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— THE 14-DAY —
PAIN FREE
DIET



Pain Killing
Desserts

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Notice



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Is There Such Thing As Pain-Killing Dessert?

You may find it hard to believe that eating dessert on a regular basis can actually be healthy and help reduce inflammation and pain.

After all, most pastries, cakes, ice cream, cookies and other treats are filled with sugar, artificial sweeteners, toxic chemicals and inflammatory trans fat.

There is a way to create desserts that kill pain instead of causing it – use the right ingredients.

This dessert guide isn't like anything else you have seen before. You'll find recipes asking for ingredients that may seem unusual or exotic.

Don't be surprised. To cook dessert without the usual pain triggering inflammatory and allergenic ingredients (gluten grains, dairy, sugar, etc.) while keeping the taste at a maximum, we must take extraordinary measures.

The 14-Day Pain Free Diet provides tasty and healthy recipes, but we all get a sweet tooth once in a while.

This guide will help you prepare desserts that will not only satisfy your cravings, but will also reduce inflammation and pain because they contain pain-killing ingredients.

Pain-Killing Desserts Ingredients

Because your priority is to live a pain free life, but also to enjoy great food, I know you're ready to do what it takes to prepare desserts that will help you achieve these goals.

A little extra effort may be required to shop for little-known ingredients that can replace the inflammatory ones in your favorite desserts. Trust me, it is going to be worth it.

Here are the ingredients you will need to create some of the recipes in this guide:

Food	Choose	Recommended Brand
Coconut Flour	<ul style="list-style-type: none"> ▪ Organic ▪ Fresh 	Bob's Red Mill Organic Coconut Flour
Almond Flour (for these recipes –1 cup almond flour = 4 ounces)	<ul style="list-style-type: none"> ▪ Raw ▪ Organic, if possible ▪ Blanched (important) 	Anthony's Blanched Almond Flour
Arrowroot Powder	<ul style="list-style-type: none"> ▪ Can be replaced with Tapioca Starch 	Bob's Red Mill Arrowroot Starch Flour
Flax Meal	<ul style="list-style-type: none"> ▪ Grind fresh flax seeds until powdered 	Bob's Red Mill Organic Whole Flaxseed Brown
Coconut Butter	<ul style="list-style-type: none"> ▪ Organic, if possible 	Artisana 100% Organic Raw Coconut Butter
Coconut Milk	<ul style="list-style-type: none"> ▪ No preservatives ▪ Organic, if possible 	Native Forest Organic Classic Coconut Milk
Coconut Oil	<ul style="list-style-type: none"> ▪ Cold-pressed ▪ Organic 	Tropical Traditions Virgin Coconut Oil
Expeller-Pressed Coconut Oil (no coconut taste)	<ul style="list-style-type: none"> ▪ Organic ▪ No chemical treatment 	Tropical Traditions Organic Expeller Pressed Coconut Oil

Food	Choose	Recommended Brand
Almond Butter	<ul style="list-style-type: none"> ▪ Raw (not roasted) ▪ Organic, if possible 	Artisana Raw Organic Almond Butter
Cashew Butter	<ul style="list-style-type: none"> ▪ Raw (not roasted) ▪ Organic, if possible 	Artisana Raw Organic Cashew Butter
Macadamia Nut Butter	<ul style="list-style-type: none"> ▪ Raw (not roasted) 	Wilderness Poets Raw Macademia Butter
Sunflower Seeds	<ul style="list-style-type: none"> ▪ Raw ▪ Unsalted 	Bob's Red Mill Natural Raw Sunflower Seeds
Almond Milk	<ul style="list-style-type: none"> ▪ Sugar-free ▪ Organic, if possible 	Blue Diamond Almond Breeze Milk, Unsweetened Original
Coconut Flakes	<ul style="list-style-type: none"> ▪ Organic, if possible ▪ Raw (not roasted) 	Let's Do Organic Unsweetened Coconut Flakes
Cocoa Powder	<ul style="list-style-type: none"> ▪ Raw, if possible ▪ Organic, if possible ▪ Certified peanut-free 	Navitas Naturals, Raw Chocolate Powder, Organic
Dark Chocolate Chips	<ul style="list-style-type: none"> ▪ Organic, if possible ▪ Certified peanut-free 	Dagoba Organic Chocolate Fair Trade Certified 73% Cacao Premium Chocolate Drops
Vanilla Extract	<ul style="list-style-type: none"> ▪ All-natural ▪ Organic, if possible 	Simply Organic Pure Vanilla Extract Certified Organic
Honey	<ul style="list-style-type: none"> ▪ Raw ▪ Organic, if possible 	YS Organic Bee Farms Organic Raw Honey

