



30 min. Vegan Dessert Recipes

KIANA FITNESS



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Aloha,

Welcome to your own personal cookbook! On the next pages you will find a collection of delicious vegan dessert recipes that take 30-minutes or less and require only 8 ingredients or less.

HOW TO USE

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation.

RECIPE TIPS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

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Cranberry Protein Cookies

8 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 02 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!



Green Tea Banana Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 1/2 tsp Green Tea Powder

DIRECTIONS

- 01 Add frozen bananas and green tea powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.



Peanut Butter Rice Krispies

6 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
1/2 cup Maple Syrup
1/2 cup All Natural Peanut Butter
2 1/2 cups Rice Puffs Cereal

DIRECTIONS

- 01 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 02 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 03 Add puffed rice and gently mix with a spatula until evenly coated.
- 04 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter instead.

NO MAPLE SYRUP

Use raw honey instead.

STORAGE

Freeze in an airtight container



Watermelon Pizza

8 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Organic Coconut Milk (canned, full fat, refrigerated overnight)
- 1/4 Seedless Watermelon (medium)
- 1/4 cup Blueberries
- 1 Peach (sliced)

DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 02 Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 03 Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
- 04 Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

NOTES

OTHER TOPPINGS

Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

NO COCONUT WHIPPED CREAM

Use melted chocolate or yogurt instead.

MAKE MORE

Create smaller watermelon pizzas with leftover watermelon.



Pumpkin Tahini Energy Balls

15 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Coconut Flour (Bob's Red Mill)
2 tbsps Coconut Oil (melted)
1/2 cup Pureed Pumpkin
1/4 cup Tahini
3 tbsps Maple Syrup
2 tps Cinnamon
1/4 cup Sesame Seeds

DIRECTIONS

- 01** In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
- 02** Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
- 03** Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
- 04** Cover and store in the fridge up to 5 days, or the freezer for a month.

NOTES

NO TAHINI

Use any type of nut or seed butter.

NO SESAME SEEDS

Roll them in crushed pumpkin seeds or hemp seeds instead.

BEST RESULTS

This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



Pistachio Pomegranate Bark

4 SERVINGS 30 MINUTES



INGREDIENTS

- 7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)
- 1 cup Pomegranate Seeds
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 02 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 03 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 04 Once the chocolate is firm, break or cut it into pieces. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Chocolate Chip Cookies

12 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Almond Flour
1 1/2 tps Baking Powder
3 tbsps Coconut Oil (melted)
3 tbsps Maple Syrup
1 tsp Vanilla Extract
2 tbsps Unsweetened Almond Milk
1/3 cup Organic Dark Chocolate Chips

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 03 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 04 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 05 Remove from oven and let cool. Enjoy!

NOTES

NO CHOCOLATE CHIPS

Use chopped dark organic chocolate or cacao nibs instead.

NO MAPLE SYRUP

Use honey instead.

LEFTOVERS

Store at room temperature for 2 to 3 days, or freeze in an air-tight container.

SERVING SIZE

A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.



Matcha Chia Pudding

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cups Organic Coconut Milk (canned, full fat, refrigerated overnight)
- 1 cup Unsweetened Almond Milk
- 2 tsps Green Tea Powder
- 1/4 cup Chia Seeds
- 1/2 Avocado
- 3 tbsps Maple Syrup

DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a bowl and set aside (aim for about 1 cup if you are making 3 servings). The cream should have separated from the coconut juice after being refrigerated overnight.
- 02 Add the remaining coconut milk from the can into a blender with almond milk, green tea powder, chia, avocado and maple syrup. Blend until smooth. Place in fridge to thicken about 10 to 15 minutes.
- 03 Once it has thickened up, layer chia pudding into mason jars or containers. Follow with a layer of coconut cream. Repeat layers until all ingredients are used up. Add toppings if you wish, and enjoy!

NOTES

TOPPINGS

Top with chopped fruit, hemp seeds, crushed nuts, dried fruit, shredded coconut or coconut chips.

LEFTOVERS

Refrigerate chia pudding in an air-tight container for 3-5 days.

NO MAPLE SYRUP

Use honey or dates to sweeten instead.



Inside Out Almond Joys

24 SERVINGS 15 MINUTES



INGREDIENTS

- 4 1/4 ozs Dark Organic Chocolate (at least 70% cacao, chopped)
- 1 tsp Coconut Oil
- 1 cup Almonds
- 1/4 cup Unsweetened Shredded Coconut

DIRECTIONS

- 01 Microwave dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Stir well to combine.
- 02 Meanwhile, line a baking sheet with parchment paper.
- 03 Add almonds to the melted chocolate and stir to combine. Use a spoon to drop small, even clusters (containing about 4 to 5 almonds each) onto the parchment paper. The number of clusters you make should be equal to your serving size.
- 04 Sprinkle coconut overtop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
- 05 Remove from the freezer and enjoy!

