tbsp vanilla
1.5 tbsp cinnamon
½ tsp nutmeg
½ tsp sea salt / pink Himalayan salt
½ tsp baking soda
½ cup chopped 100% dark chocolate bar

***Instructions:***
1. Preheat your oven to 350° F. Line a baking sheet with parchment paper.
2. Mix all of the cookie ingredients in a large bowl until everything is combined.
3. Form cookies about 1-2 inches in diameter with the dough and place them on the baking sheet 1-2 inches apart.
4. Bake in the oven for 13-15 minutes, or until the bottom edges start to turn golden brown. Remove from the oven and allow to cool.
5. Serve and enjoy!

# Coconut Almond Cookie Skillet

This was definitely the recipe I was most excited to create for this ebook. Cookie skillets are like normal cookies' extra cool, rich older brother. I grew up eating pizookies from B.J.'s restaurant on the regular, and I've always wanted to create my own paleo cookie skillet. It was about time I took on the task of creating a sweetener-free version! I am blown away by this recipe every time I make it, as is everyone else who tries it! The coconut and almond balance each other out perfectly, and the shredded coconut provides texture alongside the rich, melted dark chocolate! Feel free to use a chopped chocolate bar or cacao nibs, but the chopped 100% dark chocolate bar will give you the best results because it will melt into the batter. Get ready to fall in love!

***Serves:*** 2-4
***Prep time:*** 10 minutes
***Cook time:*** 15 minutes

***Ingredients:***
1 cup almond flour
3 tbsp coconut oil
¼ cup + 1 tbsp coconut butter
¼ cup almond butter
1 egg
1 tbsp vanilla
½ tsp cinnamon
½ tsp sea salt / pink Himalayan salt
¼ tsp baking soda
Half of any 100% dark chocolate bar, chopped, OR ¼ cup cacao nibs
½ cup unsweetened shredded coconut

***Instructions:***
1. Preheat your oven to 350° F. Grease an 8-inch cast iron skillet with coconut oil. If you don't have a cast iron skillet, you can also use a cake pan or any other baking pan (you might have to double the ingredients depending on how large the baking pan is).
2. In a large bowl, mix all of the ingredients except for the chopped dark chocolate and shredded coconut. Once everything is mixed, stir in half of the dark chocolate and all of the shredded coconut.
3. Transfer the batter into the cast iron skillet. Place the rest of the dark chocolate on top of the batter, pressing it in slightly.
4. Bake for 15 minutes, or until the edges turn golden.
5. Remove from the oven. Allow the cookie skillet to cool for about 15-20 minutes, and then enjoy!

Coconut Lover's Cake

Growing up, I wasn't a fan of coconut. After I transitioned to a paleo diet, however, coconut become of my absolute favorite foods. I realized that the "coconut" I didn't like was actually the artificial version of coconut, and the pure form tasted completely different. It's safe to say I turned into a total coconut junkie. This is the ultimate coconut cake for any other coconut lovers out there! Coconut cake, topped with coconut frosting, sprinkled with coconut shreds - what more could you ask for? I like to use a full cup of shredded coconut when I make this for a little added texture, but feel free to reduce the amount or leave it out altogether if you don't want any shredded coconut. This cake is also incredibly versatile because it pairs well with almost every topping you could imagine, including strawberries, raspberries, and dark chocolate!

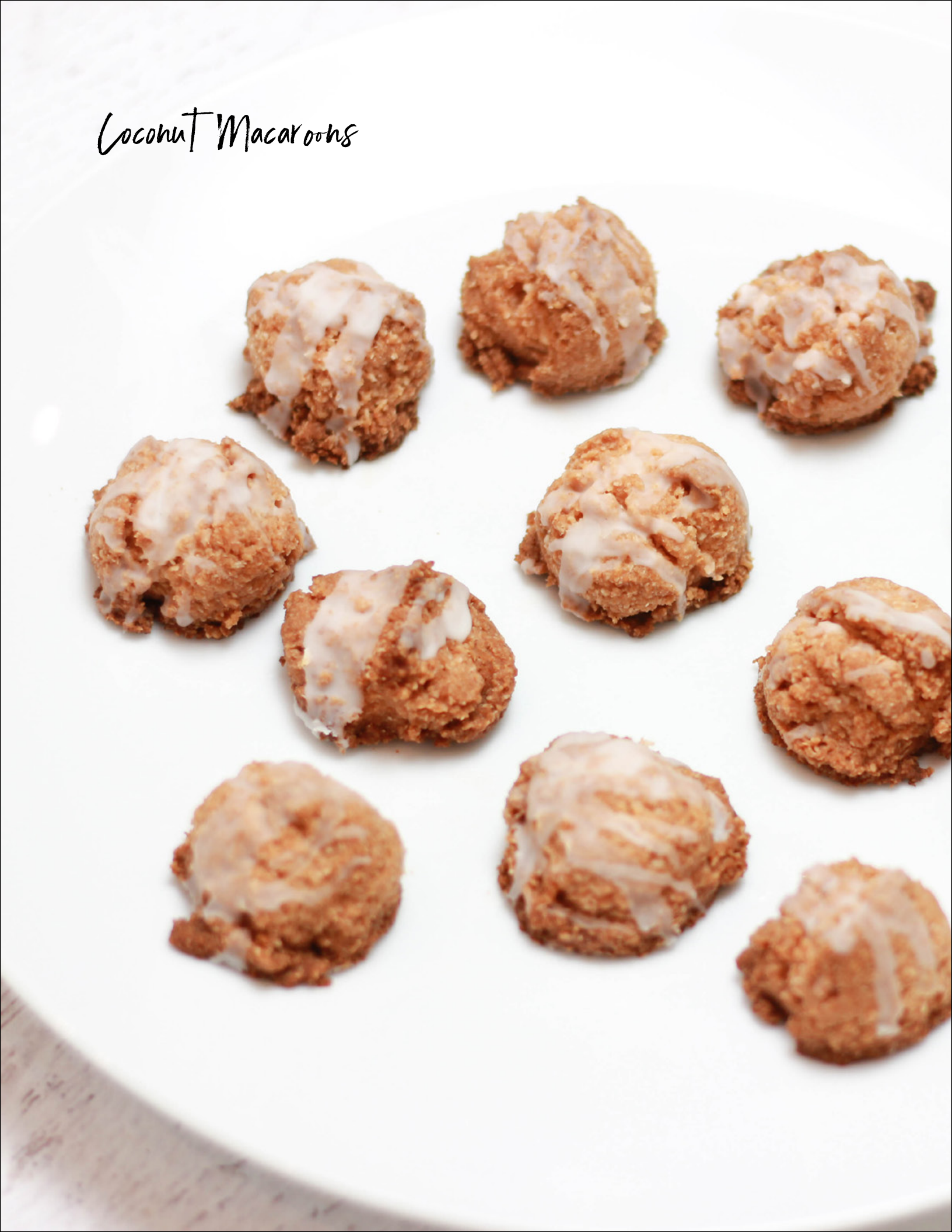
***Serves:*** 8-10
***Prep Time:*** 20 minutes
***Cook Time:*** 35 minutes

***Ingredients:***
***Coconut Cake:***
5 eggs
½ cup coconut flour
½ cup melted coconut oil
½ cup + 1 tbsp coconut butter
¾ cup full-fat coconut milk
2 tbsp vanilla
1 tsp baking soda
½ tsp sea salt / pink Himalayan salt
½ - 1 cup unsweetened shredded coconut (to your preference)
Optional: extra shredded coconut for topping

***Coconut Frosting:***
1 can chilled coconut cream
3 tsp vanilla
1.5 - 2 tbsp coconut flour (depending on how thick you want your frosting)
Dash of sea salt / pink Himalayan salt

***Instructions:***
1. Preheat your oven to 325° F. Grease a 9-inch round cake pan with coconut oil.
2. Combine all of the cake ingredients in a large bowl. Add the unsweetened shredded coconut to your preference (I like to use a full cup).
3. Pour the batter into the cake pan and bake for 35 minutes, or until a toothpick comes out clean. Remove from the oven and allow to cool.
4. While the cake is baking, make your frosting. Add all frosting ingredients into a bowl, and use an electric mixer to beat the ingredients together until you reach the consistency of frosting. Add the coconut flour in ½ tbsp at a time, until you reach the desired thickness.
5. Frost the cake once it's cooled, and top with additional shredded coconut if desired.
6. Slice and enjoy!

