

10 EASY, DELICIOUS

# RAW DESSERTS

*Sara Sullivan*



# Ready for raw deliciousness?

**Have you ventured into the realm of raw food yet?**

It might sound like a scary place, but if you take a closer look, you'll find it can be a delicious adventure, especially on the sweeter side of things. Raw desserts are a guilt-free treat because not only are they gluten and dairy-free, but they're packed with nutrients.

Just make sure to keep the basic easy raw dessert ingredients on hand, like dried unsweetened coconut, some nuts (pecans, walnuts, almonds, cashews), a sweetener (maple syrup, dates) and raw cocoa powder and you can whip up easy raw desserts in no time!

When I am craving a simple raw food dessert here are a few of my go-to easy raw dessert recipes. I hope you enjoy!

*xo Sara*



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# PEANUT BUTTER CHOCOLATE BROWNIES

*They're sweet, and chewy, and nutty, and chocolaty, and they taste remarkably like real brownies, no joke. In short, each perfect bite is super indulgent satisfaction in your mouth, and I'm obsessed.*

2 cups walnuts

cacao)

2 cups Medjool dates (pits removed)

3 tbs. honey or maple syrup

½ cup almonds (raw and whole)

2 tbs. creamy organic peanut butter

½ cup dark chocolate chips

1/2 cup dark chocolate chips

¾ cup dark chocolate cocoa powder (or

In a food processor, add the walnuts and almonds and blend together until they form a flour-like consistency. Add the dark chocolate pieces and pulse together about 6-7 times. Add the dates, cocoa powder and honey. Pulse together until a dough-like consistency forms. At this point, the mixture should be slightly wet. Give it a pinch and if your mixture isn't binding, you can add a bit more honey.

Pack the mixture down in a small brownie pan that is lined with parchment paper. Place in the fridge or freezer for about 5-10 minutes. Melt the dark chocolate in a small saucepan over low heat. Simply drizzle with peanut butter and the melted chocolate and enjoy!



# FREEZER FUDGE

*No refined white sugar in sight, yet this fudge is just as decadent as anything I ate in my junk food days. It is rich and creamy and it will literally melt in your mouth. And aside from letting it set in the freezer, it comes together in about five minutes. Need you know more? Get on it.*

1/2 cup unrefined virgin coconut oil

1/3 cup raw almond butter or peanut butter

1/2 cup cocoa powder or raw cacao powder

1/2 cup pure maple syrup

1 healthy tablespoon pure vanilla extract  
pinch fine grain sea salt, to taste

3/4 cup raw walnuts, roughly chopped

With electric beaters, beat together the coconut oil and almond butter. Add in the cocoa powder and beat again until combined. Pour in the maple syrup, vanilla, and salt and beat until smooth. Stir in the walnuts. Line a loaf pan with a piece of parchment paper. Scoop the chocolate mixture into the pan and spread out until even. Freeze uncovered for about 1 hour, or until solid. Store in the freezer. Slice into small squares.





# ZUCCHINI BROWNIES

*I think it is high time I share this recipe with you. These brownies are downright delightful. Super moist, fudgy, and soooo chocolaty. Paired with fresh raspberries it just may be the best dessert ever.*

1 tbsp. ground flax seed	1/3 cup cocoa powder
3 tbsp. water 1 cup creamy almond butter	1/3 cup organic applesauce
1 1/2 cup zucchini (peeled and finely grated)	1 teaspoon organic vanilla extract
1/3 cup pure maple syrup	1 teaspoon baking soda
	3/4 cup dark chocolate chips (optional)

Preheat oven to 350 degrees.

In a small bowl combine the flax seed and water and set aside. In a large mixing bowl, place all remaining ingredients and stir until well combined. Add flax seed and water mixture. Pour batter into an 8 x 8 glass baking dish.

Bake at 350 degrees for 30 – 35 minutes or until well set and/or toothpick comes out clean.



