

4 INGREDIENT PEPPERMINT CHOCOLATE CRUNCH BARS (GLUTEN FREE, VEGAN, DAIRY-FREE)

INGREDIENTS:

- 1 ½ cups vegan chocolate chips
- 2 teaspoons coconut oil
- 1 teaspoon peppermint extract
- ¾ cup vegan gluten free brown rice crisp cereal

Directions:

1. Line an 8-inch square baking pan with parchment paper or wax paper. Set aside at room temperature. Clear some space in the freezer for this pan—you will need it later.
2. Melt the chocolate using the double boiler method, or do the following: add chocolate chips and coconut oil to a medium, microwave-safe bowl (large enough to add cereal later). Heat in 20-second increments until softened and melty. Stir in between heating, until smooth. Add peppermint and stir until well-incorporated.
3. Add cereal to melted chocolate. Using a rubber spatula, stir and fold until well incorporated. Pour this mixture into the prepared baking pan. Using the spatula, smooth into an even layer. Tap the pan a few times to help even out the mixture.
4. Transfer this pan into the freezer. Freeze for 10-15 minutes. Thaw at room temperature for 10-15 minutes. Slice into 18 rectangular bars (3 rows by 6 columns). Enjoy! Storing instructions below.

Store in an airtight container for 1 week (at room temperature), 1-2 weeks (in the refrigerator), or up to 2 months (in the freezer). Best if stored in the refrigerator or freezer.



VEGAN PEPPERMINT MOCHA FRAPPUCCINO (V, PALEO, GLUTEN FREE, DAIRY-FREE)

INGREDIENTS:

Frappuccino

- ½ cup cold coffee
- 4 medium bananas, sliced and frozen
- ½ cup unsweetened almond milk
- 1 tablespoon unsweetened cocoa powder
- ¼ teaspoon pure peppermint extract



Optional Toppings: Dairy-free whipped topping, chocolate, or your favorite toppings

Directions:

1. At least 3 hours before, or the night before, pour coffee into an ice cube tray and place in the freezer.
2. Day of, add bananas into the blender. Blend until the bananas become crumbly. Add almond milk. Blend until smooth and creamy, scraping down the sides of the blender as needed.
3. Add coffee ice cubes. Blend until well incorporated and smooth, again scraping down the sides of the blender as needed. Add cocoa powder and peppermint extract. Blend until smooth.
4. Pour into two cups. Top with coconut whip, chocolate or any of your favorite toppings. Enjoy!

Recipes from www.beamingbaker.com

THE FULLY RAW CRANBERRY POMEGRANATE WINE:

INGREDIENTS:

- 1-2 CUPS OF CRANBERRIES
- 4 ORANGES
- 2 CUPS POMEGRANATES OR POMEGRANATE JUICE
- 5-7 APPLES OF YOUR CHOICE

RUN ALL INGREDIENTS THROUGH A JUICER AND ENJOY!



THE FULLY RAW PUMPKIN SOUP / DIP / SPREAD

THIS SOUP IS ONE OF MY NEWEST CREATIVE DISHES. I CALL IT A SOUP, BUT IT CAN BE A DIP, A SAUCE, OR A SPREAD AS WELL.

INGREDIENTS:

- 1-2 CUPS CUT PUMPKIN (NO SEEDS)
- 1-2 RIPE PERSIMMONS
- 1-2 LARGE RIPE TOMATOES
- 1-2 STALKS OF CELERY
- SMALL HANDFUL OF BASIL LEAVES
- 1 TSP. OF FRESH LEMON JUICE

DIRECTIONS:

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER LIKE A VITAMIX. CARVE OUT YOUR BABY PIE PUMPKIN OF CHOICE AND POUR YOUR SOUP INTO YOUR PUMPKIN. GRAB A SPOON AND ENJOY!