# Coconut Macaroons



These are some of the simplest cookies I've ever made, and they bring a whole new meaning to the phrase "melt-in-your-mouth"! Even though they're coconut macaroons, they actually have a pretty neutral taste, similar to a shortbread cookie. With a delicate flavor, these are ideal if you're looking for a lighter treat. The coconut butter drizzle tops them off perfectly, but feel free to drizzle on another nut butter or some melted dark chocolate if you're feeling extra fancy!

***Makes:*** 15 cookies
***Prep time:*** 10 minutes
***Cook time:*** 16 minutes

***Ingredients:***
***Cookies:***
1 ½ cups unsweetened shredded coconut
¼ cup almond flour
¼ cup coconut flour
3 tbsp solid coconut oil
¼ cup + 1 tbsp coconut butter
2 tsp vanilla
¼ tsp sea salt / pink Himalayan salt

***Topping:***
¼ cup melted coconut butter

***Instructions:***
1. Preheat your oven to 350° F. Line a large baking sheet or two smaller baking sheets with parchment paper.
2. Add all of the ingredients into a food processor. Process until everything is mixed evenly.
3. Use a cookie scoop to scoop balls of the cookie dough onto the parchment paper, leaving 1-2 inches in between each. The dough will be delicate, so the cookie scoop really helps! If you don't have a cookie scoop, use a spoon and pack the dough firmly into balls with your hands.
4. Bake in the oven for 12-16 minutes, or until the bottoms of the cookies start to turn golden.
5. Remove from the oven and allow the cookies to cool completely before removing them from the baking sheet. Use a spoon to drizzle the melted coconut butter on top of the cookies.
6. Enjoy!

Cookie
Dough Bars

I've got a soft spot for raw cookie dough, and an even bigger soft spot for raw cookie dough bars! These no-bake vegan cookie dough bars are perfect if you love the taste of cookies but don't want to turn on the oven. The chewy bottom cookie dough layer is topped with a hard dark chocolate "shell" for an added crunch. It's not required, but I also like to sprinkle the top chocolate layer with some extra sea salt before freezing it!

***Makes:*** 12 bars
***Prep time:*** 20 minutes
***Freeze time:*** 2 hours

***Ingredients:***

*Cookie Dough Layer:*
1 cup soaked cashews (soaked in filtered water for 4 hours)
1.5 cups almond flour
⅓ cup cashew butter
¼ cup coconut oil
3 tsp vanilla
½ tsp sea salt / pink Himalayan salt
⅓ cup cacao nibs

*Chocolate Layer:*
2 oz 100% cacao bar
2 tbsp coconut oil
1 tsp vanilla
¼ tsp sea salt / pink Himalayan salt

***Instructions:***

1. Line an 8x8 inch baking pan with parchment paper.
2. Add all of the cookie dough ingredients except for the cacao nibs into a food processor. Process until everything is completely mixed and you're left with a smooth dough. Add in the cacao nibs and pulse a few times to spread them evenly throughout the dough.
3. Move the raw cookie dough into the baking pan. Spread it out so it reaches all four sides and smooth out the top. Place in the freezer.
4. While the cookie dough layer is starting to freeze, make the chocolate layer. In a small saucepan, melt the coconut oil and 100% cacao bar over low-medium heat. Make sure you keep stirring so the chocolate doesn't burn. Add in the rest of the ingredients. Once the chocolate has melted and everything is mixed together, turn off the heat.
5. Remove the cookie dough from the freezer. Pour the melted chocolate on top of the raw cookie dough layer. Sprinkle with extra sea salt if desired.
6. Place in the freezer for about 2 hours, or until the chocolate layer hardens completely. Once the chocolate has hardened, remove from the freezer and slice into smaller bars. You can slice into 9 larger bars or 12 slightly smaller ones.
7. Serve and enjoy! Store extras in the fridge or the freezer.

Dark Chocolate Muffins with
Dark Chocolate Frosting

Double dark chocolate means double the fun! If you love a rich, deep dark chocolate, then these dark chocolate muffins are meant for you. I almost called these dark chocolate cupcakes, but they're really more like the consistency of a muffin. They're rich, dense, and every chocolate lover's dream! The dark chocolate frosting on top makes them even more divine. If you appreciate the taste of dark chocolate as much as I do, then give these a try! You can also add in some cacao nibs for a little crunch if you really want to go the extra mile!

***Makes:*** 10 cupcakes
***Prep time:*** 20 minutes
***Bake time:*** 15 minutes

***Ingredients:***

*Dark Chocolate Muffins*
½ cup coconut flour
5 eggs
¼ cup melted coconut oil
3 tbsp coconut butter
2 tbsp almond butter
¼ cup full-fat coconut milk
1.5 tbsp vanilla
½ cup cacao powder
½ tsp cinnamon
½ tsp sea salt / pink Himalayan salt
1 tsp baking soda
¼ cup filtered water
Optional: ¼ cup cacao nibs

*Dark Chocolate Frosting*
1 cup soaked cashews (soaked for about 4 hours in filtered water)
¼ cup cacao powder
¼ cup coconut butter
¼ cup coconut milk
2 tbsp vanilla
¼ tsp cinnamon
½ tsp sea salt / pink Himalayan salt

***Instructions:***

1. Preheat your oven to 350° F. Line a muffin tray with cupcake liners or grease the pan with coconut oil.
2. In a large bowl, mix together all of the muffin ingredients until combined thoroughly.
3. Pour the batter into the muffin tray so that each is about ¾ of the way full.
4. Bake in the oven for 15-17 minutes, or until a toothpick comes out clean.
5. While the muffins are baking, make the frosting. Add all of the frosting ingredients into a food processor. Process until your frosting reaches a smooth and creamy consistency.
6. After the muffins are done, allow them to cool for about 20 minutes. Frost each of the muffins with the dark chocolate frosting, and enjoy!

# Gingerbread Spice Cookies

These quick and simple Gingerbread Spice Cookies are the ideal light treat to pair with a warm mug of tea! The blend of fall spices comes together perfectly in these extra soft cookies that will satisfy your sweet tooth without leaving you feeling bogged down like heavier desserts might. They're a great treat to bake for a larger crowd because they're so easy and fast to make, and they suit any occasion. And if you like the dough enough, eat it raw!

***Makes:*** 10-12 cookies
***Prep time:*** 10 minutes
***Cook time:*** 10 minutes

***Ingredients:***
2 cups almond flour
¼ cup cashew butter
3 tbsp melted coconut oil
2 tsp vanilla
3 tsp cinnamon
1 tsp nutmeg
1 tsp cloves
½ tsp ginger
½ tsp sea salt / pink Himalayan salt
1 tsp baking soda

***Instructions:***
1. Preheat your oven to 350° F. Line a baking sheet with parchment paper.
2. Mix all ingredients together in a large bowl, working the dough together with your hands.
3. Roll the dough into balls and place on the baking sheet 1-2 inches apart.
4. Press down on each of the balls very lightly with your hands or a fork to flatten them a bit.
5. Bake for about 10 minutes.
6. Allow the cookies to cool completely, for about 20 minutes.
7. Once the cookies are cooled, enjoy!

