



7 DAY CHALLENGE
'HEALTHY SWEET QUICK FIXES'
RECIPE BOOK



MODULE 3 RECIPE BOOK



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7 DAY 'HEALTHY SWEET QUICK FIXES' CHALLENGE



All 'sweet fixes' can be made in 15min flat (or less)!

2 for 1 - All 'sweet fixes' recipes can be converted into multiple variations!

A different flavour for each day of the week!

Please note:

Although there are 'Sweet Fixes' Recipes for every day of the week, I want to encourage you to start by picking a couple favourite flavours, and choose just a couple recipes to make for the week. This will help avoid overwhelm (remember, it's about adding baby-steps) - don't try to make all the recipes as once. Slowly adding yummy clean eating recipes to your family's life is the goal.





Day 1 - Chocolate

Day 2 - Vanilla

Day 3 - Caramel

Day 4 - Strawberry & Berries

Day 5 - Mint & Chocolate

Day 6 - Lemon & Key Lime

Day 7 - Tropical Fruit & Coconut

Just add... BONUS Recipe Variations!

This program is designed to teach you ways to make delicious healthy food, quickly, in a variety of ways.

To save time, it is better to know how to make one recipe, and then with slight variations, be able to make 3 or 4 different versions just by adding 1 or 2 ingredients and/or changing consistency!

Therefore, each day, you get two main recipes, PLUS you get 2-3 variations, showing you ways to add ingredients to slightly change the recipe outcome and consistency. This adds more variety of sweet fixes for you and your family to enjoy, without too much effort. You will see how this works more clearly as you start to make the recipes.

You will look like a superstar healthy chef to your family, while keeping your sanity not having to spend time learning to make multiple different recipes! Woohoo!





All Recipes are:

Raw, plant-based and made from wholefoods.

They are all dairy-free, processed sugar-free, vegan, wheat-free, grain-free/paleo, and not made with any animal-based products.

Equipment:

I am not paid or sponsored to recommend any equipment, I share honestly exactly what I use myself.

Blender and/or food processor

Most blenders that can crush ice will make the recipes. The more powerful the blender the smoother the consistency you are able to make and the thicker consistencies you are able to blend (without burning out your blender's motor!)

Personal note from me:

At the time of writing this, I use a coffee grinder or my travel size Tribest Personal Blender (which I use to make smoothies with), and use the grinder attachment to grind nuts and seeds before adding to recipes (to ensure smoother consistencies).

I use my Kenwood 800W handheld blender with food processor attachment as my food processor for most mixtures, and if I need to make anything SUPER smoother, I'll use the 'wand' attachment to blend what I'm making, into a silky smooth consistency - right in the mixing bowl/cup.

Or I'll use my Sunbeam 2000W Blender because it is more powerful and can handle thicker consistencies, and can create smoother consistencies when I need to, such as ice-creams and thick sauces. Please note that this was a much later addition to my kitchen, on my own journey, and is optional - I used my handheld blender for ages before I specifically bought this more powerful blender.





All the above blenders/kitchen equipment are not expensive compared to many 'professional' blenders/kitchen equipment found on the market, and they are a great way to start (which is what I started with) - I basically started with what I already had in my kitchen!

I am NOT paid to recommend any equipment, I share honestly exactly what I have used myself.

Kitchen Ready!

I have designed this week to be easy peasy. Most of the ingredients can be bought and stored either in the pantry or in the freezer for long periods of time.

This means that if you keep a little stock of these ingredients on hand at home, you'll always be able to whip up a sweet fix in 5 min flat!

Stocking the Pantry:

Pantry Tips

- Keep ingredients in sealed glass jars and containers where possible.
- If using plastic bags, use brown paper bags to have the contact with the ingredients, and use the plastic over the outside to seal in freshness.
- I try and avoid buying and/or keeping things in plastic, aluminium, tin (unless they are BPA free) - I try and use glass, stainless steel, ceramic and stone where possible. Much healthier!

Shopping List - recipe amounts serves 1

I have kept amounts to serve 1 person per recipe, so that it is easy to multiply the shopping list depending on how many people are in your family, or how many you want to make.





Just multiply ingredient amounts depending on how many people you are making for.

Some things are better kept in the fridge and freezer

I keep most oils, nuts and nut & seed butters, in the fridge to help prevent them going rancid/off, except for:

- Coconut Oil
- Cacao butter
- Almonds and Cashews (don't keep in the fridge, purely because I use them up so quickly).

* I also store my maple syrup, and coconut blossom syrup in the fridge.

Shopping List

Make sure you choose organic, or chemical spray-free, raw/unheated, locally sourced wholefoods where possible. And make sure your oils are organic, cold-pressed oils only.

Please Note: I've calculated these amounts based on making 1 of each, of ALL recipes shared in this Module.

There are over 30 recipes in this Module!

This list lasts us over 1 month+ worth of Sweets!

Shopping List Print Off

I have created a one page, PRINT OFF version of this shopping list, so that it fits onto one page. Making it easier for you to print and take with you when you shop!

You will find it in your Module 3 downloads section.

Notes in pink have not been included in one page PRINT OFF (*read those now*).





