



 **Homemade Method™**

DECADENT DESSERT RECIPES

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

**AUSSIE
VERSION!**

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends & family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

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If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,
Anna Rakoczy
Founder, Homemade Method
Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

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VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 30 GRAMS

1 POUND = 16 OUNCES

1 POUND = 450 GRAMS

2.2 POUNDS = 1 KILOGRAM

TEMPERATURE

350 F = 180 C

375 F = 190 C

400 F = 200 C

425 F = 220 C

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CHOCOLATE NICE-CREAM DELIGHT

Would you believe you can make delicious ice cream free of refined sugar with **just two ingredients** and no special equipment? The amazing ingredient that does all this is one you probably have in your house right now: bananas!

All you have to do, is peel, freeze and then blend to create a delicious soft-serve treat that will actually benefit your health rather than damage it. Thanks to the very high levels of pectin in bananas, they create an **incredible creaminess** when blended that you can add any flavour to.

Besides upping the creamy factor, pectin **helps with digestion and gently removes toxins and heavy metals from the body**. Bananas also **help to regulate blood sugar, strengthen the nervous system, aid in weight loss, and produce stress-relieving relaxation**.

So go ahead- have two scoops!

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Medium frozen bananas,
(peel before freezing for ease of
use)

2-3 ea

Cacao powder

2-3 tbsp

[Raw Cacao Powder](#)

Vanilla

½ tsp

[Vanilla](#)

Date (optional) - remove the
pit first!

2 ea

[Dates](#)

Milk of your choice (optional)

1-2 tbsp

POSSIBLE MIX INS

QTY

LINKS TO BUY

Cinnamon

1 tsp

[Cinnamon](#)

Nut butter of your choice

2 tbsp

Cacao nibs

2 tbsp

[Cacao nibs](#)

POSSIBLE TOPPINGS

QTY

LINKS TO BUY

Nuts, chopped

2 tbsp

Coconut, shredded

2 tbsp

[Shredded Coconut](#)

Sliced strawberries, or
other fruit

1 cup

INSTRUCTIONS

- Put your frozen banana slices in a food processor or blender and blend until it starts to get creamy and smooth. If you are using a blender, you will have to keep stopping to scrape down the sides with a spatula or spoon. If the bananas are having a very difficult time breaking down, you can add in tiny splashes of milk until they emulsify.
- Once the bananas are creamy, add in the cacao powder, vanilla and continue blending until everything is combined and is the consistency of soft serve ice cream. Taste for sweetness and if you desire extra sweetness, add in a couple of dates or 1 teaspoon of honey and blend until incorporated.
- Serve immediately or put it in the freezer for up to an hour or two, but any longer and it will be too solid and need to be re-blended.



RECIPE NOTES

- *Works great with added in frozen berries, or fresh berries, and nut butters.*
- *This would also taste even better with some toppings like chopped nuts, fresh fruits, or shredded coconut!*



PEANUT BUTTER CRISP BAR

This amazing **high protein, high energy, high mineral bar** is so easy to prepare and will completely **satisfy any cravings for a chocolate bar**.

By using dates as the natural sweetener, we **avoid using any refined sugars** whatsoever while still creating a deliciously sweet treat!

The oats provide fibre which will give you energy and **help your body to digest** and slowly release sugar into the bloodstream, keeping your **blood sugar levels stable**.

The peanut butter adds **protein and healthy fats** to maximize the satiety factor. The cacao powder not only makes these bars feel decadent, it also adds high levels of antioxidants which will **slow symptoms of aging and fight cancer!**

Serves: 10

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Whole rolled oats

1 cup

Peanut butter

1 cup

[Peanut Butter](#)

Dates, packed (pits removed)

1 cup

[Dates](#)

Coconut oil

4 tbsp

[Coconut Oil](#)

Cacao powder

2 tbsp

[Raw Cacao Powder](#)

Rice crisps (breakfast cereal)

½ cup

Crystallized ginger,

1 tbsp

minced (optional)

Salt

Pinch

[Salt](#)