Food	Choose	Recommended Brand
Eggs	<ul style="list-style-type: none"> ▪ Free-range ▪ Organic, if possible 	Any local egg producer
Sea Salt	<ul style="list-style-type: none"> ▪ Unrefined ▪ Sea or rock salt 	Celtic Sea Salt, Fine Ground
Baking Soda	<ul style="list-style-type: none"> ▪ Aluminum-free 	Bob's Red Mill Baking Soda
Cinnamon	<ul style="list-style-type: none"> ▪ Organic, if possible 	Simply Organic Cinnamon
Coconut Sugar	<ul style="list-style-type: none"> ▪ Organic, if possible 	Madhava Organic Coconut Sugar
Stevia	<ul style="list-style-type: none"> ▪ Pure extract preferred ▪ Organic, if possible 	Now Foods Organic Liquid Stevia

Chilled Cashew Cookies

PREPARATION TIME: 15 Minutes

WAITING TIME: 1 hour

SERVES: 24 cookies

¼ cup coconut flour

½ cup cashew butter

½ tsp. vanilla extract

Stevia to taste

½ cup well chopped raw unsalted sunflower seeds

2 tbsp. almond milk

1 tbsp. cocoa powder

1. Place coconut flour in a shallow bowl. Stir remaining ingredients together in mixing bowl in the order given. Chill briefly if mixture is too soft to form balls.
2. For each small cookie use 2 teaspoons of cookie mixture. Roll in balls and coat with coconut flour. Flatten to a 1 ½ inch disk. Chill for 1 hour.

Potential Allergenic Foods: Nuts

Grain-Free Mudslide Fudge Cookies

PREPARATION TIME: 5 min

COOKING TIME: 10 min

SERVES: 12 cookies

$\frac{2}{3}$ cup cocoa powder

$\frac{1}{3}$ cup egg whites (roughly 2 or 3)

$\frac{1}{4}$ cup raw honey

$\frac{1}{4}$ cup dark chocolate chips, chopped

$\frac{1}{2}$ tsp. vanilla extract

1. Preheat oven to 350°F.
2. Whisk all ingredients together and portion the batter out onto a silicone or parchment lined cookie sheet. Make sure to leave enough room between the cookies.
3. Bake for 8-10 minutes until the cookies are set and the tops are glossy. Let cool until warm.

Potential Allergenic Foods: Eggs

Double Chocolate Mocha Biscotti

PREPARATION TIME: 10 min

COOKING TIME: 40 min

SERVES: 14 biscotti

2 ¼ cups almond flour

¼ cup unsweetened cocoa powder

2 tbsp. arrowroot powder

1 tbsp. organic decaf coffee, espresso grind

¼ tsp. sea salt

½ tsp. baking soda

½ cup raw honey

½ cup dark chocolate chips

1. In a food processor, combine almond flour, cacao powder, arrowroot powder, ground coffee, salt and baking soda.
2. Pulse until ingredients are well combined.
3. Pulse in honey until the dough forms a ball.
4. Remove dough from food processor and work in dark chocolate with your hands.
5. Form dough into 2 logs on a parchment paper lined baking sheet.
6. Bake at 325°F for 25 minutes, then remove from oven and cool for 1 hour.
7. Cut the logs into ½ inch slices on the diagonal with a very sharp knife.
8. Spread slices out on a baking sheet and bake at 300°F for 12-15 minutes.
9. Remove from oven and allow to cool, set, and become crispy.