RECIPES FROM WWW.FULLYRAW.COM

RAW PECAN PIE DELIGHTS

INGREDIENTS:

Crust

- 1 Cup Pecans
- 1/2 Cup Pitted Dates
- 1 Cup Unsweetened Ground Coconut
- 2 Tsp Pumpkin Pie Spice (or to taste)
- 1/4 Tbsp Vanilla Extract

Filling

- 1 Cup Pitted Dates
- 1 Cup Pecans
- 1 1/2 Large Ripe Bananas
- 1 1/2 Tsp Vanilla
- 2 Tsp Pumpkin Pie Spice (or to taste)
- 2 Tsp Ground Ginger (or to taste) Ground Coconut & Cocoa Nibs for Topping



Directions:

1. Using a food processor blend all pie filling ingredients until smooth and set aside.
 2. Use the same (unwashed) food processor bowl and combine the crust ingredients together until a dough like consistency is formed, (with no chunks of nuts).
 3. Grease an 8 x 8 pan or glass dish with coconut oil.
 4. Press crust mixture evenly into the baking dish.
 5. Top with pie filling using a spatula or spoon, make sure the filling is evenly spread.
 6. Top with ground coconut and cocoa nibs. Freeze overnight. When ready to serve remove from freezer, cut and serve immediately.
- Enjoy!

PALEO PECAN PIE

This pecan pie is so creamy, delicious, and dense, no one would ever guess that it's raw and paleo! The crust is made primarily with pecans, walnuts, and dried mulberries, and the cashew filling is sweetened with dates and swirled with coconut cream. Top this pie with plenty of healthy pecans and a generous drizzle of maple syrup!

INGREDIENTS:

FOR THE CRUST:

- 1/2 cup pecans
- 1/4 cup walnuts
- 1/2 cup dried mulberries
- 3 tablespoons almond flour
- 1 tablespoon coconut oil
- A pinch of salt

FOR THE FILLING:

- 1/4 cup soaked cashews
- 20 pitted Medjool dates
- 4 tablespoons coconut oil
- 5 tablespoons thick coconut cream
- 1 teaspoon lucuma powder
- 1 teaspoon maca powder
- 1/4 teaspoon lecithin
- A good pinch of salt
- 1/4 teaspoon vanilla bean powder
- 1 tablespoon maple syrup, plus extra for topping

1. Prepare the crust just simply processing the ingredients in a food processor and press it into a baking pan. Put in the refrigerator to set.
2. To make the filling, start blending the soaked cashews, add the rest of the ingredients and blend until very smooth and creamy. Pour over the crust and put into the refrigerator to set. You can also put the pie in the freezer to set if you want it to be ready faster. Leave in for at least two hours.
3. Once the pie is set, garnish the pie with loads of pecans and some pure maple syrup.





NO-BAKE SALTED DATE CARAMEL CHOCOLATE PIE

This silky and decadent chocolate pie is simply delicious. It begins with an almond crust, which is then layered with a creamy salted date caramel filling and eventually topped with a chocolate mousse. Enjoy it firm right out of the freezer, or let it warm up a bit for a deliciously soft pie that melts in your mouth.

INGREDIENTS

FOR THE CRUST:

- 2 cups almond meal
- 1/4 unsweetened cocoa powder
- 1/4 melted coconut oil,
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract

FOR THE SALTED CARAMEL:

- 10-12 Medjool dates, soaked in hot water for 15

minutes

- 2 tablespoons natural almond butter
- 2 tablespoons coconut oil, melted
- 1/2 cup unsweetened vanilla almond milk
- 1 teaspoon maple syrup
- 1/4 teaspoon fine sea salt

FOR THE CHOCOLATE MOUSSE:

- 1/2 cup full-fat coconut milk
- 2/3 cup vegan chocolate chips (or carob or Lily chips)
- 2 tablespoons natural almond butter
- 2 tablespoons coconut oil, melted
- 2 teaspoons vanilla extract

DIRECTIONS

1. Let the dates soak for 15 minutes in hot water.
2. In the meantime, start making your crust by placing all the dry crust ingredients in a bowl, mix until combined.
3. Add the coconut oil, maple syrup, and vanilla extract. Mix well and press the dough onto the pan.
4. Drain the soaked dates. Blend all the salted caramel ingredients and soaked dates into a smooth puree.
5. Taste and adjust sweet and salt. Spread on the crust.
6. Heat coconut milk just until it starts to boil and add to a bowl.
7. Add the chocolate and whisk to melt.
8. Whisk in the rest of the ingredients and mix well.
9. Pour onto the caramel. Tap the pan to spread evenly. Freeze until set (about 3 hours), then slice and serve.