INSTRUCTIONS

- Set aside ½ of the dates and all of the rice crisps and crystallised ginger.
- Chop the dates you set aside into small pieces.
- Combine all of the other ingredients in a food processor and process until combined.
- Transfer the mixture from the processor to a bowl and stir in by hand the reserved dates, rice crisps, and crystallised ginger. This gives the bars a delightfully varied crunch and smoothness.
- Press the whole mixture evenly into the bottom of a baking tray lined with baking paper. If the mixture is not binding (holding together) properly, then simply add extra water and/or coconut oil until the desired firmness is achieved. Adding coconut oil will help the bars set.
- Place the pan in the freezer for 30 minutes or until the mixture is set. Then slice into bars.
- To store: Keep in the refrigerator or freezer.
- To serve: Enjoy cold, straight out of the container on its own or with a piece of fresh fruit.



RECIPE NOTES

- *You can substitute any nut butter in these bars, and could also use figs in place of dates.*



CHILLED CHOCOLATE SEMIFREDDO

This is the perfect dish for the chocolate lovers of the world and believe it or not, this luxurious dessert is made with only four ingredients!

Pasture-raised eggs are the best choice when shopping, as this means the chickens have had access to fields where they can eat bugs and grasses rather than just corn. This results in eggs that are **high in omega-3s**, which will benefit your heart as well as **regulate cholesterol triglyceride levels**. Pastured eggs also provide higher levels of vitamins A and C, as well as other **brain-boosting nutrients** and minerals.

The other main ingredients in this dish, raw cacao powder, and bittersweet chocolate contain natural chemicals called flavonoids, a type of **antioxidant compound that promotes health and lowers the risk of chronic diseases**.

In addition to removing free radicals, antioxidants also help **decrease inflammation** that can contribute to **arthritis** and they **boost heart health** by preventing changes in platelets that might produce blood clots. They are also **anti-aging and anti-cancer**.

Serves: 2-3

Prep time: 3 minutes

Cook time: 12 minutes

INGREDIENTS

QTY

LINKS TO BUY

Omega-3 organic or pasture-raised
eggs, separated whites from yolks

4 ea

Bittersweet chocolate, finely
chopped

85 grams

Water

½ cup

Cocoa powder

1 tbsp

[Raw Cacao Powder](#)

INSTRUCTIONS

- Separate the egg yolks and whites.
- Whisk together the egg yolks, water and cocoa powder in a stainless steel heat proof bowl.
- Place bowl over heat and whisk constantly, turning the mixture until the eggs lighten and thicken.
- Remove from heat and set the bowl aside to cool, then adding the chocolate.
- Stir occasionally as the chocolate melts into the egg mixture.
- Meanwhile, whip the egg whites to a soft peak.
- Fold ⅓ of the egg whites into the chocolate mixture. Then fold the chocolate mixture into the remaining egg whites.
- Freeze the mixture in a loaf pan or other suitable freezer container making sure it's covered well.
- This semifreddo is best when it sits and combines (tempers) for an hour or so in the refrigerator before being served.



SWEET AND SALTY CHOCOLATE CHIP GRANOLA BARS

These delicious bars are packed with **high-fibre oats** and **protein-rich almonds** and nut butters. They are sweetened with natural, unrefined sugars from dates and honey, and for indulgence, they also include bittersweet chocolate (which is very **low in sugar and high in antioxidants**).

The oats will aid in your **digestive health** and also **stabilize your blood sugar levels** as the body breaks them down slowly. This means **long-lasting energy** with no highs or crashes.

Almonds are packed with vitamins, minerals, protein, and fibre. Just a handful of almonds, approximately 30g, contains one-eighth of our necessary daily protein. These, along with the nut butter, will provide **heart-healthy fats**, as well as a satisfaction level that will keep your body satiated for hours.

The benefits from dates range from **digestive support to cancer-fighting**, and they are packed with nutrients, minerals, vitamins, and fibre.

