



YOUR ETERNAL HEALTH
Keto & **ALKALINE DIET**

Sugar-Free Chocolate Dessert
Recipes (Low Carb)

Laura Rimmer

<http://www.YourEternalHealth.com>

Hi,

Welcome to **Sugar-Free Chocolate Dessert Recipes (Low Carb)**! On the next pages, you'll find 42 delicious, quick and easy whole-food, nutritious desserts, along with an itemized grocery list for all of the recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients for every recipe. Before you head out to do your shopping, take some time to go through the list and check off any items you already have and decide which recipes you'd like to try first. This will save you time and money!

Dark Organic Chocolate - Sugar Free?

Where a recipe calls for organic dark chocolate, you should select a 70%+ cocoa variety and if possible source one without refined sugar. I buy mine online and it contains coconut nectar instead of sugar, which is much lower GI and contains good nutrients. If you're unable to find sugar-free chocolate, use 100% chocolate drops and melt with some stevia, honey or coconut sugar. If all else fails, a small amount of 70% cocoa chocolate with sugar still means that your recipe will be exceedingly low-sugar, so don't fret!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time. I find it more cost-effective to buy dry goods in bulk online.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Macronutrients and Nutritional Profile

You'll conveniently see all of the macronutrients (carbs, fat, protein), along with calories and alkaline minerals (Potassium, Magnesium, Calcium, Sodium) listed for each recipe.

Weight Loss

These recipes are a great addition to a weight loss plan and can help curb cravings, fill you up for longer and balance your blood sugar, mood and energy - as long as you eat healthily for the rest of the day too!

Medical Disclaimer

The information provided in this recipe book is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Dirty Dozen™ List of Heavily Pesticide-Sprayed Non-Organic Foods (not ok to eat non-organic):

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes

Clean Fifteen™ List of Low Pesticide-Sprayed Non-Organic Foods (ok to eat non-organic):

- Avocados
- Sweet Corn
- Pineapples
- Frozen Peas
- Onions
- Papaya
- Eggplant
- Asparagus
- Kiwi
- Cabbage
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Honeydew Melon

I hope you enjoy these recipes and that they will encourage you to keep eating plenty of low-carb and alkaline mineral-rich foods to achieve your number 1 health goal!

Delicious and healthy chocolate desserts...looks like you CAN have your cake and eat it after all!

Blessings,
Laura

P.S Keto Life...

If you have not joined already, I have a full keto alkaline diet program called **Keto Life** which has 80+ bite-size videos, a full 4-week meal plan, 70 recipes, a guidebook and much more to show you how to start and thrive with a well-formulated keto diet, incorporating alkaline electrolytes to make it easy, enjoyable and to kickstart your healing, energy and weight loss.

There are many testimonials of 40+lbs weight loss, reversal of Type 2 diabetes and elimination of joint pain on the info page here: www.laurarimmer.com/ketolife1

Check it out and feel free to join us for more in-depth coaching and resources to help you thrive with the doubly-powerful alkaline diet combined with keto, to become your most healthy self!

About Laura Rimmer

Laura Rimmer is a Nutritionist & Master Certified Keto Coach & author of the Hay House published book *'The Alkaline 5 Diet'* and also *'The 21-Day Alkaline Diet plan'*. She is also creator of the acclaimed **'Alkaline, Slim & Energised'** and **'Keto Life'** coaching programs.

She has been coaching and helping many thousands of people all over the world to better health and lasting weight loss since 2008.

See Laura's websites for more help, articles, resources, coaching, recipes, courses & meal plans.

