

Thank you for taking the time to give these delicious desserts a try.

Now you might be wondering why you can eat these desserts every day. It's because they're...

- raw
- gluten free
- vegan (or beegan in some cases where honey is used)
- unprocessed
- unheated
- high fiber
- good for the heart
- full of brain healthy fatty acids

This ebook will help you to overcome cravings for unhealthy foods by giving you a healthy alternative!

Sincerely,
Nathalie Lussier

A few notes before we get started...

I know you're probably chomping at the bit to see what kinds of desserts I've got in store for you, but I wanted to give you some tips and a little information before we got started.

Sweeteners

One of the reasons "regular" desserts aren't optimal for your health is the amount of sugar that they contain. Still, desserts are often called sweets for a reason. Here are some alternative sweeteners you can use for these recipes:

- **Raw Honey** - unpasteurized, unheated honey is a thick non-vegan sweetener that you can find at most grocery or specialty stores. Not recommended for diabetics.
- **Stevia** - made from a green leafy plant, this stuff is so sweet you only need a tiny amount. Stevia is my sweetener of choice, and I recommend you look for the green powdered version if you can find it.
- **Dates & Date Syrup** - soft and sweet, these fruit are easily used as sweeteners with built-in fiber to slow the absorption of sugar. To make date syrup soak dates with water then blend the whole mixture until smooth. Use to replace other liquid sweeteners.
- **Agave** - made from a cactus plant, agave is a liquid low glycemic sweetener, which means it won't spike your blood sugar. Still, agave is a processed sweetener and not my number one recommendation.
- **Maple Syrup** - made from boiling the sap of maple trees, this stuff is very sweet and although I sometimes use it in my recipes, I don't recommend you make it your default sweetener.

Why Raw?

Another reason these desserts are healthy is that they are made from whole foods and are raw. Raw food means that the food was not cooked above 112-118F, to ensure that digestive enzymes are preserved. This in turn facilitates digestion and elimination, keeping your insides running in top shape.

Those that have eaten raw food for a long time might notice that these desserts might not be properly food combined. I personally love adhering to food combination principles, but for desserts it is easy not to worry so much about combinations. Food combination rules are more important when it comes to cooked food groups. If you want to learn more about this topic, check out www.CureCravingsForever.com.

Raw Raspberry Cheesecake

This cheesecake recipe is unlike any cooked dairy version you've ever had - it's so creamy, even people who don't like regular cheesecake will like it!

Crust

- 2 cup of pecans or walnuts
- 12 soft dates
- Dash of salt

Blend all of the above ingredients in a high speed blender or food processor until it forms a crumbly dough. Pat the dough into the bottom of a pie plate. Set aside.



Cheesecake Filling

- 3 cups cashews soaked for a few hours
- 1/2 cup or more raw honey (or a dash of stevia)
- 1/2 cup lemon juice
- 2/3 cup coconut oil (warmed up in dehydrator or in bowl of warm water)
- Dash of vanilla
- 1/4 cup of water or more to get it to blend

Process all of these ingredients in a high speed blender or food processor. You might need to stop and give your machine a breather so it doesn't get overheated. Once blended, pour on top of your crust.

Raspberry Coulis

- 1 cup fresh or frozen raspberries
- 1/4 cup raw honey, or dash of stevia to taste

Blend all of the coulis ingredients until smooth or as chunky as you like. Pour the raspberry sauce on each individual pie slice for extra freshness.



28 Desserts You Can Eat Every Day

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Apricot Cream Puffs

I make many variations of this recipe, for a number of reasons. Number one is that these taste incredible. Number two is that they are so easy to make and prepare. Number three is that they're so adorable, and they really do remind me of pastries, without all the unhealthy stuff.

Cream Filling

- 1 cup soaked cashews
- 1/2 cup soaked dried apricots
- 1 tsp. cinnamon
- Dash of vanilla
- Raw honey or stevia to your desired sweetness

Blend the soaked dried apricots in a high speed blender or food processor first, to ensure a smooth consistency. Then add the rest of the ingredients and blend until creamy. You might need to add a little bit of water or lemon juice to get it to blend better.



If you're blending and your blender or food processor is getting too hot, just take a break and then continue blending in a few minutes.

Scoop some of the apricot cashew cream onto each half of a fresh apricot. (Remove and dry the apricot pits, some people actually eat these. Think of them as almonds from another species.)

Serve immediately! Store extra cream in the refrigerator or freezer for your next party.



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Mint Chocolate Fudge Balls

These are great to bring with you or keep at your office desk for when the mood for chocolate strikes. The basic fudge ball recipe goes a little something like this...

- 1/2 cup raw nut butter of choice (almond butter, cashew butter, hazelnut butter, etc.)
- 1/2 cup soft dates
- 1/4 cup raw cacao powder or carob powder
- Drop of mint or peppermint oils

Blend the dates separately first, to ensure that they will be smooth in the final product. Then add the remaining ingredients and blend until the entire mixture forms into a ball of dough.

Take pieces of dough and roll in your hands to form balls.

Coconut Chocolate Fudge Balls

This is a fun coconut variation of the basic chocolate fudge ball. Simply follow the above recipe with or without the mint. After forming fudge balls roll these in unsweetened dry coconut flakes.

Other great ideas for variations on the raw chocolate fudge balls include adding a hazelnut in the middle, adding coconut flakes to the batter, and making an orange variety.



Choconut Fudge

A mix between chocolate and coconut oil yields a refreshing fudge.

- 1/2 cup raw coconut oil / coconut butter
- 1/2 cup raw cacao powder
- Sweetener of your choice to taste
- Optional but yummy additions: dash of vanilla, dash of mint, whole or chopped nuts

Place all of the ingredients in a blender, food processor, or whisk by hand. It will look as though the coconut and the chocolate powder will never mix, and suddenly it will all come together as the coconut softens at room temperature.



