

FOUNDATIONS FOR HEALTH
BAKING CLASS

Cookie Dough Balls recipe from arismenu.com

2 c. shredded unsweetened coconut, whizzed in blender until butter consistency

add:

1 c. cashew flour

Maple syrup to taste

2 tsp vanilla

1/8 tsp almond extract

sea salt to taste

mini chips

Roll into bite sized balls and refrigerate.

Brownies adapted from Elana's Pantry

1 16 oz jar creamy almond butter

2 free range organic eggs

1/2 c honey

1/4 c maple syrup

1 1/2 tsp homegrown stevia or other stevia to taste

1 T vanilla

1/2 c cacao powder

1/2 tsp sea salt

1 tsp baking soda

1 c chocolate chunks or chips

Blend almond butter in large bowl until smooth with a hand blender. Mix in remaining ingredients. Pour batter in greased 9 X 13 pan. Bake at 325 for 20 - 25 minutes or until toothpick comes out clean.

Chocolate Almond Butter Cookies

1 16 oz jar almond butter

1/4 c raw local honey

1/4 c xylitol or coconut sugar

2 free range organic eggs

1 tsp baking soda

1 tsp sea salt

1/2 c chips

Scoop onto greased cookie sheet and bake 8-10 minutes at 350

Deep Dish Cookie Pie adapted from Chocolate Covered Katie

2 cans white beans or garbanzos (drained and rinsed well)
1 cup gf quick oats
2 cups pitted dates
1 1/2 tsp homegrown stevia or stevia to taste
3/4 tsp salt
2 tsp baking powder
1/2 tsp baking soda
1/4 cup unsweetened applesauce
2/3 cup unsweetened almond milk
3 T coconut oil
1 T pure vanilla extract
1 cup chocolate chips

Preheat oven to 350 F, and grease a 10-in springform pan (or two 8-in round pans). Combine all dry ingredients (except chips) in a large bowl. In a separate bowl, combine all wet ingredients. Put around 1/3 of the dry and 1/3 of the wet ingredients into a *high-powered* food processor like a Cuisinart (NOT a blender) and blend until *super-smooth* (where there are no date pieces to be seen). Scoop out into a bowl, and repeat the process twice more with the rest of the ingredients. (If you have an absolutely *giant* food processor, you can do it in two batches, as opposed to three.) Stir in the chocolate chips, and pour into the pan or pans. Bake 35-40 minutes (or 30 if you want it really gooey in the middle), then let cool at least 15 minutes before trying to remove it.

"Raw" German Chocolate Cake Balls recipe from eastewart.com

1 cup raw pecans
1 cup chickpeas, canned, or dried and quick-soaked
1/4 cup pure maple syrup
2 tablespoons flax meal
1 teaspoon pure vanilla extract
1/4 teaspoon sea salt
1 cup dark {70 % +} chocolate chips
3/4 cup unsweetened shredded coconut
1/4 cup cacao nibs

Combine pecans, chickpeas, maple syrup, flax meal, vanilla, and sea salt in a food processor, and process until smooth. Melt chocolate chips. Combine the shredded coconut and cacao nibs in a pie pan or other shallow dish. Form processed dough in to 1 inch balls then dip each ball in the melted chocolate mixture, and roll in the coconut/cacao nib mixture. Place on a parchment lined baking sheet, and transfer to the refrigerator to cool for 30 minutes before serving.