Go to >>

www.YourEternalHealth.com

www.LauraRimmer.com

www.KetoLifetime.com

www.AlkalineDietHealth.com

Sugar-Free

Chocolate

Recipes

Sugar-Free

Chocolate

Recipes

Sugar-Free

1-7



Banana & Chocolate Chip Oatmeal Cups



Avocado Brownies



Banana Oat Chocolate Chip Cookies



Peanut Butter Brownie Batter



Chocolate Chip Cookie Pie



Edible Chocolate Chip Cookie Dough



Brownie Protein Pancakes

8-14



Brownie Batter Protein Balls



Chocolate Cauliflower Shake



Chocolate Cupcakes



Chocolate Chip Cookies



Fudgey Protein Brownies



Chocolate Stuffed Raspberries



Double Chocolate Black Bean Cookies

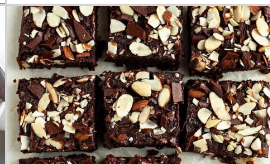
9-21



Dark Chocolate Turtles



Peanut Butter Crunch Balls



Black Bean Brownies



Inside Out Almond Joys



Mini Dark Chocolate Tahini Cups



Pistachio Pomegranate Bark



Chocolate Peanut Butter Banana Pops

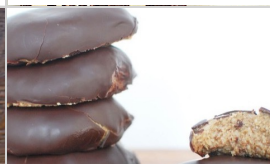
22-28



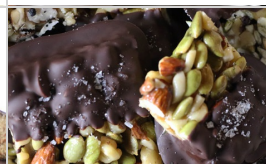
Dark Chocolate Sweet Potato Chips



Mint Chocolate Chip Ice Cream



Chocolate Peanut Butter Eggs



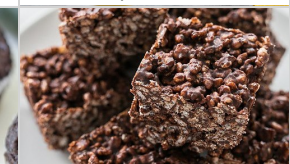
Nutty Dark Chocolate Sea Salt Squares



Dark Chocolate Berry Chia Pudding



Chocolate Zucchini Muffins



Chocolate Crunch Bars

29-35



Chocolate Dessert Hummus



Chocolate Hazelnut Spread



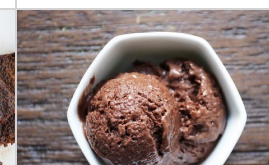
Chocolate Almond Butter Pudding



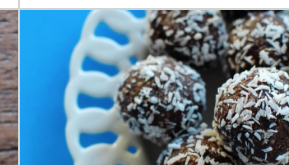
Strawberry Brownie Cake



Gingerbread Brownies



Chocolate Banana Ice Cream



Coconut Brownie Bites

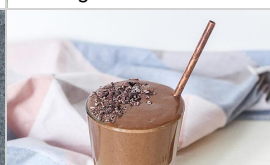
36-42



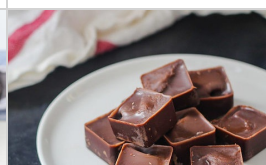
Cherry Chocolate Buckwheat Porridge



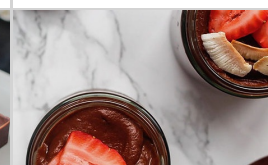
Chocolate Peanut Butter Energy Bites



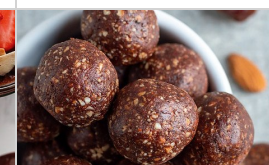
Chocolate Zucchini Bread Smoothie



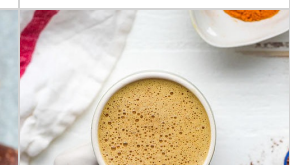
Chocolate Coconut Fat Bombs



Sweet Potato Chocolate Pudding

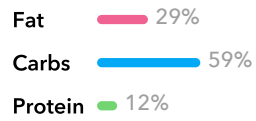


Double Chocolate Mint Energy Balls

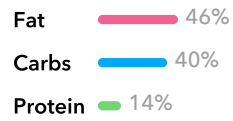


Golden Turmeric Hot Chocolate

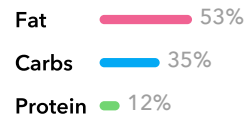
Sugar-Free



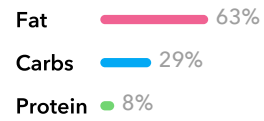
Chocolate



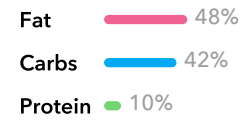
Recipes



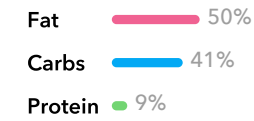
Sugar-Free



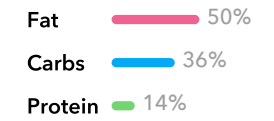
Chocolate



Recipes



Sugar-Free



Calories	1306	Calories	1307	Calories	1938	Calories	1397	Calories	1280	Calories	1555	Calories	1205
Fat	43g	Fat	71g	Fat	119g	Fat	103g	Fat	70g	Fat	89g	Fat	69g
Carbs	198g	Carbs	136g	Carbs	176g	Carbs	109g	Carbs	136g	Carbs	162g	Carbs	111g
Fiber	31g	Fiber	32g	Fiber	45g	Fiber	23g	Fiber	31g	Fiber	33g	Fiber	26g
Sugar	81g	Sugar	66g	Sugar	78g	Sugar	61g	Sugar	66g	Sugar	91g	Sugar	51g
Protein	42g	Protein	48g	Protein	61g	Protein	28g	Protein	34g	Protein	36g	Protein	45g
Sodium	652mg	Sodium	574mg	Sodium	787mg	Sodium	317mg	Sodium	833mg	Sodium	183mg	Sodium	995mg
Potassium	1525mg	Potassium	2351mg	Potassium	2697mg	Potassium	880mg	Potassium	1730mg	Potassium	1619mg	Potassium	1017mg
Calcium	501mg	Calcium	831mg	Calcium	1140mg	Calcium	235mg	Calcium	736mg	Calcium	230mg	Calcium	1183mg
Magnesium	405mg	Magnesium	410mg	Magnesium	601mg	Magnesium	308mg	Magnesium	357mg	Magnesium	355mg	Magnesium	293mg

Fruits

- 3 Avocado
- 18 1/2 Banana
- 1/2 cup Blueberries
- 1 cup Cherries
- 1 cup Pomegranate Seeds
- 2 1/2 cups Raspberries
- 1 1/2 cups Strawberries

Breakfast

- 3 1/8 cups All Natural Peanut Butter
- 1 1/4 cups Almond Butter
- 1 cup Buckwheat Groats
- 3 1/2 cups Maple Syrup
- 1/3 cup Pumpkin Seed Butter
- 3 1/2 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 3 1/2 cups Almonds
- 1 cup Cashews
- 1/3 cup Chia Seeds
- 2 tsps Cinnamon
- 1 cup Ground Flax Seed
- 2 tsps Ground Ginger
- 1 1/2 cups Hazelnuts
- 2 tsps Hemp Seeds
- 1/4 cup Pecans
- 1/2 cup Pistachios
- 1 cup Pumpkin Seeds
- 2 1/16 tsps Sea Salt
- 1/4 cup Sliced Almonds
- 1/4 tsp Turmeric
- 1 1/2 cups Walnuts

Frozen

- 2 cups Frozen Cauliflower

Vegetables

- 1/4 cup Mint Leaves
- 6 Sweet Potato
- 1 1/2 Zucchini

Boxed & Canned

- 6 cups Black Beans
- 4 cups Chickpeas
- 2/3 cup Organic Coconut Milk
- 1 cup Quick Oats
- 2 cups White Navy Beans

Baking

- 3/4 cup All Purpose Gluten Free Flour
- 7 cups Almond Flour
- 3 1/16 tsps Baking Powder
- 1 1/3 tsps Baking Soda
- 1 1/3 tsps Cacao Nibs
- 2 1/8 cups Cacao Powder
- 1/2 cup Chickpea Flour
- 4 1/2 cups Cocoa Powder
- 1 3/4 cups Coconut Flour
- 1 cup Coconut Sugar
- 3 1/16 lbs Dark Organic Chocolate
- 2 2/3 tsps Fancy Molasses
- 1/4 tsp Ground Cloves
- 1/2 tsp Honey
- 2 tsps Monk Fruit Sweetener
- 1 1/4 cups Oat Flour
- 5 1/2 cups Oats
- 6 1/2 cups Organic Dark Chocolate Chips
- 1/2 tsp Peppermint Extract
- 5 1/16 cups Pitted Dates
- 1 1/16 cups Raw Honey
- 3/4 cup Unsweetened Applesauce
- 1 1/2 cups Unsweetened Coconut Flakes
- 2/3 cup Unsweetened Shredded Coconut
- 3 3/4 tsps Vanilla Extract