Depending on the consistency of your raw coconut oil, the mixture might look like a thin sauce rather than something that would ever turn into fudge. Either way, I recommend you place the thoroughly blended mixture in a bowl of your choosing and put it in the refrigerator.

Coconut oil becomes solid at cooler temperatures and that will bring the whole recipe together and convert that liquid chocolate sauce into a thick fudge texture.

Some people like their chocolate darker and more bitter, while others prefer a sweet chocolate. As long as you don't add more than 1/4 cup of liquid sweeteners, this recipe will hold up and turn into delicious fudge in the refrigerator.

This recipe will make a fairly small portion, but because this fudge is so rich you might not be able to finish it that quickly, anyways. When I make it I try to double the portion and I usually store the rest in the refrigerator or freezer for a later date. Also, when you double the recipe it tends to blend better. (This recipe is featured in the Minty Zucchini Chocolate Chip Ice Cream recipe.)

Enjoy this super easy and heart healthy raw coconut chocolate fudge.



Yummy Peach Cobbler

Here is a super simple recipe that everybody will love. It's a simply delicious peach cobbler, and you don't even need an oven.

The Peaches

- 8 Freshly sliced peaches
- Juice of 1 lemon
- 2-3 Dashes of cinnamon

Blend all of these ingredients in a food processor or blender to your desired consistency, save for 2 of the peaches. Some people like their cobbler pretty smooth, others like it chunky. Place the blended portion in your cobbler dish. Add the remaining sliced peaches to the base of your plate and set aside.

The Topping

- 2 cups of your favorite raw nuts (I recommend walnuts, cashews, and/or pecans)
- 1 cup dates
- Dash of sea salt
- 3 Dashes of cinnamon
- Few drops of vanilla extract
- 1 tablespoon raw coconut oil

Blend all of these ingredients in a food processor until it turns to a nice crumbly texture. Drizzle it onto the peaches. Now you can either serve immediately, or place it the sun for 10-20 minutes to warm it up a bit.

If you use fresh peaches, you can just leave them out of the refrigerator and you'll naturally make a dish that's room temperature. Your peach cobbler will taste stronger on the second day as the flavors meld together, if there is any left by then!

The beauty with this dish is that there is no artificial sugar, and it's full of great omega-3's from the nuts. Plus, once you taste this cobbler you'll wonder why anyone ever bought canned peaches before.



Carrot Cake

This is what real fresh carrot cake tastes like! A most succulent dessert.

Cake Dough

- 2 1/2 cups ground carrots
- 1 cup walnuts
- 1/2 cup soaked dates
- 1 cup soaked raisins
- 1 tsp. freshly diced ginger
- 1 tsp. cinnamon
- 1/2 tsp. cardamom
- 1/2 tsp. nutmeg

To get ground carrots, simply place chopped carrots into a food processor or high speed blender until these become a finely shredded amount of carrots. You could also use carrot juice pulp, but I recommend you add whole shredded carrots because they add some sweetness that might be lost through juicing. Place the ground carrots in a mixing bowl.

Grind the walnuts to a fine powder in a high speed blender or food processor. Add to the mixing bowl.

Next, blend the soaked dates and 1/2 the soaked raisins to the blender or food processor, along with the rest of the ingredients and blend until smooth. Add this to the mixing bowl, along with the remainder of the soaked raisins. Mix thoroughly with your hands or a spatula. Form into a cake shape, and top with icing.

Icing

- 1 cup soaked cashews
- Juice of 1/2 a lemon
- Raw honey or stevia to your desired sweetness
- Nut milk to help blend (almond milk, for example)

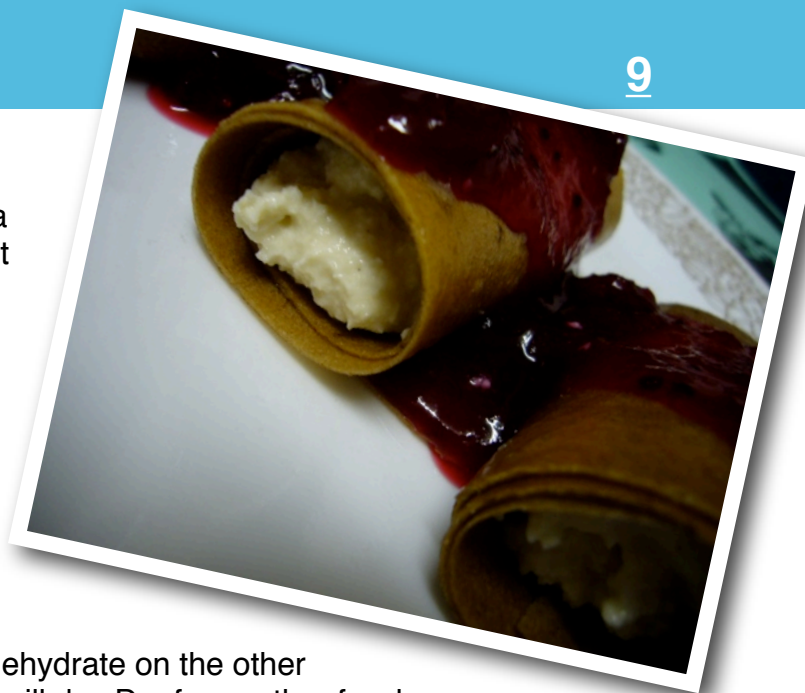
Blend until smooth, then frost the cake with icing!