Oils/Fats

Coconut Oil	4 cups	= approx. 34 fl oz / 1 litre
Cacao Butter	$\frac{2}{3}$ cup	= approx. 4 oz / 110 g

'Dry' ingredients - Nuts, Seeds, Dried Fruits, Superfood Powders

Most of these ingredients can be bought, sealed, stored and used over a long period of time.

Coconut (flaked/shredded)	4 $\frac{1}{2}$ cups	= approx. 9 oz / 250 g
Cashews	5 $\frac{1}{2}$ cups	= approx. 2 $\frac{1}{4}$ lbs / 1 kg
Almonds	1 $\frac{1}{2}$ cups	= approx. 9 oz / 255 g
Walnuts	1 cup	= approx. 6 oz / 170g
Pecans	1 cup	= approx. 6 oz / 170g
Hazelnuts	$\frac{1}{2}$ cup	= approx. 6 oz / 85 g
Macadamia Nuts	$\frac{1}{2}$ cup	= approx. 6 oz / 85 g
Chia Seeds	$\frac{2}{3}$ cup	= approx. 4 oz / 110 g
Dates	15 $\frac{1}{2}$ cups	= approx. 4 $\frac{1}{2}$ lbs / 2 kg
Raisins	$\frac{1}{2}$ cup	= approx. 2 $\frac{1}{2}$ oz / 70 g
Cacao Powder	1 $\frac{1}{2}$ cups	= approx. 5 oz / 135 g

'Wet' ingredients (tinned or other) - Nuts, Seeds, Butters

Try always get BPA free cans when possible! 1 tin = 1 $\frac{1}{2}$ cup = 13 $\frac{1}{2}$ oz / 400ml

Always get Coconut Cream that has no additives i.e. guar gum/thickeners.

Spring Water	approx. 1 gallon / 3 $\frac{1}{2}$ litres
Coconut Cream	6 cups = approx. 50 fl oz / 1 $\frac{1}{2}$ litre (4 $\frac{1}{2}$ tins)
Tahini (Sesame Seed Paste)	12 tbsp = approx. 13 oz / 375 g
Nut Butter	2 tbsp <i>Your choice: almond, cashew or macadamia nut</i>

I also always have peanut butter on hand in the fridge.

You can add nut butters as a topping to many puddings and ice-creams.

Spices, Extracts, and (food grade) Essential Oils

Vanilla Extract	16 tsp	= approx. 3 fl oz / 80 ml
Hazelnut Extract	1 tsp	
Cinnamon (ground)	3 tsp	
Sea Salt	4 tsp	
Peppermint E.Oil (food grade)	16 drops	

Natural Sweeteners

I mostly use organic Maple Syrup for most my recipes, but you can substitute with Coconut Blossom Syrup, or Raw Organic Honey. Please note that some of these natural sweeteners can change the taste of a recipe, but I interchange all the time and they all taste good, just different, depending on sweetener used.

Maple Syrup	2 $\frac{1}{2}$ cup	= approx. 22 fl oz / 650 ml
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Can also use Honey or Coconut Blossom Syrup instead of Maple Syrup.





Fresh Fruit & Fresh Herbs

Most of these are fine to freeze for use later (except lemon & mint). Try use fresh ingredients in all recipes wherever possible, otherwise you can substitute frozen fruits in the recipes for convenience (please note: some recipes may not taste the same when using frozen fruit).

* For ice-creams, I use frozen bananas.

Bananas	3 medium size
Strawberries	1 ½ cup
Blueberries	½ cup
Mango	1 small
Pineapple	½ small
Lemon	3 medium size
Fresh Peppermint	1-2 bunches

Fruit freezing tip:

Peel bananas before freezing.

Add fruit to a brown paper bag (optional), and seal in a ziplock bag to freeze.

Optional Toppings/Decorating Desserts:

Cacao Nibs	½ cup
Fresh Berries	1 cup
Fresh Mint leaves	¼ cup
Dried Banana chips	¼ cup
Dessicated Coconut	¼ cup
Chopped Nuts	½ cup <i>your choice (hazelnuts/almonds)</i>
Small amount for sprinkles - Rose petals, Calendula petals, Lavender flowers.	

DAY 1 - CHOCOLATE

Included are your **'BONUS Recipe Variations!'**

Each recipe has Bonus Recipe Variations so you can use the base recipes you learn, and turn them into multiple sweet fixes - saving you time because you don't have to learn all brand new recipes each time...

Therefore making it easier to learn/memorise those recipes for making them in future, all while giving you and your family yummy variety!



DAY 1 - CHOCOLATE

Chocolate Mousse

Recipe Time: 5 - 10 min

Serves: 1

Equipment you need: Blender (or handheld blender), and/or food processor.