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 3 1/8 cups Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Sunflower Seed Butter
- 2 tsps Tahini

Cold

- 1 1/2 tsps Coconut Butter
- 13 Egg
- 3 tsps Ghee
- 1 1/2 cups Plain Coconut Milk
- 10 cups Unsweetened Almond Milk

Other

- 2 1/4 cups Chocolate Protein Powder
- 1 tbsp Maca Powder
- 10 Popsicle Sticks
- 1/4 cup Protein Powder
- 1/4 cup Vanilla Protein Powder
- 2 cups Water



Banana & Chocolate Chip Oatmeal Cups

12 servings
35 minutes

Ingredients

2 tbsps Coconut Oil (melted, divided)
2 1/2 cups Oats (rolled)
1/4 cup Vanilla Protein Powder
1 tsp Baking Powder
1 tsp Cinnamon
1/4 tsp Sea Salt
2 Banana
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Plain Coconut Milk (refrigerated, from the box)
2 Egg
1/3 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	183
Fat	7g
Carbs	25g
Fiber	2g
Sugar	10g
Protein	6g
Sodium	108mg
Potassium	170mg
Calcium	74mg
Magnesium	35mg

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tin with half the coconut oil.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tins and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size, One serving size is equal to one oatmeal cup.

Additional Toppings, Top with sliced banana and almond butter.



Avocado Brownies

12 servings

30 minutes

Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	183
Fat	13g
Carbs	14g
Fiber	3g
Sugar	9g
Protein	3g
Sodium	242mg
Potassium	186mg
Calcium	23mg
Magnesium	46mg

Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

Notes

Avocado, One medium avocado is equal to approximately one cup of mashed avocado.

No Ghee, Use coconut oil or coconut butter instead.

Pan Size, For 12 servings, we used a 9 x 9-inch pan.



Banana Oat Chocolate Chip Cookies

12 servings
25 minutes

Ingredients

- 3 Banana (large, ripe, mashed)
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Coconut Oil
- 1 tsp Vanilla Extract
- 2 cups Oats (large flake)
- 1/3 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1/4 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/2 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	260
Fat	16g
Carbs	24g
Fiber	3g
Sugar	10g
Protein	5g
Sodium	92mg
Potassium	216mg
Calcium	38mg
Magnesium	60mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 3 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 4 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

Notes

Serving Size, One serving is equal to one large cookie.

No Chocolate Chips, Use raisins, dried cranberries, chopped figs or cacao nibs instead.

No Sunflower Seed Butter, Use tahini, peanut butter or almond butter instead.

Leftovers, Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.



Peanut Butter Brownie Batter

8 servings

10 minutes

Ingredients

1/2 cup All Natural Peanut Butter
2 tbsps Maple Syrup
2 tbsps Water
1 1/2 cups Almond Flour
2 tbsps Cocoa Powder
1/4 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	278
Fat	21g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	9g
Sodium	4mg
Potassium	121mg
Calcium	60mg
Magnesium	95mg

Directions

- 1 Add all ingredients to a bowl and mix with a spatula until well combined. Divide between jars and enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 1 week.

Serving Size, Each serving equals approximately 3 tablespoons of batter.

More Protein, Omit cocoa powder and replace 1/3 of the almond flour with chocolate protein powder.



Chocolate Chip Cookie Pie

12 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 cups White Navy Beans (cooked, from the can)
- 1 cup Oats (quick or rolled)
- 1/2 cup Unsweetened Applesauce
- 2 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1 1/2 tsp Baking Powder
- 1/2 cup Pitted Dates
- 1 cup Organic Dark Chocolate Chips (divided)
- 1/2 tsp Sea Salt (coarse, optional)

Nutrition

Amount per serving	
Calories	222
Fat	8g
Carbs	29g
Fiber	4g
Sugar	14g
Protein	5g
Sodium	213mg
Potassium	191mg
Calcium	61mg
Magnesium	29mg

Directions

- 1 Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
- 2 Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
- 3 Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
- 4 Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

Notes

No White Beans, Use chickpeas instead.

Storage, Refrigerate up to 5 days or freeze in individual servings.



Edible Chocolate Chip Cookie Dough

4 servings
15 minutes

Ingredients

2 cups Chickpeas (cooked)
1/2 cup Sunflower Seed Butter
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	568
Fat	30g
Carbs	59g
Fiber	8g
Sugar	34g
Protein	15g
Sodium	8mg
Potassium	466mg
Calcium	80mg
Magnesium	144mg

Directions

- 1 Place chickpeas, sunflower seed butter, maple syrup, and vanilla extract in a food processor. Process until smooth.
- 2 Transfer cookie dough to a bowl and stir in chocolate chips. Divide into bowls, or roll into balls. Enjoy!

Notes

No Sunflower Seed Butter, Use peanut butter, almond butter or cashew butter.
Leftovers, Store in an air-tight container up to 4 days in the fridge.



Brownie Protein Pancakes

2 servings
15 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Organic Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	464
Fat	20g
Carbs	41g
Fiber	9g
Sugar	17g
Protein	29g
Sodium	857mg
Potassium	182mg
Calcium	802mg
Magnesium	71mg

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder, This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time, Make the pancake batter in a blender.

Toppings, Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers, Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour, Try oat flour instead. Results may vary.