Banana Leather

Fruit leather is made by blending whole fruits and then dehydrating it into a smooth thin roll. Banana leather is great because it's inexpensive, and all it requires is a blender and a dehydrator.

1. Place 2 to 3 bananas in a blender or food processor with a little vanilla, and spices like cinnamon or raw chocolate powders.
2. Blend until smooth. You may need to add a bit of water if your blender cannot process the bananas well.
3. Spread the banana mixture on a teflex sheet or piece of cellophane. The banana spread should be about 1/4 inch thick, but you can experiment with different thicknesses.
4. Place the sheet in your dehydrator and dry at 110F for about 4 hours.
5. When the leather is dry enough, peel it off the sheet and flip it over to dehydrate on the other side, and place it on the mesh of your dehydrator. That way both sides will dry. Dry for another few hours until it reaches a malleable but dry consistency.



You could stop here and have yourself some awesome "fruit roll up" banana leather.

Yet I'm going to suggest that you cut the leather up into strips and spread a dollop of your favorite nut butter on each piece. Then wrap it up, and you've got yourself some delicious little raw candies!

To make these raw treats even more mouth watering, top with fresh berries, or a blend of fresh berries with sweeteners for some extra indulgence.

Homestyle Apple Pie

This makes a great healthy dessert to bring to holiday festivities, or when you're having guests over.

Crust

- 1 cup walnuts
- 1 cup pecans
- 1 cup soaked raisins
- Dash of sea salt

Blend all of the crust ingredients in a high speed blender or food processor, then pat into the bottom of a pie plate.



Pie Filling

- 8 apples of your choosing
- 1/2 cup soaked dates
- 1/2 cup raisins
- 1 tsp. cinnamon
- 1 tsp. coconut oil (optional)

Chop all the apples (except one for decoration) and pulse chop them in a high speed blender or food processor. Then remove 3/4 of the chopped apples and place in a mixing bowl. Add all of the remaining ingredients except the raisins to your high speed blender or food processor and blend until you get a nice puree.

Pour this smooth mixture into your mixing bowl. Stir in the raisins, and mix thoroughly. Now you've got a nice pie mixture! Pour it into your pie plate over the crust, then decorate with sliced apples.

This pie will keep for a day or two in the refrigerator, but honestly you'll want to eat it up much faster than that. And why not, it's made with tons of good-for-you stuff!



Apple Cinnamon Salad

This is such a simple recipe, I almost didn't include it. But it's so good, easy, and fast that I couldn't resist. Here is the basic idea behind it:

Slice up your favorite fruit and sprinkle it with cinnamon.

Other great additions to your "cinnamon fruit salad" include a dash of sweetener, or a drizzle of your favorite nut butter.

I encourage you to explore the different types of nut butters out there. You might shrug and say that peanut butter is good enough for you, but have you ever tried almond butter? Cashew butter? Hazelnut butter? The list goes on, and for good reason too, these nut butters are delicious!

Plus you're varying your diet by incorporating different types of nut butters, and therefore getting a greater variety of nutrients.

So go ahead, slice up some fresh seasonal fruits, sprinkle with cinnamon, a sweetener, and a nut butter and have yourself a great super quick dessert.

Some of my favorite "cinnamon salad" fruit include: peaches, berries, bananas, mangoes, pears, and oranges.



Oatmeal Ginger Cookies

This recipe was designed to be made using a food dehydrator, but you can make these and freeze them (think of cookies served like cheesecake) or use your oven on the lowest setting until these are dry.

- 2 cups oats
- 1 cup cashews
- 1/4 cup raw honey, or a pinch or two of stevia
- 2 tsp. cinnamon
- 3 tsp. freshly diced ginger
- 1 cup soaked raisins

First, place the cashews in your high speed blender or food processor and blend until finely ground. Place the ground cashews into a separate bowl for now.

Next, place the cup of soaked raisins (regular raisins soaked in water for a few hours) in your high speed blender or food processor and blend until smooth. Add the remaining ingredients, as well as the cashews and blend until thoroughly mixed.

This mixture will form a nice doughy consistency. You can then roll it out and use cookie cutters to make fun shapes, or just make round cookies.

If using the dehydrator, dehydrate these cookies for 3-6 hours on 110F. Otherwise, eat as is, place in the freezer, or use your oven on the lowest setting.

These make great holiday cookies, and mine never last more than a day or two - they're just so good!



Homemade Granola Bars

One of my favorite foods growing up were chewy granola bars. After going raw I missed the ease that came with just grabbing a granola bar on my way out the door.

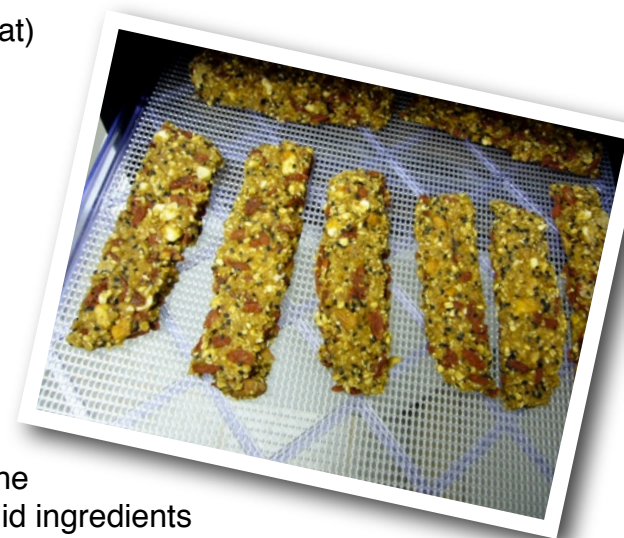
Somewhere along the way I decided to give conventional granola bars another try and discovered that my memory was exaggerated. This “regular granola bar” was nothing compared to the raw one I had come up with! I hope you’ll enjoy this recipe as much as I do.

