

# Desserts

## Coconut Peppermint Patties

<b>Ingredients</b> <i>Measurements are approximate; use your taste buds to decide how you like it!</i>  3 cups coconut (natural, unsweetened) ¼ cup honey ¼ cup coconut butter, softened Peppermint extract – ½ tsp or more to taste Fresh mint, chopped fine Dark Chocolate Chips to melt on top!	Prep Time: 15 minutes Cooking Time: none Yield: 20 balls or so
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### Directions

1. Mix all together and form into balls on your serving plate.
2. Melt some dark chocolate chips to pour over each ball and refrigerate until firm.

## Cran-Apple Pie

<b>Ingredients</b> <u>Crust:</u> 2 cups walnuts or almonds 6-7 soft dates (about ¾ cup)  <u>Filling:</u> 1 cup cranberries 4 dates 3-6 very finely chopped apples (the number of apples depends on their size) Juice of one lemon  <u>Glaze: (to hold it together)</u> ¾ cup apple cider ¼ cup maple syrup 1 tsp. cinnamon 2 tbsp. Psyllium powder/husks	Prep Time: 20 minutes Cooking Time: none Yield: 1 pie
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### Directions

#### Crust:

1. Process nuts and dates and add dash of cinnamon and vanilla.
2. Press into a pie tin. Place in fridge while preparing the rest.

#### Filling:

1. Coarsely grind cranberries and dates. Mix with the remaining ingredients.
2. Pour glaze into filling and toss.
3. Fill the crust and sprinkle top with chopped walnuts!

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## Creamy Carob Pudding with Pineapple Parfait

<b>Ingredients:</b> 2 cups ripe avocado (approx. 2 avocados) ½ cup ripe banana 1 tbsp coconut oil 1 cup raw carob (or raw chocolate powder) 1 cup soaked dates, or ½ cup agave nectar 1 tsp vanilla ½ cup water or more if needed for creaminess	Prep Time: 10 minutes Cooking Time: none Yield: 4-6 servings
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### Directions:

1. Whip in blender/food processor until smooth and creamy. Remember to taste and adjust any measurements you'd like.
2. Place in individual parfait cups. Top with toasted pecans and pineapple!

## Sweet Potato Pie

<b>Ingredients:</b> <u>Crust:</u> 2 cups walnuts or almonds 6-7 soft dates (about ¾ cup)  <u>Filling:</u> 3 – 4 sweet potatoes, peeled and baked 1 ripe avocado * 1 cup soft dates 1 tsp. cinnamon A little honey (optional for added sweetness)	Prep Time: 20 minutes Cooking Time: none Yield: 1 pie  * The avocado is optional but it gives it an added creaminess which is delicious
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### Directions:

#### Crust:

1. Soak dates for 30 minutes or more before you begin to prepare your pie
2. Process nuts and dates and add dash of cinnamon and vanilla.
3. Press into a pie tin. Place in fridge while preparing the rest.

#### Filling:

1. Soak dates for 30 minutes or more before you begin to prepare your pie
2. Process dates and avocado until smooth. Add sweet potato and cinnamon. Taste and adjust sweetness if you like.
3. Pour into pie crust and smooth out the top. Dust with coconut!
4. This pie is best made a day in advance so the flavors combine.

*(Morella's note: I personally find this recipe REALLY sweet, so I don't add the honey and I sometimes cut the amount of dates in half or even less. Sweet potatoes are already very sweet!)*

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## Baked Pear Fans

<b>Ingredients:</b> 6 pears, halved, and cored 1 tbsp coconut oil or unsalted butter 2 tbsp lemon juice, freshly squeezed ½ tsp each: ground pepper, ground ginger, and ground cinnamon 4 tbsp water ½ tsp vanilla extract	Prep Time: 10 minutes Cooking Time: 25 minutes Yield: 12 servings
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### Directions:

1. Preheat oven to 375F.
2. To make pear fans: make 1/4-inch-wide lengthwise slices along length of each half-pear, starting 1/3-inch from the stem end and cutting all the way down.
3. Place coconut oil or butter in a 9x13 pan and melt on the stovetop. Add lemon juice, pepper, ginger, cinnamon and water. Mix well.
4. Place pears in the pan, rounded sides up. Cover with aluminum foil and bake until pears are fork tender, about forty minutes, turning once halfway through baking time.
5. Transfer pear halves onto serving plates and carefully fan them out.
6. Stir vanilla into sauce in pan. Spoon sauce over pears and serve warm with a dollop of sweetened mascarpone or ricotta cheese.

