

Cranberry Crumble Bars

Active time: 35 minutes Total time: 1 hour 25 minutes Servings: 9



Ingredients

For the crust:

parchment paper
1 cup coconut butter
1/2 cup honey
1/4 cup coconut oil
1 tablespoon lemon juice
2 cups cassava flour
1/2 teaspoon baking soda
1/4 teaspoon sea salt
2 tablespoons coconut sugar

For the Filling:

3 cups frozen cranberries
1/4 cup honey
1/4 cup lemon juice
1/4 teaspoon sea salt
1/4 teaspoon cinnamon
1/4 teaspoon vanilla bean powder

How to prepare

1. For the crust: Preheat oven to 350F. Line an 8x8 inch baking dish with parchment paper. Warm the coconut butter, honey, and oil until pourable.
2. Place the coconut butter, honey, oil, and lemon juice in a food processor and process until combined. You can also use a bowl and whisk here.
3. Place the cassava flour, baking soda, and sea salt (leave out the coconut sugar) in a small bowl together and combine.
4. Add about 3/4 of the dry mixture to the food processor or mixing bowl, and pulse or mix until just combined. Don't overmix, this is how the crust turns out flaky!
5. Add the remaining mixture and pulse once to combine.
6. Scoop out 1/2 of the crust mixture into the baking dish. Your mixture should be crumbly, but form together nicely. Using your hands or a spatula, press the mixture to form an even layer on the bottom, working into the corners.
7. Bake for 10 minutes.
8. For the filling: While the base is baking, place all of the filling ingredients in a saucepan on medium heat. Bring to a boil and cook, stirring, for 10-15 minutes until the mixture becomes thick and sticky.
9. Pour the filling on top of the base, using a spatula to spread evenly over the surface.
10. Sprinkle the coconut sugar over the remaining crust in the food processor or bowl. Pulse once to barely incorporate.
11. Preserving the crumbly texture of the mixture by using your hands, pour on top of the filling. Don't press, but work the crumbles in to cover all the surface area. Bake for 15 minutes, or until lightly browned on top.
12. Remove from oven, score into 9 squares with a knife, and let cool to room temperature before serving.



Goopy Chocolate Caramel Bites

Active time: 15 minutes Total time: 35 minutes Servings: 4



Ingredients

For the crust:

12 dried figs
2 tablespoons honey
1/2 cup almond butter
3 tablespoons unsweetened cocoa powder
1 teaspoon cinnamon
1 pinch coarse sea salt

For the caramel:

13 dates
3 tablespoons water
1 teaspoon vanilla
1 pinch coarse sea salt

For the topping:

1 cup dark chocolate chips, or dark chocolate finely chopped
2 ounces full fat coconut milk
2 teaspoons ground coffee, ideally organic and fair trade
coarse sea salt, to top

How to prepare

1. For the crust: Remove stems from dried figs. Combine all crust ingredients in a food processor and blend until well combined. Pour mixture into the bottom of a 9 inch round pan and press down to form the crust.
2. For the caramel: Pit the dates, soak in water for an hour and drain. Combine all caramel ingredients in a food processor and blend 2-3 minutes. Pour caramel over your crust and spread evenly.
3. For the topping: Warm 1-2 cups water in a pot over low/medium heat. Put chocolate chips or chopped chocolate in a heatproof bowl with the coconut milk. Place heatproof bowl in the pot, making sure the water reaches no more than halfway up the outside of the bowl. Stir chocolate until melted and combined with the milk.
4. Add ground coffee and mix well. Pour melted chocolate over the caramel layer.
5. Sprinkle coarse sea salt on top of the chocolate. Put in freezer at least 20 minutes to harden. Serve cold.

Publisher's note

Inspired by Chocolate Coffee Caramel Bars from Paleo OMG



Raspberry Coconut "Cheesecake"



Active time: 1 hour Total time: 13 hours Servings: 12

Ingredients

For the crust:

24 dates
1 cup coconut oil
1/3 cup coconut flour
1/3 cup shredded coconut, plus more for garnish
1/8 teaspoon sea salt

For the filling:

1 1/2 cups coconut butter
1 1/2 cups whipped honey
1 cup coconut oil
4 cups frozen raspberries
6 tablespoons tapioca starch
1 1/2 teaspoons vanilla, optional
1/4 teaspoon sea salt
1 cup fresh raspberries, for garnish

Publisher's note

For best results, use a honey that is solid at room temperature, like a whipped product. Substitute 3 cups of blueberries for the 4 cups raspberries; for a blueberry-lemon variation, add the juice and zest of 1 lemon. Photo: Kyle Johnson