- Raw oatmeal (you could use regular oatmeal, it would still taste great)
- Raw almonds
- 1 Spoonful raw almond butter (or other nut butter)
- 1 Blended banana
- Raisins
- Goji Berries
- Sunflower seeds
- Sesame seeds
- Raw honey or Stevia to taste
- Cinnamon
- Cardamom

I usually use whatever portions of these ingredients I have on hand. If the blended banana and nut butter make the mixture too sticky, add more of the solid ingredients (like oatmeal). Taste the mixture, and try not to finish it all before it makes it to the dehydrator!

For old time’s sake I usually dehydrate these in long “bar like” shapes, for about 4 hours or so at 112F, depending on the consistency. I usually wrap up each bar individually using cling wrap and freeze them for easy access when I leave the house and want to bring a snack.

The slightly thawed version is just as good, so if you want to skip the dehydrator part you can just place this mixture into bars and freeze them.



Pumpkin / Sweet Potato Pie

The reason this is Pumpkin “Slash” Sweet Potato Pie is because I’ve made this pie with both pumpkins and sweet potatoes. If it’s not Autumn and you can’t get your hands on a fresh pumpkin you can use a variety of replacements: from butternut squash to sweet potato.

Crust

- 2 cups pecans or walnuts
- 1/2 cup soaked dates
- Dash of sea salt

Blend the crust ingredients in a high speed blender or food processor, then evenly distribute in the bottom of a pie plate.

Pie Filling

- 2 cups shredded pumpkin, butternut squash, or sweet potato flesh
- 1 cup soaked dates
- 2 tsp. cinnamon
- 1 tsp. freshly diced ginger
- 1 tsp. nutmeg
- 1 tsp. coconut oil
- 1/4 cup almond milk or water to help blend

If you don’t feel like shredding the pumpkin (or replacement) by hand, simply cube and place in a high speed blender or food processor until it’s nicely chopped. Then add the rest of the ingredients and blend until nice and smooth. You might need to add more liquid to get it to blend well.

Pour into crust, then chill in the refrigerator for 30 minutes before serving. This dessert might not seem overly sweet, but trust me when I say it can rival even the most traditional of pumpkin pies.



Banana Split with Chocolate Ice Cream

These are great any time of year, but are especially satisfying in the summer. For the chocolate ice cream part, follow these easy instructions:

- 3-4 ripe bananas
- 1/4 cup (or more) raw cacao powder
- 1/4 cup maple syrup
- Dash of vanilla

Blend all of these ingredients in a high speed blender until smooth. Pour out the ingredients into an ice cream maker, or place in an air tight container in the freezer.

Scoop out the ice cream after a few hours (5-8 depending on the temperature of your freezer) and top your banana split.



The banana split part is pretty easy. Just slice up a ripe banana, and top it with fresh berries and nuts.

Chocolate Syrup

This extra chocolate syrup isn't shown in the picture, but here's how you can make it. Soak 1 cup dates with 3/4 cups water until the dates become soft (a few hours). Then blend the entire mixture in a high speed blender until nice and smooth. Add water if it doesn't blend properly.

Then, add 1/4 cup raw cacao powder and blend until emulsified. That right there is one smooth, pourable chocolate syrup for all your banana splits and sundaes.

This chocolate syrup will store in the fridge for a few days, but you can also freeze it and thaw it out for later use.

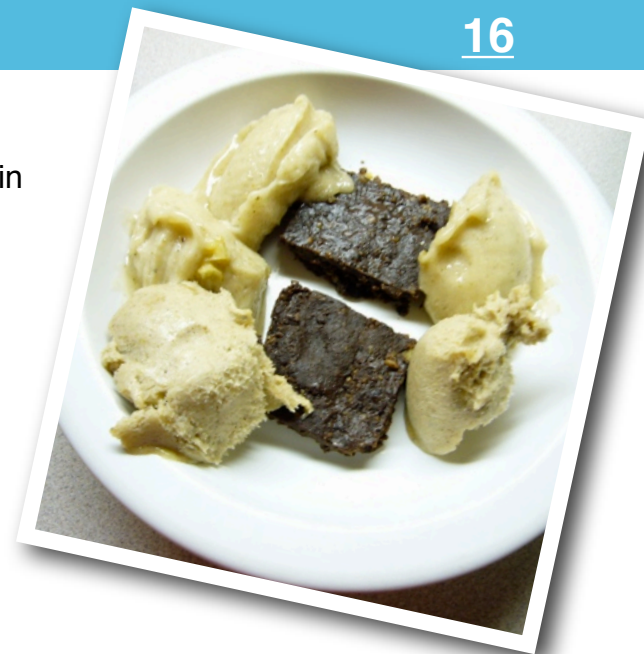


Chocolate Brownies with Banana Ice Cream

These chocolate brownies are a staple in my home, and I know they will become one in your home too if you give them a try.

- 1 cup walnuts
- 1 cup dates (soft dates, if they are too dry they won't blend well)
- 1/4 cup or more raw cacao powder (to taste)
- 1 dash vanilla
- Optional but fun for variety: dash of mint, or dash of orange juice

Place all of the ingredients in a powerful high speed blender or food processor and process until it forms a ball of dough. I prefer my brownies to be moist and a little sticky so I process the dough well. If you find that the walnuts become too finely chopped, you can hand mix more whole nuts in.



Place your brownie batter into a flat pan and press down to form a consistent thickness.

