

# Cool Treats for Warm Weather

20 Grain-Free Smoothies, Popsicles, and Jello Shots (!) suitable for Paleo and GAPS diets



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By Cara Comini of Health Home and Happiness

# 20 Cool Treats for Warm Days

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*A recipe book by Cara Comini of Health Home and Happiness*

*Grain-Free, Refined-Sugar Free, Suitable for the GAPS diet*

## **Orange Julius Smoothie**

2 cups orange juice

3 raw eggs from a trusted source

1 teaspoon vanilla

2 frozen bananas

2 tablespoon coconut oil (optional)

Blend all ingredients. If eggs are from a trusted source, they are extremely unlikely to cause food poisoning (produce is more likely to!) but if you're uncomfortable, omit them.



## **Almond Butter Kefir Cocoa Smoothie**

Ingredients:

1-1/2 cups kefir or 1 can coconut milk

1 frozen banana

2 tablespoons cocoa powder

2 tablespoons nut butter, preferably from nuts that have been soaked and dehydrated.

Directions:

Blend all ingredients in a blender until smoothie reaches desired consistency.

## **Peach Smoothie**

1 can full fat coconut milk OR 1 quart yogurt + 2 tablespoons coconut oil

2 fresh ripe peaches, or 1-1/2 cups frozen

2-3 frozen bananas

1 tablespoon vanilla

Blend all ingredients and enjoy.

## **Banana Smoothie**

*For those without a good quality egg source, omit egg yolk.*

Ingredients:

3 cups kefir, yogurt or coconut milk

4 bananas, frozen

6 raw egg yolks

3 tablespoons coconut oil

Directions:

Blend the coconut oil and yogurt until smooth then add remaining ingredients and blend until it reaches desired consistency, adding more liquid if necessary. Enjoy with a straw from a lidded coffee cup.

## **Berry Smoothie**

Ingredients:

1-1/2 cups kefir or yogurt (or 1 can coconut milk)

½ cup berries, frozen

1 frozen banana

Directions:

Place all ingredients in a blender and blend until it reaches desired consistency. Add more liquid if necessary



## Summer Fruit Kebabs

\*Note: Use sliced bananas, strawberries, and blueberries for the 4<sup>th</sup> of July!

1/2 pound grapes

1 pound strawberries

3 bananas

Slice bananas, halve strawberries. Thread grapes, strawberry halves, and banana slices in a pattern on wooden skewers.



## **Coconut-Vanilla Custard**

Yield: 6-8 servings

Special equipment: 4-ounce ramekins

Baking dishes wide enough to hold 6-8 ramekins side-by-side

Ingredients:

1 can full-fat coconut milk

4 eggs

1/4 cup honey

1 teaspoon vanilla

1/4 teaspoon sea salt

Directions:

Preheat oven to 375 degrees.

Before filling with water, check to make sure your ramekins fit in your baking dishes.

Fill baking dishes half way with hot water. Place in preheating oven while you mix your custard.

In a bowl, mix the eggs until thoroughly beaten, then add in the coconut milk, honey, vanilla, and sea salt. Mix gently until mixed.

Carefully pour the egg-coconut mixture into the hot ramekins in the water bath, filling ramekins 3/4 full.

Bake until no longer liquid (but they don't need to be solidly set- they will continue to set as they cool) in the center, about 30-40 minutes. Allow to cool. Serve warm, or cover and chill and serve chilled.



## **Banana Pudding**

Ingredients:

1 can coconut milk

4 egg yolks

1 teaspoon coconut oil

1 tablespoon butter

2 ripe bananas (with spots)

½ teaspoon vanilla

½ teaspoon cinnamon

Directions:

In a sauce pan, whisk coconut milk, yolks, and vanilla over medium heat. Stir constantly until mixture starts to thicken, then remove from heat. In a frying pan heat coconut oil and butter over medium heat. Mash bananas with a fork and add mashed bananas and cinnamon to hot

oil. Cook for 5 minutes, until bananas are slightly caramelized. Pour the coconut milk and egg mixture into a food processor along with the cooked bananas and process until smooth and creamy (or use an immersion blender in the sauce pan to save on dishes!)

Pour into a bowl and place a layer of plastic wrap directly on the surface, this will prevent a skin from forming. Serve chilled.



## Chia Chocolate Pudding

Lighter than pudding made with coconut milk, this is still dairy free. It's naturally sweetened by not only the honey, but the dates and apple as well. Chia gels without eggs, and it also makes this a no-cook pudding. We topped it with [coconut whipped cream](#). Enjoy this rich chocolate recipe any time!

1 cup chia seeds

2 cups filtered water, divided

2 apples, cored & chopped

1/4 cup cocoa powder

2 Tbsp honey

10 pitted dates

1/4 teaspoon sea salt Instructions:

Soak chia seeds in 1-1/2 cups water for 30-60 minutes, or until swelled.



Blend apples, cocoa powder, honey, dates, salt, and remaining 1/2 cup water in the food processor until smooth, adding 1/4 cup more water if necessary.

