

DESSERTS

Apple Pie

I have received rave reviews many times for this recipe and invariably, people want the recipe.

To make crust, soak 2 Cups walnuts for 6 hours in distilled water and drain. Add to food processor with 5 pitted dates. Process until gooey and well blended. Press into pie plate.

2 sweet apples, quartered

Juice of ½ lemon

Pulse the above two ingredients in food processor until chunky and place on top of crust.

2 sweet apples, quartered

1 Cup currants

Juice of ½ lemon

1 ripe banana

2 tsp cinnamon

Process the above 5 ingredients until very fine. Place on top of chunky apples in pie plate and spread out to edge of crust. Spread ¼ cup more currants on top of this. Add a little grated lemon peel for garnish.

Coconut Pudding

1 young coconut (can find in Asian markets), shave soft part of coconut shell off top with a knife down to the hard shell, then take a chisel and a mallet. Insert chisel into top of coconut at an angle so as to just break the top off the coconut and hit with mallet to break open. Pour coconut water into blender. Add young coconut flesh into blender. The young coconut's flesh is very soft and should scrape off shell very easily with a spoon. Add 1 tsp cinnamon, ½ banana, and several ice cubes to chill. Blend until smooth and creamy. To make thick add more coconut meat and less coconut water. Pour into festive glasses. Top with chopped pecans and shredded coconut. Chill. Will thicken more when chilled.

Raw Pumpkin Pie

1 pie pumpkin, cut in half, remove seeds, cut off skin, and dice then run through juicer. Save pulp and discard juice. Change screen to blank screen and run pulp through juicer again along with the following:

1 Cup soaked raisins along with a little of the soaking water

1 Cup soaked almonds, drained

½ Cup unsweetened coconut, shredded

To run all this through the juicer add a little pumpkin, then some of the other ingredients, then pumpkin, etc., alternating dry ingredients with wet, until all is run through juicer together. Add the following ingredients:

½ tsp ginger

¼ tsp nutmeg

1 tsp cinnamon

2 Tbsp raw unfiltered honey

Mix well. Make Almond Pie Crust found in Recipes for Life p. 315. When making this pie crust be sure and drain the soaking water for the almonds off. May add a little water if necessary to get almonds blended. Place pie filling in almond pie crust. Chill for at least 2 hours before serving and will firm even more when chilled. Slices very nicely after chilling. For decoration can add some grated coconut or chopped nuts on top.

Raw Pecan Pie

For the pie crust take sliced bananas and line the pie pan, including the sides, with sliced bananas. Then take sliced mangoes and add on top of bananas. Then add another layer of sliced bananas on top of the mangoes. Press together with hands to compress crust so the crust holds together when sliced.

Filling

Place the following in blender:

1 Cup pecans, soaked in distilled water and drained

12 dates, pitted

¾ Cup distilled water

Pinch of Celtic Sea Salt

Blend until creamy. Pour over pie crust and spread evenly.

To make glazed pecans, place in bowl:

½ Cup pecan halves

2-3 Tbsp honey

Pinch of Celtic Sea Salt

Mix with small amount of water. Then take pecan halves and arrange neatly on top of pie.

Homemade Cool Whip or Icing

1 Cup water
2 Tbsp agar flakes or 4 tsp powder
½ Cup raw cashews
½ Cup honey
½ tsp salt
1 tsp vanilla
½ tsp coconut extract
¼ tsp xanthan gum (optional, but needed for icing)
1 can coconut milk

Stir together the agar and water and bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 minutes. Place remaining ingredients in blender along with the hot agar mixture. Blend on high until smooth, adding water as needed to make 3 ½ to 4 Cups total mixture (3 ½ Cups for icing, 4 Cups for Cool Whip). Chill in refrigerator. Before using, place chilled mixture (which will be firm) in the blender or a food processor and blend until creamy. Best to blend half the mixture at a time. You may need to push the mixture towards the blades with a spatula to get it to blend. Once it has been reblended it won't need to be reblended again. Freezes well for future use also.