Brownie Frosting

- 1/4 cup raw cacao powder
- 1/4 cup liquid raw coconut oil

Mix these ingredients by hand or in a small blender until emulsified. Alternatively you can double or quadruple the recipe and make a big batch to freeze for future occasions. Larger amounts will blend better. Top the brownie base with this liquid frosting, then place the tray in the freezer or refrigerator for 10 minutes for the frosting to solidify.

Square into brownie bites and enjoy! Store extras (yeah, right!) in the freezer or fridge.

For the ice cream recipe, follow the chocolate recipe on the previous page and omit the chocolate powder.



Kiwi Lime Pie

This pie is interesting because it can be made with both lemons and limes, and it will still come out green.

Crust

- 1 cup walnuts
- 1 cup raisins
- Dash of salt

Blend all of the above ingredients in a high speed blender or food processor until it forms a dough. Pat the dough into the bottom of a pie plate.

Pie Filling

- 3-4 ripe avocados, cubed
- Juice of 2-3 limes or lemons
- 1/2 cup dates
- Dash of vanilla
- Extra raw honey or stevia to reach your desired sweetness

If the dates are extra dry or you think they won't blend well, blend these separately ahead of time. Then blend all of the pie filling ingredients in a high speed blender or food processor until nice and smooth. Taste it to make sure it's not too sour, and that you can't taste the avocado.

Pour the pie filling into the pie plate. Then decorate with slices of peeled kiwis. Slice and serve immediately. This pie will not keep long in the refrigerator because avocados turn brown once they are sliced open.

Although this pie may be high in fat from the avocado, it's a fat that you can easily digest and that will keep you healthy.



Cinnamon Swirl Bun with Icing

I practically live for this cinnamon-y goodness.

Cinnamon Dough

- 1 cup oats, ground (in coffee grinder or high speed blender)
- 1 cup golden flax seeds, ground (in coffee grinder / high speed blender)
- 1/2 cup walnuts, ground (in coffee grinder or high speed blender)
- 1/4 cup olive oil
- Added raw honey for stickiness (or use stevia with a little water)
- Dash of sea salt
- Water to help it turn over

Add all of the dough ingredients to your high speed blender or food processor and process until it forms a dough-like consistency. Roll out on a non-stick surface into a rectangular shape. Make the dough as thick as you want it.

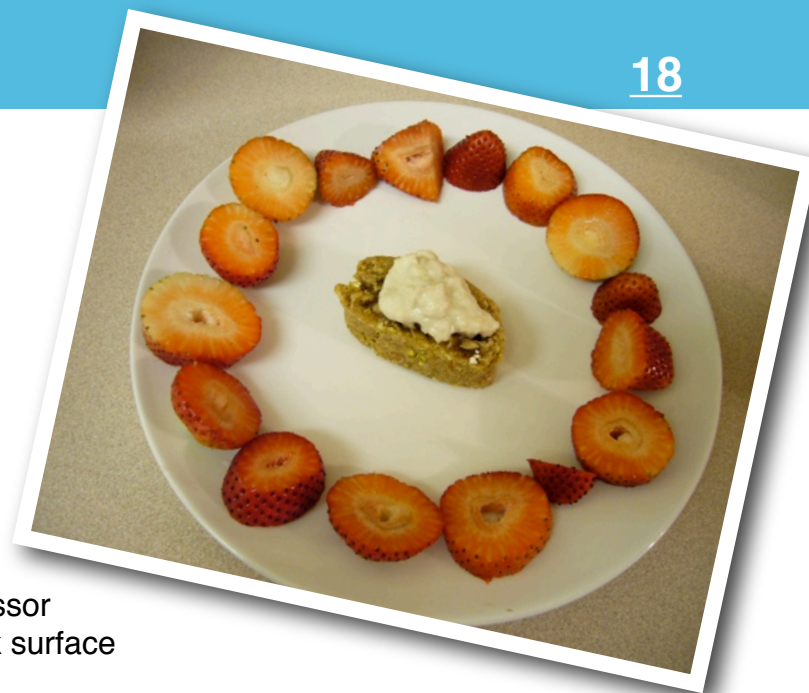
Cinnamon Filling

- 1/2 cup soaked dates or soaked raisins
- 1/2 cup walnuts or pecans
- 1/2 tsp. sea salt
- 1/2 cup raw honey or soak water from dates
- 4 tsp. cinnamon (or more to taste)

Place all of the ingredients in your high speed blender or food processor and process until smooth. Layer the cinnamon filling on top of the dough in a uniform fashion.

Take one side of the rectangle and roll it up gently, making sure not to break the pastry as you do so. You will end up with a cylinder of cinnamon buns, that you then cut with a knife into individual cinnamon swirl buns.

Eat as is, or place in the dehydrator for a an hour or two.



Cashew Icing

- 1/2 cup raw cashew butter or soaked raw cashews
 - 1 tsp. coconut oil
 - 1 tsp. vanilla
 - Almond milk (or nut milk of choice) to help blend
 - Raw honey or stevia to sweeten
- Place the soaked cashews in your high speed blender or food processor first and blend until smooth. (If you're using cashew butter, skip this step.) Then place the remaining ingredients in and blend until smooth. Taste and add sweeteners as desired. Add more nut milk to get it to blend if needed.



Chocolate Mint Coconut Bars

These are great desserts to serve at parties or to bring to events. No one will even know that these haven't been cooked, they're just so good.

Chocolate Base

- 1 cup walnuts
- 1 cup dates
- 1/3 cup raw cacao powder
- Dash of vanilla

You'll notice this looks a lot like the chocolate brownie recipe, and that's because it is! Like with the brownies, simply place all of these ingredients in a high speed blender or food processor and process until it forms a nice dough.

Firmly pat into the bottom of a pan.