Ingredients:

⅓ cup Cashews (ground)

½ cup Coconut Cream (plain/no added guar gum/thickeners)

6 Dates, pitted (soaked in 1-2 tbsp warm Spring Water)

1 tbsp Cacao Powder

3 tbsp Maple Syrup

⅛ tsp (pinch) Sea Salt

¼ cup Coconut Oil (warmed, so it's liquid)

Optional topping:

Cacao Powder or Cacao Nibs sprinkles



Steps:

1. Blend Cashews until ground (flour-like consistency).
2. Blend ground Cashews and Coconut Cream until smooth.
3. Drain the soaked Dates, then blend all ingredients, except the Coconut Oil, until smooth.
4. Add Coconut Oil and blend again. *I usually blend again using my hand held blender to make mixture silky smooth, and 'fluffy'.*

Recipe Notes:

- **If you don't have a very powerful blender**, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).
- Add the topping and enjoy straight away or even better, refrigerate for 15+ minutes before serving for that real **Chocolate Mousse** consistency. Store sealed in fridge. Eat within 1 -2 days.





Chocolate Mousse Ice-Cream



Recipe Time: 15 min

Makes: 1 cup

Equipment you need:

Blender (or handheld blender),
and/or food processor.

Make the
Chocolate Mousse Recipe
(as above), and just add....



Ingredients:

1 cup Ice

Optional topping:
Cacao Powder or Cacao Nibs.

Steps:

1. Add 1 cup of ice to the **Chocolate Mousse** Recipe and blend until smooth.

Recipe Notes:

- You'll need a decent powered blender to make ice-cream - *at the time of writing this, I use my Sunbeam 2000W Blender to make all my ice-creams (this blender is not an expensive blender compared to many found on the market - I am not paid to recommend any equipment, I share honestly exactly what I have used myself).*
- Add the topping and enjoy straight away.
Please note, this quick-to-make ice-cream variation does not taste so great if it is frozen and eaten later.



Chocolate Mousse Hazelnut Pudding

Recipe Time: 15 min

Makes: 1 cup

Equipment you need:

Blender (or handheld blender),
and/or food processor.

Make the
Chocolate Mousse Recipe
(as above), and just add....

Ingredients:

1 ½ tsp **Hazelnut Extract**

¼ cup **Hazelnuts**

2 tbsp **Nut Butter**
(your choice: almond, cashew,
macadamia, or hazelnut)

4 **Dates**, pitted
(soaked in 1-2 tbsp warm Spring
Water)

Optional topping:

Strawberries, and **Hazelnuts**, chopped and sprinkled on top

Steps:

1. Chop up Hazelnuts and set aside.
2. Add the rest of the ingredients to the **Chocolate Mousse** Recipe and blend until smooth.
3. Mix in the chopped Hazelnuts by hand/using a spoon (set aside a small amount of chopped nuts for topping).

Recipe Notes:

- Add the topping and enjoy straight away or refrigerate for 15+ min to allow the Pudding to ‘firm up’ before serving.
- Store sealed in fridge. Eat within 1 -2 days.



BONUS
RECIPE
VARIATION!



DAY 2 - VANILLA

Sweet Vanilla Cream/Sauce

Recipe Time: 5 min

Makes: 1 cup

Equipment you need:

Blender (or handheld blender), and/or food processor.

Ingredients:

½ cup Cashews

½ cup Spring Water

1 tsp Vanilla Extract

1 tbsp Maple Syrup

⅛ tsp (pinch) Sea Salt

Steps:

1. First grind/blend Cashews down into a flour-like consistency.
2. Add the rest of the ingredients and blend until smooth.
I will usually blend again using my hand held blender to make the cream, silky smooth.



Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).
- Enjoy straight away! Store sealed in fridge. Eat within 1-2 days.

Serving suggestions:

- * You can use this cream/sauce to top or add to a great many things, let your imagination run wild.
- * Enjoy as a topping on any of this week's Sweet Treats.
- * Enjoy as a topping on fresh cut strawberries or fruit salad.
- * I've even used this in tea and coffee!



Sweet Vanilla Cream Pudding

Recipe Time: 15 min

Serves: 2 (Makes 1 cup)

Equipment you need:

Blender (or handheld blender),
and/or food processor.

Make the
Sweet Vanilla Cream/Sauce
Recipe (as above), & just add....

Ingredients:

1 tsp **Vanilla Extract**

2 tbsp **Coconut Oil**

2 ½ tbsp (27 g or 1 oz) **Cacao Butter**
(warmed just enough to melt - see
note below)

Optional topping:

Strawberries, and a sprinkling of
Cacao Powder



Steps:

1. Gently warm the Cacao Butter enough for it to melt.

Please Note: To melt Cacao Butter - I heat some water in a pot, then place a stainless steel bowl in the pot, add a little heated water to the bowl, and then add a glass bowl in which the Cacao Butter can melt without it getting too hot/burning. We want the Cacao Butter to remain raw (healthy for us), so avoid heating it more than 40 °C / 104 °F.

2. Add all the above ingredients to the **Sweet Vanilla Cream/Sauce** and blend until smooth..

Recipe Notes:

- Add the topping and enjoy straight away or refrigerate for 15+ min to allow the Pudding to 'firm up' before serving. Store sealed in fridge. Eat within 1 -2 days.



Vanilla Chia Pudding

Recipe Time: 5 min (10+ to set)

Serves: 1

Equipment you need: A jar with a lid!