Carob Coconut Balls

Place in food processor the following:

2 Cups pitted dates and process in food processor and then add the following:
1 jar Maranatha raw sesame tahini to dates in food processor
½ Cup raw carob powder
½ tsp cardamom powder
1 tsp vanilla
1 Pinch Celtic Sea Salt

Process until well blended. Take about 1 ½ tsp of this dough, place 3 small raisins on top, then fold over and roll into a ball with raisins in the middle. Then roll each ball in chopped pecans or chopped nuts of choice. Ready to eat or can freeze and eat frozen.

Almond Nuggets

Remove pits from whole dates. Take commercially prepared raw almond butter and put a little in each date, then place on top of this raw almond butter a whole almond that has been soaked in distilled water and then dried in dehydrator at 105 degrees to make crunchy again. Fold date over and roll in grated coconut. If coconut does not stick, put almond butter on inside and outside of date and that will make coconut stick. Ready to eat. Are like little candy bars.

Holiday Cookies

2 cups whole Oat Groats (soaked overnight)
3/4 cup Pure Maple Syrup (or honey)
1 handful of Almonds (or favorite nuts, chopped)
1 handful of favorite Dried Fruit (dates, raisins,
apricots, etc., diced)
1/2 tsp. pure Vanilla extract.

Soak oat groats overnight and drain. Blend oat groats and maple syrup until smooth. Place in mixing bowl and stir in rest of ingredients. With lightly olive oil greased hands, take about a tsp. of the mixture, dab the bottom in a plate with either fine dried coconut or ground nuts or seeds, as this will keep the bottom from sticking to the mesh dehydrator screens. Carefully place the little mound on a mesh screen and lightly flatten with a fork. Dehydrate until desired chewiness about 16 -19 hours.

Sesame Bars

6 tablespoons organic Maple Syrup
1 cup organic Sesame seeds
1 cup organic Sunflower seeds
1/2 cup Currants or small organic Raisins
1/2 cup Pecans (chopped)
1/2 cup Almonds (sliced)
1/4 cup organic Pumpkin seeds
1/2 cup grated Coconut (unsweetened)
1/2 cup Carob chips (non-dairy)

Mix all dry ingredients together first, then add maple syrup, and stir till everything is well coated. The mixture will not stick together, but remain pretty loose. Then using a regular tablespoon (not a measuring spoon), form a mounded up oval of the mix on a Teflon sheet. Place in the dehydrator at 100 degrees and they are done in an hour. If you don't have a dehydrator, place on a cookie sheet and allow to set out overnight. These are really yummy and they are nice and dry, not sticky. You could eliminate some of the ingredients and still have a good, healthy, snack food. This recipe makes 45-50.

Truffle Cookies

2 cups Large Medjool Dates (pitted)
1 jar Organic Raw Tahini
1/2 cup Carob Powder
1/4 teaspoon Cardamon
1 teaspoon Pure Vanilla Extract

Process above ingredients in food processor till thoroughly blended. Pinch off small amounts of mix, roll into small balls, and then roll in coconut and some chopped walnuts, or whatever you like. These are very rich and good! Refrigerate.

Baked Apple

4 Crisp Red Apples
2 tablespoons fresh Lemon Juice
2 cups distilled Water

Filling:

1/2 cup Organic Honey or Maple Syrup
1/2 cup raisins
1/2 cup coarsely chopped Walnuts
1 teaspoon Cinnamon

Preheat oven to 350 degrees. Core apples with a melon baller, leaving the bottom of apple in place to hold in the filling. Combine lemon juice and water in baking dish. Mix filling ingredients together and fill cavity of each apple. Set apples in baking dish with the lemon water in the bottom of the dish. Bake uncovered for about 50-60 minutes, or until tender. Drizzle juice from bottom of pan over apples and serve hot.

Halvah, Middle Eastern Fudge

1 cup raw sesame tahini (this is sesame seed butter available at health food stores)
1/2 cup raw honey
1 cup soy milk powder
1 1/2 cups chopped nuts (walnuts are our favorite but any nut will do)

Mix the first three ingredients thoroughly. Add nuts and remix. (This is difficult to mix with a spoon so once it gets stiff I use my hands.) Press into a 9 inch by 9 inch pan. Cut into squares. Refrigerate until firm.

