

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.