**Plant-Based Recipes**

**(Desserts)**

The American Institute for Cancer Research recommends a plant-based diet, incorporating a minimum of 5 servings of fruits/vegetables daily. This can be challenging to accomplish; hopefully, these recipes will help!

Always wash fruits and vegetables thoroughly. Many of these recipes are not cooked; there are good reasons to incorporate into your diet foods that are closer to their natural state, as cooking can decrease the nutritional value.

Some of these recipes call for soaked nuts or seeds. Soaking nuts and seeds increases their nutritional value, as it begins the germination process. You can add 1 T of food-grade hydrogen peroxide to the soak water to make sure they are extra clean. The recipes should be refrigerated and eaten within 3 days.

**Dietary needs vary; always follow the guidance provided by a registered dietician and/or your physician to include recipes that are suited to your particular needs.**

All recipes are used with permission from the authors. They are coded as follows, to help with your meal planning:

**= low glycemic**

**= fairly low glycemic**

**= higher glycemic**

**= high protein/high calorie**

***DESSERTS***

**Banana ice cream**

Chocolate Ice Cream with Chocolate Shell

(Brandi Rollins, rawfoodsonabudget.com)

Makes 1.5 Cups/ 2 Servings

Equipment needed: Food processor, high-speed blender, or masticating juicer.

CHOCOLATE SHELL

2 tbsp raw cacao powder

2 tbsp coconut oil

1 tbsp liquid sweetener of choice

1/4 tsp vanilla

ICE CREAM

4 bananas, previously frozen

1 heaping tbsp raw cacao powder

(Optional) 1 tbsp raw agave or maple syrup

Also feel free to add more raw cacao powder to the ice cream and chocolate shell batter for more of a chocolate flavor.

To prevent yourself from eating this dessert all at once, portion it out into 2 small mason jars (or regular small jars) and store them the freezer or fridge. And when you are ready to eat the ice cream, take a portion out of the freezer and let it thaw for 10-20 minutes.

Preparation

Peel and freeze the 3 bananas for at least 24 hours.

CHOCOLATE SHELL You will want to make sure that the coconut oil is in liquid form. If your coconut oil is solid, warm it by sitting out in the sun, on a warm stove, or in the dehydrator. Mix all the ingredients in a small bowl very well. Set aside. Chop the frozen the bananas. Place all the ingredients in your food processor or high-speed blender, and blend until creamy. Scoop the ice cream out and place in a small bowl. Spoon the chocolate shell batter over the ice cream. Enjoy!

**Carob Mint Cake**

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

1 c almonds, preferably soaked 12 hours

1 c raw carob powder

½ c walnuts, preferably soaked 1-2 hours

½ c coconut water (or substitute ¼ c raw coconut flakes plus ¼ c water)

¼ c chia seeds

1 t raw vanilla powder

4 drops mint essential oil

2 dropperfuls vanilla stevia

I T coconut oil

1 t fresh ginger (optional)

Process the ginger in a food processor with the “S” blade; then add the nuts and process again. Add the remaining ingredients and mix well. Shape into a cake. Frost with agave nectar combined with raw cacao and/or carob powder. Top with raspberries.

**Raw Apple or Peach Crisp**

(Inspired by Whole Foods recipe)

Serves 8

Ingredients:

4 Honeycrisp or green apples (or 6 peaches), cored and chopped

1/4 cup fresh-squeezed orange juice

½ dropperful orange stevia

3/4 cup pecan halves, preferably soaked 1-2 hours

3/4 cup hazelnuts, preferably soaked 1-2 hours

1/2 cup dates or raisins

1.5 t pumpkin spice

Place apples or peaches in an 8-inch square baking dish or 2-quart casserole dish. Toss with orange juice and orange stevia. In a food processor, pulse chop pecans, hazelnuts, raisins or dates, and pumpkin spice. Spoon the nut mixture over the apple mixture.

**Raw Chocolates, low glycemic**

Suzy Edmonson, LOT, SNC, CHC

6 T raw cacao powder

6 T coconut oil or cacao butter, melted (in dehydrator)

4 dropperfuls vanilla stevia

Small pinch Celtic or Himalayan

12 whole almonds (optional)

coconut flakes (optional)

You can make different varieties of these chocolates by adding any of the following:

~1/4 t raw vanilla powder (optional)

1 T honey (optional – minimal use, phase 2)

1/8 t dried lavender (optional)

dash cinnamon (optional)

sprinkling of hemp seeds (optional)

Stir all together and drop 1 T of mixture in each section or a silicone candy mold. Allow to cool a few minutes and drop a whole almond in the center (vertically); then sprinkle with coconut flakes. The almond and coconut flakes will sink if the chocolate is too warm, and just imbed slightly if just the right temperature. Either way, they taste delicious! Freeze for ~15 minutes. Take out of candy mold and enjoy!