Potential Allergenic Foods: Nuts

Coconut Macaroons

PREPARATION TIME: 5 min

COOKING TIME: 10 min

SERVES: 8 macaroons

2 large egg whites

¼ cup raw honey

¼ tsp. sea salt

2 ½ cups coconut flakes

1. In a medium bowl, whisk together egg whites and honey with a fork.
2. Briefly whisk in salt, and then stir in coconut flakes.
3. Place bowl in fridge to chill for 30 minutes.
4. Fill a 2 tablespoon scoop with batter, so it's heaping full.
5. Using your hand, firmly pack batter into scoop so it is level.
6. Release batter onto a parchment paper lined baking sheet.
7. Bake at 350°F for 10-12 minutes, until macaroons are golden brown.
8. Cool for 1 hour and serve.

Potential Allergenic Foods: Eggs

Lemon Almond Biscotti

PREPARATION TIME: 10 min

COOKING TIME: 20 min

SERVES: 14 biscotti

1 ¼ cups almond flour

1 tbsp. arrowroot powder

¼ tsp. sea salt

¼ tsp. baking soda

¼ cup raw honey

1 tbsp. lemon zest

¼ cup toasted almonds, chopped

1. In a food processor, combine almond flour, arrowroot powder, salt and baking soda.
2. Pulse until ingredients are well combined.
3. Pulse in honey and lemon zest until the dough forms a ball.
4. Remove dough from food processor and work in chopped almonds with your hands.
5. Form dough into 2 logs on a parchment paper lined baking sheet.
6. Bake at 350°F for 15 minutes, then remove from oven and cool for 1 hour.
7. Cut the logs into ½ inch slices on the diagonal with a very sharp knife.
8. Spread slices out on a baking sheet and bake at 300°F for 12-15 minutes.
9. Remove from oven and allow to cool, set, and become crispy.

Potential Allergenic Foods: Nuts

Almond Butter Cookies

PREPARATION TIME: 5 min

COOKING TIME: 8 min

SERVES: 12 cookies

1 cup almond butter

2 eggs

½ cup flax meal

4 tbsp. raw honey

1 ½ tsp. baking powder

2 tbsp. cinnamon

2 tbsp. vanilla extract

1. Preheat oven to 375°F.
2. Mix all the ingredients together well.
3. Roll 1-inch diameter balls from the dough and press onto a baking tray.
4. Bake for 8 minutes.
5. Cool and eat!

Potential Allergenic Foods: Eggs, Nuts

Honey Cake

PREPARATION TIME: 15 min

COOKING TIME: 35 min

SERVES: 12

2 ½ cups almond flour

½ tsp. sea salt

1 tsp. baking soda

1 tsp. ground cinnamon

¼ tsp. ground cloves

½ cup raw honey

½ cup melted expeller-pressed coconut oil

4 eggs

½ cup raisins

1. In a large bowl, combine almond flour, salt, baking soda, cinnamon and cloves.
2. In a separate bowl, combine honey, coconut oil and eggs.
3. Mix wet ingredients into dry, and then stir in raisins.
4. Grease and flour an 8-inch cake pan.
5. Bake at 350°F for 30-35 minutes.

Potential Allergenic Foods: Eggs, Nuts

Homemade Starbucks Orange Cake

PREPARATION TIME: 15 min

COOKING TIME: 50 min

SERVES: 6-8

2 oranges

4 eggs

$\frac{3}{4}$ cup raw honey

2 cups blanched almond flour

$\frac{1}{2}$ tsp. sea salt

1 tsp. baking soda

1. Wash the oranges and boil them whole (peel and all) for 1 $\frac{1}{2}$ hours, or until soft.
2. Place whole oranges (peel and all) in a food processor and blend until smooth.
3. Process in eggs, honey, almond flour, salt and baking soda until well blended.
4. Pour batter into a greased 9-inch cake pan.
5. Bake at 375°F for 45-50 minutes, until a toothpick stuck in the center comes out clean.
6. Cool in the pan for 2 hours.

