



Chocoholic Dessert Recipes



Paleo & Gluten Free
Meal Plans

RECIPE 1

CHOCOLATE MOUSSE

Serves 4

Ingredients:

1/2c coconut milk, lite or full fat* (or use other milk of choice)
1c medjool dates (~8 lg dates) (or sub honey or maple syrup)
1T vanilla extract*
3 ripe (soft) avocados
1/2c cocoa powder

Instructions:

1. In a food processor (or blender) add:
 - 1/2c coconut milk
 - 1c medjool dates, pitted
2. Puree on low, gradually increasing speed until dates are smooth.
3. Add:
 - 1T vanilla
 - 3 soft avocados (peeled & pitted)
 - 1/2c cocoa
4. Puree on low, gradually increasing speed, blending until smooth.
5. Add more milk if needed for smooth consistency and additional dates, maple syrup or honey as needed for desired taste.

Note: option to use honey or maple syrup in place of dates, especially if using a low-powered blender.



RECIPE 2

ALMOND BUTTER BROWNIES

Serves 4

Ingredients:

2 eggs (omega-3 preferred)
16oz jar almond butter* (or sub nut or seed butter of choice)
1c maple syrup (or sub honey or agave)
1tsp vanilla extract*
1/2c cocoa powder
1tsp baking soda
1tsp cinnamon

Instructions:

1. Preheat oven to 350 F.
2. Whisk together wet ingredients:
 - 2 eggs
 - 16oz jar almond butter
 - 1c maple syrup
 - 1tsp vanilla
3. In a separate bowl, stir together dry ingredients:
 - 1/2c cocoa
 - 1tsp baking soda
 - 1tsp cinnamon
4. Stir wet & dry ingredients together until well combined.
5. Bake in an oiled 9x13" pan for ~20-30 minutes or until cooked through/top bounces back when pressed gently.



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RECIPE 3

PEANUT BUTTER CUPS

Serves 4

Ingredients:

- 12 muffin liners
- 1c coconut oil
- 1c cacao/cocoa powder
- ¼c honey
- pinch of salt
- 4T peanut butter (OR sub nut or seed butter of choice)

Instructions:

1. Place 12 muffin liners in a muffin pan.
2. In a saucepan over low heat, whisk the following together until coconut oil is melted and ingredients are well combined:
 - 1c coconut oil
 - 1c cacao/cocoa powder
 - ¼c honey
 - pinch of salt
3. Remove from heat.
4. Place 1T of cocoa mixture into bottom of each liner & freeze ~10 minutes.
5. Once cocoa mixture hardens, place 1tsp peanut butter in the center of each cup and "flatten" slightly.
6. Top with additional 1-1½T cocoa mixture (enough to cover completely).
7. Place in freezer for 10 minutes or until hardened.



RECIPE 4

CHOCOLATE BROWNIE BRITTLE

Serves 4

Ingredients:

parchment paper
1/2c almond flour
1/2tsp baking powder
1/4tsp salt
2 eggs (or 2 egg whites)
3T cocoa powder
1/2c honey
1/4c melted coconut oil
1tsp vanilla
1/2c chocolate chips

Instructions:

1. Preheat oven to 375 F. Line a sheet pan with parchment paper.
2. In 1st bowl combine: 1/2c almond flour + 1/2tsp baking powder + 1/4tsp salt.
3. In 2nd bowl whisk 2 egg whites until frothy (~1 min). Add 3T cocoa powder + 1/2c honey + 1/4c melted coconut oil + 1tsp vanilla.
4. Add almond flour mixture to liquid mixture and whisk until smooth.
5. Add 1/2c chocolate chips and stir to combine.
6. Pour onto sheet pan and spread out in pan. Bake for 15 minutes.
7. Remove from oven, cut into squares and bake another 5-8 minutes.
8. Remove from oven and let cool.
9. Take parchment off tray and spread squares apart from each other. Let completely cool and place pieces into an airtight container and store at room temperature.



RECIPE 5

CRANBERRY WALNUT CHOCOLATE DROPS

Serves 4

Ingredients:

1c dark chocolate chips or discs (70%+ preferred)
½T cinnamon
1c walnuts
¼c dried cranberries*
parchment paper

Instructions:

1. Place 1c dark chocolate discs/chips in a small pan on the stove top over low heat, stirring constantly until just melted.
2. Remove from heat and stir in ½T cinnamon, 1c walnuts & ¼c dried cranberries.
3. Drop mixture onto parchment paper lined baking sheet by the tablespoonful.
4. Allow to cool in refrigerator.
5. Option to store in refrigerator or freezer.