Mint Coconut Topping

- 2 cups fresh coconut flesh (or unsweetened dry coconut flakes)
- 1/4 cup raw honey or stevia with water to help blend
- 1 tsp. raw coconut oil
- Dash of mint or peppermint

Place all of these ingredients in a high speed blender or food processor and process until it becomes a thick paste.

Place a thick layer of this coconut topping on the chocolate base. If your topping is not very solid, place it in the refrigerator for 30 minutes before scoring into bars.



Raspberry Cream Apricot Puffs

When apricots are in season, this dessert is one of my favorites. If you can't get your hands on any apricots, replace the base with peaches, plums, or even pears.

The Filling

- 1 cup soaked almonds
- 1/3 cup raspberries (fresh or frozen)
- Dash of vanilla
- Dash of sea salt
- Raw honey or stevia to get to your desired sweetness

Blend the filling ingredients until nice and smooth, using a high powered blender or food processor. This filling is great tasting and looks beautiful when topped with a raspberry.

Save any extra cream for next time by freezing it and letting it thaw out the next time you want a creamy frosting.



Raw Chocolate Pudding

This raw chocolate pudding is great if you've got extra ripe avocados that you don't know what to do with. Of course, you might go searching for extra ripe avocados just so you have an excuse to make this pudding more often.

- 2 very ripe avocados
- 1/3 cup raw cacao powder
- 1/4 cup raw honey or added stevia to your desired sweetness
- 1 tsp. raw coconut oil
- 1/4 cup almond milk (or nut milk of choice)

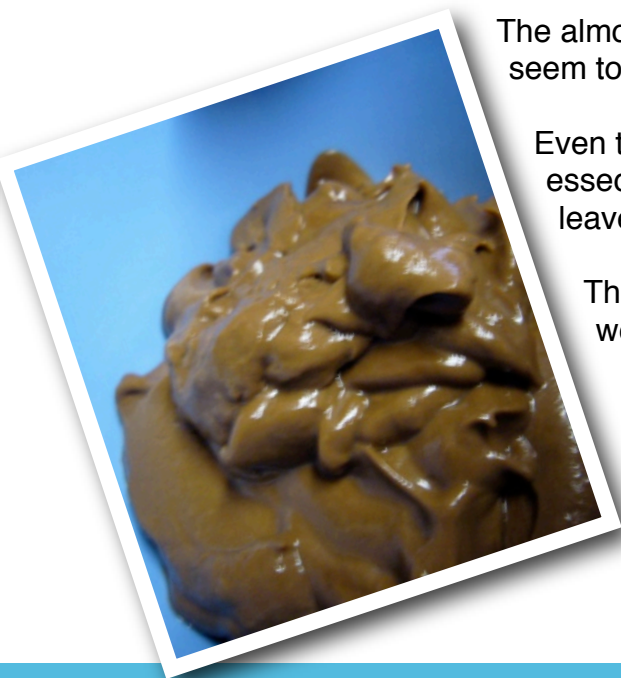
Place all of these ingredients in a high speed blender or food processor and process until smooth and creamy. You might need to add more raw chocolate powder or sweetener if you can still taste the avocado. Done right, this pudding will not taste like avocado at all!



The almond milk is what makes this pudding really shine - like those milky chocolate puddings we all seem to have grown up loving.

Even though avocados are a high fat fruit, they are actually a very healthy fat. Healthy unprocessed fats help you lose weight because they bind to unhealthy fats in your body and they both leave the body together.

This is also a great way to get your kids to eat enough calories or fats, because honestly who wouldn't want to eat more chocolate pudding?



Strawberry Shortcake

This strawberry shortcake is perfect for summer when you've got an abundance of fresh strawberries. Of course you can make it with frozen strawberries if your heart is crying out for some healthy strawberry shortcake!

Cake Base

- 2 cups raw nuts of your choice (mix of almonds, cashews, walnuts, hazelnuts, pecans, etc.)
- 1 cup soaked raisins
- Dash of raw honey or stevia to your desired sweetness
- Dash of vanilla
- Dash of sea salt

Place all of these ingredients in a high speed blender or food processor and blend until nice and crumbly. The raisins will make the base into a nice dough that's still a little crumbly.

Pour out the dough into a pie plate or bowl. Then set aside.

Strawberry Topping

- 1 cup fresh strawberries
- 1/4 cup raw honey or dash of stevia to your desired sweetness

Place all of the strawberry coulis ingredients in a high speed blender or food processor and blend until smooth. A few strawberry chunks are okay too.

Next, top the cake with the fresh strawberry coulis. Serve immediately by scooping large dollops of this strawberry shortcake into individual plates. Yum!



Double Chocolate Chip Cream Puffs

For the chocolate lovers in the house. Again remember that you can substitute fresh apricots with other fruits like: pears, apples, plums, oranges, etc.

Double Chocolate Cream

- 1 cup soaked cashews
- 1/4 cup raw cacao powder (or more to taste)
- Drizzle of raw honey, or stevia to taste
- Juice of 1/2 a lemon
- 1/4 cup raw cacao nibs for garnish

Place all of the ingredients except the cacao nibs in your high speed blender or food processor and blend until nice and smooth.

Drop a generous amount of this chocolate cream on top of a halved apricot. Then sprinkle some cacao nibs on top for a crunchy double chocolate adventure.

Cacao nibs are basically chips from the chocolate bean cacao. You can buy these in specialized organics stores, but if you can't find them then follow the instructions for making chocolate chips from the Minty Zucchini Ice Cream recipe in this book.



Orange Chocolate Goji Berry Fudge

This fudge is unlike anything you've ever had before... it's packed with antioxidants from both the goji berries and the raw chocolate butter. Goji berries are sun dried fruits from Asia that have been used for thousands of years by the Chinese in medicine, soups, and for prolonging life.