Pulse in chia seeds, until evenly distributed.

Spoon pudding into custard cups or small mason jars, cover, and store in the fridge. Top with [coconut whipped cream](#) if desired.

## **Creme Brulee**

Ingredients:

1 (13.5-ounce) can full-fat coconut milk

3 egg yolks (from pastured eggs)

1/4-1/2 cup honey

2 tablespoons pure vanilla

1 teaspoon gelatin

Ground cinnamon or sliced fruit, as garnish (optional)

Directions:

Combine coconut milk, egg yolks, honey, and vanilla in a medium-size saucepan with an immersion blender. Heat over medium heat until warm through, then stir in the gelatin and use the blender to mix it in thoroughly. Pour into individual glass bowls or a glass baking dish. Cover tightly then refrigerate for at least one hour or overnight. To serve, garnish as desired.

## **Pear Custard**

1 can full fat coconut milk (dairy option: Substitute 1-1/2 cups cultured cream or full fat yogurt)

1/4 cup honey

2 ripe pears

4 egg yolks (reserve the whites for biscuits, meringues, or macaroons)

4 whole eggs

1/2 teaspoon salt

1/4 teaspoon cinnamon, optional

Makes 4 large or 8 small custard cups

Fill 1 or two 9×13 inch glass dishes with 1 inch of water for the water bath. Place in the oven and preheat oven to 350\*.

Mix all ingredients in a blender or food processor to a smooth puree. Fill custard cups (or ovenproof cups such as mason jars) half full with custard mixture. Once the oven has preheated, gently set the cups in the water. Bake in the water bath for 30-45 minutes or until custard is mostly set but still soft in the center. Remove carefully with oven mitts or crack the oven door and allow to cool in the oven, removing when cool. Serve warm, or cover with plastic wrap to store in the fridge and serve cool.

## **Dairy-Free Coconut Whipped ‘Cream’**

*Used as a topping for pie, cobbler, or ice cream, this coconut whipped ‘cream’ is something you’ll feel good about serving since it has loads of needed medium-chain fatty acids for energy and brain development.*

2 cans full-fat coconut milk

1 tablespoon honey

1/4 teaspoon vanilla

**Directions:**

Chill the coconut milk in the fridge for 12-24 hours (longer if it's warm in your kitchen). This allows the thick coconut cream to rise to the top and solidify.

After chilling, carefully open the can and scoop out the thick white coconut cream at the top and leave the clear-liquid part of the coconut milk for another use.

In a bowl, or in the bowl of your stand mixer, whip the cream for 5-8 minutes, starting on med-low and working up to high speed until stiff peaks form. Turn off mixer, add honey and vanilla, and mix for 20 more seconds, or until well incorporated.

Serve immediately. Whipped coconut cream can be stored in the fridge for up to a week, but it looks most 'whipped-cream-like' right out of the bowl.

## **Easy Strawberry Lemonade Gummies**

**Ingredients:**

1 cup strawberry puree

1/3 cup lemon juice

2 tablespoons raw honey

7 tablespoons gelatin

**Directions:**

Combine all ingredients except gelatin. Add gelatin and use a whisk or immersion blender to thoroughly combine fruit and gelatin. Allow gelatin to absorb liquid for 5 minutes. Then heat over medium heat until gelatin all melts.

Pour mixture into silicone candy molds or an 8×8-inch glass baking dish. Cover tightly and freeze 15-20 minutes on a level surface of the freezer.

Remove pan or molds from freezer and remove gummies. If using a baking dish, use a spatula to gently loosen the edges and part of the bottom of the gelatin from the sides of the dish.

Gently turn it upside down onto a cutting board and let the gelatin fall out. Use a large knife to cut it into squares or strips. Refrigerate any leftovers.

## **Dairy-Free Vanilla Ice Cream**

*Purchase the highest-quality eggs you can for this recipe, and wash the shells before cracking.*

2 cans full-fat coconut milk

4 raw egg yolks

1/4 cup honey

1 teaspoon vanilla

\*Special Equipment: Ice cream maker

Make sure your bowl for your ice cream maker has been in the freezer for 12+ hours.

Combine coconut milk, egg yolk, honey, and vanilla in a mixing bowl with a fork, until the yolks are completely mixed into the coconut milk.

Make ice cream according to manufacturer's directions.

Enjoy!

## **Dairy-Free Strawberry Ice Cream**

*Purchase the highest-quality eggs you can for this recipe, and wash the shells before cracking.*

2 cans full-fat coconut milk

4 raw egg yolks

1/4 cup honey

1 teaspoon vanilla

1-1/2 cups sliced fresh strawberries

\*Special Equipment: Ice cream maker

Make sure your bowl for your ice cream maker has been in the freezer for 12+ hours.

Combine coconut milk, egg yolk, honey, and vanilla in a mixing bowl with a fork, until the yolks are completely mixed into the coconut milk.

Make ice cream with coconut milk mixture according to manufacturer's directions. Add sliced strawberries during the last 5 minutes of churning.