Banana Ice Cream

Cut 6 bananas into a plastic bag and freeze. Put about 1 cup of soy milk in blender and start blending. Add the frozen bananas slowly while blending until thick and creamy. Variation: Add 1 Tbsp of carob powder. You can also freeze any combination of fruits and do this recipe, but it is always creamier if you also add some banana. The banana also sweetens it and if you use other fruits you may need a little honey for sweetening.

Banana Cream Pie

1 $\frac{3}{4}$ Cup soymilk
1/4 Cup dates, chopped
1/4 tsp salt
1 Tbsp cornstarch
1 Tbsp flour
1/4 Cup cashews whizzed in 1/2 Cup water
1 Tbsp coconut oil
1 tsp vanilla

Set soymilk over heat to scald. Meanwhile, whiz the cashews in the 1/2 Cup water in the blender, add the remainder of the ingredients, and whiz again. Add to milk when scalded. Stir until thick and let it boil for a couple of minutes, still stirring, over heat. Pour into pre-baked pie crust that has been lined with bananas. Set in refrigerator to harden. Can garnish with another layer of bananas. Variation: Add unsweetened flaked coconut to the filling just before pouring into the pie crust for a Coconut Cream Pie.

Pineapple Cream Pie

1 Cup soymilk
1 1/2 Tbsp coconut milk
3/4 Cup raw cashews, rinsed
1/3 Cup cornstarch
2 tsp vanilla
15 oz can crushed pineapple with juice
2/3 Cup maple syrup
1/2 tsp salt

Blend soy and coconut milks with the cashews until creamy. Add remaining ingredients and continue to blend. Pour into saucepan and cook until thick and creamy, stirring constantly with whisk. Pour into Pie Crust (see following recipe) and chill. Top this dessert with your favorite garnish or with the Citric Glaze (see recipe after Pie Crust).

Pie Crust

1 1/2 Cup unsweetened coconut, shredded and toasted
1 1/2 Cup pecans, ground
1/2 Cup walnuts, chopped
1/2 Cup maple syrup

Combine all the ingredients and mix well. Place mixture in your pie pan and distribute evenly with a fork, and press to cover all the bottom.

Citric Glaze

½ Cup pineapple juice concentrate, frozen (100% juice)
½ Cup orange juice concentrate, frozen (100% juice)
¼ Cup water
3 Tbsp cornstarch

Mix all ingredients in small sauce pan. Stir constantly until you reach a creamy consistency. (Optional: Sweeten to taste.) Let chill and serve over your pineapple cream pie.

Strawberry Delight

1 pkg Mori Nu Tofu
1 Cup blanched nuts
½ Cup pineapple juice concentrate
1-2 tsp vanilla
¼ tsp salt
½ Cup water

Blend for 5 minutes or until very smooth. Put granola (see following recipe) in pan, then layer strawberry mix, then cream, then granola, etc., until filled to the top.

Granola

1 Cup pitted dates
2 ripe bananas
½ Cup water
1 ½ tsp salt
9 Cups oats
1 Cup chopped nuts
1 Cup unsweetened shredded coconut (opt.)
½ Cup sunflower seeds

Combine first four ingredients. In blender, blend until smooth then mix all together and put on baking sheets ½ inches thick. Bake at 200 degrees for 90 minutes. Turn to warm setting and bake overnight.

Tapioca Pudding

1 Cup raw almonds
1 ¼ Cup water
¼ Cup tapioca
1 tsp vanilla
1 tsp coconut extract
½ tsp salt
1/3 Cup honey
3 Cups water

Blend almonds and water for about 1 minute. Add 3 cups water and blend briefly. Place a cloth-lined sieve over a kettle and pour the blended almonds and water through the cloth. Close up cloth securely around the almond pulp and squeeze out as much of the milk as you can. Set aside the pulp and use in an entrée, or add flaxseed oil and honey to make a spread for bread—but do not use for this recipe. Add remaining ingredients to the almond milk and stir occasionally while bringing to a boil. When it barely begins to boil remove from heat, place in a shallow container, and cool in the refrigerator. Over-boiling will make it thick and gummy. (Note: However, higher altitude or higher humidity will require more boiling, up to 1 minute. It may take some experimenting for your area. Too little boiling results in a pudding that is too runny.) Layer pudding in tall glasses with Raspberry Jam (see following recipe).