Now we get to eat goji berries in desserts that taste incredible, aren't we totally living it up?

- 1/2 cup ground Organic Goji Berries
- 1/2 cup shredded Organic Cacao / Cocoa Butter
- 1/2 cup Organic Raw Cashew Butter or ground raw soaked cashews
- 1/2 cup Organic Raw Agave Nectar
- 1/2 cup soaked Organic Goji Berries
- The zest from 1 orange



Grind the dried goji berries up first, then place all the other ingredients into the food processor except for the soaked goji berries and the orange zest. (If you used raw cashews instead of raw cashew butter, then grind those up before adding the rest of the ingredients.)

Then place your mixture into a serving bowl and hand mix the soaked goji berries and orange zest. Set the fudge to cool in the refrigerator for at least half an hour before serving. Garnish with the slices of your zested orange, and enjoy!



Apple Cobbler with Cashew Cream

Apple Filling

- 5 medium apples
- 1/2 cup soaked raisins
- 1 tsp. ground cinnamon
- Juice of 1/2 a lemon
- 1 tsp. vanilla
- 1 tsp. ground nutmeg
- 1 tsp. sea salt
- Honey or stevia to your desired sweetness level

Soak raisins in water until soft (a few hours, or overnight in the fridge). Slice all 5 apples into cubes, then place one of these chopped apples in your high speed blender or food processor. Add the remaining ingredients and blend until smooth. Hand mix the remaining sliced apples and place in the bottom of your cobbler pan.

Cashew Cream

- 1/2 cup raw cashew butter or soaked raw cashews
- 1 tsp. coconut oil
- 1 tsp. vanilla
- Almond milk (or nut milk of choice) to help blend
- Raw honey or stevia to sweeten

Place the soaked cashews in your high speed blender or food processor first and blend until smooth. (If you're using cashew butter, skip this step.) Then place the remaining ingredients and blend until smooth. Taste and add sweeteners as desired. Add more nut milk to get it to blend if needed.

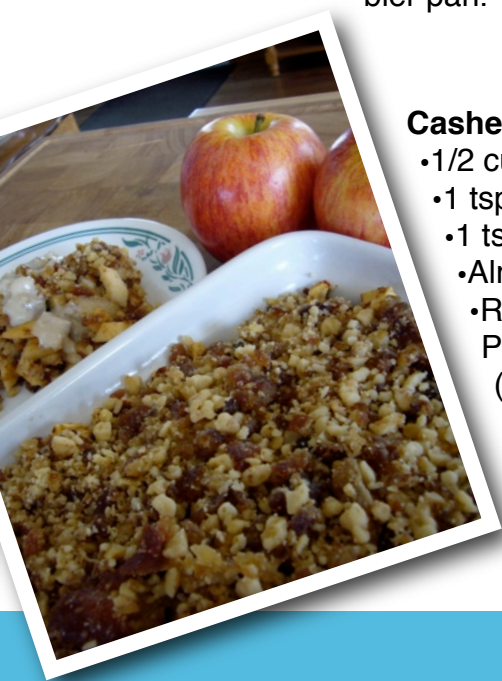
After your apple cobbler has "marinated", scoop some out and pour some of this Cashew Cream on top. Then enjoy! It doesn't get any better or fresher than this.



Cobbler Toppings

- 1 cup walnuts
- 2/3 cup dates
- 1/2 tsp. sea salt

Blend all of these in your high speed blender or food processor until it forms a nice crumbly consistency. Spread on top of your cobbler. Place the whole dish in the dehydrator for 2-3 hours, or place in the sun and wait for the tastes and textures to mingle.



Chiapioca Pudding

Tapioca pudding is great, but have you ever heard of chiapioca pudding? It's a delicious raw pudding made from chia seeds. Yep, those same seeds that are used for the growing of "hair" on Chia Pets.

These little seeds are great for you - they're full of omega 3's (more than flax seeds) and fibery goodness. In fact, the Aztec messengers used to carry these on their runs when they delivered messages. That's how much energy these little gems pack.

- 1/4 Cup Chia Seeds
- 1 1/2 Cups Nut Milk of Choice (I like Almond Milk)
- Dash of vanilla
- Raw honey or stevia to sweeten
- Decorate with Kiwi slice (optional)

1. Place all the ingredients in a mason jar or other glass container.
2. Shake well to ensure Chia seeds are submerged in the nut milk.
3. Store in refrigerator overnight. The Chia seeds will soak up the water and become chewy just like tapioca.
4. Serve in a tall glass with a straw and slurp up! Or, serve in individual bowls with a spoon and enjoy your energetic feast.

This recipe will store in the fridge for a few days, so feel free to make a big batch and eat a little each day.



Minty Zucchini Chocolate Chip Ice Cream

When you've got zucchini coming out of your garden (and your ears!) you can turn to recipe. That way you don't have to worry about letting a "boring" vegetable go to waste, when you could eating delicious mint chocolate chip ice cream.

Ice Cream Base

- 1 cup frozen zucchini chunks
- 1/2 cup frozen banana chunks
- Drizzle of raw honey or stevia to reach your desired sweetness
- Dash of mint

I usually keep some frozen banana slices on hand (peel bananas, then cut into smaller pieces, then freeze in air tight containers) and I do the same with excess zucchini too!

