



newlife
PROMISE

Heavenly Desserts





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The Best Chocolate Chip Cookies



INGREDIENTS:

1 cup almond flour
¼ cup coconut flour
1 tsp baking soda
¼ tsp sea salt
6 Tbsp butter
¾ cup coconut sugar
6 Tbsp cashew butter
1 ½ tsp vanilla extract
1 egg
¾ cup chocolate chips

DIRECTIONS:

Mix almond flour, coconut flour, baking soda, and sea salt in a large bowl.

In a separate bowl, use an electric hand mixer to beat together butter and coconut sugar on medium speed for 1 minute. Add cashew butter and vanilla, and beat until well combined. Next, add the egg and beat on medium speed until well combined.

Slowly add the dry ingredients to the wet ingredients and mix together. Fold in chocolate chips.

Place the bowl in the refrigerator for about 1 hour or until the dough is firm.

Preheat the oven to 350°F and line a baking sheet with parchment paper. Roll dough into 12 balls. Place 4 inches apart on the prepared baking sheet. Using your hand, press on the cookies lightly to flatten the dough. Bake for 11-14 minutes.





To Die For Brownies



INGREDIENTS:

10 Tbsp butter
1 ¼ cups coconut sugar
¾ cup cacao powder
¼ tsp sea salt
1 tsp vanilla extract
2 eggs
½ cup almond flour
4 oz chopped walnuts

DIRECTIONS:

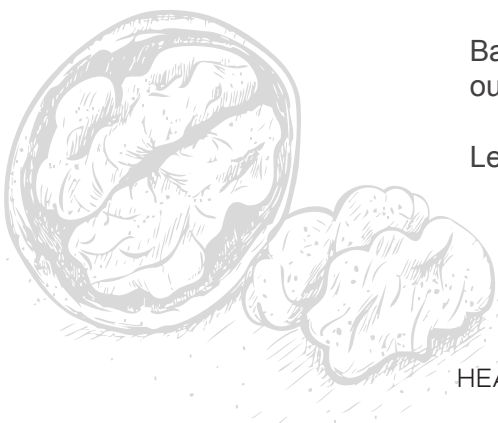
Preheat oven to 325°F. Line the bottom and sides of an 8x8-inch baking pan with parchment paper.

Add 1-2 inches of water to a medium saucepan. Heat water until barely simmering. Combine butter, coconut sugar, cacao powder, and sea salt in a medium glass bowl. Rest the bowl over simmering water (do NOT let the bowl touch the water). Stir the mixture occasionally until the butter has melted. Remove bowl from heat and set aside until the mixture is just warm, not hot.

When the mixture has cooled a bit, stir in vanilla extract. Add eggs and combine. When the batter is well-blended, add almond flour and mix. Fold in chopped walnuts. Pour batter into parchment-lined baking dish, and use a spatula to spread it out evenly.

Bake 20-30 minutes, until a toothpick inserted in center comes out almost clean.

Let brownies cool before cutting.





Chocolate Cake With Chocolate Frosting



CAKE INGREDIENTS:

4 tsp butter
4 eggs
¼ tsp vanilla extract
¼ cup cacao powder
4 tsp maple syrup
⅛ tsp baking soda
⅛ tsp baking powder
¼ cup coconut flour
1 cup coconut milk

FROSTING INGREDIENTS:

1 cup chocolate chips
½ cup coconut oil
2 Tbsp raw honey
1 Tbsp vanilla extract
Pinch of sea salt

DIRECTIONS:

Preheat oven to 350°F. Grease a cake pan or loaf pan.

Melt butter and pour into a bowl. Add eggs, vanilla, and cacao powder; use a hand mixer to combine. Add maple syrup, baking soda, and baking powder; mix well. Add half the coconut flour and half the coconut milk, and continue to mix. Add remaining coconut flour and coconut milk, and keep blending until fully combined. Pour batter into greased cake or loaf pan. Bake for about 45 minutes, until a knife inserted in the center comes out clean.

Chocolate Frosting

While the cake is baking, prepare the frosting. Combine chocolate chips, coconut oil, honey, vanilla, and sea salt in a medium saucepan. Melt, stirring constantly. Transfer to a bowl and place in freezer for 10 minutes to cool and thicken. Pour chocolate into food processor or blender and whip.

When cake has cooled, use a knife or spatula to spread frosting on top and sides.