# Golden Milk Fudge

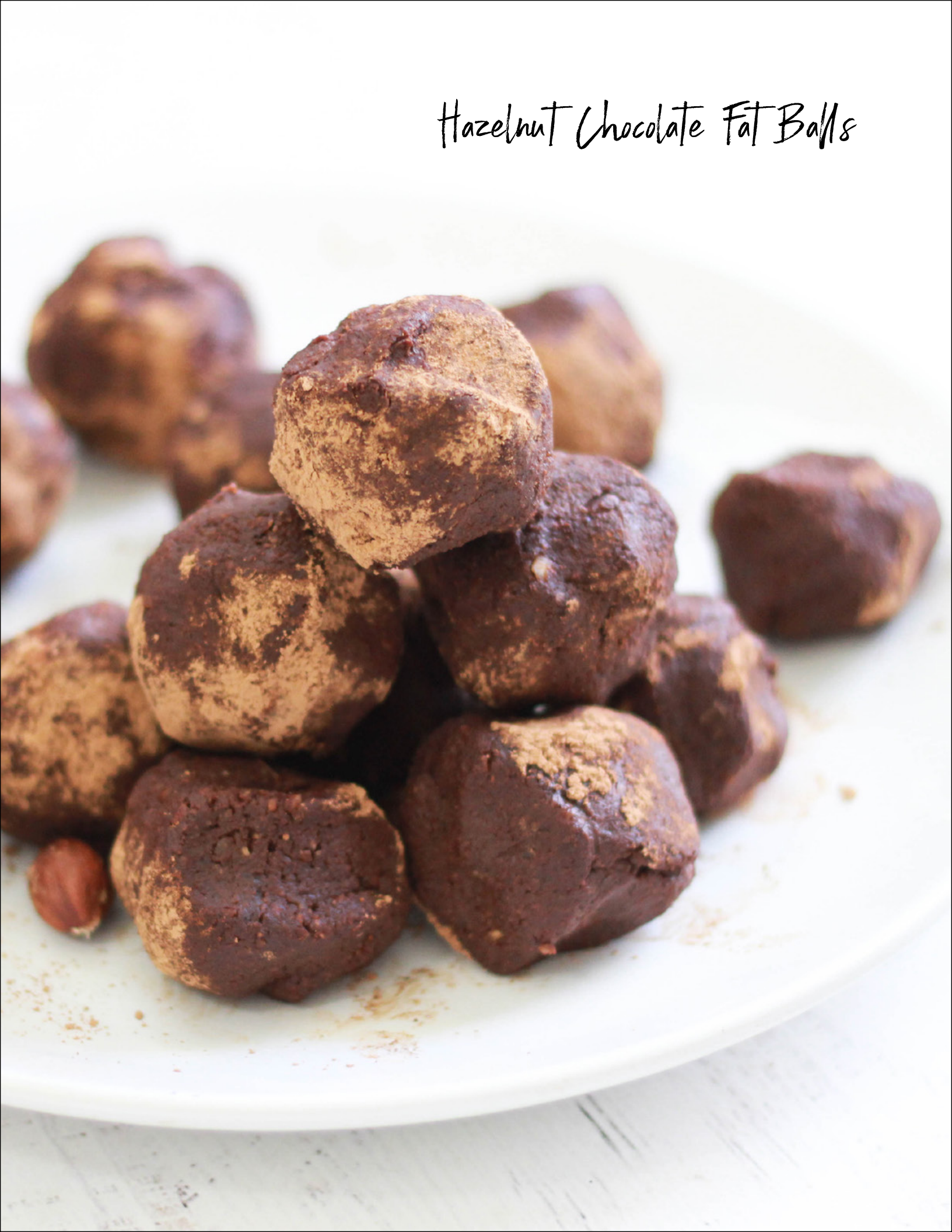
There's nothing more comforting than a warm, soothing mug of golden milk. Although golden milk lattes have recently stolen the spotlight, it's time for them to step aside and make way for this golden milk FUDGE! With the consistency of creamy fudge but the taste of rich, nourishing golden milk, you'll instantly fall in love with these little bites of heaven! While they're meant to be eaten as fudge, you can even drop one into warm nut milk for an instant golden milk latte!

***Serves:*** 10-12
***Prep time:*** 5 minutes
***Freeze time:*** 1-2 hours

***Ingredients:***
½ cup melted coconut oil
¾ cup melted coconut butter
½ cup full-fat coconut milk
2 tbsp coconut flour
2 tsp turmeric
2 tsp cinnamon
1 tsp ginger
¼ tsp black pepper
1.5 tbsp vanilla
Optional: ½ cup unsweetened coconut flakes

***Instructions:***
1. Line a 9x5 inch loaf pan with parchment paper.
2. Mix all ingredients together in a large bowl.
3. Pour the mixture into the loaf pan. Top with extra coconut flakes if desired.
4. Place in the freezer for 1-2 hours, or until the fudge has hardened.
5. After the fudge has firmed up, remove from the freezer and chop into squares. Enjoy!
6. Store any leftovers in the freezer.

# Hazelnut Chocolate Fat Balls



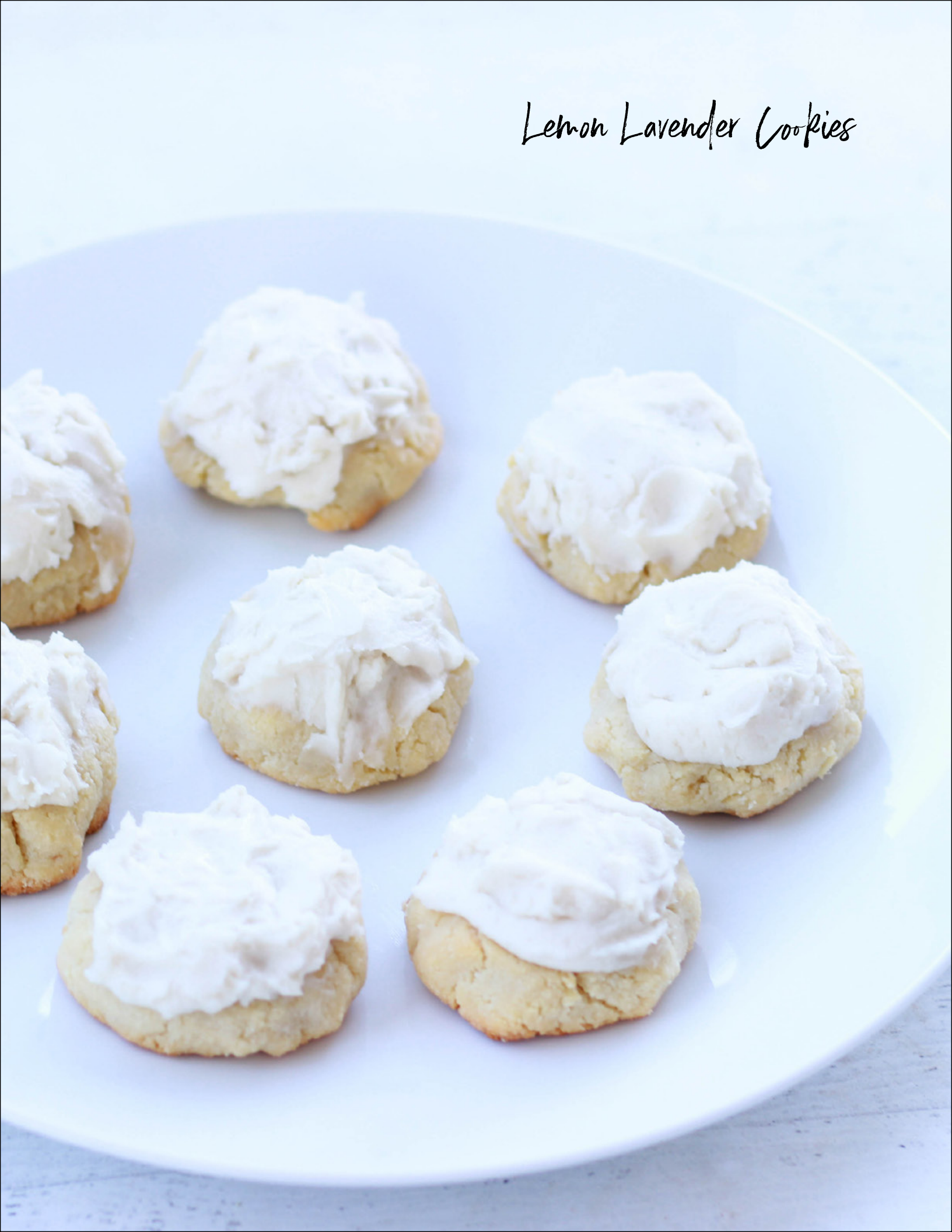
These Hazelnut Chocolate Fat Balls taste like Ferrero Rocher chocolates, but thankfully they don't have any of the sugar or dairy! I was a Ferrero Rocher fiend growing up, and I never thought I'd actually be able to find a healthy alternative. Yet, here they are! I love "fat balls" for their simplicity and convenience, and these are no exception. Everyone needs a staple chocolate fat ball recipe in their dessert arsenal, and I bet these will become your #1 choice very soon! All you need to do is get your hands on some hazelnuts. Trust me - it's worth it!