Brownie Batter Protein Balls

6 servings

40 minutes

Ingredients

- 1/3 cup Pitted Dates (packed)
- 2 cups Black Beans (cooked)
- 1/2 cup Chocolate Protein Powder
- 1/3 cup Pumpkin Seed Butter
- 1/2 tsp Sea Salt
- 1 tbsp Cacao Powder
- 1/2 cup Organic Dark Chocolate Chips (optional)

Nutrition

Amount per serving	
Calories	342
Fat	15g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	16g
Sodium	250mg
Potassium	321mg
Calcium	58mg
Magnesium	119mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size, Nutrition information is calculated based on 3 balls per serving.

Storage, Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter, Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder, This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Nutrition

Amount per serving	
Calories	450
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Sodium	235mg
Potassium	1345mg
Calcium	695mg
Magnesium	236mg

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha, Replace half of the almond milk with chilled coffee.

Likes it Sweeter, Add pitted medjool dates.

No Maca Powder, Leave it out or use cinnamon instead.



Chocolate Cupcakes

12 servings

3 hours

Ingredients

2 Sweet Potato (large)
2 tbsps Ground Flax Seed
1/3 cup Water
3/4 cup Unsweetened Almond Milk
1 tbsp Apple Cider Vinegar
1 1/2 tsps Baking Soda
1/4 cup Maple Syrup
1/4 cup Coconut Sugar
1/2 tsp Sea Salt
1/4 cup Coconut Oil (melted)
1/2 cup Almond Flour
1/2 cup Oat Flour
3/4 cup All Purpose Gluten-Free Flour
1 cup Cocoa Powder (divided)
1 1/2 cups Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	373
Fat	19g
Carbs	45g
Fiber	6g
Sugar	22g
Protein	6g
Sodium	280mg
Potassium	199mg
Calcium	65mg
Magnesium	57mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin pan with liners. Brush the liners with coconut oil to prevent the cupcakes from sticking.
- 2 Peel the sweet potato and dice into small cubes. Fill a saucepan with two inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl. Mash with a fork to make a smooth puree. Divide the sweet potato puree. For 12 cupcakes 1 cup will be used for the batter and 1.5 cups for the frosting.
- 3 In a large mixing bowl, combine the ground flax, water, almond milk, apple cider vinegar and baking soda. Whisk and let stand for 5 minutes to thicken slightly. Add the maple syrup, coconut sugar, sea salt, coconut oil, almond flour, oat flour, all-purpose gluten-free flour, and half of the cocoa powder. Mix the batter until thoroughly combined.
- 4 Divide the batter between cupcake liners and bake for 35 to 40 minutes or until a toothpick comes out clean. Remove from the oven. Let sit in the pan for 20 minutes before transferring to a rack to cool completely.
- 5 Make the frosting by adding the remaining sweet potato puree to a small saucepan with the chocolate chips. Heat over medium heat until the chocolate chips are completely melted. Transfer to a food processor, add the remaining cocoa powder and process until very smooth.
- 6 Let the frosting and cupcakes completely cool to room temperature before frosting. Frost using a piping bag or a spatula then let chill for an hour in the fridge. Enjoy!

Notes

Save Time, Purchase canned sweet potato puree instead of making your own.

Leftovers, Store leftover cupcakes in an airtight container in the fridge. Try to eat within a day or two for best texture.



Chocolate Chip Cookies

12 servings

20 minutes

Ingredients

- 1 1/2 cups Almond Flour
- 1 1/2 tsps Baking Powder
- 3 tsbs Coconut Oil (melted)
- 3 tsbs Maple Syrup
- 1 tsp Vanilla Extract
- 2 tsbs Unsweetened Almond Milk
- 1/3 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	165
Fat	13g
Carbs	10g
Fiber	2g
Sugar	7g
Protein	3g
Sodium	63mg
Potassium	12mg
Calcium	73mg
Magnesium	41mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 3 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 4 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 5 Remove from oven and let cool. Enjoy!

Notes

No Chocolate Chips, Use chopped dark organic chocolate or cacao nibs instead.

No Maple Syrup, Use honey instead.

Leftovers, Store at room temperature for 2 to 3 days, or freeze in an air-tight container.

Serving Size, A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.



Fudgey Protein Brownies

9 servings
30 minutes

Ingredients

1 cup All Natural Peanut Butter
4 Bananas
1/2 cup Cocoa Powder
1/2 cup Chocolate Protein Powder
1/2 cup Organic Dark Chocolate Chips
1/2 cup Walnuts (chopped)

Nutrition

Amount per serving	
Calories	371
Fat	24g
Carbs	29g
Fiber	5g
Sugar	16g
Protein	14g
Sodium	15mg
Potassium	476mg
Calcium	54mg
Magnesium	107mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
- 2 In a small saucepan over low-medium heat, melt the peanut butter.
- 3 In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
- 4 Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Notes

No Walnuts, Omit walnuts or use any preferred type of nuts instead.

No Peanut Butter, Use any nut or seed butter instead.



Chocolate Stuffed Raspberries

4 servings

5 minutes

Ingredients

2 cups Raspberries (washed)
1/4 cup Organic Dark Chocolate Chips

Directions

- 1 Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	122
Fat	5g
Carbs	15g
Fiber	4g
Sugar	10g
Protein	2g
Sodium	1mg
Potassium	93mg
Calcium	16mg
Magnesium	14mg



Double Chocolate Black Bean Cookies

10 servings
25 minutes

Ingredients

2 cups Black Beans (cooked, drained and rinsed)
2 tbsps Unsweetened Almond Milk
2 tbsps All Natural Peanut Butter
2 tbsps Coconut Oil (melted)
1/4 cup Coconut Flour
1/4 cup Cacao Powder
1/4 cup Raw Honey
1/2 tsp Cinnamon
1/8 tsp Sea Salt
1/4 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	176
Fat	8g
Carbs	22g
Fiber	5g
Sugar	10g
Protein	5g
Sodium	39mg
Potassium	197mg
Calcium	22mg
Magnesium	46mg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Combine black beans, almond milk, peanut butter and coconut oil together in a food processor. Blend until smooth.
- 3 Add in flour, cacao, honey, cinnamon and sea salt. Process again until creamy. Use a rubber spatula to gently stir in the chocolate chips.
- 4 Measure out even amounts of dough onto the cookie sheet (we used 2 tbsp per cookie) and use your hands to form into cookies. Sprinkle a few chocolate chips on each cookie and press down gently for good measure. Bake in the oven for 15 to 20 minutes.
- 5 Remove from oven. Let cool and enjoy!