Chocolate Almond Butter Fudge



INGREDIENTS:

1/3 cup coconut oil
1/3 cup almond butter
1/2 cup maple syrup
1/2 cup cacao powder

DIRECTIONS:

Combine almond butter, coconut oil, and maple syrup in a bowl. Stir together until creamy. Add cacao powder, and stir until mixed well. Spread mixture into pan. Move pan to freezer and freeze for 3 hours. Cut into 12 squares.





Almond Butter Cookies



INGREDIENTS:

1 cup almond butter
½ cup raw honey
1 egg
1 tsp vanilla extract
¼ cup almond flour
1 tsp baking soda

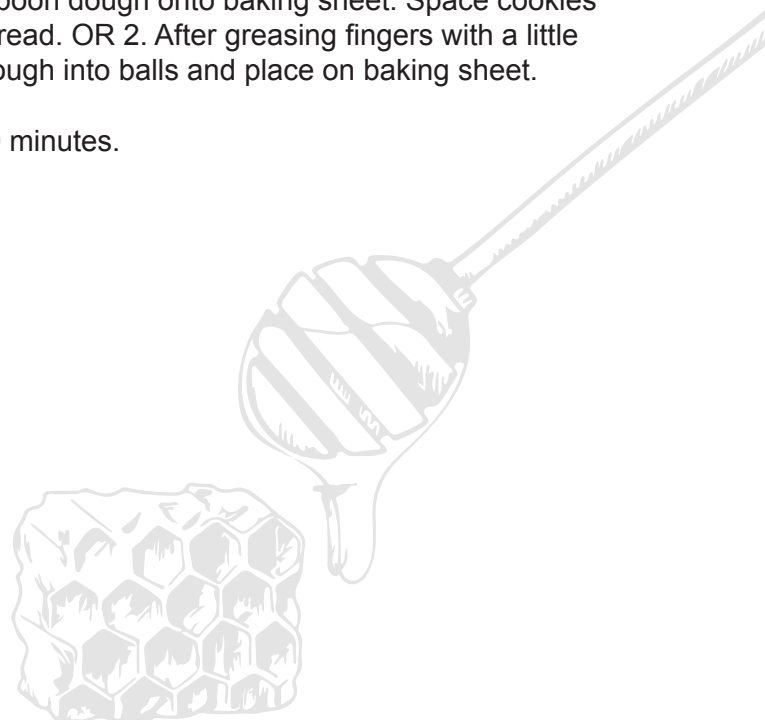
DIRECTIONS:

Preheat oven to 350°F. Line a baking sheet with parchment paper.

Combine all ingredients in a bowl. Mix well.

Two options: 1. Spoon dough onto baking sheet. Space cookies well – they will spread. OR 2. After greasing fingers with a little coconut oil, roll dough into balls and place on baking sheet.

Bake for about 10 minutes.





The Most Wonderful Carrot Cake



CAKE INGREDIENTS:

3 cups almond flour
1 ½ tsp sea salt
1 tsp baking soda
1 ½ Tbsp cinnamon
2 tsp nutmeg
5 eggs
½ cup raw honey
¼ cup coconut oil
6 carrots, grated
1 cup raisins
1 cup chopped walnuts

FROSTING INGREDIENTS:

¾ cup cashews
¼ cup water
¼ cup maple syrup
1 tsp vanilla extract
Juice of ½ lime
½ tsp sea salt
¼ cup coconut oil

DIRECTIONS:

Preheat oven to 325°F.

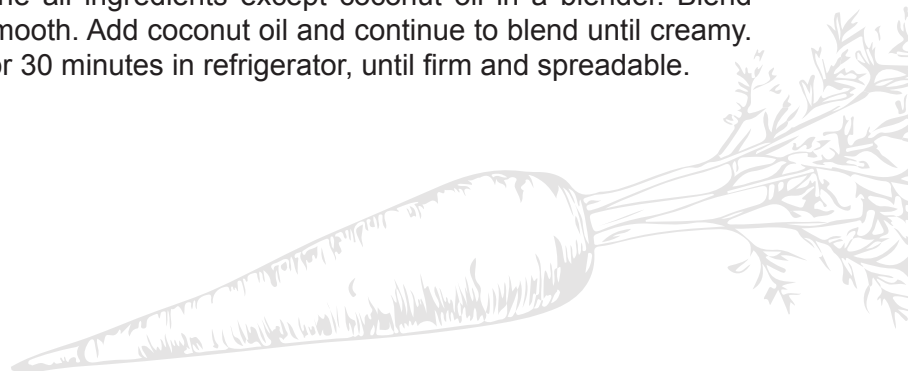
In a large bowl, combine almond flour, sea salt, baking soda, cinnamon, and nutmeg.