## Mango Cream

<b>Ingredients:</b> 1 ½ pounds of mangoes 1 lime 1 ½ cups of almond or rice milk 2 tbsp arrowroot powder (natural thickening agent) 1 tbsp honey or maple syrup	Prep Time: 10 minutes Cooking Time: 5 minutes Yield: 4-6 servings
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### Directions:

1. Peel the ripe mangoes and slice the flesh off the stone, reserving some slices for decoration.
2. Purée the remaining mango in a blender and pass through mesh strainer.
3. Heat the milk near to boiling over med-low heat. Meanwhile, mix the arrowroot with a little water in a bowl.
4. Remove the milk from heat and add arrowroot mixture, stirring until the mixture thickens. Leave to cool.
5. Combine mango purée, arrowroot custard and sweetener. Spoon into individual bowls and chill.
6. Serve garnished with slices of fresh mango and a slice of lime.

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## Brown Rice and Raisin Pudding

**Ingredients:**

2 cups cooked brown rice  
 $\frac{2}{3}$  cup raisins  
 $\frac{2}{3}$  cup rice milk or almond milk  
 $\frac{1}{4}$  cup maple syrup  
2 tsp ground cinnamon  
 $\frac{1}{2}$  tsp ground nutmeg  
2 tsp vanilla extract

Prep Time: 10 minutes

Cooking Time: 70 minutes

Yield: 6 servings

**Directions:**

1. Preheat oven to 375 degrees.
2. Purée milk substitute, maple syrup, spices, and vanilla in a food processor.
3. Pour the purée into an oiled 1 1/2 quart baking dish; mix in brown rice and raisins; bake for 1 hour.
4. Remove the pudding from the oven, sprinkle with more cinnamon and bake 10 minutes longer.
5. Serve the pudding warm or at room temperature. Rice pudding becomes firmer as it cools.

**Variations:**

Use dried cranberries instead of raisins.

Add a cup of sunflower seeds or pumpkin seeds when you are adding the dried fruit.

For individual cups, bake for 70 minutes, remove from oven and immediately scoop into serving cups, then sprinkle with a dash of cinnamon. Allow to cool, or serve warm.

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## Date Pudding

**Ingredients:**

6 eggs, separated  
 $\frac{1}{2}$  pound pitted dates  
 $\frac{1}{2}$  cup bread crumbs  
1 tsp baking powder  
 $\frac{1}{2}$  cup maple syrup or agave nectar (optional)

Prep Time: 10 minutes

Cooking Time: 40 minutes

Yield: 4-6 servings

**Directions:**

1. Preheat oven to 325 degrees.
2. Beat egg yolks.
3. Add date sugar, beat.
4. Add dates, crumbs, baking powder and mix.
5. Beat egg whites in a separate bowl until stiff.
6. Fold into the first mixture.
7. Bake in a 9x9 inch pan for 40 minutes.

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## Coconut Date Cookies

**Ingredients:**

6-7 dried pitted dates  
1 cup rolled oats  
2 cups whole-wheat flour (or quinoa flour)  
½ cup shredded coconut  
½ cup maple syrup  
½ tbsp cinnamon  
¼ tbsp nutmeg  
½ cup olive oil

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yield: 15-25 cookies

**Directions:**

1. Soak dates in 1 cup of water for 30 minutes.
2. Preheat oven to 375 degrees.
3. Put all ingredients including dates in the soaking water in a blender. Blend into dough.
4. Form little balls and smash them into cookies. Place them on a lightly oiled cookie sheet and bake for 10 minutes.
5. Turn them over and bake for 10 more minutes.

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## Mochi

**Ingredients:**

1 block mochi

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4-6 servings

**Directions:**

1. Cut mochi into 2-inch cubes.
2. Place in a lightly oiled skillet.
3. Cover and heat over a low flame until the pieces are puffed and expanded, about 10 minutes.
4. Eat warm.

**Variations:**

Try eating with nut butters, a bit of honey or fresh fruit.

**Note:**

Mochi is widely used in Japan. It is made from sweet rice, cooked for a long time with a lot of water, until the rice becomes sticky. It is then pounded into a flat rice cake to be reheated and consumed. It is found next to the refrigerated tofu and tempeh in your natural food market.

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