Potential Allergenic Foods: Eggs, Nuts

Cinnamon Apple Cake

PREPARATION TIME: 15 min

COOKING TIME: 35 min

SERVES: 6-8

- 1 apple, peeled, cored and chopped
- 2 tbsp. orange juice, freshly squeezed
- 1 cup almond butter
- ¼ cup raw honey
- 2 eggs
- 1 tbsp. vanilla extract
- 2 tbsp. cinnamon
- ½ tsp. sea salt

1. In a food processor, combine apple, orange juice and almond butter and pulse until well blended.
2. Pulse in honey, eggs, vanilla, cinnamon and salt.
3. Pour batter into a greased 8X8-inch baking dish.
4. Bake at 350°F for 32 to 36 minutes.

Potential Allergenic Foods: Eggs, Nuts

Carrot Cake

PREPARATION TIME: 15 min

COOKING TIME: 35 min

SERVES: 6-8

3 cups almond flour

2 tsp. sea salt

1 tsp. baking soda

1 tbsp. cinnamon

1 tsp. nutmeg

5 eggs

½ cup raw honey

¼ cup melted expeller-pressed coconut oil

3 cups carrots, grated

1 cup raisins

1 cup walnuts

1. In a large bowl, combine almond flour, salt, baking soda, cinnamon and nutmeg.
2. In a separate bowl, mix together eggs, honey and oil.
3. Stir carrots, raisins and walnuts into wet ingredients.
4. Stir wet ingredients into dry.
5. Place batter into 2 well-greased, round 9-inch cake pans.
6. Bake at 325°F for 35 minutes.
7. Cool to room temperature and spread with coconut cream frosting (see page 35).

Potential Allergenic Foods: Eggs, Nuts

Banana Cake

PREPARATION TIME: 15 min

COOKING TIME: 40 min

SERVES: 12

3 cups almond flour

½ teaspoon sea salt

1 tsp. baking soda

¼ cup raw honey

¼ cup melted expeller-pressed coconut oil

3 eggs, whisked

1 tbsp. vanilla extract

2 bananas (about one cup) mashed

1. In a large bowl, mix together almond flour, salt and baking soda.
2. In a smaller bowl, combine honey, oil, eggs and vanilla, then stir in bananas.
3. Mix wet ingredients into dry.
4. Place batter in either a 9-inch cake pan or two small 7.5X3.5-inch magic line loaf pans.
5. Bake at 350°F for 40 minutes.
6. Remove from oven and allow to cool.

Potential Allergenic Foods: Eggs, Nuts

Flourless Chocolate Cupcakes

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 12 cupcakes

1 ½ cups dark chocolate chips

½ cup raw almonds

3 eggs

¼ cup melted expeller-pressed coconut oil

¼ cup raw honey

1 tbsp. vanilla extract

¼ tsp. sea salt

1. Place chocolate and almonds in a food processor.
2. Grind until the consistency of coarse sand.
3. Pulse in eggs, oil and honey.
4. Then pulse in vanilla and salt.
5. Spoon batter into 12 cup muffin pan lined with parchment paper.
6. Bake at 350° for 12-15 minutes.
7. Cool and frost with Chocolate Icing (see page 36)

Potential Allergenic Foods: Eggs, Nuts

Vanilla Cupcakes with Chocolate Frosting

PREPARATION TIME: 15 min

COOKING TIME: 20 min

SERVES: 12 cupcakes

½ cup coconut flour, sifted

½ teaspoon sea salt

¼ teaspoon baking soda

6 eggs

½ cup melted expeller-pressed coconut oil

½ cup raw honey

1 tablespoon vanilla extract

1. In a medium bowl, combine coconut flour, salt and baking soda.
2. In a small bowl, blend together eggs, oil, honey and vanilla.
3. Mix wet ingredients into dry and blend with a mixer or hand blender until smooth.
4. Pour batter into well-oiled 12 cup muffin pan.
5. Bake at 350°F for 20 minutes.
6. Cool completely.
7. Top with Chocolate Icing (see page 36).