Notes

No Cacao, Use cocoa powder instead.



Dark Chocolate Turtles

12 servings

30 minutes

Ingredients

1 cup Pitted Dates (soaked for 10 minutes then drained)
1/4 cup Pecans (whole or halves)
3 1/2 ozs Dark Organic Chocolate

Nutrition

Amount per serving	
Calories	98
Fat	5g
Carbs	13g
Fiber	2g
Sugar	10g
Protein	1g
Sodium	4mg
Potassium	90mg
Calcium	6mg
Magnesium	8mg

Directions

- 1 Finely chop the dates or blend in a food processor until sticky.
- 2 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 3 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 4 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 5 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

Notes

No Pecans, Use hazelnuts, almonds, cashews or pumpkin seeds instead.
No Dates, Use a combination of prunes, dried apricots or raisins instead.
Storage, Refrigerate or freeze in an airtight container until ready to serve.
No Microwave, Melt the chocolate in a double boiler instead.
Serving Size, One serving is equal to one dark chocolate turtle.



Peanut Butter Crunch Balls

20 servings

1 hour 15 minutes

Ingredients

- 3/4 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup
- 1/4 tsp Sea Salt
- 3/4 cup Oat Flour
- 1 cup Rice Puffs Cereal
- 1 3/4 ozs Dark Organic Chocolate
- 1 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	106
Fat	7g
Carbs	10g
Fiber	1g
Sugar	4g
Protein	3g
Sodium	33mg
Potassium	63mg
Calcium	11mg
Magnesium	17mg

Directions

- 1 In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 2 Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 3 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 4 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
- 5 Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 6 Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

Notes

Serving Size, By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.

No Maple Syrup, Use raw honey instead.

No Peanut Butter, Use almond butter instead.



Black Bean Brownies

9 servings

40 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 3 Egg
- 1/4 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Raw Honey
- 1/2 tsp Baking Powder
- 3 1/2 ozs Dark Organic Chocolate (chopped and divided)
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	267
Fat	15g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	8g
Sodium	125mg
Potassium	269mg
Calcium	50mg
Magnesium	65mg

Directions

- 1 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 2 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 3 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 4 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 5 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 6 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 7 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Notes

Less Ingredients, Omit the dark chocolate and almonds if desired.

Leftovers, These brownies keep well in the fridge up to 4 days. Freeze for longer.



Inside Out Almond Joys

24 servings

15 minutes

Ingredients

4 1/4 ozs Dark Organic Chocolate (at least 70% cacao, chopped)

1 tsp Coconut Oil

1 cup Almonds

1/4 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	70
Fat	6g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	2g
Sodium	3mg
Potassium	44mg
Calcium	16mg
Magnesium	16mg

Directions

- 1 Microwave dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Stir well to combine.
- 2 Meanwhile, line a baking sheet with parchment paper.
- 3 Add almonds to the melted chocolate and stir to combine. Use a spoon to drop small, even clusters (containing about 4 to 5 almonds each) onto the parchment paper. The number of clusters you make should be equal to your serving size.
- 4 Sprinkle coconut overtop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
- 5 Remove from the freezer and enjoy!

Notes

No Almonds, Use hazelnuts, peanuts or dried fruit instead.

No Coconut, Use hemp seeds instead.

Spread the Love, Package them in a tin or jar lined with parchment paper to give as a gift.

Serving Size, One serving is equal to one cluster.

Keto-Friendly, Use 90% cacao dark chocolate.



Mini Dark Chocolate Tahini Cups

24 servings

30 minutes

Ingredients

- 10 1/2 ozs Dark Organic Chocolate (at least 70% cacao, chopped)
- 1 1/4 tbsps Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 1/4 cup Protein Powder (unflavoured)

Nutrition

Amount per serving	
Calories	93
Fat	6g
Carbs	7g
Fiber	1g
Sugar	4g
Protein	2g
Sodium	9mg
Potassium	14mg
Calcium	12mg
Magnesium	3mg

Directions

- 1 Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
- 2 Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
- 3 Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
- 4 Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
- 5 Refrigerate until set, about 10-15 minutes. Enjoy!

Notes

- No Tahini,** Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.
- No Mini Muffin Tray,** Use a regular sized muffin tray to create larger cups.
- Protein Powder,** This recipe was developed and tested using a whey-based unflavoured protein powder.
- Serving Size,** One serving is equal to one mini cup.



Pistachio Pomegranate Bark

4 servings

30 minutes

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)

1 cup Pomegranate Seeds

1/2 cup Pistachios (shelled and chopped)

1/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	435
Fat	31g
Carbs	35g
Fiber	9g
Sugar	19g
Protein	8g
Sodium	26mg
Potassium	240mg
Calcium	21mg
Magnesium	19mg

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage, Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Chocolate Peanut Butter Banana Pops

10 servings

1 hour 30 minutes

Ingredients

- 2 Banana (large, ripe)
- 1/4 cup All Natural Peanut Butter
- 10 Popsicle Sticks
- 3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	123
Fat	8g
Carbs	11g
Fiber	2g
Sugar	6g
Protein	2g
Sodium	6mg
Potassium	120mg
Calcium	4mg
Magnesium	17mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
- 3 Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
- 4 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
- 5 Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
- 6 Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Peanut Butter, Use any type of nut butter, raw honey or Strawberry Chia Jam.

Optional Toppings, After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

Bigger Pops, Slice the bananas into thicker rounds.

No Popsicle Sticks, Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.