How to prepare

1. Preheat the oven to 325F.
2. For the crust: Pit the dates and soak for 5 minutes in warm water. Melt the coconut oil.
3. Strain the dates (discard the water) and place them in a food processor or high-powered blender with the melted coconut oil. Blend for 30 seconds or so until a chunky paste forms. Note: if you are using a standard blender, you may have to stop and scrape the sides, and the oil may not completely mix with the dates, but the crust will still turn out fine.
4. Combine the coconut flour, shredded coconut, and salt in a bowl. Add the date paste and mix thoroughly. Place the mixture in the bottom of an 8-inch springform pan, pressing it down evenly. Use a small spatula to clean up the top edge around the sides of the pan, where the filling will meet the crust. Bake for 30 to 35 minutes, until the crust browns and hardens a little bit. The texture will still be soft until it finishes cooling. Set aside while you make the filling.
5. For the filling: Soften the coconut butter and honey by placing them in a warm water bath for a few minutes.
6. To make the filling, combine the coconut butter, honey, coconut oil, and frozen raspberries in a saucepan on low heat. Stir until the raspberries are no longer frozen and the mixture is warm, about 5 minutes. Transfer to a blender and add the tapioca starch, vanilla extract, and salt. Blend on high for about a minute, until completely mixed. Pour carefully on top of the crust.
7. Set in the refrigerator undisturbed for at least 12 hours to allow the cake to cool and completely solidify. When it is ready, carefully remove the sides of the springform pan.
8. Decorate the top of the cake with thick-flake coconut chips and fresh raspberries.
9. Keeps for a week, tightly wrapped, in the refrigerator. Leftover slices can be frozen for later enjoyment



The Best Paleo Pumpkin Pie



Active time: 20 minutes Total time: 1 hour 30 minutes Servings: 8

Ingredients

For the crust:

- 1 1/4 cups walnut halves, or pecans
- 1 cup almond flour
- 1 egg
- 1 pinch sea salt

For the pumpkin custard:

- 1/2 cup unsalted cashews, raw or roasted
- 3/4 cup walnut halves
- 3 eggs
- 1/4 cup honey
- 1/4 cup pure maple syrup
- 1 3/4 cups pumpkin puree, or canned
- 1 cup water
- 1 teaspoon ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon sea salt

How to prepare

1. For the crust:
2. Preheat oven to 375F.
3. Grind walnuts in a food processor or blender until finely ground and almost starting to turn into walnut butter (just starting to clump together). Separate the egg and set the egg yolk aside for later.
4. Mix walnuts, almond flour, egg white, and salt together. You can pulse in your food processor or do this by hand.
5. Press/pinch into a 9 inch pie plate - an 8 inch, deep dish pie plate will work too.
6. Pierce the crust with a fork every 1/4 inch or so to stop the shell from bubbling up while it bakes.
7. Bake for 20-22 minutes, until starting to turn golden brown.
8. Let cool at least 10 minutes before pouring the custard in.
9. For the pumpkin custard:
10. Preheat the oven to 350F. If you're making your pie right after making the crust, just reduce the temperature.
11. Place cashews and walnuts in your food processor or blender and pulse until finely ground. Add eggs, the extra egg yolk, honey, and maple syrup and blend for 2-3 minutes until completely smooth. Add some of the water if it's too thick for your food processor or blender to puree well. It is very important to blend until completely smooth, otherwise your custard will be watery.
12. Add the rest of the ingredients and blend until combined.
13. Pour filling into cooled pie shell (doesn't need to be room temperature, just cool enough to touch). Spread the top out evenly with a spatula.
14. Bake for 40 minutes. Allow pie to cool completely before serving.
15. Enjoy!!!



Classic Apple Pie

Active time: 1 hour Total time: 2 hours Servings: 6



Ingredients

For the filling:

5 tart apples

1/2 lemon

1/2 cup coconut sugar

1 tablespoon cinnamon

1/4 teaspoon sea salt

For the crust:

1 cup arrowroot

1/2 cup coconut flour

2 tablespoons coconut sugar

1/4 teaspoon sea salt

3/4 cup coconut oil

1/2 cup water

How to prepare

1. Preheat your oven to 350F. If you haven't measured out your coconut oil and water and then placed them in the refrigerator to cool, do it now.
2. For the filling: Peel, core, quarter and thinly slice the apples. Juice the lemon.
3. Place the apple slices in a large bowl. Fill a large pot with enough water to soak all of the apple slices, and bring it to a boil. When it is hot, pour the water into the bowl with the apples until they are just covered. Let them sit in the hot water for 8 minutes, and then place in a colander to drain and set aside while you make the crust.
4. For the crust: To make the crust, combine the arrowroot, coconut flour, palm sugar, and sea salt in a medium bowl and stir to combine. Using a pastry cutter, butterknives, or your fingers, cut in the cold coconut oil until you have pea-sized lumps. Add the cold water, and mix gently. The mixture will be crumbly and not like regular dough so don't over mix!
5. Place the mixture into a 9-inch pie dish. Using your fingers, spread it evenly across the bottoms and up the sides. Prick some holes in the bottom of the crust with a fork. Again, the dough will not behave like regular pie dough, and the less you handle it the more flaky it will come out. Bake for 15 minutes and then set aside while you make the filling.
6. To assemble the pie: Lay out a clean kitchen towel and pour the apple slices on it, blotting them dry. Combine the coconut palm sugar, cinnamon, and salt in a large bowl, and then add the dry apple slices and mix gently. Pour the mixture into the crust, arranging the slices as needed. Sprinkle the pie with lemon juice and place in the oven to cook for 30-35 minutes, until the crust is golden brown.
7. Let cool for 10-15 minutes and then serve.