Ingredients:

¼ cup Coconut Cream

½ cup Spring Water

3 tbsp Chia Seeds

1 tbsp Maple Syrup

½ tsp Vanilla Extract

Steps:

1. Throw everything in a jar, put the lid on and shake well.

For an even consistency, shake jar every few minutes for the first 10min or so, before it sets.



Recipe Notes:

- Enjoy straight away, however if you refrigerate for 15+ min to allow the Chia Seeds to expand, you will get a beautiful pudding-like consistency. Store sealed in fridge. Eat within 1-2 days.

Serving suggestions:

- * Serve with your choice of fresh fruit, or see the *Bonus Recipe Variation* (below).
- * You can also add some of the **Sweet Vanilla Cream/Sauce** (above) to this recipe to make it an even more creamy Vanilla treat!
- * You can also serve with **Chocolate Filling/Icing** (Recipe found in Secret Bonus #1 - A Taste of Things to Come Recipe Book) OR **Caramel Filling** (Recipe found in Day 3).



Vanilla Chia Pudding with Mango Puree

Recipe Time: 15 min

Makes: 1 cup

Equipment you need: A jar with a lid!

Make the
Vanilla Chia Pudding Recipe
(as above), and just add...

Ingredients:

½ **Mango**

Or any other fruit you like!

¼ cup **Coconut Cream**

Steps:

1. Blend the above ingredients to make the Puree. *Mango can be substituted with any other fruit you prefer.*
2. Add the Puree to the top of the Chia Pudding OR you can mix the puree into the pudding.

Recipe Notes:

- Enjoy straight away! Store sealed in fridge. Eat within 1 -2 days.



DAY 3 - CARAMEL

Caramel Date Filling/Sauce

Recipe Time: 5 min

Makes: ½ cup

Equipment you need: Powerful blender, or food processor.

Ingredients:

2 tbsp Tahini

16 Dates, pitted
(soaked in 3-4 tbsp warm Spring Water)

2 tbsp Maple Syrup

1 tbsp Coconut Oil

½ tsp Vanilla Extract

pinch Sea Salt

Steps:

1. Drain Dates and place all ingredients in a food processor, and blend until smooth..



Recipe Notes:

- **Warning:** This is a very thick sauce and almost turns 'toffee-like' in consistency. If you are using a small handheld blender with food processor attachment (I use my 800W Kenwood - see notes on Page 5), make sure you pulse gently until you get a smooth consistency, and give your blender a break if it starts to get hot. One can easily burn out the motor of a less powerful blender/processor when making a thick sauce such as this, so be careful.

If you have a more powerful blender or food processor then you shouldn't have too much to worry about.

- Enjoy straight away! Store sealed in fridge. Eat within 4 - 6 days.

Serving suggestions:

- * Serve with slices of fresh apple or as a topping with any of the ice-cream recipes!
- * This also makes a great accompaniment to the **Vanilla Chia Pudding** or you can follow the Recipe Variation below.



Caramel Date Chia Pudding

BONUS
RECIPE
VARIATION!



Recipe Time: 15 min

Makes: 1 cup

Equipment you need: A jar with a lid!

Make the
Caramel Date Filling/Sauce and
the **Vanilla Chia Pudding** Recipe
(as above), and just add them together!

Steps:

1. Mix 2-3 tbsp of **Caramel Date Filling/Sauce** to your **Vanilla Chia Pudding** before allowing the Chia Pudding to set, (therefore making a **Caramel Date Chia Pudding**).

Recipe Notes:

- Enjoy straight away! Store sealed in fridge. Eat within 1 -2 days.



Caramel Date Ice-Cream

BONUS
RECIPE
VARIATION!

Recipe Time: 15 min

Makes: 1 cup

Equipment you need:

Blender (or handheld blender),
and/or food processor.

Make the
Caramel Date Filling/Sauce
Recipe (as above),
and just add....



Ingredients:

1 cup Ice

Optional topping:

Sesame Seeds and Rose Petals
(food grade)

Steps:

1. Add 1 cup of ice to half of the **Caramel Date Filling/Sauce** Recipe, and blend until smooth.

Recipe Notes:

- You'll need a decent powered blender to make ice-cream - *at the time of writing this, I use my Sunbeam 2000W Blender to make all my ice-creams (this blender is not an expensive blender compared to many found on the market - I am not paid to recommend any equipment, I share honestly exactly what I have used myself).*
- Add the topping and enjoy straight away.
Please note, this quick-to-make ice-cream variation does not taste so great if it is frozen and eaten later.



Caramel Date Boat Cookies



Recipe Time: 15 min

Makes: 1 cup

Equipment you need:

A jar with a lid!

Essentially these are exactly the same as the **Raw Chocolate Boat Cookies** (which was included in your **Secret Bonus #1, 'A Taste of Things to Come' Recipe Book**), except you will be adding the **Caramel Date Filling/Sauce** instead of the **Chocolate Filling/Icing** to the boat cookie bases...
OR, you can just make both! YUM!

Steps:

1. Base: $\frac{1}{2}$ cup **Almonds** + $\frac{1}{2}$ cup **Dates**, pitted. Blend together until 'crumbly' consistency.
2. Take mixture and press firmly into balls in the palm of your hand and shape the balls into a 'boat shape'. Then press a finger into the middle of the ball, should look like a boat shape, and just make sure there is a 'moulded' space to add the filling.
3. Add **Caramel Date Filling/Sauce** to cookies.