Serves: 10 bars

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

QTY

LINKS TO BUY

Medjool dates, packed

1 cup

[Medjool Dates](#)

Honey, maple syrup, or agave

4 tbsp

[Honey](#)

Vanilla extract

1 tsp

[Vanilla](#)

Nut butter (eg. almond, cashew,
peanut)

4 tbsp

[Almond Butter](#)

Almonds, roasted & unsalted,
loosely chopped

1 cup

[Almonds](#)

Rolled oats

1 ½ cups

[Rolled Oats](#)

Dark chocolate chips

¼ cup

Dried cranberries or raisins

¼ cup

[Dried Cranberries or Raisins](#)

INSTRUCTIONS

- Process dates in a food processor or blender until small bits remain (about 1 minute).
- It should form a "dough" like consistency or roll into a ball. If using a blender, add a splash of water if needed to get it going.
- Process chopped almonds in a food processor for an additional minute, pulsing as needed.
- Process half the oats until ground, leaving the other half whole.
- Place oats, almonds, chocolate chips, cranberries or raisins and dates in a bowl and set aside.
- Warm honey, vanilla and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- Once thoroughly mixed, transfer to a 20 x 20 cm (8 x 8 inch) dish or other small pan lined with plastic wrap or baking paper so they lift out easily.
- Press down with force until uniformly flattened. Cover with plastic wrap and let set in fridge or freezer for 15 - 20 minutes to harden.
- Remove bars from pan and chop into 10 even bars.
- Store in an airtight container.



PEACH CRISP

This crisp is perfect for summertime because it utilizes the abundance of fresh peaches, and it is cooked completely on the stovetop so you won't have to turn on your oven! Peaches are packed with vitamins, especially A and E, as well minerals and fibre. They have been shown to **kill off cancer cells, reduce wrinkles, lower the risk of diabetes, and combat heart disease.**

This crisp, replaces all that refined sugar with small amounts of unrefined coconut sugar. We also replace some of the butter normally used, with coconut oil. Coconut oil is known to **increase your energy expenditure**, which means it actually helps you to burn more stored fat! It is also extremely **beneficial for brain function, heart health, skin, and hair.**

Finally, we substitute wholemeal flour for refined white flour, which increases the protein, fibre, and vitamins in our dish, and also **ensures your blood sugar levels will stay more steady.**

Serves: 4

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS (CRISP)

QTY

LINKS TO BUY

Wholemeal flour

½ cup

Walnuts, finely chopped

½ cup

[Walnuts](#)

Coconut sugar (or you can use
brown sugar)

½ cup

[Coconut Sugar](#)

Unsalted butter

4 tbsp

[Unsalted Butter](#)

Salt

¼ tsp

INGREDIENTS (FRUIT FILLING)

QTY

LINKS TO BUY

Cornflour

3 tsp

[Cornflour](#)

Cinnamon

1 tsp

[Cinnamon](#)

Coconut oil

2 tbsp

[Coconut Oil](#)

Peaches, pitted and cut into
bite sized wedges

1 kg

INSTRUCTIONS

- For the Crisp: Combine flour, nuts, coconut sugar and salt in a small bowl.
- Melt butter in a small nonstick pan over low heat.
- Remove from heat and stir in flour mixture until moistened and mixture forms small clumps.
- Return to low heat and cook, stirring frequently, until mixture is golden brown and well toasted, about 5 minutes.
- Transfer mixture to a large plate to cool.
- For the Filling: Combine coconut oil, peaches, cornflour and cinnamon in a small bowl.
- Add mixture to the previously used pan.
- Heat over medium heat and cook with lid on, stirring occasionally, until peaches are almost softened, about 5 minutes.
- Remove lid and cook until peaches are cooked through and mixture has thickened slightly, about 5 minutes more.
- Immediately top fruit with the crisp and serve with a side of yoghurt or ricotta.



BAKED APRICOT BAR

This fibre rich recipe is perfect to help you fuel up for hours any time of day! Oats are well known for their ability to offer **gut healthy fibre** and help you **lower your LDL cholesterol**.

Flax and sunflower seeds add to the fibre mix while also offering essential omega-3 fatty acids that you need to **reduce inflammation in the body**.

Dates, dried apricots, bananas and orange juice bring **natural sweetness** to this dish and the fibre in bananas is especially **important to gut health** as it's prebiotic and **supports your microbiome**.

Cinnamon **reduces sugar cravings and helps regulate blood sugars** as well.