# COOKIE DOUGH BITES

*If you love raw cookie dough you will FALL IN LOVE with these! This recipe is nothing short of magical. You may actually feel compelled to weep after your first bite, which I fully support. I promise, you won't even miss the sugar, flour or processed ingredients. Filled with healthy fats & protein, a cookie dough bite will do the trick as a mid-day pick me up or satisfying dessert.*

1 cup raw cashews

1/2 cup old-fashioned rolled oats

3 tablespoons maple syrup

1 tablespoon vanilla extract

1/4 cup dark chocolate chips or chunks (you can always use vegan chips, carob chips or cacao nibs)

Line a plate with parchment paper and set it aside. Combine the cashews and oats in a food processor. Pulse together until a fine meal forms. (Be careful not to over-process or you'll end up with cashew butter). Next, add the maple syrup and the vanilla extract to the cashew-oat mixture. Pulse again until the mixture comes together in a smooth ball of raw dough. This may take several minutes (you want it to look just like cookie dough!)

Remove the ball of dough from the food processor and place it in a bowl. Gently fold in the dark chocolate chips so they are incorporated throughout the dough mixture. Using a spoon, portion out the dough into twelve even balls. Roll the portions of dough into even balls. Place your completed bites onto the parchment lined plate. You can eat them right away, or store them in the freezer for another day. Makes 12 bites.





# CHOCOLATE PEANUT BUTTER BANANA BITES

*I am a sucker for chocolate and peanut butter. This chocolate, peanut butter, and banana combo is perfect for an afternoon snack or an easy dessert. The result is decadent enough to satisfy an ice cream craving, while still being a healthy option.*

3 large bananas

$\frac{1}{2}$  cup dark chocolate chips

$\frac{1}{3}$  cup peanut butter or almond butter

Peel and slice bananas into slices about  $\frac{1}{4}$ - inch thick. Spread a little nut butter onto a slice and sandwich two slices together. Place on wax paper on a cookie sheet and freeze until solid, at least an hour. Melt chocolate in a double boiler and remove frozen banana bites from freezer. Dip each banana bite in chocolate and place back on parchment paper. Freeze for another hour. Transfer and keep in an airtight container in the freezer for up to 2 weeks.

I like them in bite-sized form like this, but you can also cut the bananas in half and put them on a Popsicle stick for something more closely resembling an ice cream bar. If you like portion control, these bites are your new best friends!





# RASPBERRY CHOCOLATE TART

*This tart! This tart is delightful. Super creamy, slightly chocolaty, and topped with plenty of fresh raspberries, it may just be the perfect dessert. It's simple, yet decadent, and I'm pleased to report that the recipe is 100% healthy.*

## For the Tart crust:

1 cup walnuts  
1 1/4 cup dried organic soft dates, chopped (soaked for 30 minutes only if not soft)  
3/4 cups raw cacao powder or cocoa powder  
1/2 tsp pure vanilla extract pinch sea salt  
1-2 tbsp filtered water

Combine above ingredients in bowl of food processor fitted with S blade and blend until the mass begins to clump together adding the water bit by bit only if needed to combine the mixture. Take the mixture and roll into ball and place in tart pan. Using your fingers, gently press in the center and push mixture towards the sides, lining the tart pan. Repeat until pan is full. Chill for 15 minutes. Remove from fridge. Wash your food processor bowl and S blade.

## For the Raspberry Filling:

2 cups organic frozen raspberries (plus more for garnish)  
1 1/2 cups raw organic cashews (soaked in water for 30 minutes)  
1/2 cup of fresh lemon juice (plus a little more for consistency)  
1 1/2 tbsp maple syrup

Place all filling ingredients in \*high speed blender or food processor with S blade and combine well, scraping down sides to mix thoroughly, until nice and creamy. Adding a bit of extra lemon juice to allow it to blend is fine, but do check the sweetness factor and adjust if needed. With the food processor it may not become as perfectly smooth and eliminate raspberry seeds. To complete the tart, place the filling in the tart shell and top with raspberries. Enjoy!

\*Vitamix and BlendTec Blenders will get the raspberry filling smooth & creamy. If you do not have a high speed blender, you may need to add a bit of water (1 tbsp. at a time) to get the same consistency.