Recipe Notes:

- Enjoy straight away! Store sealed in fridge. Eat within 3 - 4 days.



DAY 4 - STRAWBERRY & BERRIES

Strawberry Jam/Sauce

Recipe Time: 5 min

Makes: 1 cup

Equipment you need:

Blender (or handheld blender),
and/or food processor.

Ingredients:

1 cup **Strawberries** (fresh,
chopped)

8 **Dates**, pitted
(soaked in 3-4 tbsp warm Spring
Water)

2 tbsp **Coconut Blossom Syrup**
(or Maple Syrup/Honey)

2 tbsp **Chia Seeds**

Optional: Add 1 tbsp Beetroot
Juice (made from ¼ beetroot & ¼
orange) to give the Jam/Sauce
this bright red/pink colour!



Steps:

1. Blend the Dates and water into a paste.
2. Add the Coconut Blossom Syrup (or Maple Syrup/Honey) and half the Strawberries, pulse until just mixed together.
3. Add the rest of the chopped Strawberries - can pulse again if you want it less chunky.
4. Stir in the Chia Seeds and Beetroot Juice using a fork until mixed together well.

Recipe Notes:

- Enjoy straight away, however if you refrigerate for 15+ min to allow the Chia Seeds to expand, you will get a beautiful jam-like consistency. Store sealed in fridge. Eat within 1-2 days.

Serving suggestions:

- * Enjoy as a topping with your **Vanilla Chia Pudding** Recipe (This Module, Day 2).
- * Enjoy as a topping for the **Quick Breakfast Banana Pancakes** Recipe (Secret Bonus #1, A Taste of Things to Come Recipe Book).



Strawberry Jam Ice-Cream

Recipe Time: 15 min

Makes: 1 cup

Equipment you need:

Blender (or handheld blender),
and/or food processor.

Make the
Strawberry Jam/Sauce
Recipe (as above),
and just add....

Ingredients:

1 ¼ cup **Strawberry Jam/Sauce**

¼ cup **Coconut Cream**

1 cup **Ice**

Optional topping:

Strawberries, fresh slices

Steps:

1. Add all ingredients in a blender and blend until smooth

Recipe Notes:

- **You'll need a decent powered blender to make ice-cream** - *at the time of writing this, I use my Sunbeam 2000W Blender to make all my ice-creams (this blender is not an expensive blender compared to many found on the market - I am not paid to recommend any equipment, I share honestly exactly what I have used myself).*
- Add the topping and enjoy straight away.
Please note, this quick-to-make ice-cream variation does not taste so great if it is frozen and eaten later.





Berry Choc Nut Sundae



Using your choice of fruit and nuts, build layers using your **Chocolate Sundae Sauce** (recipe below), and **Sweet Vanilla Ice-Cream** (recipe below). And finally, add a little extra **Chocolate Sundae Sauce** last, to top it off!

I USED:

1/2 cup	Strawberries
1/4 cup	Blueberries
1/4 cup	Nut Mix: Hazelnuts & Macadamia



Chocolate Sundae Sauce

Recipe Time: 15 min

Makes: ⅔ cup

Equipment you need:

Blender (or handheld blender), and/or food processor. Plus, a double boiler set up for melting cacao butter (see notes below).

Ingredients:

2 tbsp Cacao Powder

5 tbsp (55 g or 2 oz) Cacao Butter
(warmed just enough to melt - see notes)

2 tbsp Coconut Oil

2 tbsp Maple Syrup

6 Dates, pitted
(soaked in 1-2 tbsp warm Spring Water)

⅛ tsp (pinch) Sea Salt

Chocolate-Sundae Chocolates!

Using a spoon, shape the Chocolate Sundae mixture into molds on a piece of parchment paper and put them in the freezer overnight - this makes for silky smooth, soft pieces of chocolate that absolutely melt in your mouth!

This is also great for breaking into pieces and serving as a topping with your Sundaes!

BONUS
RECIPE
VARIATION!

Steps:

1. Warm and melt the Cacao Butter.

Please Note: To melt Cacao Butter - I warm some water in a pot, then place a stainless steel bowl in the pot, add a little warm water to the bowl, and then add a glass bowl in which the Cacao Butter can melt, without it getting too hot/burning. We want the Cacao Butter to remain raw (healthy for us), so avoid letting it get warmer than 40 °C / 104 °F.

2. Blend the rest of the ingredients together until smooth, before adding the Cacao Butter. Include the water the Dates were soaking in.
3. Add the melted Cacao Butter and blend until smooth.
I will usually blend again using my hand held blender to make cream silky smooth.

Recipe Notes:

- Enjoy straight away! Store sealed in fridge. Eat within 4 - 5 days.

Serving suggestions:

- * You can serve this yummy sauce on almost anything.
- * Dip whole strawberries to make Chocolate dipped strawberries or use it as Chocolate Fondue sauce.