Serves: 10 bars

Prep time: 10 minutes

Cook time: 20-30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Whole rolled oats	1 cup	Rolled Oats
Almond meal or wholemeal flour	1 cup	Almond Meal
Coconut, unsweetened, shredded	½ cup	Shredded Coconut
Sunflower seeds	½ cup	Sunflower Seeds
Cinnamon	1 tsp	Cinnamon
Dried apricots, chopped	½ cup	Dried Apricots
Dates, chopped	5 ea	Dates
Ripe banana	1 ea	
Orange juice	½ cup	

INSTRUCTIONS

- Preheat oven to 180°C OR 350°F.
- In a large bowl, combine dry ingredients (rolled oats through cinnamon).
- Mix in apricots and dates.
- In a blender, blend together the wet ingredients (banana and orange juice) until smooth.
- Pour wet ingredients into dry and mix until combined.
- Pour batter into an 20 x 20 cm (8 x 8 inch) pan. (You could also bake these in a 22 x 33 cm (9 x 13 inch) pan for thinner bars, just shorten the cooking time.
- Press down batter very firmly.
- Bake for 20 - 30 minutes or until browned and cooked through.
- Serve warm or cold with some sour cream, if you like.



RAW BLUEBERRY ENERGY BITES

The key to making an energy bite is to pack a big nutritional punch into a small morsel of food. This recipe does exactly that by using nuts, dates and blueberries to create a delicious and nourishing snack. Nuts are full of healthy fats and are calorically dense so a **little goes a long way!**

The omega-3 fatty acids they provide are crucial to **reducing inflammation associated with painful joints, high cholesterol and high blood sugars** that leads to Type 2 diabetes. They also help you feel satisfied so you don't feel deprived!

The blueberries are one of the most anthocyanin rich foods on the planet! This is a **potent antioxidant** that helps your body **heal from oxidative stress** induced by eating inflammatory foods. Blueberries also contain vitamin K that is important for **blood health**, vitamin C that is critical to a **healthy immune system** and manganese that **improves your metabolism!**

Dates add to the natural sweetness here and are **low glycemic** so they won't spike your blood sugars.

Serves: 24 balls

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Nuts, (cashews, walnuts, or almonds work great)

2 cups

[Almonds](#)

Dates, packed (pits removed)

1 cup

[Dates](#)

Blueberries, dried, fresh or frozen loosely packed

1 cup

[Dried Blueberries](#)

Vanilla extract

2 tsp

[Vanilla](#)

Lemon, zested

1 ea

Lemon, juiced

½ ea

[Lemon Juice](#)

Sea salt

pinch

INSTRUCTIONS

- Add nuts to the food processor and process until nuts are pea sized.
- Combine nuts with dates and blueberries and process until all ingredients have broken down and are a bit sticky.
- Add in lemon zest and lemon juice and vanilla extract.
- Process until all ingredients come together to form 1 large sticky ball.
- Roll into small balls and store in the fridge for up to 1 week or in the freezer.
- You can then roll balls in seeds such as sesame seeds, sunflower seeds, linseeds or pumpkin seeds.
- Enjoy as a snack or after dinner delight.



CARROT AND RAISIN MORNING MUFFINS

These muffins are truly amazing, because they have all the satisfaction and flavour of regular muffins, with **none of the refined sugars or trans fats**. To sweeten them, we use the natural sugars found in both apples and bananas.

Bananas are high in potassium and low in salt, bananas are officially recognized by the FDA as being able to **lower blood pressure and protect against heart attack and stroke**. They are also loaded with fibre which will **aid in digestion**. Plus, they are high in pectin, which will help to **remove toxins and heavy metals from the body**.

We also replaced the usual amount of oil found in most muffin recipes with milk, which increases the **protein and calcium** in this dish. And we've even snuck in some **vegetables for added fibre!** Thanks to a few easy changes, these muffins will leave you feeling ready to take on the world rather than ready for a nap!

