



# Summer Desserts!

SARAH HISSETT



# Chocolate Almond Butter Pudding

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

## DIRECTIONS

- 01 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 02 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.





# Raspberry Coconut Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 cups Frozen Raspberries  
1 tbsp Maple Syrup  
1 1/2 cups Organic Coconut Milk (full fat,  
refrigerated overnight)

## DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
- 02 Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
- 03 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

### MAKE IT CHUNKY

Chop and add fresh or thawed raspberries to the final mixture.

### NO COCONUT MILK

Use frozen banana slices instead.



# Peach Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

2 2/3 Peach (sliced and frozen)  
2/3 cup Macadamia Nut Butter

## DIRECTIONS

- 01 Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
- 02 Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### HOMEMADE

Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

### NUT ALLERGY

Use sunflower seed butter instead.

### MAKE IT SWEETER

Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving



# Grilled Fruit Medley

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Pineapple (diced and cored)  
1 cup Strawberries (halved and stems removed)  
1 Nectarine (sliced and pit removed)  
12 Barbecue Skewers  
1 cup Blueberries  
1/4 Lime (juiced)

## DIRECTIONS

- 01 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 02 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 03 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

## NOTES

### OTHER GRILLED FRUIT IDEAS

Use watermelon, peach, apricot, cantaloupe, or mango.

### NO GRILL

Use a grill pan on the stovetop instead, or broil in the oven.

### SERVE IT WITH

Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

### SERVE IT AS A SALAD

Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

### STORAGE

This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.





# Broiled Pineapple with Cinnamon

4 SERVINGS 10 MINUTES



## INGREDIENTS

4 cups Pineapple (cored and sliced into rounds)

2 tsps Cinnamon

## DIRECTIONS

- 01 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 02 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 03 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 04 Remove from oven and enjoy!

## NOTES

### SERVE IT WITH

Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.



# Raw Peach Pie

6 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 cup Pitted Dates (soaked for 1 hour and drained)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 8 Peach (thinly sliced)
- 2 tsps Cinnamon
- 1 tbsp Maple Syrup

## DIRECTIONS

- 01 Make your pie crust by combining cashews, coconut flakes and soaked dates in a food processor. Combine well, press mixture down firmly and evenly into the bottom of a pie plate.
- 02 In a large mixing bowl, toss peach slices in cinnamon and maple syrup. Organize your peaches on top of the crust starting at the outside of the crust and working your way in and around.
- 03 Serve the pie cold or room temperature. Enjoy!



# Key Lime Mousse

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 Avocado (peeled and pitted)  
2 Lime (zested and juiced)  
2 tbsps Maple Syrup  
2 tbsps Organic Coconut Milk (canned)  
1 tsp Vanilla Extract

## DIRECTIONS

01 In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

## NOTES

### TOPPINGS

Kiwi slices, hemp seeds, or shredded coconut.

### NO COCONUT MILK

Use almond milk or cashew milk instead.





# Mint Chocolate Chip Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

## DIRECTIONS

- 01 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).
- 02 Stir in the chopped chocolate.
- 03 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.



# Pina Colada Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

- 2 Banana (sliced and frozen)
- 2 cups Pineapple (cut into chunks and frozen)
- 1/2 cup Organic Coconut Milk (canned)

## DIRECTIONS

- 01 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 02 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

IT'S 5 O'CLOCK SOMEWHERE  
Add rum.



# Chocolate Stuffed Raspberries

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

## DIRECTIONS

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





# Peach Raspberry Agua Fresca

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 Peach (peeled and quartered)  
2 cups Raspberries  
1/4 cup Maple Syrup  
4 cups Water  
12 Ice Cubes (optional)

## DIRECTIONS

01 Combine all ingredients except ice in a blender. Blend well until smooth.  
02 Refrigerate until ready to serve. Divide into glasses with ice and enjoy!

## NOTES

### LESS PULP

Strain your agua fresca after blending.

### EXTRA GARNISH

Add raspberries and sliced peaches to each glass.

### MAKE IT FIZZY

Use sparkling water instead of flat.

### ADD A KICK

Add a few pieces of sliced jalapeno to each glass.

### NO MAPLE SYRUP

Use honey instead.



# Chocolate Banana Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 Banana (sliced and frozen)  
1/4 cup Cocoa Powder

## DIRECTIONS

- 01 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).
- 02 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.



# Watermelon Pizza

8 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 1/2 cups Organic Coconut Milk (canned, full fat, refrigerated overnight)
- 1/4 Seedless Watermelon (medium)
- 1/4 cup Blueberries
- 1 Peach (sliced)

## DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 02 Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 03 Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
- 04 Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

## NOTES

### OTHER TOPPINGS

Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

### NO COCONUT WHIPPED CREAM

Use melted chocolate or yogurt instead.

### MAKE MORE

Create smaller watermelon pizzas with leftover watermelon.





# Strawberry Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 Banana (sliced and frozen)  
2 cups Frozen Strawberries

## DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 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.

### MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