Potential Allergenic Foods: Eggs

Pumpkin Bars

PREPARATION TIME: 15 min

COOKING TIME: 30 min

SERVES: 16 squares

⅓ cup coconut flour

¼ tsp. sea salt

½ tsp. baking soda

½ tsp. cinnamon

4 eggs

1 cup fresh roasted pumpkin or winter squash (will not work with canned pumpkin)

⅓ cup honey

¼ cup coconut oil, melted

½ cup dark chocolate chips

1. In a food processor, combine coconut flour, salt, baking soda and cinnamon.
2. Pulse in eggs, pumpkin, honey and oil until well combined.
3. Stir in the chocolate chips by hand.
4. Transfer batter to an 8 x 8 inch baking dish.
5. Bake at 350°F for 20-30 minutes.
6. Cool and serve.

Potential Allergenic Foods: Eggs

Brownies

PREPARATION TIME: 15 min

COOKING TIME: 40 min

SERVES: 24 brownies

1 (16 ounce) jar almond butter

2 eggs

1 ¼ cups raw honey

1 tbsp. vanilla extract

½ cup unsweetened cocoa powder

½ tsp. sea salt

1 tsp. baking soda

1 cup dark chocolate chips

1. In a large bowl, blend almond butter until smooth with a hand blender.
2. Blend in eggs, and then blend in honey and vanilla.
3. Blend in cocoa, salt and baking soda, and then fold in chocolate chips.
4. Grease a 9X13-inch baking dish.
5. Pour batter into dish.
6. Bake at 325°F for 25-40 minutes.

Potential Allergenic Foods: Eggs, Nuts

Dairy Free Chocolate Mousse

PREPARATION TIME: 15 min

WAITING TIME: overnight

SERVES: 4

¼ cup water

¼ cup coconut sugar

1 cup dark chocolate chips

4 eggs, separated

½ cup cream/fat from coconut milk

1. In a medium pot, bring water to a boil.
2. Reduce heat, and then stir in palm sugar until dissolved.
3. Remove pan from stove and cool palm sugar mixture for 8 minutes.
4. Add chocolate, stirring until melted.
5. In a separate bowl, beat egg yolks until pale yellow.
6. In another medium bowl beat egg whites to stiff peaks.
7. Stir egg yolks into chocolate mixture (yes, into the pot).
8. Stir egg whites into chocolate-yolk mixture until well combined, and then stir in coconut fat.
9. Pour or spoon mousse into jars, then place in refrigerator overnight to set.
10. Serve, grating some chocolate on top if desired.

Potential Allergenic Foods: Eggs

Mocha Mousse

PREPARATION TIME: 15 min

WAITING TIME: 2 hour

SERVES: 4

½ cup dark chocolate chips

½ cup coconut milk

1 tbsp. ground coffee

¼ cup hot water

1 tbsp. raw honey

1 tbsp. vanilla extract

1. In a medium saucepan, melt chocolate into coconut milk over very low heat.
2. Place ground coffee beans in a Melita filter and pour ¼ cup hot water over them.
3. Stir coffee into chocolate mixture, discarding grounds.
4. Stir in honey, then vanilla extract.
5. Spoon mousse into small individual ramekins.
6. Refrigerate 2-3 hours, until firm.