***Serves:*** 12
***Prep time:*** 10 minutes
***Refrigeration time:*** 2 hours

***Ingredients:***
1 cup soaked hazelnuts (soaked in filtered water overnight, or for at least 4 hours)
½ cup + 2 tbsp cacao powder
½ cup almond butter
¼ cup + 2 tbsp coconut flour
½ cup full-fat coconut milk
1 tbsp vanilla
¼ tsp sea salt / pink Himalayan salt
Optional: 2 tbsp cacao powder for rolling, set aside in a small bowl

***Instructions:***
1. Add all ingredients into a food processor and process until the hazelnuts are broken down as much as possible. You might have to scrape the sides a few times.
2. Form balls with the dough. If desired, roll them in extra cacao powder. Place them on a lined baking sheet or plate.
3. Refrigerate the balls for about 2 hours, or freeze them for about 30 minutes.
4. Once they've firmed up, they're ready to enjoy! Store extras in the fridge or freezer.

# Lemon Lavender Cookies



These soft lemon cookies topped with creamy lemon lavender frosting are the perfect light treat for a spring or summer day! I didn't used to be a fan of lavender in desserts, but as soon as I tasted these, I completely changed my mind. These instantly became some of my all-time favorite cookies! You'd never guess that no sweeteners are used, thanks to the natural sweetness of lemon. The cookies are delicious on their own even without the frosting, but the frosting brings them to a whole new level. If you don't want to include the lavender, feel free to leave that ingredient out! You'll still be left with delicious, refreshing lemon cookies with lemon frosting. That being said, I highly encourage you to include the lavender. Trust me on this! Bring these to a wedding or baby shower, birthday party, or any other event!

***Makes:*** 10 cookies
***Prep time:*** 15 minutes
***Cook time*** 15 minutes

***Ingredients:***

*Lemon Cookies:*
2 cups almond flour
¼ cup melted coconut oil
¼ cup melted coconut butter
3 tbsp lemon juice
1 tsp vanilla
¼ tsp sea salt / pink Himalayan salt

*Lemon Lavender Frosting:*
¼ cup coconut butter
¼ cup full-fat coconut milk
1 tsp lemon juice
1 tsp vanilla
3 drops lavender essential oil

***Instructions:***

1. Preheat your oven to 350° F. Line a baking sheet with parchment paper.
2. In a large bowl, mix together all of the cookie ingredients.
3. Use your hands to make about 10 cookies from the dough, and place them on the lined baking sheet 1-2 inches apart.
4. Bake in the oven for 15-18 minutes, or until the bottom edges start to turn golden.
5. Remove from the oven and allow to cool.
6. To make the frosting, mix all of the frosting ingredients in a small bowl.
7. Spread some frosting on top of each cookie and enjoy!

# Maca Chip Cookies

Maca powder is one of my favorite ingredients to use in smoothies and baked goods not only because of its delicious flavor, but also because of its many health benefits! Maca is known to naturally increase energy levels, promote balanced hormones, improve fertility, reduce anxiety, and promote brain function. If you're looking for a "feel-good" cookie, these are for you! Maca has a slightly earthy flavor with notes of vanilla, butterscotch, and caramel, which makes it perfect for adding natural "sweetness" to any dessert! These one-bowl cookies are simple, delicious, and a total upgrade from regular chocolate chip cookies!

***Makes:*** 12 cookies
***Prep time:*** 10 minutes
***Cook time:*** 10 minutes

***Ingredients:***
2 cups almond meal
2 tbsp coconut flour
⅓ cup melted coconut oil
1 flax egg or regular egg
3 tbsp cashew butter
2 tsp maca powder
3 tsp vanilla
½ tsp cinnamon
¼ tsp sea salt / pink Himalayan salt
¼ cup cacao nibs

***Instructions:***
1. Preheat your oven to 350° F. Line a baking sheet with parchment paper.
2. Mix all cookie ingredients together in a large bowl until well-combined.
3. Form about 12 cookies with the dough, and place them on the baking sheet 1-2 inches apart.
4. Bake in the oven for 10-11 minutes, or until the bottom edges start to turn golden brown.
5. Remove from the oven and allow to cool. Enjoy!

# Matcha Cookie Bars

The only thing better than a matcha latte is a matcha cookie, and the only thing better than matcha cookies are matcha cookie BARS! If you haven't fallen in love with matcha yet, these will quickly make you fall head over heels. These delicious, soft cookie bars get their flavor from matcha and coconut, with added texture from the melted dark chocolate and coconut shreds! If you're looking for something a little more exciting than your average cookie, cookie bars are the way to go.

***Pro-tip:*** These are delicious fresh-outta-the-oven (especially with the melted dark chocolate - swoon!), but I also love to freeze these after baking them, and then eat them after they've been frozen! It makes the coconut flavor really stand out. Give it a try if you have leftovers!

***Makes:*** 9 bars
***Prep time:*** 15 minutes
***Cook time:*** 25 minutes

***Ingredients:***

2.5 cups almond flour
2 tbsp matcha powder
2 large eggs
3 tbsp full-fat coconut milk
¼ cup melted coconut oil
⅓ cup melted coconut butter
3.5 tbsp vanilla
1 ¼ tsp sea salt / pink Himalayan salt
1 ¼ tsp cinnamon
½ tsp baking soda
½ cup unsweetened shredded coconut
½ cup chopped 100% cacao bar (about 2 oz)

***Instructions:***

1. Preheat your oven to 350° F. Line an 8x8 inch pan with parchment paper or grease with coconut oil.
2. Mix all ingredients except for the shredded coconut and chopped chocolate together in a large mixing bowl. Once everything is combined, fold in half of the chopped chocolate and all of the shredded coconut.
3. Spread the batter into the pan so that it reaches all four edges, and smooth out the top. Press the rest of the chopped dark chocolate into the top of the batter, evenly spaced apart.
4. Bake in the oven for 20-22 minutes, or until a toothpick comes out clean.
5. Remove from the oven and allow the bars to cool completely. Once cooled, slice them in squares and enjoy!

***Alternate option:*** Freeze them after they've cooled, and then enjoy!

# Mint Chocolate Fudge Squares

Why have only one layer of fudge when you can have two?! These Mint Chocolate Fudge Squares are comprised of rich dark chocolate underneath a layer of pure mint fudge! The texture is dense, smooth, and creamy, and they'll be an instant hit with anyone who loves mint and chocolate. It's like mint chip ice cream in solid form! The green color comes naturally from avocado, which also creates the oh-so-creamy texture, but you can't taste the avocado at all! You can use peppermint extract in this recipe if you don't have peppermint essential oil - just adjust the amount to taste!

***Makes:*** 10 squares
***Prep time:*** 20 minutes
***Freeze time:*** 2 hours

***Ingredients:***

***Dark Chocolate Layer:***
2 full 100% cacao bars (about 7 oz total, or 200g)
¼ cup full-fat coconut milk
1 tbsp vanilla

***Mint Layer:***
Flesh from 1 large avocado (about 1 cup)
½ cup + 1 tbsp coconut butter
¼ cup coconut oil
¾ cup full-fat coconut milk
6-7 drops peppermint essential oil
1 tbsp vanilla
Optional: ¼ cup cacao nibs for topping

***Instructions:***

1. Line a 9x5 inch loaf pan with parchment paper.
2. Start by making the dark chocolate layer. Melt the dark chocolate in a small saucepan over low-medium heat, making sure it doesn't burn. Stir in the coconut milk and vanilla.
3. Remove the chocolate mixture from the heat, and pour it into your lined pan. Place in the freezer for about 30 minutes, or until it's turned solid.
4. Place all ingredients for the mint layer into a food processor. Process until everything is well-combined and one solid color.
5. Remove the pan from the freezer and pour the mint layer on top of the chocolate layer. Smooth out the top. Top with cacao nibs if desired.
6. Freeze for 2 hours, or until hardened completely. Remove from the pan, and chop into squares.
7. Enjoy! Store extras in the freezer.

Mixed Berry Tart

In the mood for something a little... tart?! This mixed berry tart is the perfect treat if you love fresh fruit and want something on the lighter side! This recipe is one of a few in this ebook developed with the help of my good friend Kelly Scott, paleo chef and creator of Kelly's Clean Kitchen, and this dessert in particular is based on one of her own personal favorite recipes! It's the ideal summertime sweet, especially because it requires no baking at all. Feel free to use any berries you want, frozen or fresh. I love a mixed medley, but you could also choose to only use blueberries, raspberries, strawberries, or any other berries you like!

