

Pumpkin Pie with Almond Crust

adapted from Maximized Living

Crust:

1 1/2 c almond flour
1 pinch sea salt (optional)
1/2 pinch stevia or xylitol
3 T extra virgin olive oil

Mix and press into pie pan. Bake 350 for 7 - 8 minutes. Remove from oven and turn oven up to 425.

Filling:

1 15 oz. can pumpkin puree
1/2 tsp sea salt
1 tsp cinnamon
1/2 tsp ginger
1/4 tsp cloves
sprinkle of nutmeg
8 oz. unsweetened almond milk
4 oz. coconut cream
1/3 c. honey or maple syrup

Blend thoroughly in a high powered blender. Pour into pie crust. Bake 15 minutes at 425 and turn oven down to 350. Bake an additional 35 - 40 minutes.

Chocolate Mint Candies

adapted from www.chocolatecoveredkatie.com

In saucepan, combine:

4 T coconut oil
1/4 c agave
1/2 c + 1 T unsweetened cocoa powder

Melt together and add 1 tsp peppermint extract. Pour into molds and place in freezer. Can also be poured into small pan and cut into bars.

Black Bean Brownies

1 can organic black beans, rinsed
1/2 c cocoa
4 T coconut oil
1/2 c xylitol
1 scoop stevia powder
1 tsp vanilla extract
3 large organic, free-range eggs
1/2 c protein powder (I use RAW chocolate protein powder)
1/4 tsp salt
1/4 c water

Blend in blender until totally smooth. Stir in chocolate chips, if desired. Pour into greased 9 X 9 pan and bake 350 for 30 minutes.

Christmas Fudge

3 c unsweetened coconut
4 T cocoa powder
2 T unsweetened almond butter
pinch of sea salt
1/2 tsp vanilla
4 tsp xylitol

In food processor or high speed blender, whiz coconut until it forms a wet paste (takes about 2 - 3 minutes with a VitaMix). Add rest of ingredients and mix well. Pour into small container, lined with parchment paper. Refrigerate until set.

Lynne's Pumpkin Chocolate Chip Muffins

4 organic, free range eggs or EnerG Egg Replacer
1/4 c organic maple syrup
1/4 c honey
1 - 2 scoops stevia powder
1/2 c melted coconut oil
1/2 c melted organic butter
1/2 c unsweetened applesauce
2 c almond meal
1/3 c coconut flour
1/3 c brown rice flour
1/3 c tapioca flour
2 tsp aluminum free baking soda
2 tsp aluminum free baking powder
1 T cinnamon
1 tsp sea salt
15 oz can pumpkin puree

Mix all ingredients together until well blended. Add in chocolate chips as desired. Grease mini muffin tins and fill to almost full. Bake 400 for 10 minutes or until toothpick comes out clean. Makes approximately 48 mini muffins.

Lynne's Chocolate-Chocolate Chip Muffins

2 1/2 c almond meal
1/2 c coconut flour
1/4 c brown rice flour
1/4 c tapioca flour
4 tsp aluminum free baking powder
1 tsp aluminum free baking soda
4 T cocoa powder
1/4 c xylitol
1/4 c pure maple syrup
2 c unsweetened almond milk
1/3 c + 3T melted coconut oil
1/3 c unsweetened applesauce
2 organic, free range eggs or EnerG egg replacer

Mix well. Add in chocolate chips as desired. Spray mini muffin pan and fill to almost full. Bake 400 for 10 minutes or until toothpick comes out clean. Makes approximately 48 mini muffins.