Sweet Vanilla Ice-Cream

Almost the same Recipe as the **Sweet Vanilla Cream Sauce** - with a couple additions.
I have adapted the recipe and added it here, for your convenience.

Recipe Time: 10 min

Serves: 1

Equipment you need:

Blender (or handheld blender), and/or food processor.

Ingredients:

½ cup Cashews

⅛ tsp (pinch) Sea Salt

¼ cup Spring Water

2 tbsp Coconut Oil

2 tsp Vanilla Extract

¼ cup Coconut Cream

1 tbsp Maple Syrup

1 cup Ice

Steps:

1. First grind/blend Cashews down into a flour-like consistency.
I use a coffee grinder, or a grinder attachment with my Tribest blender.
2. Add the rest of the ingredients except for the Ice and blend until smooth.
I will usually blend again using my hand held blender to make cream silky smooth.
3. Now add the Ice and blend.

Recipe Notes:

- You'll need a decent powered blender to make ice-cream - *at the time of writing this, I use my Sunbeam 2000W Blender to make all my ice-creams (this blender is not an expensive blender compared to many found on the market - I am not paid to recommend any equipment, I share honestly exactly what I have used myself).*
- Add the topping and enjoy straight away.
Please note, this quick-to-make ice-cream variation does not taste so great if it is frozen and eaten later.



DAY 5 - MINT & CHOCOLATE

Mint Chocolate Mousse

Recipe Time: 5 - 10 min

Serves: 1

Equipment you need: Blender (or handheld blender), or food processor.

Ingredients:

⅓ cup Cashews (ground)

½ cup Coconut Cream

6 Dates, pitted
(soaked in 1-2 tbsp warm Spring Water)

1 tbsp Cacao Powder

3 tbsp Maple Syrup

⅛ tsp (pinch) Sea Salt

¼ cup Coconut Oil (warmed, so it's liquid)

4 drops Peppermint Essential Oil

Optional topping:

Mint leaves and/or Cacao Nibs and
Cacao Powder



Steps:

1. Blend Cashews until ground (flour-like consistency). Add Coconut Cream, blend until smooth.
2. Drain the soaked Dates, then blend all ingredients, except the Coconut Oil and Peppermint Oil, until smooth.
3. Add Coconut Oil and blend again. Make sure you only mix in the Peppermint Oil once you have transferred the mixture to a glass or ceramic mixing bowl - Essential Oils are potent and it's best not mixed in a plastic or other bowl.

I usually blend again using my hand held blender to make mixture silky smooth, and 'fluffy'.

Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).
- Add the topping and enjoy straight away or even better, refrigerate for 15+ minutes before serving for that real **Chocolate Mousse** consistency. Store sealed in fridge. Eat within 1 -2 days.



Mint Chocolate Mousse Ice-Cream

Recipe Time: 15 min

Makes: 1 cup

Equipment you need:

Blender (or handheld blender),
and/or food processor.

Make the
Mint Chocolate Mousse
Recipe (as above),
and just add....

Ingredients:

1 cup Ice

Optional topping:

Cacao Powder or Cacao Nibs

Steps:

1. Add 1 cup of ice to the **Mint Chocolate Mousse** Recipe and blend until smooth.

Recipe Notes:

- You'll need a decent powered blender to make ice-cream - *at the time of writing this, I use my Sunbeam 2000W Blender to make all my ice-creams (this blender is not an expensive blender compared to many found on the market - I am not paid to recommend any equipment, I share honestly exactly what I have used myself).*
- Add the topping and enjoy straight away.
Please note, this quick-to-make ice-cream variation does not taste so great if it is frozen and eaten later.





Peppermint Mousse Pudding

Recipe Time: 5 - 10 min

Serves: 1

Equipment you need:

Blender (or handheld blender),
or food processor.

Ingredients:

½ cup Cashews

⅓ cup Coconut Cream

2 tbsp Coconut Oil

1 tbsp Maple Syrup

⅛ tsp (pinch) Sea Salt

1 cup Mint leaves, fresh

4 drops Peppermint Essential Oil

Optional topping:

Mint leaves and/or Cacao Nibs



Steps:

1. First grind/blend Cashews down into a flour-like consistency. Add the Coconut Cream and Coconut Oil and blend until smooth.
2. Add the rest of the ingredients except for the Peppermint Essential Oil and blend until smooth and set aside. Make sure you only mix in the Peppermint Oil once you have transferred the mixture to a glass or ceramic mixing bowl - Essential Oils are potent and it's best not mixed in a plastic or other bowl.

I will usually blend again using my hand held blender to make the Filling silky smooth.

Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).
- Add the topping and enjoy straight away or even better, refrigerate for 15+ minutes before serving for a thicker consistency. Store sealed in fridge. Eat within 1 -2 days.





Peppermint Caramel (mini) Tart



Making the 3 layers of this may take a bit more time than usual,
but I can assure you, it's well worth it!

I make a bunch and put them in the freezer and they taste great every time.



Peppermint Mousse Filling

Same as the **Peppermint Mousse Pudding**. Here is the recipe again for your convenience.

Recipe Time: 15 min

Makes: $\frac{2}{3}$ cup

Equipment you need: Blender (or handheld blender), and/or food processor.