***Serves:*** 8-10
***Prep time:*** 30 minutes
***Refrigeration time:*** 1 hour

***Ingredients:***
***Crust:***
2 ½ cups almonds
½ cup ground flaxseeds
3 tbsp melted coconut butter
¼ tsp sea salt / pink Himalayan salt
¼ cup water

***Cashew Cream:***
2 cups soaked cashews (soaked in filtered water for about 4 hours)
¾ cup full-fat coconut milk
2 tsp vanilla
2 tsp cinnamon
¼ tsp sea salt / pink Himalayan salt

***Fruit filling:***
4 cups of mixed berries (you can also use one type of berry)
2 tbsp lemon juice
½ tsp cinnamon

***Instructions:***
1. Prep a 9-inch tart tin. Place the almonds in the food processor, and process until the almonds are finely ground, but not turned into flour. Make sure you don't overprocess the crust while making it.
2. Add the rest of the crust ingredients except for the water into the food processor and pulse about 6 or 7 times.
3. Add the water in one tablespoon at a time, pulsing each time to mix everything together and fully incorporate the water into the crust. Once you've added in all of the water, the dough should have some texture to it and be a little sticky.
4. Press the mixture into a 9-inch tart tin, or multiple smaller tart tins. Place the crust in the refrigerator.
5. Add all of the cashew cream ingredients into a food processor. Process until everything is combined and you're left with a smooth, creamy consistency.

6. Remove the tart tin from the refrigerator and pour the cashew cream on top of the crust. Spread it out evenly, making sure it touches all edges of the crust. Place the tin back in the fridge.
7. Add the fruit filling ingredients into a small saucepan over medium heat. Cook the mixture down until it reaches a jam-like consistency, which should only take about 10 minutes. Stir a few times while it's cooking to make sure it's well-combined .
8. Once the berry mixture has cooked down a bit, turn off the heat and allow the mixture to cool to room temperature. Remove the tart tin from the fridge, and pour the berry mixture evenly on top of the cashew cream layer. Place the tart tin back in the fridge for one hour.
9. After an hour, remove the tart from the fridge and enjoy! Store leftovers in the refrigerator.

Mocha Fudge
Brownies

Coffee and chocolate are a classic pair, so it's no surprise they're the perfect duo in these flourless, fudgey brownies! This recipe is perfect for anyone who loves rich, dark chocolate. The coffee adds another dimension of flavor without being too overpowering, so don't worry if you're not a fan of extra-strong coffee. You only need one bowl and a few ingredients to whip up these mocha-licious brownies in a flash! They cook quickly, and it's better to slightly undercook them than overcook them. The hardest part is waiting for them to set! The cacao nibs are totally optional, but I always love a little crunch.

***Makes:*** 9 brownies
***Prep time:*** 10 minutes
***Cook time:*** 18 minutes

***Ingredients:***
4 eggs
1 cup cacao powder
¼ cup melted coconut butter
⅓ cup melted coconut oil
2 tbsp vanilla
2 tbsp instant coffee
½ tsp cinnamon
½ tsp sea salt / pink Himalayan salt
Optional: ¼ cup cacao nibs

***Instructions:***
1. Preheat your oven to 350° F. Line an 8x8 inch pan with parchment paper or grease it with coconut oil.
2. Mix all ingredients together in a bowl until combined well.
3. Pour the batter into the baking pan. Bake for 15-18 minutes, or until a toothpick comes out clean. Err on the side of underbaking rather than overbaking. Overbaking can cause them to turn out a bit "spongey." They'll continue to cook and set when you remove them from the oven.
4. Allow the brownies to cool completely. Slice and serve!

# Pecan Pie Bars

I don't know about you, but I'd pick pecan pie bars over a regular pecan pie any day of the week! These Pecan Pie Bars are one of my favorite creations, because they really prove that you don't need any sugar or sweeteners to create a delicious dessert! These bars are the perfect dessert for the holiday season, with a gooey pecan filling that sits atop a soft, shortbread crust. Bring these to any holiday event if you're looking to impress! Don't let the steps intimidate you - these are very simple to pull together once you get started. Like a traditional pecan pie, this dessert requires baking and then refrigerating for the perfect texture!

***Makes:*** 12 bars
***Prep time:*** 20 minutes
***Cook time:*** 15 minutes

***Ingredients:***

*Crust:*
2 cups almond flour
⅓ cup melted coconut oil
½ tbsp vanilla
¼ tsp cinnamon
¼ tsp sea salt / pink Himalayan salt

*Filling:*
½ cup full-fat coconut milk
¼ cup coconut oil
½ cup almond butter
2.5 tbsp ground flaxseed
1.5 tbsp vanilla
½ tsp cinnamon
½ tsp sea salt / pink Himalayan salt
1 cup pecans

***Instructions:***

1. Preheat your oven to 350° F. Line an 8x8 inch baking dish with parchment paper or grease it well with coconut oil.
2. Mix the crust ingredients together in a large bowl until everything is combined.
3. Press the crust into the bottom of the baking dish, creating an even layer that touches all sides.
4. Bake the crust for 10-12 minutes, until it starts to turn golden brown. Remove from the oven.
5. While the crust is baking, add all of the filling ingredients except for the pecans into a saucepan over medium heat. Allow the mixture to sit on low-medium heat for another 2-3 minutes as you stir everything together well. After it's all mixed together, turn off the heat. Add in the pecans and stir them in evenly throughout the filling.
6. Pour the filling on top of the crust in the baking dish. Bake for 15 minutes.
7. Remove from the oven, and allow to cool. Refrigerate the bars for an hour until completely set.
8. Once the bars are completely cooled and set, slice and enjoy!

Peppermint
Crunch Snowballs

These little "snowballs," as I like to call them, are one of the easiest recipes I've ever made, but also my all-time favorite treat to always keep stocked in the freezer. I call them "snowballs" not only because they look like mini snowballs, but also because peppermint paired with chocolate always reminds me of winter! If peppermint bark got rolled up into a ball, this would be it. These are simple to make, ready in a flash, and require no baking at all! If you love the cooling taste of peppermint with a chocolate crunch, these are for you.

***Makes:*** 12-15 snowballs
***Prep time:*** 5 minutes
***Freeze time:*** 1 hour

***Ingredients:***
½ cup coconut butter
1 cup almond flour
2 tbsp coconut oil
1.5 tsp vanilla
4-5 drops peppermint essential oil
¼ tsp sea salt / pink Himalayan salt
¼ cup cacao nibs

***Instructions:***
1. Mix all ingredients except for cacao nibs in a large bowl or in a food processor.
2. Once everything is combined, mix in the cacao nibs until they're spread evenly throughout the dough.
3. Create mini balls with the dough in the size of your liking (I make mine 1-2 inches wide). Place the balls on a lined baking sheet or freezer-safe plate.
4. Refrigerate the balls for 2-3 hours or freeze them for 30 minutes - 1 hour. Once they firm up, they're ready to enjoy! Store extras in the freezer.

# Pumpkin Pie

Pumpkin pie might be the quintessential Thanksgiving dessert, but who says it can't be pumpkin season all year long? I made this filling last year on Thanksgiving because I wanted a sugar-free pie, and I fell in love with it immediately! The filling is extra thick and creamy, and it has a slightly nuttier flavor than traditional pumpkin pie. I went with a classic baked pie crust rather than a raw crust, but one that's a bit softer than usual so it practically melts in your mouth. Now that I've released this recipe, I doubt I'll be the only one with a sugar-free pumpkin pie on Thanksgiving! Also, I love to dollop a bit of whipped coconut cream on top of my slice!

