



Heathy recipes for your body, mind, & soul.

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Directions:

VIDEO ACCESS:

The video should pop up on your screen. Push play and watch.

RECIPES & HANDOUTS:

Pages 2-4 of this document contain the recipes used in the video, plus many variations of the recipes so you may make multiple different dishes based on your tastes and available ingredients.

QUESTIONS:

If you have questions, comments, or concerns, email nourish@nourish123.com. Be sure to put VIDEO COOKING CLASS in the subject line for faster response.

HAVE FUN:

Have fun and make the recipes your own by adding your own personal variations.

EMAIL PICTURES:

We love to see pictures and hear about your creations. Email nourish@nourish123.com and send us your pictures.

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Healthy Desserts

Indulge your sweet tooth

There is no reason why desserts have to be bad for you. In fact, there are many ways you can make delicious desserts that satisfy both the devil and the angel on your shoulders.

All the desserts in this class are raw and plant based. Only pure sweeteners such as raw honey, pure maple syrup, coconut nectar, or fruit are used in any of the recipes. Along with organic natural fats and proteins from coconut oil, avocado, nuts, and seeds.

Raw cacao, when it is organic and pure, and not tainted by dairy or soy, is a wonderful antioxidant and mood enhancer.

This class should shift your thinking from "dessert is bad" to "how can I create a dish that is good for me and good for my tastebuds?"

Stop skipping dessert and start creating your own delightful dishes!



Coconut Macaroons

Coconut Macaroons

Ingredients:

- 2 cp coconut, dried, shredded or shaved
- 1/2 cp coconut flour
- 1/4 cp coconut butter
- 1/4 cp maple syrup
- 1/4 cp coconut nectar or honey
- 1 ea vanilla bean
- 1/4 tsp sea salt

Directions:

1. Mix all ingredients in large bowl.
2. Spoon onto vinyl non-stick dehydrator sheet into 2" rounds
3. Dehydrate for 1 hour at 145F
4. Decrease temp to 115F and dehydrate for 12-20 hours.
5. Store in an airtight container.

Desserts

Coconut Macaroons

- Strawberry
- Cinnamon Macadamia

Bars

- Chocolate
- Strawberry
- Vanilla
- Salted Caramel Cacao
- Pumpkin

Lemon Bars

Avocado Mousse

- Cinnamon Cacao
- Mojito

Macaroon Variations

continued...

Cinnamon Macadamia Macaroons

- add to basic recipe:
- 1 tsp cinnamon
- 1/2 cp macadamia nuts, coarsely chopped

Strawberry Macaroons

- add to basic recipe:
- 1/2 cp chopped strawberries



Raw Desserts

recipes

Chocolate Bars

serves 12



Salted Caramel Chocolate Bar

Ingredients:

Crust

- 1 cup almonds, ground
- ¼ cup cacao
- ½ vanilla bean
- Pinch sea salt
- 2 dates, seeded and broken into small pieces

Filling

- 2 cups raw cashews, soaked overnight and rinsed
- ¾ cup coconut oil, melted (use water bath not exceeding 110F)
- ½ cup maple syrup
- ½ cup cacao
- ½ cp water
- 1 tsp salt
- 1 vanilla bean, split and scraped

Topping

- 1/3 cup coconut oil, melted (use water bath not exceeding 110F)
- ½ vanilla bean, seeded
- ¼ cup maple syrup
- ¼ cup cacao

Chocolate Bars

continued...

Directions:

Crust

1. Chop almonds in food processor until coarse
2. Add the remaining ingredients and pump until combined.
3. Press into the bottom of a spring form pan.
4. Set aside.

Filling

1. Mix ingredients in the blender on low for 1 minute
2. Increase to high and run until smooth and consistent.
3. Pour into prepared 9x(pan and spread until top is smooth
4. Place in freezer for about 2 hours to set.

Topping

1. Mix ingredients in a stainless steel bowl with a wire whip.
2. When thoroughly mixed, pour over the "set" bar.
3. Spread evenly over the bar working quickly as the chocolate will begin to set.
4. Return to freezer about 10 mins
5. Remove and cut.