Serves: 8-10
muffins

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS (THE SOAK)

Whole rolled oats

Raisins

Milk

QTY

1 cup

½ cup

½ cup

LINKS TO BUY

[Rolled Oats](#)

[Raisins](#)

INGREDIENTS (THE DRY)

Wholemeal flour (self-raising)

Bicarbonate Soda

Salt

Cinnamon

Walnuts

QTY

1 ½ cup

2 tsp

½ tsp

1 tsp

½ cup

LINKS TO BUY

[Baking Powder](#)

[Salt](#)

[Cinnamon](#)

[Walnuts](#)

INGREDIENTS (THE WET)

Olive oil

Egg

Carrot, grated

Zucchini, grated

Applesauce

Bananas, mashed

QTY

3 tbsp

2 ea

⅓ cup

⅓ cup

½ cup

1 ea

LINKS TO BUY

[Olive Oil](#)

INSTRUCTIONS

- Preheat your oven to 180°C OR 350°F.
- Soak the oats and raisins with the milk.
- Mix the dry ingredients well. Be mindful to break the clumps commonly found with bicarbonate soda - a mesh strainer can help! Set aside.
- Blend the olive oil, egg, apple sauce and banana in a blender.
- Grate the carrots and zucchini.
- Mix the carrot and zucchini into the “wet” blend by hand.
- Mix the oats into the wet blend by hand.
- Without over mixing, fold the dry blend into the wet blend, until it seems “almost” blended (i.e. you may see a few dry spots of flour still.)
- Let mixture sit for 10 minutes.
- Spoon batter into the muffin tins, until almost filled.
- Bake for about 20 - 30 minutes, until browned on the outside and cooked in the middle.
- SERVE hot or cold, with butter, cream cheese or fruit... or maybe on its own with a cup of tea. Find your comforting way to enjoy this breakfast treat!



CASHEW CHIA PUDDING

This is a decadent dessert, that never spikes the blood sugar and gives you sustaining nutrients instead! The creaminess of this treat is from the cashew nut, which is high in protein that **helps reduce blood sugars**. The minerals in cashews include **magnesium, potassium, iron, and zinc**; wonderful foundational support to healing.

The **cleansing fibre** in the chia seed, along with it's amazing property of absorbing water, as well as its high protein content makes this a snack or dessert that will **satisfy your hunger for hours**.

For those that love puddings or tapiocas, this will bring comfortable joy, knowing that this treat is a sugar-balancing nutrient-rich and sustaining snack. Enjoy!

Serves: 3-4

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Cashew nuts, raw

1 cup

[Cashew nuts](#)

Water

3 cups

Vanilla extract

1 tsp

[Vanilla](#)

Honey

3 tbsp

[Honey](#)

Nutmeg

pinch

Chia seeds

½ cup

[Chia Seeds](#)

INSTRUCTIONS

- Combine the water, cashew nuts, honey, nutmeg and vanilla extract in a blender and blend until smooth. Pour into a bowl or jar.
- Add the chia seeds in slowly, stirring constantly, avoiding the seeds clumping together as they mix with the cashew/water mixture.
- Chill in the refrigerator for 12-24 hours, occasionally stirring the contents. This pudding will thicken a LOT.
- Optional Additions: ½ tsp cinnamon and/or ¼ tsp cardamom.
- SERVE as is. Drink like a thick smoothie, serve in a bowl like a pudding. Try topping with some fruit of your choice or desiccated coconut.



RAW CHOCOLATE VITALITY TRUFFLES

This snack is a true treasure to the palate and the body! The shredded coconut meat, along with the coconut oil, helps the body **access and use stored fats for energy**. It is also high in lauric acid, which helps bring **balance to the intestinal flora**.

The coconut and the almonds boost the protein profile, making this a snack that will **satisfy your hunger and keep you energized** for a while!

The bar is sweetened naturally with dates and flavoured with real vanilla and sea salt -- all adding their contributions to flavour but also bringing an impressive list of **minerals and micronutrients** that your body will love. This may become a favourite!

Serves: 10

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Cacao powder	1 tbsp	Raw Cacao Powder
Coconut oil	2 tbsp	Coconut Oil
Almonds	2 tbsp	Almonds
Almond meal	¼ cup	Almond Meal
Medjool dates	¼ cup	Medjool Dates
Coconut, shredded	¼ cup	Shredded Coconut
Vanilla essence	⅓ tsp	Vanilla
Sea salt	pinch	
Water	1 tbsp	

INSTRUCTIONS

- Coarsely chop the almonds and dates. Set aside.
- Combine all of the other ingredients into a food processor.
- Blend thoroughly, adding water to bind and create a smooth consistency.
- Remove from processor and mix in the coarsely chopped dates and almonds to create texture.
- Roll the mix into small 2.5cm balls. Put into the fridge or freezer to allow it to set.
- To serve: Ready to eat directly from the fridge or freezer! An amazing decadent dessert.