## BERRY CRISP

*Layers of plump and juicy berries covered with a crumbly topping and baked to perfection (sigh). This is my new favorite summer dessert because it tastes incredible, it's not overly sweet (a perfect balance of sweet and sour) and it is so easy to prepare! You'll impress your family and friends and they'll think you spent loads of time on it. Don't worry, your secret's is safe with me.*

6 cups of mixed berries (fresh or frozen)

½ cup pecans, chopped

1/4 cup tablespoons real maple syrup,  
divided

1 teaspoon cinnamon

\*1 cup almond flour (I use Bob's Red Mill)

⅓ teaspoon sea salt Vanilla Coconut Milk

Ice Cream (I love So Delicious)

Preheat oven to 375 degrees. In a large bowl, toss mixed berries with 2 tablespoons maple syrup. Add berry mixture to baking dish. Toss almond flour with remaining 2 tablespoons maple syrup, chopped pecans, cinnamon, and sea salt. Spread the topping over the berries. Bake for 30 – 40 minutes, until berries are bubbling and topping is golden. Serve warm, topped with vanilla coconut milk ice cream.

\*If you can't find almond flour in your grocery store, simply place 1 1/2 cups raw almonds in your food processor and process until a fine flour forms.



# ALMOND JOY BARS

*If you are new to raw desserts, you've gotta try this one! They are loaded with healthy fats, fiber, antioxidants and a hint of natural sugar. I had a few friends who sampled these delectable goodies and they were blown away that these are actually healthy!*

1 cup unsweetened shredded coconut, lightly packed

3 tablespoons unrefined virgin coconut oil

2 tablespoons honey

1 teaspoon pure vanilla extract

8-10 roasted or raw unsalted almonds

1/8 teaspoon sea salt

6 ounces dark chocolate, chopped or broken in to small pieces if you're using a bar

In a food processor, process the shredded coconut, coconut oil, honey, vanilla extract, and salt until it forms a thick paste, about 2-3 minutes. Test the coconut mixture to see if it holds together by squeezing a small amount in your hand. If it doesn't hold together well, then process the mixture for another couple of minutes.

Line a baking sheet or plate with parchment paper. With a tablespoon, scoop out and gently press down the coconut mixture into the measuring spoon. Drop the mixture onto the lined baking sheet and then press and mold the balls into a uniform shape. Press an almond on top of the coconut rectangles. Place the coconut rectangles in the freezer for 20-30 minutes or until solid.

Once the coconut bars are frozen, it's time to melt the chocolate. Keep the coconut bars in the freezer for now. In a small sauce pan over low heat, melt the chocolate, stirring constantly with a rubber spatula, until melted and smooth. Immediately remove the melted chocolate from the heat and give it a stir with your spatula.

Now take out the frozen bars. Using a spoon, gently dip the bar into the melted chocolate making sure that the whole bar gets covered with chocolate. Lift the bar out and tap off any excess chocolate. Return the chocolate covered bar to the parchment paper. Repeat the process with the other remaining bars.

Once all of the bars have been dipped into the chocolate, place them in the freezer for a few minutes to set.

Store the bars in the refrigerator in an airtight container.





# KEY LIME COCONUT BITES

*Talk about having your cake and eating it too, these raw key lime bites are yummy. Raw desserts are an awesome way to get your dessert fix without consuming processed sugars. They're fresh, crisp and energizing!*

1/2 cup raw almonds

zest and juice from 3 key limes

1/2 cup raw cashews

1/2 cup unsweetened shredded coconut

1 1/2 cups Medjool dates, pitted

Add the almonds and cashews to the bowl of a food processor. Pulse until nuts are finely chopped (but do not pulse too long, you do not want the nuts to turn into a paste). Add the dates, lime juice and zest. Pulse until the dates are finely chopped and the mixture starts to clump. Shape the mixture into 1-inch balls. Roll in coconut to coat the outside of the balls. These can be stored in the refrigerator or freezer.

Once you have your first taste of raw desserts, you may never go back. So amazingly delicious and you feel like you have done your body a favor. Plus raw desserts are also surprisingly easy to prepare and usually only require one kitchen appliance- a food processor.



# SMORES BARS

*Last weekend my kids begged for s'mores as we sat around the fire pit.*

For those of you that don't know what a s'more is, it's basically a popular campfire treat that consists of a roasted marshmallow and a chunk of chocolate (usually Hershey's) sandwiched between two pieces of graham cracker. The roasted marshmallow melts the chocolate when being sandwiched, and voila, you've got yourself one of the most delectable treats known to kids.