Potential Allergenic Foods: None

Raw Chocolate Fudge

PREPARATION TIME: 15 min

WAITING TIME: 2 hour

SERVES: 24

1 cup unsweetened cocoa powder

½ cup coconut oil, melted

½ cup coconut butter

½ cup macadamia nut butter

1 cup raw honey

1 tbsp. vanilla extract

¼ tsp. sea salt

¼ tsp. cinnamon

1. In a large bowl, combine cocoa, coconut oil, coconut butter and macadamia nut butter.
2. Stir in honey, vanilla, salt and cinnamon.
3. Mix well, mashing lumps against side of bowl with a fork to smooth out batter.
4. Pour mixture into a 7X11-inch baking dish.
5. Place in freezer for 1-2 hours, until firm.
6. Cut into squares and serve.
7. Store in refrigerator or freezer to maintain proper texture and consistency.

Potential Allergenic Foods: Nuts

Chocolate Orange Truffles

PREPARATION TIME: 15 min

WAITING TIME: 3 hours

SERVES: 12 truffles

½ cup raw cashews

¼ cup almond butter

¼ cup raw honey

2 tbsp. unsweetened cocoa powder

1 tbsp. vanilla extract

1 tbsp. orange zest

¼ cup cacao powder

1. Place cashews in a food processor and pulse until the texture of coarse sand.
2. Add almond butter, honey, ¼ cup cocoa powder, vanilla and orange zest and pulse until smooth.
3. Refrigerate for 2-3 hours, until firm.
4. Remove from fridge and roll into ½ inch balls.
5. Coat with 2 tbsp. cacao powder.

Potential Allergenic Foods: Nuts

(Chia Seed) Raw Tapioca Pudding

PREPARATION TIME: 15 min

WAITING TIME: overnight

SERVES: 2-4

1 cup raw cashews

3 cups water

2 tbsp. raw honey

1 tbsp. vanilla extract

¼ tsp. almond extract

Pinch sea salt

¼ cup chia seeds

1. Place the cashews and water in a blender and blend on high speed until smooth.
2. Blend in the honey, vanilla, almond extract and salt.
3. Place the chia seeds in a large Mason jar (½ gallon size), pour the cashew mixture into the jar and shake well.
4. Place in the refrigerator overnight, and serve very chill.

Potential Allergenic Foods: Nuts

Dairy-Free Peach Ice Cream

PREPARATION TIME: 10 min

SERVES: 6

4 cups fresh peaches or 1 lb. frozen peaches, sliced

1 cup almond milk

½ cup raw honey

2 tbsp. lemon juice

½ tsp. vanilla extract

½ tsp. salt

1. If using fresh peaches, spread slices in baking dish, and freeze 4 hours or until firm.
2. Place peaches and remaining ingredients in food processor, and blend until smooth.
3. Serve immediately or freeze up to 30 minutes first for firmer texture.

Potential Allergenic Foods: Nuts

Strawberry Sorbet

PREPARATION TIME: 10 min

SERVES: 4

10 oz. bag of frozen organic strawberries

2 cups water

¼ cup raw honey

1. Place strawberries, water and honey in a blender.
2. Blend on highest speed until smooth and creamy.
3. Pour mixture into ice cream maker and process according to manufacturer's instructions.

Potential Allergenic Foods: None

Caramelized Banana Ice Cream

PREPARATION TIME: 10 min

SERVES: 3 cups

3 medium-sized ripe spotty bananas, peeled

½ cup coconut sugar

1 tbsp. butter, cut into small pieces

1 ½ cups almond milk

½ tsp. vanilla extract

1-½ tsp. freshly-squeezed lemon juice

1/8 tsp. salt

1. Preheat the oven to 400°F.
2. Slice the bananas into ½-inch pieces and toss them with the coconut sugar and butter in a 2 quart baking dish until the sugar dissolves into a wet caramel-colored coating. Bake for about 40 minutes, stirring once during baking, until the bananas are soft and golden brown.
3. Immediately transfer the bananas and caramel syrup into a blender or food processor (if you wait too long, the caramel will begin to harden). Add the almond milk, vanilla, lemon juice and salt, and purée until smooth. Chill the mixture thoroughly in the refrigerator.
4. Give the mixture a quick whisk, and then freeze in ice cream machine according to manufacturer's instructions. Transfer soft ice cream to plastic container and chill for a few hours until firm. Scoop and serve.