Dark Chocolate Sweet Potato Chips

6 servings
45 minutes

Ingredients

- 2 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)

Nutrition

Amount per serving	
Calories	153
Fat	9g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	2g
Sodium	229mg
Potassium	146mg
Calcium	13mg
Magnesium	11mg

Directions

- 1 Preheat oven to 375°F (191°C). Starting at one end of the sweet potato, cut into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
- 2 In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
- 3 Line 1 or 2 baking sheets with parchment paper. Place the sweet potato rounds across the baking sheets in a single layer. Bake in the oven on the middle rack for 20 minutes. Flip the rounds and bake for another 10 to 20 minutes depending on the thickness or until golden brown. Remove from oven.
- 4 While the chips cool, prepare the chocolate. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Add the chopped chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 5 Dip each sweet potato chip halfway into the melted chocolate, let excess drip off and return to the original baking sheets.
- 6 Transfer the baking sheets of chips into the freezer to harden, about 5 minutes.
- 7 To store, place chips in a slightly sealed container when completely cooled. These are best eaten fresh. Enjoy!

Notes

Less Work, Use a spoon to drizzle the melted dark chocolate over the sweet potato chips instead of dipping.



Mint Chocolate Chip Ice Cream

2 servings

5 minutes

Ingredients

- 2 Banana (sliced and frozen)
- 1/4 cup Mint Leaves (chopped)
- 1 3/4 ozs Dark Organic Chocolate (at least 70% cacao, roughly chopped)

Nutrition

Amount per serving	
Calories	250
Fat	11g
Carbs	39g
Fiber	6g
Sugar	21g
Protein	3g
Sodium	14mg
Potassium	440mg
Calcium	14mg
Magnesium	35mg

Directions

- 1 Add frozen bananas and fresh mint to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Stir in the chopped chocolate.
- 3 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy, Add 2 tbsp coconut milk.

More Scoopable, Add 1 tbsp vodka to prevent hard freeze.

Less Work, Skip the chopping and use organic dark chocolate chips instead.



Chocolate Peanut Butter Eggs

9 servings

1 hour

Ingredients

- 1/2 cup Almond Butter
- 1 cup Almond Flour
- 1/8 tsp Sea Salt
- 3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)

Nutrition

Amount per serving	
Calories	220
Fat	18g
Carbs	10g
Fiber	4g
Sugar	4g
Protein	6g
Sodium	39mg
Potassium	104mg
Calcium	75mg
Magnesium	74mg

Directions

- 1 In a bowl, combine the almond butter and sea salt. Add half of the almond flour and mix well. Continue to add remaining almond flour 1 tbsp at a time until you reach a thick, cookie-dough like consistency. The consistency should be thick enough to mould with your hands. The amount of almond flour required will vary depending on original consistency and oiliness of your almond butter.
- 2 Line a large baking sheet with parchment paper. Use a tablespoon to measure out even amounts of dough and drop them onto the baking sheet. Then form each dollop into an egg shape using your hands. Place the baking sheet in the freezer for at least 20 minutes to harden while you prepare the chocolate.
- 3 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 4 Line another baking sheet with wax or parchment paper. Take one egg out of the freezer at a time to avoid them becoming too soft. Gently set the egg on top of the prongs of a fork (do not pierce it) and run it through the melted chocolate. Tip the pot to one side to create a deeper pool of chocolate for dipping and have a spoon handy to spoon chocolate over the egg in hard to reach places. Lift the egg out of the chocolate and let the excess chocolate drip off.
- 5 Once the chocolate has stopped dripping, transfer to the baking sheet by tipping the fork vertically until the egg slides off onto the sheet. Use a spatula to help guide it off if it sticks. Repeat with all eggs and then place the baking sheet back into the freezer to harden.
- 6 If you have chocolate leftover, feel free to do a second coat after 20 minutes in the freezer.

7

Store eggs in an air-tight container in the fridge or freezer to keep them fresh.
Enjoy!

Notes

No Almond Butter, Use organic peanut butter.



Nutty Dark Chocolate Sea Salt Squares

16 servings

1 hour 30 minutes

Ingredients

- 1/2 cup Raw Honey
- 2 tbsps Coconut Oil
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Organic Chocolate (at least 70% cacao)
- 1 tsp Sea Salt (coarse ground)

Nutrition

Amount per serving	
Calories	236
Fat	18g
Carbs	17g
Fiber	3g
Sugar	11g
Protein	5g
Sodium	153mg
Potassium	98mg
Calcium	36mg
Magnesium	36mg

Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
- 9 Arrange on a decorative plate and serve. Enjoy!

Notes

Storage, Refrigerate or freeze in an air-tight container.

Make as Bars, Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

Mix it Up, Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!



Dark Chocolate Berry Chia Pudding

2 servings

3 hours

Ingredients

- 1/4 cup Chia Seeds
- 1 tbsp Cocoa Powder
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 tsp Vanilla Extract
- 1/2 cup Blueberries
- 1/2 cup Raspberries

Nutrition

Amount per serving	
Calories	205
Fat	10g
Carbs	28g
Fiber	10g
Sugar	11g
Protein	6g
Sodium	83mg
Potassium	330mg
Calcium	383mg
Magnesium	103mg

Directions

- 1 In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
- 2 Cover the bowl and refrigerate for at least 3 hours, or overnight.
- 3 For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

Notes

No Berries, Use any type of chopped fruit instead.

Storage, Keeps well in the fridge up to 5 days.



Chocolate Zucchini Muffins

12 servings

30 minutes

Ingredients

- 2 cups Almond Flour
- 1/4 cup Cocoa Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Soda
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 3 Egg
- 1 Zucchini (medium, grated)

Nutrition

Amount per serving	
Calories	189
Fat	15g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	6g
Sodium	96mg
Potassium	101mg
Calcium	59mg
Magnesium	68mg

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size, One serving is equal to one muffin.

Zucchini, One medium zucchini is equal to about 2 cups of grated zucchini.

Storage, Store in the fridge for 5 days or in the freezer for a few months.