RECIPE NOTES

- *You can also roll the truffles in cacao powder or coconut shreds for a beautiful added touch before setting in the freezer!*



INDULGENT DARK CHOCOLATE AVOCADO MOUSSE

This decadent mousse is super satisfying, creamy and packed full of **inflammation reducing** ingredients! Avocados give super creamy texture and are high in omega-3 fatty acids, which are vital to helping your body **naturally anti-inflate**. This is crucial in **reducing high cholesterol, high blood sugars, chronic pain and promoting weight loss**.

Cacao powder provides antioxidants that **help your body heal and repair from eating too much processed food**. It also is **energizing** and makes this dessert chocolatey and delicious!

This mousse is **sweetened naturally** with maple syrup so you can avoid processed sugar that causes inflammation and blood sugar issues. Vanilla extract gives this dish the flavour that memories are made of!

Serves: 4

Prep time: 5-10 minutes

Cook time: 3 minutes

INGREDIENTS

QTY

LINKS TO BUY

Dark chocolate

55 grams

Very ripe avocados, peeled & pitted

2 ea

[Avocado](#)

Unsweetened cocoa powder or
raw cacao

¼ cup

[Raw Cacao Powder](#)

Maple syrup

¼ cup

[Maple Syrup](#)

Pure vanilla extract

2 tsp

[Pure Vanilla Extract](#)

Fine salt

½ tsp

[Salt](#)

Coconut milk or milk of choice

¼ cup

[Coconut Milk](#)

INSTRUCTIONS

- Chop up the dark chocolate into chip sized pieces and place in a small bowl.
- Place bowl over a small saucepan of barely simmering water. Stir until the chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly. You can also microwave the chocolate, stirring every 30 seconds until melted.
- Place the melted chocolate, avocados, cocoa powder, maple syrup, vanilla, salt and milk in a food processor. Blend until smooth and creamy, scraping the sides of the bowl as needed. Or pour the mixture into a bowl and mix well by hand.
- Spoon into glasses and refrigerate for at least 3 hours. This can be prepared 1 day in advance.
- To Serve: $\frac{1}{4}$ cup of garnish or topping of choice, fresh fruit, nuts, coconut or anything else you like! Fresh strawberries make an amazing topping or side.
- Take a moment to notice the creamy texture as you eat each spoonful. Delicious!



LEMONY SUNFLOWER BAR

This zesty bar can double as a quick pick me up snack because it's packed with the fibre and nutrients your body needs to **feel energized!** The juice and zest of a lemon makes them come alive with flavour more than any store bought bar. Plus, it provides **immune boosting vitamin C.**

Almond meal and sunflower seeds add lots of healthy fats, fibre and protein, all of which are **essential to helping you balance blood sugars and feel satiated** after eating. They also contribute to **reducing inflammation and blood cholesterol** as well.

Coconut oil is a healthy fat as well that has been linked to **increased HDL (good) cholesterol.** Dates offer natural sweetness and are **low glycemic** so they are perfect for anyone with pre and type 2 diabetes. Cinnamon also helps to **curb sugar cravings and can reduce high blood sugar levels** as well!

Serves: 30 bars

Prep time: 15 minutes

Cook time: 6 minutes

INGREDIENTS

QTY

LINKS TO BUY

Sunflower seeds	2.5 cups	<u>Sunflower Seeds</u>
Almond meal	½ cup	<u>Almond Meal</u>
Cinnamon	1 tsp	<u>Cinnamon</u>
Vanilla	1 tsp	<u>Vanilla</u>
Lemon juice	1 tsp	<u>Lemon Juice</u>
Zest of one lemon	1 ea	
Salt	½ tsp	<u>Salt</u>
Dates, loose	3 cups	
Coconut oil	½ cup	<u>Coconut Oil</u>

INSTRUCTIONS

- Roast sunflower seeds in the oven by coating with a little oil and salt until browned, about 5 minutes in a moderate 180°C OR 350°F oven.
- Place sunflower seeds, almond meal, cinnamon, vanilla, lemon juice, lemon zest and salt in food processor or blender. Process for a minute. Then remove from processor.
- Put dates in food processor or blender and process until chunky.
- Melt coconut oil in a saucepan and add to the blender along with the sunflower seed mixture. Process to blend but still textured.
- Take mixture and press firmly into baking paper or cling wrap lined tray.
- Set in the fridge for 20 minutes, then cut into bars. Can be stored in the fridge for a week.