Raspberry Jam

2 Cups frozen raspberries
1 Cup frozen apple juice concentrate
2 Tbsp honey
2 Tbsp Instant Clear Jel (see tip below)

Place all ingredients in a blender in order given. Blend for about 3 seconds. Too much blending makes the berry seeds separate and it doesn't like as nice. Chill in the refrigerator. Tip: If you don't have the Instant Clear Jel, use 2 ½ Tbsp cornstarch dissolved in a small amount of apple juice. Add the rest of the apple juice and the juice drained from the thawed raspberries, but don't add the berries yet. Bring the juice to a boil while stirring. Cool in the refrigerator for about an hour and then stir in the berries.

Ice Cream

¾ Cup raw cashews
½ Cup cooked brown rice
½ Cup pitted dates
½ Cup raw honey
½ tsp salt
1 tsp vanilla
½ tsp guar gum or xanthan gum, optional
2 Cups water
Ice cubes, optional, about 1 tray

Blend all ingredients except for ice cubes in a blender until very smooth and no grittiness felt when a drop is rubbed between your thumb and fingers. Add ice cubes and blend till smooth (speeds chilling time). Add more water as needed to make 5 cups total mix. Pour into ice cream maker and freeze. Or pour into a shallow pan and freeze. When ready to use, thaw slightly until just soft enough to cut into squares. Place in a blender with enough soy milk to blend into the consistency of ice cream.

Coconut Ice Cream

1 can coconut milk
1 Cup water
½ Cup raw cashews
½ Cup pitted dates
½ Cup honey
2 tsp vanilla
½ tsp salt
½ tsp guar or xanthan gum, optional
1 tray ice cubes
Water as needed to make 5 cups mixture

Follow the directions for the above Ice Cream recipe.

Halvah (Middle Eastern Fudge)

2 Cups sesame tahini
1 Cup honey
2 scant Cups soy milk powder (Better Than Milk tastes the best)
1 to 1 ½ Cups chopped walnuts, or any other nut

Mix the first three ingredients thoroughly. It will get very stiff so at that point it is easier to mix with your hands. Then add the chopped walnuts and remix. Press into a 9x9 inch pan. Cut into squares about 1 ½ inches in size. Refrigerate till firm. This recipe is very high in calcium so if you need to increase your bone density, this is a good recipe to eat. It's also very rich so eat sparingly. One or two pieces a day is sufficient. However, if you need to gain weight, eat 3-4 pieces per day and you will probably do so.

Pumpkin Pie

2 Cups pumpkin puree
1 ½ Cups soymilk
½ Cup applesauce or mashed banana
1/3 Cup Agave
½ Cup whole wheat flour
1 ½ tsp pumpkin pie spice
¼ tsp baking soda
1 tsp organic apple cider vinegar (Bragg's is best)
2 tsp grated organic orange peel

Mix the following for the topping:

¼ Cup packed sucanat]
¼ Cup old fashioned oats
1 Tbsp canola or light extra virgin olive oil

Heat oven to 350 degrees. Lightly oil 10 inch pie pan. Mix topping and set aside. Place remaining ingredients in the blender or a food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping. Bake for 50-55 minutes or until knife inserted in the center comes out clean. Cool. Serve with Homemade Cool Whip (recipe following).

Raw Apple Pie

This recipe is absolutely delicious!

2-3 crispy, medium sweet apples such as Gala or Fuji, soaked in fresh lemon juice to keep from browning

1 ½ Cups pecans
3 Tbsp Agave Nectar
Cinnamon
Nutmeg
A few whole pecans

Slice apples into thin slices and toss with just enough fresh lemon juice to coat. Blend pecans in a food processor or blender. Mix in the Agave Nectar. Make the crust by pressing the nut and Agave mixture into a glass pie pan. Layer apples on top, sprinkling each layer lightly with cinnamon and nutmeg. Drizzle with additional Agave Nectar and garnish with a few whole pecans. Note: Do not substitute honey for the Agave Nectar.

Healthy Fudge

1/4 Cup raw sesame seeds
1 Cup old fashioned oats
1 Cup chopped walnuts
1/4 Cup raw sunflower seeds
1 Cup chopped pecans

Grind the above in your food processor and then add:

1/2 Cup carob powder
2/3 Cup raw honey or pure maple syrup
1/2 tsp vanilla

Mix well, pat into an 8 inch square pan that has been sprayed with extra virgin olive oil. Refrigerate until firm. Cut into squares.