NO-BAKE GLUTEN FREE VEGAN PECAN PIE BARS

INGREDIENTS

FOR THE CRUST:

- 3/4 cup dates
- 1 cup pecans
- 1 tsp liquid coconut oil
- pinch of sea salt

FOR THE FILING:

- 1/4 cup dates
- 1/2 cup pecans
- 3/4 cup cashew butter
- 1 Tbsp maple syrup
- 1/4 cup liquid coconut oil
- 1 tsp cinnamon
- 1/4 tsp nutmeg



FOR THE TOPPING:

- 2 Tbsp pecans
- 1/4 cup chocolate chips
- 1/2 tsp coconut oil

Soak all of the dates in hot water for an hour so that they are softened. Cut a piece of parchment paper to fit the bottom of an 8 x 8 inch baking pan and place inside. This will keep the bars from sticking to the bottom of the pan later.

Make the crust.

Add 3/4 cup of the dates, 1 cup pecans, 1 tsp liquid coconut oil, and a pinch of salt to a food processor and pulse until a dough firms. The mixture will stay a little chunky, but the dough should stay together if pinched. Spread the crust into the prepared baking pan, pressing down with your fingers and smoothing it out so that you have an even layer covering the bottom. **Make the filling.**

Clean out the food processor bowl used for making the crust. Then place the remaining 1/4 cup of soaked dates, 1/2 cup pecans, 1/4 cup liquid coconut oil, maple syrup, cashew butter, cinnamon, and nutmeg into the food processor. Process until smooth.

Spread the filling on top of the crust.

Scoop the filling on top of the crust and cover the crust, using a spatula to smooth out the top. Cover the baking pan and freeze while you prepare the pecans and chocolate drizzle.

Chop pecans for decorating.

Chop pecans into small pieces (but not so small that they start to become little shards) for sprinkling on top of the pie filling for added crunch and another layer of nutty yumminess.

Add chocolate drizzle.

In a small saucepan, heat the coconut oil and chocolate chips over medium to medium-low heat, stirring frequently to keep the chocolate from burning and to help the chips melt. Once the chocolate is melted, remove from heat. Remove the baking pan from the freezer, drizzle on the melted chocolate and sprinkle on the pecan pieces.

Refrigerate or freeze, but don't forget to cut the pieces.

You can either refrigerate or freeze these bars. (I tried both methods and both worked). Simply place the covered bars in the fridge or freezer for at least 3 hours. After an hour or so, remove the pan just so that you can cut the pecan pie bars into pieces. This step is more critical if you are freezing the bars because they will be hard to cut once they have been frozen for a while. I made 25 small pieces.

Recipes from www.inhabitots.com

PUMPKIN CRÈME BRULEE

Ingredients:

- 1/2 cup pumpkin or sweet potato puree
- 1/2 cup coconut milk
- 1/2 tsp pure vanilla extract
- just over 1/16 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/16 tsp each nutmeg and cloves, optional
- pinch stevia OR 3 tbsp sugar of choice
- 2-3 tsp coconut sugar or brown sugar (Omit if you want a sugar-free version)



Directions:

For best results, be sure to use full-fat coconut milk, not lite or coconutmilk beverage. Either by hand or in a blender, combine all ingredients except the optional brown sugar until completely smooth. (For smoothest results, use a blender.) Spoon into oven-safe ramekins or small dishes, and smooth out the tops. Before serving, if desired, sprinkle about 1 tsp brown sugar per dish evenly over the top. Then set as close to your oven's broiler as possible and broil OR use a blow torch to burn the sugar. If broiling in the oven, it only takes 5-10 minutes, so watch it carefully and rotate after every 3 minutes.

Recipe from www.chocolatecoveredkatie