



Satisfy Your Sweet Tooth Without Refined Sugar

Created by Raydiant Wellness LLC



Oil-Free Chocolate Mug Cake

8 ingredients · 5 minutes · 1 serving



Directions

1. In a mug combine the oat flour, arrowroot flour, cocoa powder, and baking powder. Add the water, maple syrup, applesauce, and salt, if using, and stir until a thick batter forms.
2. Microwave for 90 seconds or until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add vanilla extract, cinnamon, or chocolate chips.

Additional Toppings

Extra cocoa powder or cinnamon.

No Maple Syrup

Use another liquid sweetener instead.

Ingredients

- 1 1/2 **tbps** Oat Flour
- 1 1/2 **tsps** Arrowroot Powder
- 2 **tbps** Cocoa Powder
- 1/4 **tsp** Baking Powder
- 2 1/2 **tbps** Water
- 1 1/2 **tbps** Maple Syrup
- 1 **tbps** Unsweetened Applesauce
- 1/16 **tsp** Sea Salt (or to taste, optional)

Nutrition

Amount per serving

Calories	169	Protein	4g
Fat	2g	Cholesterol	0mg
Saturated	1g	Sodium	276mg
Trans	0g	Potassium	239mg
Polyunsaturated	0g	Calcium	122mg
Monounsaturated	0g	Iron	2mg
Carbs	39g	Magnesium	61mg
Fiber	5g	Zinc	1mg
Sugar	20g	Selenium	2µg

Strawberry Brownie Cake

11 ingredients · 30 minutes · 6 servings



Directions

1. To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
2. Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
3. To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
4. Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
5. Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries

Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).

Ingredients

- 1 cup Coconut Flour
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Applesauce
- 1/2 cup Unsweetened Coconut Flakes
- 2 2/3 tbsps Cocoa Powder
- 1 Banana (ripe and mashed)
- 1 cup Cashews (soaked for 1 hour and drained)
- 2/3 cup Canned Coconut Milk
- 1/2 tsp Vanilla Extract
- 1/4 cup Maple Syrup
- 1 cup Strawberries (sliced)

Nutrition

Amount per serving

Calories	443	Protein	8g
Fat	23g	Cholesterol	0mg
Saturated	13g	Sodium	56mg
Trans	0g	Potassium	511mg
Polyunsaturated	2g	Calcium	43mg
Monounsaturated	6g	Iron	5mg
Carbs	57g	Magnesium	94mg
Fiber	12g	Zinc	2mg
Sugar	31g	Selenium	4µg

Dark Chocolate Turtles

3 ingredients · 30 minutes · 12 servings



Directions

1. Finely chop the dates or blend in a food processor until sticky.
2. With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
3. Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
4. Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
5. Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

Notes

No Pecans

Use hazelnuts, almonds, cashews or pumpkin seeds instead.

No Dates

Use a combination of prunes, dried apricots or raisins instead.

Storage

Refrigerate or freeze in an airtight container until ready to serve.

No Microwave

Melt the chocolate in a double boiler instead.

Serving Size

One serving is equal to one dark chocolate turtle.

Ingredients

1 cup Pitted Dates (soaked for 10 minutes then drained)

1/4 cup Pecans (whole or halves)

3 1/2 ozs Dark Chocolate

Nutrition

Amount per serving

Calories	99	Protein	1g
Fat	5g	Cholesterol	0mg
Saturated	2g	Sodium	2mg
Trans	0g	Potassium	148mg
Polyunsaturated	1g	Calcium	12mg
Monounsaturated	2g	Iron	1mg
Carbs	13g	Magnesium	27mg
Fiber	2g	Zinc	0mg
Sugar	10g	Selenium	1µg

Edible Chocolate Chip Cookie Dough

5 ingredients · 15 minutes · 4 servings



Directions

1. Place chickpeas, sunflower seed butter, maple syrup, and vanilla extract in a food processor. Process until smooth.
2. Transfer cookie dough to a bowl and stir in chocolate chips. Divide into bowls, or roll into balls. Enjoy!

Notes

No Sunflower Seed Butter

Use peanut butter, almond butter or cashew butter.

Leftovers

Store in an air-tight container up to 4 days in the fridge.

Ingredients

2 cups Chickpeas (cooked)
1/2 cup Sunflower Seed Butter
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	567	Protein	15g
Fat	30g	Cholesterol	0mg
Saturated	12g	Sodium	9mg
Trans	0g	Potassium	467mg
Polyunsaturated	4g	Calcium	81mg
Monounsaturated	13g	Iron	4mg
Carbs	59g	Magnesium	143mg
Fiber	8g	Zinc	3mg
Sugar	34g	Selenium	37µg

Chocolate Almond Butter Pudding

5 ingredients · 5 minutes · 3 servings



Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder

Use cacao powder instead.

No Almond Butter

Use peanut butter or any type of nut butter.

Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fiber

Add ground flax seeds before blending.

Ingredients

2 Avocado (peeled and pits removed)

1/4 cup Maple Syrup

1/2 cup Unsweetened Almond Milk

2 2/3 tbsps Cocoa Powder

1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	427	Protein	8g
Fat	32g	Cholesterol	0mg
Saturated	4g	Sodium	42mg
Trans	0g	Potassium	941mg
Polyunsaturated	5g	Calcium	197mg
Monounsaturated	20g	Iron	2mg
Carbs	36g	Magnesium	129mg
Fiber	13g	Zinc	2mg
Sugar	18g	Selenium	2µg

Chocolate Banana Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. 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

Double Chocolate

Stir in dark chocolate chips right after processing.

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Leftovers

Freeze in an airtight container for up to three months.

Ingredients

2 Banana (sliced and frozen)

2 tbsps Cocoa Powder

Nutrition

Amount per serving

Calories	117	Protein	2g
Fat	1g	Cholesterol	0mg
Saturated	1g	Sodium	2mg
Trans	0g	Potassium	504mg
Polyunsaturated	0g	Calcium	13mg
Monounsaturated	0g	Iron	1mg
Carbs	30g	Magnesium	59mg
Fiber	5g	Zinc	1mg
Sugar	15g	Selenium	2µg

Pecan Pie Squares

5 ingredients · 35 minutes · 16 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
3. Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
4. Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
5. Place in the oven and bake for 20 minutes.
6. Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

Notes

Leftovers

Store in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.

Ingredients

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

Nutrition

Amount per serving

Calories	245	Protein	4g
Fat	18g	Cholesterol	0mg
Saturated	5g	Sodium	4mg
Trans	0g	Potassium	244mg
Polyunsaturated	4g	Calcium	23mg
Monounsaturated	9g	Iron	1mg
Carbs	21g	Magnesium	57mg
Fiber	4g	Zinc	1mg
Sugar	13g	Selenium	3µg