To make the ice cream you can use the tool that works best for you:

- High speed blender, or
- Gear juicer (with blank attachment), or
- Food processor

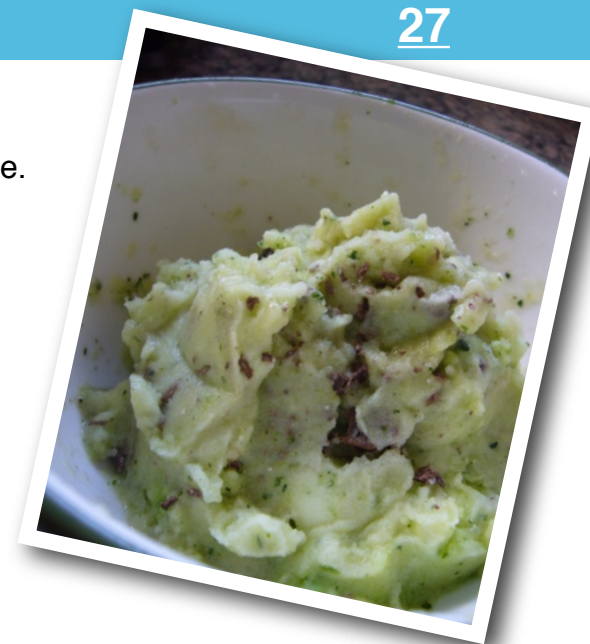
Take your pick, then add all of the ingredients and blend until it turns into a nicely blended ice creamy texture! Don't over process of the ice cream might melt.

Chocolate Chips

- 1/2 cup raw cacao powder
- 1/2 cup raw coconut oil

Blend these two ingredients, or whisk by hand until they become emulsified. Pour the mixture into the bottom of a pan. Then place the pan in the refrigerator for at least 30 minutes.

Take out the chilled chocolate mixture and break it apart using a knife. You've got chocolate chips! Now just add these to the ice cream base and you've got yourself some super healthy delicious ice cream.



Blueberry Pie

This blueberry pie is inspired by Alissa Cohen's blueberry pie recipe and it's a family favorite at my house. At one of my food demonstration seminars, this was the dessert that had everyone vying for a bigger slice!

Crust

- 2 cups raw sunflower seeds
- 1 cup raisins

Place all of the ingredients in your high speed blender or food processor and process until nice and dough-like. If the crust doesn't seem to stick together you can add a drizzle of raw honey or some water to help it along. Then pat in the bottom of a pie plate.

Pie Filling

- 4 cups fresh or frozen blueberries
- 1 very ripe banana
- 1/4 cup raw honey or added stevia to your desired sweetness

Add 3 cups of blueberries and the rest of the ingredients and blend in your high speed blender or food processor until smooth. Then pour into the pie plate. Next, add the remaining 1 cup of whole blueberries randomly into the pie filling.

Place the pie in the refrigerator for at least 30 minutes before serving. The reason being that blended blueberries become gelatinous. So your liquid pie actually turns into a nicely solidified pie after putting it in the refrigerator for awhile.

Slice and enjoy! This dessert won't last long, but try to finish it within a few days because the banana taste will get stronger as it oxidizes.



Mini Carob Cake

Carob is similar to cacao (raw chocolate) in that it is brown, but that's about where the similarities end. I like carob because it's got more of a caramel flavor, and it's just another great way to vary your diet by eating foods outside of the chocolate category. (Is there such a thing?!)

Cake

- 1 cup walnuts
- 1 cup dates
- 1/4 cup carob powder

Place all of the ingredients in your high speed blender or food processor and blend until it forms a dough-like consistency.

Shape the dough into a round cake shape (or get creative!) and set aside.



Frosting

- 1/2 cup soaked cashews
- Juice of 1 orange
- Drizzle of raw honey or stevia to your desired sweetness

Blend all ingredients until smooth, then frost the cake.

Decorations

- Fresh strawberries
- Banana slices

Place freshly cut fruit around your cake to add a little oomph. Then serve as slices, or just enjoy. It might be a little too rich to eat all in one sitting, so feel free to refrigerate or freeze any extras.



Banana Cupcakes with Peach Cashew Frosting

Making raw, healthy, no-bake cupcakes is my latest joyous discovery. I always hated waiting for things to bake in the oven. Now I don't have to with these "instant" cupcakes!

Banana Cupcake Dough

- 2 cups almonds
- 1 cup dates
- 1 small banana
- 1 tsp. cinnamon (more to taste)
- Dash of vanilla

Add the almonds and dates to your high speed blender or food processor and blend until dough-like. Then add the rest of the ingredients, but only add as much banana as needed not to make the mixture too wet. You'll get a nice doughy consistency that tastes great!

Place the dough in individual silicon cupcake holders, until ready to frost. There is no need to dehydrate these, or otherwise cook them. They're ready as is! Of course if you prefer a warm cupcake you can put them in the dehydrator for an hour or so, but it's really not necessary.

Peach Cashew Frosting

- 1 cup soaked cashews
- 1 whole peach, cubed
- Drizzle raw honey or stevia for desired sweetness

Place the peach in your high speed blender or food processor first, and blend until smooth. Add water if necessary to get it blending. Then add the remaining ingredients and blend until smooth.

Frost your cupcakes with the icing, then sprinkle with some unsweetened coconut flakes and decorate with your favorite fruit and nuts.



Ready for More Treats & Goodies?

My hope is that you'll find a few gems among these recipes that will turn into favorites at your house.

These desserts are a great healthy alternative to conventional desserts, that you can *truly eat guilt-free!*

If you find yourself ruled by cravings for things like:

- potato chips
- entire loaves of bread
- an entire box of cookies
- pints of ice cream

Then stick with me, and I'll show you how to cure your cravings forever.

[Click here to get on the goodies list](#) and receive special treats, never before released videos, and an invitation to a very exclusive Halloween party.

Or go to: <http://curecravingsforever.com/goodies>

Wishing you health, happiness, and the most delicious food!

- Nathalie Lussier

Also Known As... The Raw Foods Witch