NOTES

NO ALMONDS

Use hazelnuts, peanuts or dried fruit instead.

NO COCONUT

Use hemp seeds instead.

SPREAD THE LOVE

Package them in a tin or jar lined with parchment paper to give as a gift.

SERVING SIZE

One serving is equal to one cluster.

KETO-FRIENDLY

Use 90% cacao dark chocolate.



Fruit-On-The-Bottom Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Berries (thawed)
- 2 tbsps Almond Butter

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

NOTES

STORAGE

Store covered in the fridge up to 4 to 5 days.

ADDITIONAL TOPPINGS

Blackberries, sliced peaches or any chopped fruit you like.

NO ALMOND MILK

Use any other type of milk instead.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.



Peanut Butter Brownie Batter

8 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup All Natural Peanut Butter
2 tbsps Maple Syrup
2 tbsps Water
1 1/2 cups Almond Flour
2 tbsps Cocoa Powder
1/4 cup Organic Dark Chocolate Chips

DIRECTIONS

01 Add all ingredients to a bowl and mix with a spatula until well combined.
Divide between jars and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 1 week.

SERVING SIZE

Each serving equals approximately 3 tablespoons of batter.

MORE PROTEIN

Omit cocoa powder and replace 1/3 of the almond flour with chocolate protein powder.



Cinnamon Ginger Energy Balls

12 SERVINGS 15 MINUTES



INGREDIENTS

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

DIRECTIONS

- 01 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 02 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

NOTES

SERVING SIZE

One serving is equal to one ball.

LEFTOVERS

Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Double Chocolate Mint Energy Balls

6 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1/2 cup Almonds (raw)
2 tbsps Cacao Powder
1 tbsp Cacao Nibs
1/8 tsp Sea Salt
1/2 tsp Peppermint Extract
1 tbsp Water

DIRECTIONS

- 01 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 02 Form the mixture into small balls with your hands and enjoy!

NOTES

NO ALMONDS

Use raw cashews instead.

SERVING SIZE

One serving is equal to two balls.

STORAGE

Store in the fridge up to five days, or in the freezer for up to three months.



Breakfast Oatmeal Cookies

8 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Oats (rolled)
3 Banana (mashed)
1/2 cup All Natural Peanut Butter
1/8 tsp Sea Salt
1/4 cup Organic Dark Chocolate Chips

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 03 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 04 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

NOTES

NO PEANUT BUTTER

Use almond, cashew, or sunflower seed butter instead.

GLUTEN-FREE

Use certified gluten-free oats.

SUGAR-FREE

Use sugar-free chocolate chips or dried cranberries.

LEFTOVERS

Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

SERVING SIZE

One serving is equal to one cookie.



Coconut Yogurt Parfait

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Unsweetened Coconut Yogurt (divided)
- 2 tbsps Walnuts (roughly chopped, divided)
- 1/2 cup Strawberries (chopped, divided)

DIRECTIONS

- 01 Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NUT-FREE

Use sunflower seeds instead of walnuts.

ADDITIONAL TOPPINGS

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.



Spiced Macaroons

20 SERVINGS 25 MINUTES



INGREDIENTS

1/3 cup Coconut Butter
1 tsp Cinnamon
1/2 tsp Ground Cloves
2 tbsps Maple Syrup
2 cups Unsweetened Shredded Coconut

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a saucepan over low heat, combine the coconut butter, cinnamon, cloves and maple syrup. Heat just until melted, stirring frequently. Remove from heat and gently fold in the shredded coconut using a spatula.
- 03 Very tightly pack the mixture into a tablespoon. Add more coconut butter or oil if the mixture is too loose.
- 04 Push down the edge of the macaroon with your thumb to help release it from the spoon. Transfer to the baking sheet and repeat for the remainder of the mixture.
- 05 Bake for 10 minutes or until golden brown. Let the macaroons cool completely to allow them to firm up. If the macaroons are too crumbly, freeze them before serving. Enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to three months. For best results, serve from frozen (no need to thaw).

SERVING SIZE

One serving equals approximately one macaroon.

NO COCONUT BUTTER

Use egg whites instead of coconut butter. This swap will make the macaroons more firm.



Molasses Cookies

8 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Coconut Flour
1 tbsp Tapioca Flour
1/2 tsp Cinnamon
1 tsp Ground Ginger
1/4 tsp Baking Soda
1/4 cup Coconut Oil (melted)
1/4 cup Unsweetened Applesauce
1 tbsp Blackstrap Molasses

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a mixing bowl, combine the coconut flour, tapioca flour, cinnamon, ginger and baking soda.
- 03 Add the coconut oil, applesauce and molasses. Stir until the mixture is thick and the ingredients are evenly combined.
- 04 Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
- 05 Bake for 12 to 15 minutes. Remove from the oven and let them cool completely to allow the cookies to firm up. If the cookies are too crumbly, freeze them before serving. Enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container or freezer bag. Serve from frozen (no need to thaw).