Ingredients:

$\frac{1}{2}$ cup Cashews

$\frac{1}{3}$ cup Coconut Cream

2 tbsp Coconut Oil

1 tbsp Maple Syrup

$\frac{1}{8}$ tsp (pinch) Sea Salt

1 cup ($\frac{1}{4}$ cup firmly packed) Mint leaves, fresh

4 drops Peppermint Essential Oil

Steps:

1. First grind/blend Cashews down into a flour-like consistency. Add the Coconut Cream and Coconut Oil and blend until smooth.
2. Add the rest of the ingredients except for the Peppermint Essential Oil and blend until smooth and set aside. Make sure you only mix in the Peppermint Oil once you have transferred the mixture to a glass or ceramic mixing bowl - Essential Oils are potent and it's best not mixed in a plastic or other bowl.

I will usually blend again using my hand held blender to make the Filling silky smooth..

Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





Caramel Filling

The same filling as the **Caramel Date Filling/Sauce** Recipe - you should have some left over from Day 3! If not, here is the recipe again.

Recipe Time: 5 min

Makes: ½ cup

Equipment you need:

Blender, and/or food processor.

Ingredients:

2 tbsp Tahini

16 Dates, pitted
(soaked in 3-4 tbsp warm Spring Water)

2 tbsp Maple Syrup

1 tbsp Coconut Oil

½ tsp Vanilla Extract

pinch Sea Salt

⅛ tsp (pinch) Sea Salt

2 tbsp Coconut Oil

¼ cup Coconut Cream

1 cup Ice

Steps:

1. Drain Dates and place all ingredients in a food processor, and blend until smooth..

Recipe Notes:

- **Warning:** This is a very thick sauce and almost turns 'toffee-like' in consistency. If you are using a small handheld blender with food processor attachment (I use my 800W Kenwood - see notes on Page 5), make sure you pulse gently until you get a smooth consistency, and give your blender a break if it starts to get hot. One can easily burn out the motor of a less powerful blender/processor when making a thick sauce such as this, so be careful.

If you have a more powerful blender or food processor then you shouldn't have too much to worry about.





Nut Base

Recipe Time: 5 min

Serves: 2

Equipment you need: Blender, and/or food processor.

Ingredients:

½ cup **Nut Mix: Walnuts, Pecans & Almonds**

6 Dates, pitted

Optional topping:

Mint leaves and/or Cacao Nibs

Steps:

1. Blend the Base ingredients using a food processor into a crumb-like consistency.
I use the food processor attachment of my hand held blender for this.

Recipe Notes:

Making your **Peppermint Caramel (mini) Tart:**

1. Add the Base mixture to the bottom of a small glass or cupcake paper, and mould/press mixture firmly into the bottom.
2. Add a layer of **Caramel Date Filling/Sauce** next.
3. Then add the Peppermint Mousse Filling

Enjoy straight away (top layer will be runny) or pop them in the freezer for 15+ min to allow the (mini) Pies to 'set' before serving.

Store sealed in fridge. Eat within 1 -2 days.



DAY 6 - LEMON & KEY LIME

Lemon or Key Lime (mini) Pie

Recipe Time: 15 min

Serves: 1 - 2

Equipment you need:

Blender (or handheld blender),
or food processor.

Ingredients:

Pie Filling

½ cup Cashews

⅓ cup Coconut Cream

2 tbsp Coconut Oil

1 tsp Lemon/Lime zest

2 tbsp Lemon/Lime juice

1 tbsp Maple Syrup

⅓ tsp (pinch) Sea Salt



Nutty Base

6 Dates, pitted

½ Cup Nut Mix: Walnuts, Pecans & Almonds

Optional topping:

Thin Lemon/Lime slices & zest

Steps:

1. First grind/blend Cashews down into a flour-like consistency. Add Coconut Cream and Coconut Oil and blend until smooth.
2. Add the rest of the Filling ingredients and blend until smooth and set aside.
I will usually blend again using my hand held blender to make the Filling silky smooth.
3. For the Base, blend the Base ingredients using a food processor into a crumb-like consistency.
I use the food processor attachment of my hand held blender for this.
4. Add the Base mixture to the bottom of a small glass or cupcake paper and mould and press mixture firmly into the bottom, then add the Filling.

Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).
- Add the topping and enjoy straight away (top layer will be runny) or pop them in the freezer for 15+ min to allow the (mini) Pies to 'set' before serving. Store sealed in fridge. Eat within 1-2 days.



Lemon Coconut Bliss Balls

Recipe Time: 5 - 10 min

Makes: 6 - 7

Equipment you need:

Blender (or handheld blender), or food processor.

Ingredients:

½ cup Almonds

1½ cup Coconut, shredded (keep ½ cup set aside)

1 tsp Lemon zest

2 tbsp Lemon juice

1 tbsp Coconut Oil

1 tbsp Honey (Maple or Coconut Blossom Syrup)

⅛ tsp (pinch) Sea Salt

Optional topping:

Coconut, dessicated (¼ cup) and Lemon zest (1 tsp)



Steps:

1. Using a food processor, pulse the Almonds and 1 cup of the shredded Coconut into a flour-like, crumbly consistency.
I use the food processor attachment of my hand held blender for this.
2. Add the rest of the ingredients (except the ½ cup shredded Coconut) to a food processor and pulse until well combined and becomes a slight sticky mixture.

