



- 2 avocados, peeled, pitted and sliced
- ½ cup raw cacao powder
- 1/3 cup almond milk
- 1.5 teaspoons vanilla extract
- ¼ cup pure maple syrup
- Dash of cinnamon

Blend all ingredients together until smooth. Chill in refrigerator for 20-30 minutes, and enjoy! Garnish with fresh strawberries.



- ½ cup cantaloupe, rind removed, diced.
- 1 banana
- splash of coconut milk

Dice the banana and cantaloupe, place in freezer to freeze overnight. When you are ready for your delicious dairy-free cantaloupe “ice cream” -- toss the frozen ingredients in your food processor and blend until smooth. Use the splash of coconut milk to make the blending easier, and to add a bit of creaminess to your “ice cream.” Enjoy!



- 2-3 Bananas
- Bag of dark baking chocolate
- Any toppings you desire (nuts, coconut, etc)

Slice bananas into small, bite-sized pieces. Melt your dark chocolate, dipping the bananas into chocolate to coat your banana bites. Sprinkle any toppings you want (or none, it's delicious both ways!) and freeze until hardened. Freezing usually takes about 45 minutes to an hour. Take your bites out of the freezer, and enjoy.



- 1 cup almond butter
- 1 cup dark melting chocolate

Combine almond butter with dark chocolate and melt in the microwave in small increments, stirring in between 15-20 second increments until fully melted. Line muffin pan with cupcake liners. Scoop one spoonful into cupcake liners. Smooth mixture as much as possible, and freeze for 20 minutes. Slowly peel off cupcake liners and enjoy your delicious, two-ingredient almond butter cups!



- 1 cup cashews, finely ground
- $\frac{3}{4}$ cup pitted dates, chopped
- $\frac{1}{2}$ cup almond butter
- 2 tablespoons cacao powder
- $\frac{1}{2}$ tablespoon raw honey

Put all ingredients in food processor and blend together until smooth. Roll into small balls, place on baking sheet and refrigerate. Serve when chilled.