Carob Orange Truffles

1/2 Cup cashews
1/4 Cup creamy roasted almond butter
1/4 Cup agave nectar
2 Tbsp carob powder
1 Tbs vanilla extract
1 Tbsp orange zest

Pulse the cashews in a food processor until they are the texture of coarse sand. Add almond butter, agave, carob powder, vanilla, and orange zest and pulse until smooth. Refrigerate for 2-3 hours until firm. Remove from the refrigerator and roll into 1/2 inch balls. Coat with additional carob powder. Refrigerate until serving time. Makes 12 truffles.

Sugar Plums

1 Cup raw almonds
¾ Cup raw pecans
¾ Cup organic raisins
¾ Cup dried apricots
¾ Cup dried chopped dates
¼ Cup fresh orange juice
Shredded unsweetened coconut

Pulse all ingredients except orange juice in a food processor until you have a coarse meal. Add the orange juice and pulse until mixture sticks together. Shape into 1 inch balls and roll in shredded coconut.

Carob Pudding

½ Cup dates, pitted and soaked for one hour in organic apple juice
2 medium, ripe, avocados, peeled and pitted
½ Cup carob powder

Place all ingredients in a blender and process until a creamy consistency is reached. Stop blender, scrape sides, and blend again. Place in small dessert dishes and chill. Will keep up to 24 hours in the refrigerator.

Fancy Frozen Carob//Banana Cake

Filling:

12 frozen ripe bananas
½ Cup carob powder
¼ Cup maple syrup

Run bananas through the Champion Juicer with the blank screen. Stir in carob and maple syrup.

Crust and Crumbles:

3 Cups almonds
1 Cup dates
½ Cup dried unsweetened coconut (in health food stores)
Dash of salt, optional

Blend in food processor until crumbly. Press crust into a springform pan. Fill ¾ of the way with the carob/banana mixture. Cover with another layer of crust crumbles, using all of it.

Top Layer:

4-6 frozen bananas
½ Cup dried unsweetened coconut

Run bananas through the Champion Juicer with the blank screen. Stir in coconut. Put on top of crumbles and spread evenly. Sprinkle with additional coconut. Freeze until solid. Remove collar and slice.

Sweet Potato Pie

The perfect pie for special occasions! Letting this pie sit overnight or at least a few hours allows the flavors to blend for a magnificent sensation.

Crust:

2 Cups almonds

½ Cup pitted dates

Grind almonds until fine in a food processor. Add dates and process until smooth. Pat into a pie plate.

Filling:

5 Cups sweet potatoes

8 dates, pitted and soaked

¼ Cup apple juice

1 tsp cinnamon

1 tsp vanilla

Peel and cut potatoes into large chunks. Place in food processor and blend until well blended. Add remaining four ingredients and blend until smooth. Pour into pie crust.

Frosting:

2 oranges, juiced

6 pitted and soaked dates

6 Tbsp lemon juice

2 Tbsp almond butter

1 Tbsp organic orange rind

1 Tbsp organic lemon rind

Place all ingredients into a blender and blend until smooth. Spread over filling, chill, and serve.

Strawberry Cheesecake

Crust:

1 Cup pecans

1 Cup walnuts

1 cup pitted dates

¼ - ½ Cup honey, to taste

¼ - ½ tsp sea salt, to taste

Grind pecans, walnuts, and dates in food processor until well chopped and blended. Add honey and continue to process until mixture forms a ball. Press into bottom and sides of pie pan.

Cheesecake Filling:

2 Cups macadamia nuts

½ Cup honey

Juice of 1 lemon

¼ tsp salt

Presoak macadamia nuts for 2-4 hours and drain well. Puree cheesecake topping ingredients in processor until smooth. Spread over pie crust.

Strawberry Topping:

1 pint strawberries

8 dates, pitted

Optional, fresh blueberries

Process half of strawberries with dates. Chop the rest of the strawberries and mix with strawberry/date sauce. Pour over top of pie filling. Sprinkle with blueberries if desired. Refrigerate until ready to serve.