*Time for a little variation.*

I couldn't help but wonder if I could make a better – more natural and healthy – version. I incorporated walnuts (healthy fat), dates (natural sweetness + fiber) and dark chocolate (antioxidants). Traditional marshmallows are loaded with corn syrup and gelatin (yuck!) so I used Dandies which are vegan marshmallows, and in my opinion, they taste almost exactly like the classic. Absolutely genius.

1 cup chopped and pitted fresh Medjool dates

1 cup raw walnuts

1/2 teaspoon sea salt

1/2 cup dark chocolate chunks or mini dark chocolate chips

1/2 cup vegan mini marshmallows (Dandie's makes gluten free and vegan mini-marshmallows)



# LEMON BARS

*Both tart and tasty, these melt-in-your-mouth bars can be prepared in less than ten minutes with ingredients you likely already have in your home. They are the perfect pick-me-up for an active day or healthy after-dinner sweet. Or maybe both. After-breakfast treat? Maybe that, too.*

*Dessert for breakfast? I'm all in.*

- |  |  |
|--|--|
| 1 cup raw almonds  | 2 tablespoons lemon juice (ideally from the lemon above) |
| 1 1/2 cups Medjool dates, pits removed                   |  |
| 1 tablespoon pure vanilla extract                        | 1 cup shredded unsweetened dried coconut                 |
| 2 tablespoons organic lemon zest (the peel from 1 lemon) | 1/4 teaspoon sea salt (optional)                         |

Place almonds in food processor and process into a fine powder. Add the dates, vanilla, lemon juice and lemon zest to food processor and process again until well mixed. Once everything seems pretty well processed, set food processor lemon bar mixture aside. In a large mixing bowl, place your dried coconut and salt if using. Mix with a spoon to distribute sea salt. Now add your food processor mixture into the mixing bowl. Mix everything together with your hands until it's nicely combined and resembling lemon bar dough.

Transfer your raw lemon bar dough into your final dish (I like to use a glass brownie dish or pie plate). Now press the mixture down into the dish with your hands so that the mixture sticks together nicely. Ideally, you should refrigerate your raw lemon bars for about an hour so that they really stick together and are easy to cut.

Enjoy your raw lemon bars. Their lemony coconut flavor goes really well with fresh strawberries. They should be stored in the refrigerator.





# PEANUT BUTTER BALLS

*Craving something decadent?*

*This scrumptious treat pairs a pretty awesome combination -  
dark chocolate & peanut butter.*

*And another perk, these balls are cinch to whip up!*

1 cup Medjool dates, pitted

1/2 tsp vanilla

1/2 cup almonds, sliced or chopped

Pinch of salt

1/2 cup organic peanut butter (you can  
always substitute almond butter or any other  
nut butter)

2 bars of Green & Black 80% dark chocolate  
bars or 1 1/2 cups dark chocolate chips

Place the chopped dates and walnuts in the bowl of a food processor fitted with the "S" blade. Process until a sticky dough has formed and the pieces of nuts and fruit are all similar sized pieces. Add the sea salt then process to combine well. Add in the mini chocolate chips and vegan marshmallows then pulse just until combined. Be careful not to over process at this point.

Shape into equal sized bars, or roll into bite sized balls and wrap in parchment paper or plastic wrap. It will be hard to wait, but the bars need to be chilled for about 1 hour before serving. These should keep in the refrigerator for about a week or in an airtight container in the freezer for up to a month.

# LEMON BLUEBERRY CHEESECAKE

*Make this for all your friends who think healthy food tastes bad. They will beg for your forgiveness (and another slice). The bottom layer is made up of a deliciously sticky and chewy date and almond mixture and the second layer provides the perfect contrast - it's smooth, thick and creamy.*

*And do you want to know the best part? It is super easy to make. There is no reason in the world to ever bake a cheesecake again. Nope, never. Ever.*

## **For the Crust:**

1 1/2 cups walnuts, almonds  
or macadamia nuts

1/2 cup Medjool dates,  
pitted

1/4 cup dried, unsweetened  
coconut

1 pinch sea salt

## **White cheesecake filling ingredients:**

3 cups raw cashews (NOT roasted or salted)

3/4 cup freshly squeezed lemon juice

3/4 cup honey or agave

3/4 cup unrefined coconut oil 1 tablespoon pure  
vanilla extract 1/4 cup of water, if necessary to  
facilitate blending. Use as little as possible.