PEAR, CHOCOLATE AND HAZELNUT CRISP

Pear is the main star here with it's gentle sweetness and amazing health benefits. Pears are one of the fruits that offer your body **prebiotic fibre that promotes gut health and boosts your immunity**.

Hazelnuts and nut butter bring healthy fats so you can enjoy a sweet treat and still **balance your blood sugars!** Plus, these also help you **reduce inflammation** and combined with cacao powder, creates a healthy nutella flavour that everyone loves. Cacao powder is full of antioxidants that **reduce oxidative stress** and has been used for it's incredible flavour and healthy benefits for centuries.

Lastly, enjoying whole wheat flour is a great way to add fibre to your dessert. This crisp will leave you feeling **energized, satisfied and never deprived!**

Serves: 3-4

Prep time: 5 minutes

Cook time: 20 minutes

INGREDIENTS

QTY

LINKS TO BUY

Any type of pears, can mix them up

3 ea

Hazelnut meal (or blended
hazelnuts)

6 tbsp

[Hazelnut Meal](#)

Hazelnut, almond or
peanut butter

2 tbsp

[Almond Butter](#)

Cacao powder

2 tbsp

[Raw Cacao Powder](#)

Coconut sugar or brown sugar

2 tbsp

[Coconut Sugar](#)

Cinnamon

2 tsp

[Cinnamon](#)

Wholemeal flour

3 tbsp

INSTRUCTIONS

- Preheat the oven to 180°C OR 350°F. Line a baking tray with baking paper and grease with oil or butter.
- Slice the pears into thin long slices and lay them out in a mostly single layer on the baking tray.
- Combine all the other ingredients in a food processor or mix them together well by hand.
- Sprinkle the mixture on top of the pears. Then place the baking tray into the oven and bake for about 20 minutes or until the pears are soft.
- To Serve: Serve warm with a dollop of yoghurt or cream!



RECIPE NOTES

This recipe would also work beautifully with apples.



ROASTED STRAWBERRIES AND WHIPPED RICOTTA

This is a simple yet powerful dish. Strawberries contain anthocyanins, which **stimulate the burning of stored fat** and also **aid in short-term memory**. They have a ton of fibre, which will keep you feeling full, as well as antioxidants, which will **keep you feeling (and looking!) young**.

The ricotta we pair with them is packed with **calcium and omega-3 fatty acids**, which aid hugely in heart health. Ricotta is also a great source of **phosphorus and selenium**, two hard-to-find minerals for the body.

Additionally, honey is a magical food that happens to be both **antifungal and antibacterial**. It can also be used to **aid with sleep** as well as to **boost memory and increase energy naturally**.

Serves: 2

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Strawberries, with greens
trimmed and cut in half

225 grams

Olive oil

2 tsp

[Olive Oil](#)

Sea salt

pinch

Ricotta cheese

½ cup

Honey

1 tsp

[Honey](#)

Vanilla extract

½ tsp

[Vanilla](#)

Lemon zest

1 tsp

INSTRUCTIONS

- Preheat oven to 200°C OR 400°F.
- Remove green ends from strawberries and cut them in half.
- Mix the cut strawberries with olive oil and lay them in a single layer on a lined baking dish. Sprinkle sea salt on top.
- Roast strawberries for about 10 minutes or until juices begin to run. Remove from the oven.
- In a medium bowl, whip together the ricotta cheese, honey, vanilla and lemon zest by hand, mixing until well combined.
- Serve strawberries and ricotta cheese together, layering, mixing, or plating how you wish.



RECIPE NOTES

Roasting is a wonderful technique for any fruit: it brings out the natural sweetness as the sugars caramelize. You can experiment with apricots, plums, apples & peaches.



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