Enjoy!

## Homemade Rehydration Drink Recipe (Homemade Gatorade)



1 cup lemon juice (approx 6-8 lemons)

1/2 cup honey or maple syrup

1 teaspoon sea salt

1/2 teaspoon baking soda

Place in a pint mason jar and stir to combine (the lemon juice and baking soda will react, so stir it down), keep concentrate in the fridge. This can be added to 1 gallon of filtered water, or add 1-2 tablespoons to each 8 ounces (1 cup) of water.



## DIY Tart Cherry-Raspberry Ring Pops

*There is nothing that tugs on a mama's heart strings like knowing your child feels left out, and that's exactly the feeling that I got when my children dutifully handed over their corn-syrup and food dye filled ring pops after going through birthday party goodie bags or Valentine's Day loot.*

Read: [Behavioral Problems? Skin Conditions? Low Immune System? It's What We're Feeding Them!](#)

*Ring pops are fun, I remember the appeal and fun jewel colors from my own childhood, so I am delighted to be able to make my own for my children to create their own fond memories from, without the food additives that make them sick.*

*Tart cherry is good for many health issues, including promoting healthy sleep, raw honey has beneficial enzymes and is easy to digest, and the strawberries are a whole-fruit, balancing the tart cherry's flavor.*

Read: [Tart Cherry Juice to Help Your Children Sleep an Hour Longer](#)

*Make these and let your children participate in the fun childhood tradition of ring pops, without the ingredients you know will make them sick.*

You will need:

12 raspberries

1/4 cup tart cherry concentrate

1/4 cup water

1 tablespoon raw honey

Ring Pop Molds

To make:

With the ring pop molds secured in their base, place 2 raspberries in each mold. Warm water and tart cherry concentrate up until warm to touch on the stovetop. Mix in honey until it dissolves. (this step is only needed if your honey is solid enough that it will not dissolve well without some heat). Pour cherry mixture over the raspberries, snap lid on, and freeze for 4 hours. To pop mold off, run under hot water for 20 seconds. Enjoy!

## **All Natural Squeezie Pops**



*Push up pops in neon pink strawberry and deep purple grape were a favorite from the Snack Shack at my middle school. For 75 cents you would get the summery popsicle-stained lips and a hit of corn syrup and food dye, all during lunch break.*

*These pops replicate the popsicle stain, sweet taste, and cool memories on a warm day without the unwanted ingredients. We add magnesium powder to these because so many of us are deficient, and the sour taste of the magnesium powder blends well with the sweet-tart berries. Magnesium can help calm children for afternoon rest time. Tart cherry is added to promote healthy sleep after a long day of playing in the sun.*

*Because the whole fruit is blended, air bubbles are incorporated into the mixture, allowing it to still be soft rather than icy-hard when frozen.*

You will need

8 Silicone Pop Molds

10 fresh strawberries

1/4 cup tart cherry juice concentrate, or any other juice

2 tablespoons Raspberry-Lemon Magnesium Powder (optional)

2 tablespoons raw honey

1 ripe banana, with spots

Combine all ingredients in a blender, pour into molds. Top with lids and freeze upright, or at least at a 45 degree angle to preventing spilling.



### **\*For the Adults\* Strawberry Margarita Jello Shots**

*Updated for adults, these jello shots are made without corn syrup, food dye, or artificial flavors found in Jello-brand gelatin. We use unflavored gelatin and real fruit to flavor these, and spike them with your clear tequila of choice.*

1 cup strawberry puree

1/2 cup freshly squeezed lime and lemon juice



5 tablespoons unflavored gelatin

1/3 cup honey

1-1/4 cup clear tequila

In a saucepan off the heat, mix strawberry puree, lime juice, and honey. Allow to sit for 5 minutes so the gelatin can absorb the liquid, and then stir with a whisk or fork again to break up any gelatin clumps. Heat over medium heat until gelatin is dissolved and mixture is warm, about 5 minutes. Remove from heat and stir in honey and tequila. Mix with whisk or fork. Pour into a rectangle 2-quart dish, cover with plastic wrap, and place in the fridge until firm, 4+ hours.

Cut into squares and serve :)

Recipe makes about 8 shots' worth.

## **Pina Colada Jello Shots**

1 cup crushed pineapple (from a can- fresh won't set)

1/2 cup light or full fat coconut milk

5 tablespoons unflavored gelatin

1/3 cup honey

1-1/4 cup rum

In a saucepan off the heat, mix pineapple, coconut milk, and honey. Allow to sit for 5 minutes so the gelatin can absorb the liquid, and then stir with a whisk or fork again to break up any gelatin clumps. Heat over medium heat until gelatin is dissolved and mixture is warm, about 5 minutes. Remove from heat and stir in rum. Mix with whisk or fork. Pour into a rectangle 2-quart dish, cover with plastic wrap, and place in the fridge until firm, 4+ hours.

Cut into squares and serve :)

Recipe makes about 8 shots' worth.



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