Variations

Strawberry:

- Reduce the cashews to 1 cp
- Exclude the cacao in the filling
- Add 2 cps rough chopped strawberries

Chocolate Bars

continued...

Vanilla:

- Exclude the cacao from the filling
- Increase the vanilla beans to 4 in the filling

Salted Caramel:

- Substitute the maple syrup for coconut nectar in the filling
- Exclude the cacao in the filling
- After pouring the prepared pan drizzle 1/3 cp coconut nectar into the filling and swirl around with a spoon
- Sprinkle about 1 tsp Himalayan sea salt over the filling and freeze
- After you add the topping sprinkle about 1 tsp Himalayan sea salt over the smoothed chocolate.

Pumpkin:

- Exclude the cacao from the filling
- Reduce the cashews to 1 ½ cps
- Add 1 cp raw pumpkin (chopped small) to the filling
- Exclude the cacao from the topping
- Add 1 tbps cinnamon to the topping



Lemon Bars with Lemon Drizzle



Raw Desserts

recipes

Lemon Bars

makes 18 bars

Ingredients:

Filling

- 2 cups almonds, chopped
- 2 lbs dates, pitted, soaked, chopped small
- 2 vanilla beans, seeded
- 2 tsp salt
- 3 lemons, zested and juiced
- Lemon juice added to juice of lemons to make-up to 12 floz
- 2 cups coconut
- ½ cup coconut

Crust

- 1 ¼ cup seed mix
- 1 ¼ cups walnuts
- 2 ea dates, pitted and soaked in warm water for 10 minutes, drained
- ¼ tsp coriander

Topping

- 2 lemons, juiced and zested
- ½ cup lemon juice
- 3 ea dates, pitted and soaked
- 2 tbsp coconut oil, melted

Directions:

Filling

1. Seed dates, chop small and place in slightly warm water.
2. Chop almonds in the food processor until very small.
3. Cover the bottom of the pan with the crust.
4. In a mixing bowl combine the remaining ingredients with the almonds.
5. Press into sheet pan.
6. Refrigerator for 1 hour.
7. Cut into 6x6 pieces.
8. Sprinkle with coconut
9. Drizzle with lemon sauce
10. Serve or refrigerate

Lemon Bars

continued...

Crust

1. Mix ingredients in the food processor.
2. Pulse until nuts are broken to a medium crumb.
3. Press crust into a sheet pan.

Topping

1. Blend zest, juice and dates.
2. Add oil while mixing.
3. Mix until consistent color.
4. Refrigerate 1 hour before using.

Chocolate Mousse

continued...

Directions:

- Remove the avocado meat from the skin
- Mash lightly by hand while placing in the food processor
- Add the remaining ingredients
- Puree until well combined
- You will have to stop the food processor and scrape the bowl a few times
- When done remove and store in an airtight glass container.

Variation

Mojito

Ingredients:

- 6 ea Avocado, split, pitted, quartered and removed from the skin
- 1 cp coconut nectar
- 6 ea limes, zested and juiced
- Additional lime juice to equal 1 ½ cps
- 2 ea vanilla beans, split and scraped
- 1 cp coconut oil, melted
- ¾ cp mint, off stem

Directions:

- Place the avocado in the food processor
- Add the remaining ingredients except the oil and run for about 2 minutes
- Stop and scrape down the bowl
- Run for another 2 minutes, stopping to scrape down as needed
- Continue pureeing until the avocado is completely pureed and the mousse has a smooth and consistent appearance.
- Slowly drizzle in the coconut oil and run for 1 min

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Chocolate Mousse with Berries

Chocolate Mousse

Makes 12 servings

Ingredients:

- 8 avocado, peeled and pitted
- 2/3 cp coconut nectar
- 1 cp cacao
- 1 tbsp cinnamon
- 4 vanilla beans, split and scraped
- ½ tsp salt