Potential Allergenic Foods: Nuts

Peach Almond Ice Cream

PREPARATION TIME: 10 min

SERVES: 3 cups

1 cup almonds, soaked overnight, discard soaking water

1 cup water

3-4 peaches

5 dates, chopped

4 drops stevia

4 drops vanilla extract

1 tsp. lemon juice

1. Place soaked almonds and water in blender.
2. Blend on highest setting until smooth, about 1 minute, add a bit more water if blending is a challenge.
3. Remove almond mixture from blender and strain through a fine mesh paint strainer bag, discarding solids.
4. Place almond mixture in rinsed out blender container, blend in peaches and dates on highest setting until smooth.
5. Blend in stevia, vanilla and lemon juice.
6. Pour mixture into ice cream maker and process according to manufacturer's instructions.

Potential Allergenic Foods: Nuts

Piña Colada Ice Cream

PREPARATION TIME: 10 min

SERVES: 3 cups

1 can (400 ml) coconut milk

¼ cup raw honey

1 cup fresh pineapple, chopped

1. Place coconut milk, honey and ½ cup pineapple in a blender.
2. Blend thoroughly until smooth and well combined.
3. Briefly blend in remaining ½ cup pineapple, leave texture a little chunky.
4. Pour mixture into ice cream maker and process according to manufacturer's instructions.

Potential Allergenic Foods: None

Mint Chip Ice Cream

PREPARATION TIME: 10 min

SERVES: 3 cups

½ cup hemp seeds

1 cup water

1 can (400ml) coconut milk

⅓ cup raw honey

1 tbsp. vanilla extract

1 tsp. peppermint extract

¼ cup dark chocolate chips

1. Place hemp seeds and water in a blender.
2. Blend on high for 30 seconds until smooth.
3. Blend in coconut milk, honey, vanilla and peppermint.
4. Blend in chocolate chips until they are in tiny pieces.
5. Pour mixture into ice cream maker and process according to manufacturer's instructions.

Potential Allergenic Foods: None

Coconut Cream Frosting

PREPARATION TIME: 15 min

WAITING TIME: 2 hours

1 cup coconut milk

1 cup raw honey

Pinch sea salt

5 tsp. arrowroot powder

1 tbsp. water

1 ¼ cup coconut oil

1. In a medium saucepan, heat coconut milk, honey and salt, letting the mixture simmer for 10 minutes.
2. In a small bowl, combine arrowroot and water to form a smooth paste.
3. Pour arrowroot mixture into saucepan.
4. Whisk vigorously to combine, and then bring to a boil, briefly, until shiny.
5. Remove pot from heat and very gradually blend in coconut oil with a hand blender.
6. Allow pot to cool for 10 minutes.
7. Place pot in refrigerator for 45 minutes up to 2 hours, until frosting solidifies and turns white.
8. Remove from refrigerator and blend again with a hand blender, until fluffy.
9. Spread over cake or cupcakes.

Potential Allergenic Foods: Eggs, Nuts

Chocolate Frosting

PREPARATION TIME: 15 min

WAITING TIME: 15 min

1 cup dark chocolate chips

½ cup melted expeller-pressed coconut oil

2 tbsp. raw honey

1 tsp. vanilla extract

Pinch sea salt

1. In a small saucepan over very low heat, melt chocolate and oil.
2. Stir in honey, vanilla and salt.
3. Place frosting in freezer for 15 minutes to chill and thicken.
4. Remove from freezer and whip frosting with a hand blender until it is thick and fluffy.
5. Frost over cake, chocolate or vanilla cupcakes or between cookies.

Potential Allergenic Foods: Eggs, Nuts