***Serves:*** 10-12
***Prep time:*** 20 minutes
***Cook time:*** 50 minutes

***Ingredients:***

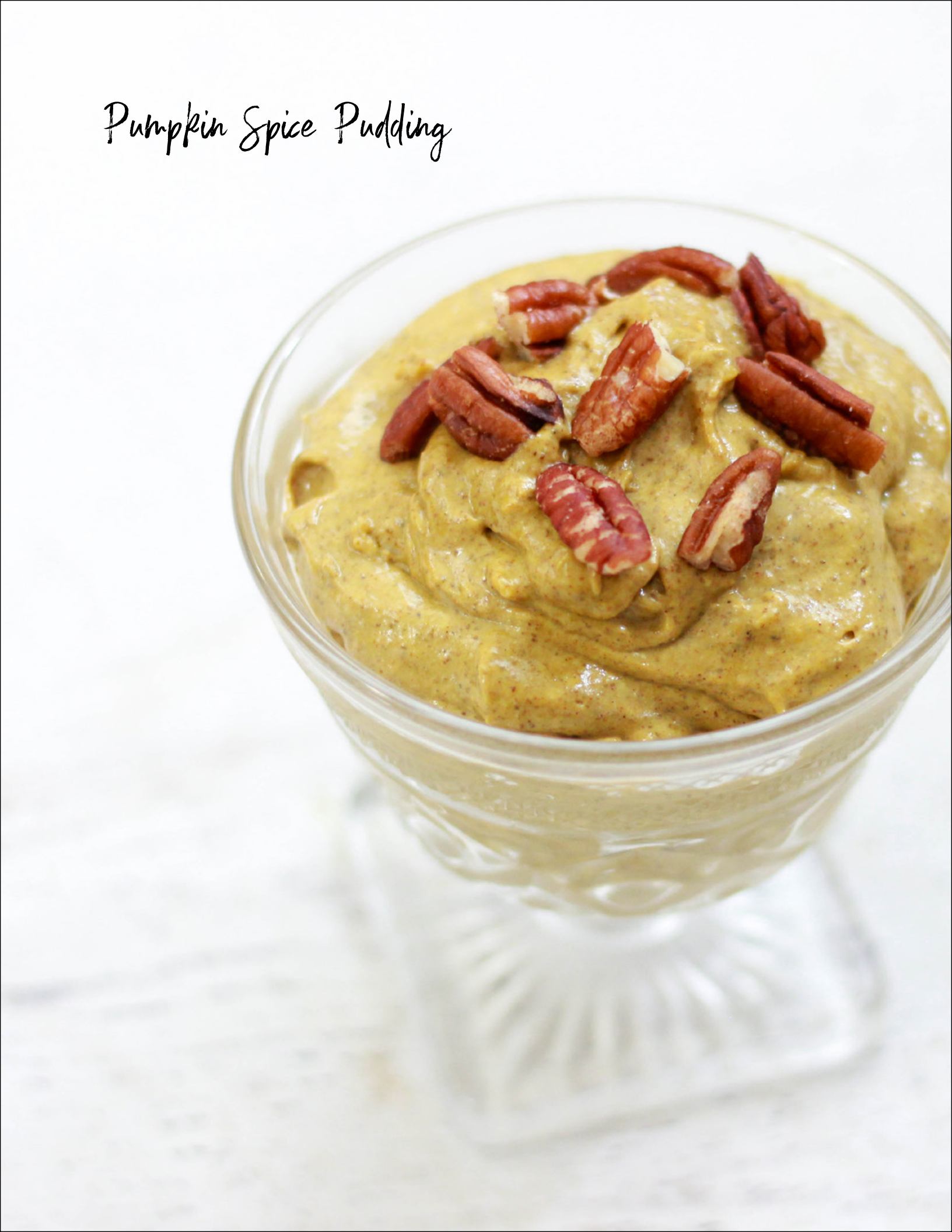
*Crust:*
2 cups finely ground, blanched almond flour
½ cup melted coconut oil
2 tbsp cashew butter
2 tbsp chilled full-fat coconut milk
1.5 tsp cinnamon
1 tsp vanilla
¼ tsp sea salt / pink Himalayan salt

*Filling*
1 can pumpkin puree
1 cup full-fat coconut milk
½ cup cashew butter
⅓ cup almond butter
2 tbsp coconut butter
1 tbsp cinnamon
3 tsp nutmeg
2 tbsp vanilla
½ tsp sea salt / pink Himalayan salt

***Instructions:***

1. Preheat your oven to 350° F. Grease a 9-inch pie pan with coconut oil.
2. Mix all of the crust ingredients together in a bowl. Press the crust into the bottom of the pie pan, spreading it out into an even layer across the bottom of the pan and up the sides.
3. Place the pie pan in the fridge while you make the filling.
4. Add all of the filling ingredients to a high-powered blender or food processor. Blend until everything is mixed completely.
5. Remove the pie pan from the fridge. Pour the filling on top of the crust.
6. Bake in the oven for about 50 minutes, or until the top edges start to turn golden-brown.
7. Remove from the oven and allow the pie to cool to room temperature. Place the pie in the fridge for a few hours to chill until ready to serve.
8. Slice and enjoy! Store leftovers in the fridge.

# Pumpkin Spice Pudding



This Pumpkin Spice Pudding is rich, thick, creamy, and luxurious. You can leave it extra thick if you want something more indulgent, or you can add in some frozen cauliflower or ice to lighten it up a bit! This is a great option if you're looking for an instant dessert for yourself or for you and a friend. Since it's so rich, you might find you only need a few bites to be satisfied. I like to top mine with pecans, but you can use any toppings you'd like or leave it plain. It has plenty of flavor on its own! For a chilled pudding, leave it in the fridge for a few minutes before serving!

***Serves:*** 1-2
***Prep time:*** 5 minutes
***Refrigeration time:*** 10 minutes

***Ingredients:***
½ cup coconut cream
¼ cup canned pumpkin puree
2 tbsp cashew butter
1 tbsp coconut butter
2 tbsp chia seeds
½ tbsp pumpkin pie spice
2 tsp vanilla
½ tsp cinnamon
¼ tsp sea salt / pink Himalayan salt
Optional: ½ cup frozen cauliflower or ½ cup ice
Optional: 1 tbsp raw pecans for topping

***Instructions:***
1. Add all ingredients into a high powered blender and blend for 1-2 minutes or until smooth. The mixture will be very thick.
2. If desired, blend in optional frozen cauliflower or ice if you want the pudding to be a bit colder and slightly thinner, but don't overblend it or it will become too liquidy!
3. Serve immediately, or store in the fridge for about 10 minutes if you'd prefer a chilled pudding.

# Raw Raspberry Chocolate Truffle Cheesecake

This Raw Raspberry Chocolate Truffle Cheesecake is rich, smooth, and absolutely divine. You can't go wrong when you turn the creamy texture of a chocolate truffle into a whole cake! The dark chocolate melds together perfectly with the naturally sweet raspberries in the filling of this no-bake dessert. If you love a deep chocolate flavor with a twist, you'll adore this recipe. Make this for family and friends if you want to really impress them but can't be bothered to turn on the oven. They'll never guess no sugar was involved!

***Serves:*** 10-12
***Prep time:*** 25 minutes
***Freeze time:*** 2 hours

***Ingredients:***

*Crust:*
¼ cup cacao powder
½ cup raw pecans
½ cup unsweetened shredded coconut
½ cup almond butter
½ tsp sea salt / pink Himalayan salt

*Raspberry Chocolate Truffle Filling:*
1 can full fat coconut milk
¼ cup coconut oil
6 oz 100% cacao bar, chopped
¼ cup + 2 tbsp coconut butter
1 tbsp vanilla
¼ tsp sea salt / pink Himalayan salt
2 cups raspberries

***Instructions:***

1. Line the bottom of an 8 or 9-inch springform pan with parchment paper if you want to remove the cheesecake from the pan later on. If you're going to leave the cheesecake in the pan, then simply grease the pan with coconut oil to prevent sticking. With either option, make sure you grease the inside walls of the pan. (You can also use a regular pie dish for this, it just won't turn out with straight sides.)
2. Place all of the crust ingredients in the food processor. Process until everything is combined and starts to clump together, forming a sticky dough. You might have to scrape down the sides of the food processor a few times.
3. Press the crust into the bottom of the springform pan. Push down to make sure the crust forms one even layer and reaches all edges.
4. Place the crust in the freezer while you make the filling.
5. First, put the raspberries in a food processor and process until you get a smooth raspberry puree.
6. Melt the dark chocolate in a saucepan over low-medium heat. Add in the rest of the filling ingredients, except for the raspberries. Once everything is melted and stirred together, add in the raspberry puree. Turn off the heat. Mix in the raspberry puree, and you should be left with a smooth, creamy filling.

