

Sweets

Here are some fun to make, healthy recipes that will help to satisfy your sweet tooth as well as nourish your body! (Don't be afraid to indulge on natural sugars in whole fruits because most contain a simple sugar called glucose, which is what the brain derives its energy from.)

Raw Apple Apricot Cobbler

- 8 peeled and cored apples
- 4 sliced and quartered apricots
- ¼ cup organic maple syrup
- 3 tablespoons liquified coconut oil
- 1 teaspoon cinnamon
- ¼ teaspoon sea salt

Mix all the ingredients except for the apricots in a blender or food processor until an even consistency is reached, then mix in the chunks of apricots but keep them whole. This will be used as the filling to this delicious dessert. Now it's time to make the shell and topping.

- 1 cup walnuts
- 1 cup dried pitted dates
- 3 tablespoons coconut oil
- 2 teaspoons cinnamon

- 1 ½ teaspoons vanilla extract or 1 vanilla bean

Mix the ingredients in a food processor or blender until an even chunky consistency is reached. Pour into a pyrex pie crust but save enough for the topping. Top and serve! Fit for ten people. If you desire it warm you can heat at the lowest temperature possible in your oven or dehydrator for 20 minutes to several hours. It's best raw!

Watermelon Cake

- 1 watermelon
- 1 cup soaked hemp seeds
- 1 cup soaked cashews
- ½ cup coconut water
- 1 juiced lemon
- 2 vanilla beans
- 3 tablespoons raw honey
- ½ cup soaked almonds

Start by peeling the watermelon and shaping it to your desired size of cake(s). (Cup cakes are also possible.) Next, blend or process the rest of the ingredients until smooth. Cover the entire watermelon. Process the almonds and stick them to the sides of your cake. Top with your favorite fruits and refrigerate for an hour!

Serves: 3 to 6.

Durian Ice Cream

- 1 pound durian meat
- 1 tablespoon raw honey
- 3 drops peppermint oil
- 1 teaspoon spirulina
- ¼ cup cacao nibs
- ¼ cup hemp seeds or milled macadamia nuts

Blend or process the durian, honey, peppermint, and spirulina until smooth. Sprinkle on the toppings and enjoy your mint chocolate chip ice cream!

Serves: 1 to 3.

Raw Chocolate Nut Butter Cookies

- 1 cup of your favorite raw nuts or seeds
- ½ cup of your favorite raw nut or seed butter
- ½ cup dried pitted dates
- 2 tablespoons raw cacao nibs
- 2 tablespoons maple syrup
- 2 tablespoons coconut oil

Blend or process all the ingredients until a cookie dough consistency is reached. Form into your desired shapes and refrigerate for at least one hour. Next, place the following ingredients in a bowl and dip each cookie into the following mixture:

- 3 tablespoons liquified coconut oil
- 3 tablespoons raw cacao powder
- 2 tablespoons maple syrup

Serves: 2 to 4.

Raw Fig Cookies

- 2 pound raw figs
- 1 cup hemp seeds
- ½ cup macadamia nuts
- 2 tablespoons maple syrup
- ¼ teaspoon sea salt

First process or blend figs and set aside. Next, process or blend ½ cup hemp seeds, macadamia nuts, and salt. Add the rest of the hemp seeds, and mix together with a spoon. Form figs into desired shapes and cover with the milled nuts and seeds! ENJOY!

Serves: 4 to 10.