SERVING SIZE

One serving equals one cookie.

COCONUT FLOUR

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

NO TAPIOCA FLOUR

Use cornstarch or arrowroot powder instead.



Decadent Chocolate Peppermint Truffles

10 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Pitted Dates (packed)
3 cups Water (just boiled)
1/3 cup Cocoa Powder
1/2 tsp Peppermint Extract
3 tbsps Coconut Oil
1/3 cup Organic Dark Chocolate Chips
1/4 tsp Sea Salt (large flakes, for topping)

DIRECTIONS

- 01 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 02 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 03 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 04 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 05 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

SERVING SIZE

One serving is equal to approximately two truffles.

ADDITIONAL TOPPINGS

Top with crushed up candy cane or shredded coconut flakes.

MORE FLAVOR

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.



Coconut Shortbread Cookies

8 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Coconut Flour
2 tbsps Arrowroot Powder
1/4 cup Coconut Sugar
1/3 cup Coconut Oil (melted)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
- 03 Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
- 04 Bake for 6 to 8 minutes or until they just turn golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

NOTES

LEFTOVERS

Freeze in an airtight container or freezer bag. Serve from frozen for best results.

SERVING SIZE

Each serving equals one cookie.

COCONUT FLOUR

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Coconut Yogurt with Strawberries

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt
1 tsp Cinnamon
1/4 cup Strawberries (chopped)

DIRECTIONS

01 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Add nuts and seeds.



Chocolate Layered Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/4 cup Chia Seeds
- 3/4 cup Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 cup Strawberries (cut in half)

DIRECTIONS

- 01 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

NO COCONUT YOGURT

Use another type of yogurt instead.



Easy Peach Crumble

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 1 cup Oats (rolled, divided)
- 1/4 cup Unsweetened Applesauce
- 2 tbsps Maple Syrup
- 2 Peach (pit removed, sliced)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 02 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 03 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 1 cup.

MORE FLAVOR

Add cinnamon, nutmeg, lemon juice and/or lemon zest.

ADDITIONAL TOPPINGS

Ice cream, yogurt, whipped coconut cream or crushed nuts.

NO OAT FLOUR

Use any flour on hand.

NO APPLESAUCE

Use mashed banana instead with a few tablespoons of water as needed.



Chocolate Coconut Yogurt

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1 tsp Vanilla Extract
1/4 cup Maple Syrup
3 tbsps Cocoa Powder
1 tsp Cinnamon
1/3 cup Strawberries (sliced)
1/4 cup Almonds (chopped)

DIRECTIONS

- 01 In a bowl, combine the coconut yogurt, vanilla extract, maple syrup, cocoa powder and cinnamon. Whisk together until evenly combined.
- 02 Divide evenly into bowls and top with strawberries and almonds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to 1/2 cup of yogurt.

NUT-FREE

Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

ADDITIONAL TOPPINGS

Top with blueberries or raspberries.



Blueberry Buckwheat Parfait

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 cup Water
- 1/2 cup Buckwheat Groats
- 1 tbsp Maple Syrup
- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Blueberries
- 1 tbsp Hemp Seeds

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Top with bananas or other berries.

NO COCONUT YOGURT

Use Greek, plain, or cashew yogurt instead.



Buckwheat Chocolate Chip Cookies

6 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Buckwheat Flour
1/2 cup Coconut Sugar
1/4 cup Coconut Oil (melted)
1/4 cup Unsweetened Applesauce
1 tsp Vanilla Extract
1/2 tsp Baking Soda
1 tsp Apple Cider Vinegar
1 1/4 ozs Dark Organic Chocolate (roughly chopped)

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a mixing bowl, combine the buckwheat flour, sugar, coconut oil, applesauce, vanilla and baking soda. When well combined, mix in the apple cider vinegar. Gently fold in the chocolate.
- 03 Scoop the dough using a tablespoon and transfer to the baking sheet. Bake for 10 minutes and let cool before serving. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container at room temperature for 5 to 7 days or freeze if longer. For firmer cookies, keep in the fridge or freezer.

SERVING SIZE

One serving equals one cookie.

MORE FLAVOR

Add cinnamon.

NO APPLESAUCE

Double the coconut oil and add a few tablespoons of water, or until the dough sticks together.

NO CHOCOLATE

Use chocolate chips, chopped nuts or raisins instead.