7. Remove the crust from the freezer. Pour the filling on top of the crust.
8. Place the pan back in the freezer. Freeze for about 2 hours, or until the cheesecake has hardened.
9. Thaw the cheesecake for 10-20 minutes before serving. Slice and enjoy! Store extras in the fridge or freezer.

Raw Carrot Cake Bars

I usually only crave carrot cake in the spring, but these have me in the mood all year long! If you love carrot cake but don't want to bother using the oven, these no-bake bars will be right up your alley. They're quick to throw together and easy to store for a long time, which makes them the perfect treat to always have on hand for yourself, or a great dessert to bring to any springtime gathering. Plus, the frosting is to die for. It's not a carrot cake without frosting!

***Makes:*** 12 bars
***Prep time:*** 20 minutes
***Refrigeration time:*** 2 hours

***Ingredients:***

*Carrot Cake Bars:*
1 cup almond flour
½ cup coconut flour
¼ cup almond butter or cashew butter
½ cup melted coconut oil
3 tsp vanilla
½ tsp sea salt / pink Himalayan salt
2 tsp cinnamon
1 tsp nutmeg
½ tsp ginger
½ cup walnuts
½ cup shredded carrots

*Frosting:*
1 cup soaked cashews (soaked in filtered water for about 4 hours)
¼ cup coconut milk
2 tbsp coconut butter
2 tsp vanilla
2 tsp cinnamon
½ tsp nutmeg
¼ tsp sea salt / pink Himalayan salt
Optional: handful of walnuts for topping

***Instructions:***

1. Line an 8x8 inch baking pan with parchment paper.
2. Add all of the carrot cake bar ingredients except for the walnuts and carrots into a food processor. Process until everything is smooth.
3. Add in the shredded carrots and walnuts. Pulse about 5 times, or until they're mixed in evenly throughout the dough. You can also stir these in if you'd rather not use the food processor.
4. Transfer the mixture into the baking pan, pressing down to make sure the top is flat and the dough reaches all sides. Place in the fridge while you make the frosting.
5. Add all of the frosting ingredients into a food processor, and process until everything is combined evenly and you're left with a smooth consistency.
6. Remove the carrot cake bars from the fridge, and spread the frosting in an even layer across the top. Top with extra walnuts if desired. Place back in the fridge.
7. Leave the bars in the fridge for 1-2 hours, or until they've firmed up. You can also freeze the bars if you want them ready more quickly. After the bars are set, remove them from the fridge, and cut them into squares. You can cut them into 9 larger bars, or 12 smaller bars.
8. Serve and enjoy! Store extras in the fridge or freezer.

# Raw Cinnamon Roll Cookies

If you love cinnamon rolls, run into your kitchen immediately and make these raw Cinnamon Roll Cookies! I have a major weakness for traditional cinnamon rolls, but they require a lot of effort and are filled with a ton of sugar. These, however, have no sugar, only take a few minutes to pull together, and taste like an absolute dream. The heavenly cinnamon scent makes me drool before I even get one in my mouth! These no-bake cookies will satisfy all of your sweet cravings thanks to the magical combination of coconut butter, cashews, and cinnamon! They're delicious with or without the coconut butter drizzle, but why would you ever turn down a good coco-drizzle?! You can't have a cinnamon roll without frosting!

***Makes:*** 10 cookies
***Prep time:*** 15 minutes
***Refrigeration time:*** 1 hour

***Ingredients:***

*Raw Cinnamon Roll Cookies:*
1 cup soaked cashews (soaked in filtered water for at least 4 hours)
½ cup coconut flour
⅓ cup coconut butter
¼ cup cashew butter
2 tbsp coconut oil
2 tbsp cinnamon
1 tbsp vanilla
½ tsp sea salt / pink Himalayan salt

*Cinnamon Coating*
2 tsp cinnamon

*Coconut Butter Drizzle*
2 tbsp melted coconut butter
1 tsp cinnamon

***Instructions***

1. Line a baking sheet with parchment paper. Place the 2 tsp of cinnamon for the cinnamon coating in a small bowl. Set aside.
2. Add all cookie ingredients into a food processor. Process until everything is mixed completely and you're left with a dough.
3. Roll the dough into 10-12 balls, and roll each ball in the cinnamon coating. Then flatten the balls slightly into a "cookie" shape, and place them on the baking sheet.
4. Mix the ingredients for the coconut butter drizzle together in a small bowl, and drizzle on top of the cookies as a light glaze. I dip a spoon into the mixture, and then use the spoon to create the drizzled effect on the cookies. You can also use plain melted coconut butter (or you can omit the drizzle completely).
5. Place the baking tray in the fridge for about an hour to harden. After the cookies have firmed up, enjoy! Store leftovers in the fridge.

Raw Lemon Bars

There's nothing like a fresh, tangy lemon bar on a nice summer day… or all year long! Typical lemon bars are packed with sugar, but these raw lemon bars don't need any to taste plenty sweet! Plus, no baking is required - all you need is a food processor. The rich lemon filling is thick, creamy, and perfectly tart! These bars will be a hit with anyone who loves lemon or is in the mood for a refreshing treat!

***Makes:*** 12 Bars
***Prep time:*** 20 minutes
***Freeze time:*** 2 hours

***Ingredients:***
***Crust:***
1.5 cups soaked cashews (soaked in filtered water for about 4 hours)
¾ cup unsweetened shredded coconut
3 tbsp coconut butter
1.5 tsp vanilla
⅛ tsp sea salt / pink Himalayan salt

***Filling:***
1 cup soaked cashews (soaked in filtered water for about 4 hours)
½ cup unsweetened shredded coconut
½ cup coconut flour
½ cup coconut butter
½ cup full-fat coconut milk
Juice of five lemons
Optional: extra shredded coconut for topping

***Instructions:***
1. Line an 8x8 inch pan with parchment paper.
2. Add all crust ingredients into a food processor. Process until everything is well-combined and you're left with a sticky crust.
3. Press the crust into the bottom of the pan in an even layer, making sure the crust reaches all edges. Place the pan in freezer.
4. To make the filling, add all of the filling ingredients into your food processor. Process until everything is mixed completely and you're left with a smooth, creamy filling.
5. Remove the crust from the freezer. Pour the lemon filling on top. Sprinkle shredded coconut on top if desired.
6. Place the bars in the freezer for about 2 hours, or until they've hardened completely.
7. Once the bars have set, cut them into squares. Serve and enjoy! Store leftovers in the fridge or the freezer.

# Vanilla Cookies with Coconut Frosting

This was the very first recipe I wrote for this ebook, because I knew from the start I wanted to include a soft, simple, sugar-free vanilla cookie I could always depend on. Chocolate tends to get all the love, but what about good ole' vanilla?! It's difficult in general to find good, plain vanilla cookies, and even harder to find them without sweeteners! These, however, hit the nail on the head, and they ended up being exactly what I wanted! They're soft as clouds, practically melt in your mouth, and taste like bites of heaven! The subtle coconut notes help to naturally enhance the vanilla flavor, and the coconut frosting ties it all together!

***Makes:*** 12-15 cookies
***Prep time:*** 15 minutes
***Cook time:*** 15 minutes

***Ingredients:***
***Vanilla Cookies:***
2 cups almond flour
¼ cup melted coconut oil
¼ cup coconut butter
3 tsp vanilla
½ tsp sea salt / pink Himalayan salt

***Coconut Frosting:***
2 tbsp melted coconut butter
1 tbsp melted coconut oil
¼ tsp vanilla
⅛ tsp sea salt / pink Himalayan salt
Optional: coconut flakes or coconut shreds for topping

***Instructions:***
1. Preheat your oven to 350° F. Line a large baking sheet with parchment paper.
2. Add all cookie ingredients into a large bowl and mix until combined.
3. Use the dough to create cookies 1-2 inches wide, packing the dough firmly. Place the cookies on the baking sheet 1-2 inches apart.
4. Bake for 12-15 minutes, or until the bottom edges start to turn golden. Remove from the oven and allow to cool.
5. To make the frosting, combine all of the ingredients in a small bowl and mix thoroughly. Spread a thin layer on top of each of the cookies. If desired, top with coconut flakes or coconut shreds before the coconut frosting dries.
6. Serve and enjoy! Leftovers will store longer in the fridge.