Chocolate Crunch Bars

8 servings

2 hours

Ingredients

1/3 cup Almond Butter
1/4 cup Coconut Oil (melted)
1/4 cup Cocoa Powder
2 tbsps Hemp Seeds
2 tbsps Ground Flax Seed
1/4 cup Maple Syrup
2 1/2 cups Rice Puffs Cereal

Nutrition

Amount per serving	
Calories	197
Fat	15g
Carbs	15g
Fiber	3g
Sugar	7g
Protein	4g
Sodium	2mg
Potassium	175mg
Calcium	54mg
Magnesium	63mg

Directions

- 1 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 2 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 3 Slice into bars and enjoy!

Notes

Serving Size, One serving is equal to one bar.

No Almond Butter, Use peanut butter, hazelnut butter or cashew butter instead.

Storage, After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.



Chocolate Dessert Hummus

4 servings
10 minutes

Ingredients

2 cups Chickpeas (cooked or canned)
1/4 cup Cocoa Powder
1/4 cup Maple Syrup
3/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	204
Fat	3g
Carbs	39g
Fiber	8g
Sugar	16g
Protein	9g
Sodium	39mg
Potassium	369mg
Calcium	151mg
Magnesium	74mg

Directions

- 1 Add all ingredients to a food processor or blender and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Transfer to a bowl and enjoy!

Notes

Serve it With, Pretzels, crackers, brown rice tortilla chips, rice cakes or spread on toast with sunflower seed butter, nut butter and/or banana slices.

More Toppings, Add chocolate chips, coconut flakes, peanut butter chips and/or crushed hazelnuts.

Leftovers, Refrigerate in an air-tight container up to 5-7 days.

Serving Size, One serving is equal to approximately 1/2 cup.



Chocolate Hazelnut Spread

6 servings
10 minutes

Ingredients

- 1 1/2 cups Hazelnuts
- 1/3 cup Unsweetened Almond Milk
- 1 tbsp Cocoa Powder
- 3 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	210
Fat	18g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	5g
Sodium	10mg
Potassium	232mg
Calcium	69mg
Magnesium	54mg

Directions

- 1 Blend all ingredients in a food processor until smooth, occasionally scraping down the sides. Transfer into a jar and seal. Refrigerate until ready to use. Enjoy!

Notes

- No Hazelnuts, Use any other nuts or seeds instead.
- Serve it With, Rice crackers, toast, pancakes, in a tortilla with fruit, or our Spinach Crepes.
- Storage, Refrigerate in an air-tight container up to a week.
- Serving Size, One serving is equal to approximately 2.5 tbsps.



Chocolate Almond Butter Pudding

3 servings

5 minutes

Ingredients

2 Avocado (peeled and pits removed)
1/4 cup Maple Syrup
1/2 cup Unsweetened Almond Milk
2 2/3 tbsps Cocoa Powder
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	428
Fat	32g
Carbs	36g
Fiber	13g
Sugar	18g
Protein	8g
Sodium	41mg
Potassium	941mg
Calcium	196mg
Magnesium	129mg

Directions

- 1 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 2 Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder, Use cacao powder instead.

No Almond Butter, Use peanut butter or any type of nut butter.

Optional Toppings, Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre, Add ground flax seeds before blending.



Strawberry Brownie Cake

6 servings

30 minutes

Ingredients

- 1 cup Coconut Flour
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Applesauce
- 1/2 cup Unsweetened Coconut Flakes
- 2 2/3 tbsps Cocoa Powder
- 1 Banana (ripe and mashed)
- 1 cup Cashews (soaked for 1 hour and drained)
- 2/3 cup Organic Coconut Milk
- 1/2 tsp Vanilla Extract
- 1/4 cup Maple Syrup
- 1 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	443
Fat	23g
Carbs	57g
Fiber	12g
Sugar	32g
Protein	8g
Sodium	56mg
Potassium	512mg
Calcium	43mg
Magnesium	93mg

Directions

- 1 To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
- 2 Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
- 3 To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
- 4 Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
- 5 Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries, Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).



Gingerbread Brownies

9 servings

35 minutes

Ingredients

1/2 cup Pitted Dates
3 Egg
2 2/3 tbsps Fancy Molasses
1/2 cup Coconut Oil
2 tpsps Vanilla Extract
1 cup Unsweetened Almond Milk
1/2 cup Coconut Flour
1/4 cup Cocoa Powder
2 tpsps Ground Ginger
1/4 tsp Ground Cloves
1 tsp Baking Soda
3/4 tsp Baking Powder
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	212
Fat	15g
Carbs	17g
Fiber	4g
Sugar	11g
Protein	4g
Sodium	370mg
Potassium	216mg
Calcium	102mg
Magnesium	36mg

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place dates in a food processor and pulse until pureed, or chop the dates finely.
- 3 In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
- 4 Combine the remaining dry ingredients in a separate bowl.
- 5 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 6 Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
- 7 Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

Make it as a Cake, Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.



Chocolate Banana Ice Cream

2 servings

5 minutes

Ingredients

2 Banana (sliced and frozen)

2 tbsps Cocoa Powder

Nutrition

Amount per serving	
Calories	117
Fat	1g
Carbs	30g
Fiber	5g
Sugar	15g
Protein	2g
Sodium	2mg
Potassium	504mg
Calcium	13mg
Magnesium	59mg

Directions

- 1 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Double Chocolate, Stir in organic dark chocolate chips right after processing.

More Creamy, Add 2 tbsp coconut milk.

More Scoopable, Add 1 tbsp vodka to prevent hard freeze.