In a separate bowl, whisk together eggs, honey, and coconut oil. Stir in grated carrots, raisins, and chopped walnuts.

Add dry ingredients to wet ingredients and mix well.

Pour batter into two greased, round 9-inch cake pans. Bake for 35 minutes.

While the caking is baking, prepare the frosting (optional). Combine all ingredients except coconut oil in a blender. Blend until smooth. Add coconut oil and continue to blend until creamy. Chill for 30 minutes in refrigerator, until firm and spreadable.





Rich Chocolate Muffins



INGREDIENTS:

1 cup almond butter
1/3 cup cacao powder
1/4 cup maple syrup
2 ripe bananas

DIRECTIONS:

Preheat oven to 350°F. Line 6 cups of a muffin tin with cupcake liners.

Combine all ingredients in a food processor and process until everything is well combined (you may have to stop and scrape down the sides a few times).

No food processor? No problem! Mash the bananas in a bowl. Add remaining ingredients, and whisk together until fully combined.

Once everything is mixed well, spoon batter into lined muffin cups. The batter will be VERY sticky, but wetting a spoon will keep it from sticking.

Place muffin pan in the oven and bake for about 15 minutes, until a toothpick inserted in the center comes out clean. Wait until these are completely cooled before removing from the pan.

Store muffins in an airtight container in the fridge. They should last at least 5 days. For longer storage, freeze the muffins.



Almond Butter Zucchini Brownies



INGREDIENTS:

- 1 cup grated zucchini
- ¾ cup almond butter
- 1 egg
- ¼ cup raw honey
- 1 tsp vanilla extract
- 2 tsp cinnamon
- ¾ tsp baking soda
- Pinch of sea salt
- ½ cup chocolate chips

DIRECTIONS:

Preheat oven to 350°F. Grease a square (8x8) baking dish.

Grate the zucchini into a bowl, and remove as much excess water as possible.

Add almond butter, egg, honey, and vanilla to the bowl. Mix well.

Add cinnamon, baking soda, and sea salt. Mix until all ingredients are evenly combined.

Stir in chocolate chips.

Bake for 20-25 minutes, until a knife inserted in the center comes out clean.





Walnut Crust Pumpkin Pie



CRUST INGREDIENTS:

2 cups walnuts
2 Tbsp coconut oil
1 tsp baking soda
¼ tsp sea salt

FILLING INGREDIENTS:

1(15 oz) can pumpkin puree
1 cup full-fat coconut milk
1 tsp vanilla extract
2 tsp pumpkin pie spice
Pinch of sea salt
3 Tbsp maple syrup
3 eggs

DIRECTIONS:

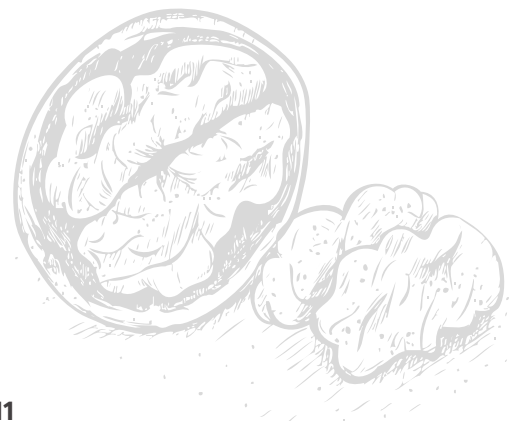
Adjust oven rack to middle position and preheat oven to 350°F.

In a food processor, process the crust ingredients until very fine in texture. Press the walnut mixture into a 9-inch pie pan, ensuring a thinner layer on the bottom and thicker layer along the pan's sides. Bake for 15 minutes.

Remove pie crust from oven. Set aside.

In a large bowl, combine all filling ingredients and whisk until smooth. Pour batter into pre-baked pie crust. Bake for 50 minutes, rotating pan halfway through to ensure even cooking.

Remove pie from oven and cool completely. Serve.





Chocolate Covered Strawberries



INGREDIENTS:

3 Tbsp cacao powder
1 Tbsp raw honey
¼ cup cacao butter
2 Tbsp almond butter
2 cups strawberries

DIRECTIONS:

Add cacao butter to a medium glass bowl and set it over a pot of simmering water. The bottom of the bowl should not touch the water.

Add the cacao powder and honey and mix well. Add almond butter and combine until mixture thickens. Remove from heat and let cool for several minutes.

Dip each strawberry in the chocolate mixture and gently set on a parchment paper lined baking sheet. Drizzle remaining chocolate mixture over dipped strawberries using a fork or toothpick (optional). Refrigerate for 1 hour before serving.