# Vanilla Macadamia Raw Bars

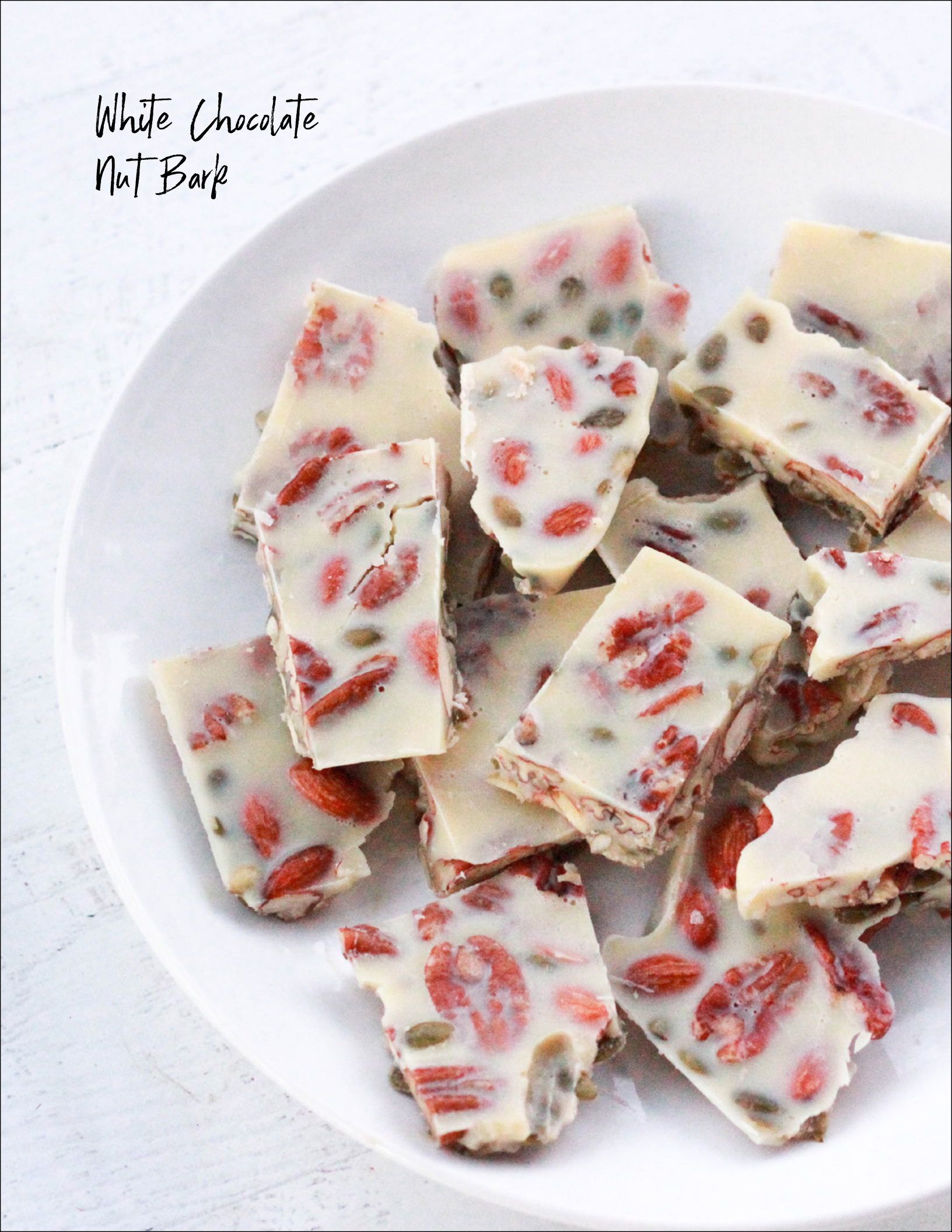
This might be a simple recipe, but I was pleasantly surprised when I learned that it's a few of my taste testers' top choice from this whole ebook! Don't understand the power of simplicity. Macadamia nuts and vanilla are a seriously underrated combination. Macadamia nuts tend to get less attention than other nuts, but they're one of my favorite foods because of their rich, buttery flavor and creamy texture. When you pair that with the smooth taste of vanilla, magic happens! These no-bake bars only take a few minutes to pull together, so they're the perfect dessert to keep stocked in your freezer for whenever a sweet craving strikes!

***Makes:*** 12 bars
***Prep time:*** 10 minutes
***Freeze time:*** 1 hour

***Ingredients:***
1 cup macadamia nuts
2 cups almond flour
½ cup coconut oil
¼ cup + 2 tbsp cashew butter
2.5 tbsp vanilla
½ tsp sea salt / pink Himalayan salt
½ cup unsweetened coconut flakes

***Instructions:***
1. Line an 8x8 inch baking pan with parchment paper.
2. Add all ingredients except for the coconut flakes into a food processor. Process until the texture is smooth. Add in the coconut flakes and process until they're mixed in evenly throughout the dough.
3. Spread the dough in the lined pan, making sure all edges are met.
4. Freeze the dough for about an hour, or until it becomes firm.
5. Remove from the freezer, slice the bars, and enjoy! Store leftovers in the freezer.

# White Chocolate Nut Bark



I made this recipe for my mother, who specifically requested I make a white chocolate bark for her! While traditional white chocolate is made from sugar and milk, I used raw cacao butter in this recipe to provide a subtle chocolate flavor and an appearance similar to that of white chocolate. Many people don't know that raw cacao butter is actually the pale-yellow fat that comes from the cacao bean and is used as the base of chocolate. Cacao butter is what gives chocolate its smooth and silky texture, which makes it perfect for this White Chocolate Nut Bark! Feel free to substitute out any of the nuts and seeds for others that you like better. This simple treat is the perfect thing to keep stocked in your freezer for any late-night cravings, or even as a quick snack!

***Serves:*** 15-20
***Prep time:*** 15 minutes
***Freeze time:*** 1-2 hours

***Ingredients:***
***White Chocolate Base:***
1 cup cacao butter
½ cup coconut oil
3 tbsp coconut butter
2 tbsp vanilla
¼ tsp sea salt / pink Himalayan salt

***Nut / Seed Toppings:***
¾ cup raw pumpkin seeds
¾ cup raw pecans
¾ cup almonds

***Instructions:***
1. Line a 9x13 inch baking dish with parchment paper.
2. Melt the cacao butter in a saucepan over low-medium heat. As it melts, add in the coconut oil and coconut butter.
3. Stir in the vanilla and salt. When everything is melted and combined, turn off the heat.
4. Pour the chocolate layer into the baking dish.
5. Mix the nut and seed toppings together in a bowl. Pour the nuts and seeds onto the chocolate, spreading them out so none overlap in the dish. They should sink into the mixture.
6. Place the baking dish in the freezer for 1-2 hours, or until the chocolate bark hardens completely. You can also refrigerate the chocolate, but it will take longer to harden.
7. Once hardened, remove from the freezer. Break the bark into pieces and enjoy! Store leftovers in the fridge or freezer.

# About Christina

Christina Rice is a Nutritional Therapy Practitioner, Primal Health Coach, and Reiki Practitioner. She is the creator of the Paleo Women Lifestyle Program, host of Wellness Realness podcast, and the blogger behind christinaricewellness.com. Christina struggled with a number of health problems over the years including extreme malabsorption, SIBO, Candida overgrowth, parasites, hypothyroidism, insulin resistance, amenorrhea, autoimmune issues, anxiety, depression, and acne, but she didn't find relief or support through the Western medical system. Eventually she discovered the power of the paleo diet and lifestyle, which helped her finally turn her health around and transform her life as a whole. Ever since experiencing the healing properties of nutrient-dense food, positive lifestyle changes, and energy healing firsthand, she has dedicated herself to helping others find similar transformations in their own lives.

Christina uses a holistic approach to help clients from all over the world live their healthiest lives and address different obstacles such as digestive issues, eating disorders, weight loss/gain, hormonal imbalances, amenorrhea, mindset around food and fitness, and more. She also helps clients overcome emotional and energetic blocks through reiki healing. She has a passion for healthy cooking, clean beauty, and fitness, and you can find all of her healthy recipes on her blog. You can usually find her on a long walk by the beach, listening to a podcast, or recipe testing in the kitchen!

Interested in learning more? You can find Christina's blog, podcast, ebooks, online course, and other services at christinaricewellness.com.