Coconut Brownie Bites

14 servings

15 minutes

Ingredients

- 1 cup Almonds
- 1/4 cup Cocoa Powder
- 1/2 cup Unsweetened Coconut Flakes (divided)
- 1 cup Pitted Dates (soaked and drained)
- 1 1/2 tbsps Coconut Oil
- 1 tbsp Raw Honey

Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

Nutrition

Amount per serving	
Calories	129
Fat	9g
Carbs	13g
Fiber	3g
Sugar	8g
Protein	3g
Sodium	2mg
Potassium	167mg
Calcium	34mg
Magnesium	40mg



Cherry Chocolate Buckwheat Porridge

3 servings
20 minutes

Ingredients

- 1 cup Buckwheat Groats (soaked overnight, drained, rinsed)
- 1 cup Plain Coconut Milk
- 1/4 cup Maple Syrup
- 3 tbsps Cocoa Powder
- 1 cup Cherries

Nutrition

Amount per serving	
Calories	326
Fat	4g
Carbs	72g
Fiber	9g
Sugar	24g
Protein	8g
Sodium	22mg
Potassium	429mg
Calcium	199mg
Magnesium	158mg

Directions

- 1 In a medium pot, combine the buckwheat groats, coconut milk, maple syrup and cocoa powder. Bring to a gentle simmer. Cover with a lid and cook for 18 to 20 minutes or until liquid is absorbed and buckwheat is soft.
- 2 Let cool slightly before dividing into bowls. Top with cherries and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, Each serving equals approximately 1 1/2 cups of buckwheat and cherries.

More Flavor, Add a splash of vanilla extract, cinnamon, nutmeg or cardamom.

Additional Toppings, Top with coconut flakes, hemp seeds, sliced almonds, crushed pistachios, bee pollen, yogurt or a splash of milk.

No Plain Coconut Milk, Use dairy, oat milk, rice milk or almond milk instead.



Chocolate Peanut Butter Energy Bites

16 servings

15 minutes

Ingredients

1 cup Quick Oats
1/2 cup Ground Flax Seed
3 tbsps Cacao Powder
1/4 tsp Sea Salt
1/2 cup All Natural Peanut Butter
1/3 cup Maple Syrup
1 tbsps Unsweetened Almond Milk
(optional)

Nutrition

Amount per serving	
Calories	108
Fat	6g
Carbs	11g
Fiber	2g
Sugar	5g
Protein	3g
Sodium	40mg
Potassium	85mg
Calcium	19mg
Magnesium	22mg

Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 2 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage, Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

Serving Size, One serving is equal to one ball.

Gluten-Free, Use certified gluten-free oats.

Nut-Free, Use sunflower seed butter instead.

More Flavor, Add vanilla extract.

No Maple Syrup, Use honey instead.

No Quick Oats, For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.



Chocolate Zucchini Bread Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Nutrition

Amount per serving	
Calories	390
Fat	19g
Carbs	30g
Fiber	12g
Sugar	10g
Protein	28g
Sodium	210mg
Potassium	968mg
Calcium	716mg
Magnesium	216mg

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Chocolate Coconut Fat Bombs

8 servings
30 minutes

Ingredients

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Monk Fruit Sweetener
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	205
Fat	22g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	1g
Sodium	38mg
Potassium	93mg
Calcium	7mg
Magnesium	27mg

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir very well to combine or mix in a blender.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener, Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil, Use coconut butter instead.

Likes it Sweet, Add more sweetener as desired.

No Silicone Mold, Use parchment-lined mini muffin molds.

Serving Size, One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage, Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Sweet Potato Chocolate Pudding

4 servings
45 minutes

Ingredients

2 Sweet Potato (medium, sliced in half lengthwise)
3/4 cup Unsweetened Almond Milk
1/3 cup Cacao Powder
1/4 cup Pitted Dates
1 tsp Vanilla Extract
1/8 tsp Sea Salt
1/2 cup Strawberries (sliced)
1/4 cup Unsweetened Coconut Flakes (toasted)

Nutrition

Amount per serving	
Calories	177
Fat	7g
Carbs	26g
Fiber	7g
Sugar	10g
Protein	3g
Sodium	143mg
Potassium	503mg
Calcium	124mg
Magnesium	79mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the sweet potatoes cut side down and pierce with a fork all over. Bake for 35 to 40 minutes, or until cooked through.
- 2 Remove the sweet potato from the oven. Let cool slightly and peel the skin off. Add the sweet potato along with the almond milk, cacao powder, dates, vanilla, and sea salt to a blender and blend on high until smooth and creamy.
- 3 Divide the pudding into bowls and top with sliced strawberry slices and coconut flakes. Enjoy!

Notes

No Blender, Use a food processor.

Sweet Potatoes, Two medium sweet potatoes are equal to about 1.5 cup of cooked and mashed sweet potato.

Additional Toppings, Chopped fruit, nuts or seeds.

No Dates, Sweeten with maple syrup, honey or coconut sugar instead.



Double Chocolate Mint Energy Balls

6 servings
15 minutes

Ingredients

1/2 cup Pitted Dates
1/2 cup Almonds (raw)
2 tbsps Cacao Powder
1 tbsp Cacao Nibs
1/8 tsp Sea Salt
1/2 tsp Peppermint Extract
1 tbsp Water

Nutrition

Amount per serving	
Calories	124
Fat	7g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	3g
Sodium	50mg
Potassium	215mg
Calcium	41mg
Magnesium	51mg

Directions

- 1 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Form the mixture into small balls with your hands and enjoy!

Notes

No Almonds, Use raw cashews instead.

Serving Size, One serving is equal to two balls.

Storage, Store in the fridge up to five days, or in the freezer for up to three months.



Golden Turmeric Hot Chocolate

1 serving
5 minutes

Ingredients

1 tbsp Cacao Powder
1/4 tsp Turmeric (dried, ground)
1/4 tsp Cinnamon
1 1/2 tps Coconut Butter
1/2 tsp Honey
1 cup Water (hot)
1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	116
Fat	9g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	2g
Sodium	89mg
Potassium	176mg
Calcium	267mg
Magnesium	56mg

Directions

- 1 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes

No Cacao Powder, Use cocoa powder instead.

No Honey, Use maple syrup or stevia instead.

Nut-Free, Use oat milk or coconut milk instead.

No Coconut Butter, Use almond, cashew or sunflower seed butter instead.