Be careful not to pulse/blend mixture too much to prevent it becoming too sticky and oily.

3. Mix in the ½ cup of shredded Coconut.
4. Firmly press and roll the mixture into Bliss Balls. Recipe Notes:

Recipe Notes:

- Roll the Bliss Balls in the topping and enjoy straight away. Store sealed in fridge. Eat within 4 - 6 days.



DAY 7 - TROPICAL FRUIT & COCONUT

Raw Coco-nana Cupcake

Recipe Time: 5 - 10 min

Serves: 1

Equipment you need:

Blender (or handheld blender), or food processor.

Ingredients:

1 cup **Coconut**, flaked/shredded

1½ tsp **Coconut Oil**

½ **Banana**

⅛ tsp **Cinnamon**, extra pinch for topping

½ tsp **Vanilla Extract**

Optional topping:

Banana, fresh slices or dried

Banana chips and a pinch of **Cinnamon**



Steps:

1. Blend all ingredients together until it becomes a well combined mixture, using a blender or food processor.
2. Shape mixture into a cupcake shape, top with slices of fresh or dried banana chips, and sprinkle cinnamon on top..

Recipe Notes:

- Add the topping and enjoy straight away or refrigerate for 15+ min to allow cupcake to ‘firm up’ before serving. Store sealed in fridge. Eat within 1 -2 days.



Raw Coco-nana Ice-Cream

Recipe Time: 15 min

Serves: 1

Equipment you need: Blender (or handheld blender), and/or food processor.

Make the **Raw Coco-nana Ice-cream** Recipe (as above), and just add....

Ingredients:

½ cup **Coconut Cream**

½ **Banana**

1 tbsp **Maple Syrup** (optional)

1 cup **Ice**

Optional topping:

Banana, fresh slices or dried Banana chips and a pinch of Cinnamon



Steps:

1. Add all ingredients in blender and blend until smooth.

Recipe Notes:

- You'll need a decent powered blender to make ice-cream - *at the time of writing this, I use my Sunbeam 2000W Blender to make all my ice-creams (this blender is not an expensive blender compared to many found on the market - I am not paid to recommend any equipment, I share honestly exactly what I have used myself).*
- Add the topping and enjoy straight away.
Please note, this quick-to-make ice-cream variation does not taste so great if it is frozen and eaten later.



Chocolate coated Coco-nana Bliss Balls

Recipe Time: 15 min

Makes: 4 - 5

Equipment you need: Blender (or handheld blender), and/or food processor.

Make the **Coco-nana Cupcake** Recipe (as above), and just add....

Ingredients:

Chocolate Filling/Icing

16 Dates, pitted
(soaked in 3-4 tbsp warm Spring Water)

1/3 cup Coconut Oil
(warmed, so it's liquid)

1/3 cup Cacao Powder

1 tsp Vanilla Extract

Steps:

1. Make the **Coco-nana Cupcake** Recipe (as above), except roll the mixture into Bliss Balls!
2. Blend all the **Chocolate Filling/Icing** ingredients together until smooth. Include the water the Dates were soaking in.
3. Coat the **Coco-nana Bliss Balls** with the **Chocolate Filling/Icing**.

Recipe Notes:

- Enjoy straight away or refrigerate for 15+ min to allow Bliss Balls and Chocolate 'coating' to 'firm up' before serving. Store sealed in fridge. Eat within 2 - 3 days.



*The **Chocolate Filling/Icing** is the same as the one used for the **Chocolate Boat Cookies** Recipe, found in your **Secret Bonus - A Taste of Things to Come, 7 Sample Recipes**. I have listed it here again for your convenience.*



Pina Colada Ice-Cream

Recipe Time: 10 min

Serves: 1

Equipment you need:

Powerful blender, or food processor.

Ingredients:

½ cup Cashews

¼ cup Spring Water

2 tsp Vanilla Extract

1 tbsp Maple Syrup

⅛ tsp (pinch) Sea Salt

2 tbsp Coconut Oil

¼ cup Coconut Cream

2 - 3 slices Pineapple
(with core removed)

1 cup Ice

Optional Topping:

Fresh Pineapple slices



This is almost the same recipe as the Sweet Vanilla Cream Sauce - with just a couple additions.

Steps:

1. First grind/blend Cashews down into a flour-like consistency.
2. Add the rest of the ingredients except for the Ice and blend until smooth.
I will usually blend again using my hand held blender to make cream silky smooth.
3. Now add the Ice and blend.

Recipe Notes:

- **You'll need a decent powered blender to make ice-cream** - *at the time of writing this, I use my Sunbeam 2000W Blender to make all my ice-creams (this blender is not an expensive blender compared to many found on the market - I am not paid to recommend any equipment, I share honestly exactly what I have used myself).*
- Add the topping and enjoy straight away.
Please note, this quick-to-make ice-cream variation does not taste so great if it is frozen and eaten later.