To garnish: lemon zest and fresh blueberries

Using a food processor, blend nuts and dates together until they are fine and will stick together. Place the dried coconut on the bottom of a 9-inch spring form pan. This will help prevent the crust from sticking. Place crust mixture into the spring form pan and press down until an even crust is formed.

Place all filling ingredients into a \*high speed blender and blend until completely smooth (you may have to add a tiny bit of water if it's not wanting to blend, but add as little as possible so the mixture stays thick). Pour mixture on top of pie crust and smooth out.

Place in freezer for about an hour, or until hardened. Top with fresh blueberries and lemon zest. Enjoy!

\*Tip: Don't have a high speed blender? Use a food processor. Make sure to grind cashews first before adding the other ingredients. No one wants chunky cheesecake.



**Lemon Blueberry Cheesecake**

**Chocolate Cheesecake Bars**





# CHOCOLATE CHEESECAKE BARS

*Mission: Magical Vegan Cheesecake accomplished.*

*There's three layers to these beauties: a chewy crust layer, followed by the creamy cheesecake layer, and finally the melted dark chocolate. You can then choose to take it one step further by topping them with shaved dark chocolate, sliced almonds or shredded coconut. I have a feeling that any of those toppings would be utterly delicious... Melt in your mouth, uber-creamy and just sweet enough with a nice, tart tang.*

## **Chocolate Crust:**

3 heaping cups sliced almonds,  
not whole!

3 tablespoons raw cacao or  
cocoa powder

Chocolate crust: Add almonds and cacao to a food processor and pulse into fine crumbs. Add the maple syrup and pulse again until mixture clumps together and holds its shape when pressed together between your fingers. Take an 8x8 square pan and line with plastic wrap or parchment paper hanging over the sides for easy removal later. Press the mixture evenly around with your fingers, not forgetting about the corners. You can add a little cacao powder to your fingers to help it not stick.

## **For the Filling:**

2 heaping cups raw whole cashews

2 heaping tablespoons almond butter

1/4 cup lemon juice

1/2 cup maple syrup

1 tablespoon vanilla extract

1/4 teaspoon sea salt

1 cup water

3.5 oz Green & Black dark chocolate bar

Add all filling ingredients to a high powered blender and blend until smooth and creamy, a couple of minutes. Pour over the prepared crust. In a small saucepan over low heat, melt the dark chocolate bar. When completely melted and smooth, drop spoonfuls all over the cheesecake and pull with a knife to make swirls. Do not overdo it or you will lose the swirl effect.

If desired, add almonds, shaved chocolate or chocolate chips on top. Place in the freezer for several hours or overnight until firm. Let sit at room temperature about 10-15 minutes before trying to remove the cheesecake with the plastic wrap. You should be able to pull it out with the plastic wrap after it has sat out a bit. Then slice and serve. Cover with foil and return to the freezer to keep it firm.

\*It might not taste exactly like dairy cheesecake, but it comes darn close to being the best substitute I ever had.

# PEANUT BUTTER CHOCOLATE CHIA BARS

*They're really just kind of perfect.*

*There are lots of reasons to obsess over these bars, friends. First and foremost, it's peanut butter and chocolate, which is obviously delightful. They are sweet (but not too sweet) and surprisingly rich, so a little goes a long way when it comes to satisfying a chocolate craving.*

1 packed cup pitted, whole dates  
(about 14)

1/3 cup organic peanut butter (I  
used creamy)

1/4 cup organic peanuts

3 tbsp unsweetened cocoa powder

1 1/2 tbsp chia seeds

Place all the ingredients in your food processor and process until the ingredients break down and become a cohesive mixture. The consistency of the mixture should hold together when you press it together. Line a baking sheet with parchment paper and press mixture onto it, leaving your desired thickness. Refrigerate for at least 45 minutes before slicing. Store bars in the refrigerator.

*Yields: 12 squares*





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