



Snacks and Desserts

Laura Rubio

<https://www.kotirokahalaura.com>



Crunchy Yogurt Clusters

12 servings

2 hours

Ingredients

3/4 cup Plain Greek Yogurt
1/2 cup Almonds
1/4 cup Cashews
1/4 cup Pumpkin Seeds
1/4 cup Dried Unsweetened
Cranberries

Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Add all ingredients in a bowl and mix well to combine. Scoop the mixture and transfer to the lined baking sheet, forming clusters of about 2 to 2.5 inches.
- 3 Freeze for at least 2 hours before serving. Enjoy!

Notes

Leftovers, Keep frozen in an airtight container or freezer bag. Line with parchment paper between pieces if needed.

Serving Size, One serving equals roughly one cluster.

Nut-Free, Use pumpkin seeds and sunflower seeds instead.

More Flavor, Add maple syrup.

Additional Toppings, Top with hemp seeds, bee pollen or pomegranate seeds.

Dairy-Free, Use coconut yogurt instead of Greek yogurt.



Lemon Coconut Power Balls

12 servings

15 minutes

Ingredients

1 1/4 cups Unsweetened Shredded Coconut
1/2 cup Coconut Butter
21 grams Collagen Powder
2 1/2 tbsps Lemon Juice
2 tbsps Maple Syrup
1 1/2 tsps Lemon Zest
1 tsp Vanilla Extract
1/16 tsp Sea Salt (optional)

Directions

- 1 Add the shredded coconut to a food processor and blend until a coarse crumb forms.
- 2 Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
- 3 Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers, Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size, One serving is one ball.

Additional Toppings, Top with shredded coconut, coconut sugar and lemon zest.

No Maple Syrup, Use honey or agave instead.

Consistency, The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.



Coconut Carob Pudding

5 servings

3 hours

Ingredients

2 3/4 cups Organic Coconut Milk (full fat, from the can)
1/3 cup Monk Fruit Sweetener
12 grams Gelatin
1/3 cup Carob Powder
1 2/3 tsp Cinnamon
1/4 tsp Sea Salt

Directions

- 1 In a small pot over medium-low heat, add the coconut milk and monk fruit sweetener and whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm.
- 2 In a medium bowl, add 1/4 of the coconut milk mixture and then sprinkle the gelatin on top. Let it sit for 2 to 3 minutes. Do not mix.
- 3 Add the gelatin mixture along with the remaining coconut milk mixture, carob powder, cinnamon and sea salt to a blender and blend on high until smooth.
- 4 Place a sieve over the top of your jars and pour the pudding mixture into the jars through the sieve, ensuring that no clumps of gelatin remain. Store the jars in the fridge for two hours to set. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

No Carob, Use cacao powder instead.

No Monk Fruit Sweetener, Sweeten with maple syrup, honey or coconut sugar instead and adjust for taste.

More Flavor, Add additional spices such as ginger or cardamom.

Additional Toppings, Top with berries, banana or coconut yogurt.



Pomegranate Yogurt Bark

9 servings

2 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds on top.
- 3 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

Notes

Leftovers, Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

Serving Size, Each serving equals approximately one 3 x 2.5" piece.

Dairy-Free, Use coconut yogurt instead.

More Flavor, Add vanilla extract and your sweetener of choice.

Additional Toppings, Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.



Spiced Pears with Pomegranate

6 servings

10 minutes

Ingredients

4 1/2 Pear (peeled, cored, diced)
1 1/2 tbsps Lemon Juice
1 1/2 tbsps Maple Syrup
1/3 tsp Cardamom
3/4 tsp Cinnamon
1/3 cup Pomegranate Seeds

Directions

1

Combine all ingredients into a large mixing bowl. Mix well, then divide into cups. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving equals approximately 3/4 cup.

More Flavor, Broil in the oven until tender and slightly charred.

Additional Toppings, Top with maple syrup, coconut whipped cream, yogurt, crushed nuts, coconut butter or nut butter.



Sticky Ginger Pudding with Coconut Ice Cream

6 servings

1 hour

Ingredients

2 tbsps Water (hot)
7 grams Gelatin
1 cup Unsweetened Applesauce
1/2 cup Coconut Oil (melted)
1/3 cup Maple Syrup
1 tbsp Ground Ginger
1 tsp Baking Soda
1 tbsp Apple Cider Vinegar
1/2 cup Coconut Flour
1 1/2 cups Organic Coconut Ice Cream

Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a pie pan.
- 2 Make your gelatin egg by combining the hot water with gelatin in a small bowl. Set aside.
- 3 In a separate mixing bowl, whisk together the applesauce, melted coconut oil, maple syrup, ginger and baking soda.
- 4 Stir in the gelatin egg and apple cider vinegar. Then gently fold in the coconut flour until evenly combined.
- 5 Transfer to the pie pan and bake for 45 to 50 minutes or until golden brown and firm to the touch. The center should remain gooey.
- 6 Let cool slightly before serving. Scoop into bowls and top with ice cream. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to seven days.

Serving Size, One serving equals approximately 1/4 to 1/3 cup of sticky pudding.

Additional Toppings, Top with coconut whipped cream, cinnamon, cacao nibs, chia jam or fruit (fresh, poached or broiled).

No Applesauce, Use mashed banana, pear puree or pumpkin puree instead.

No Coconut Oil, Use ghee or butter instead.

No Gelatin, Make a chia or flax egg instead, or use real eggs in place of the gelatin and water.

More Flavor, Substitute some of the ground ginger with fresh grated ginger.



Coconut Lemon Tarts

10 servings

4 hours

Ingredients

1 tbsp Coconut Oil
2 cups Unsweetened Shredded Coconut
2 cups Pitted Dates
1/2 cup Water
14 grams Gelatin
1/4 cup Maple Syrup
1 1/2 Lemon (zested, juiced)
2 cups Organic Coconut Milk (full fat, from the can)

Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin tin with coconut oil or fill with liners.
- 2 Blend the coconut and dates in a food processor to form a crumbly mixture. Transfer to the muffin tin and use your fingers to form an even crust. Bake for 8 minutes or until slightly toasted. Set aside to cool.
- 3 Meanwhile, add the water to a pan and sprinkle the gelatin ovetop. Let it thicken for about 5 minutes.
- 4 Heat the gelatin over low heat just until it melts. Remove from heat and stir in the maple syrup, lemon zest, lemon juice and coconut milk.
- 5 Fill the crusts with the coconut gelatin mixture and refrigerate for at least 4 hours.
- 6 Use a knife to loosen the sides and remove the tarts from the tin. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size, One serving equals one lemon tart, approximately the size of a regular muffin.

Additional Toppings, Add fresh fruit like blueberries to your gelatin filling before it sets.



Peach with Cottage Cheese

4 servings

5 minutes

Ingredients

- 1 cup Cottage Cheese
- 4 Peach (medium, sliced)

Directions

1

- Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

Dairy-Free, Use coconut yogurt instead of cottage cheese.

Additional Toppings, Top with hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.



Raspberry Avocado Ice Cream

5 servings

5 minutes

Ingredients

2 1/2 Avocado
2 1/2 cups Raspberries (frozen)
1 1/4 Banana (small, frozen)
1/2 cup Organic Coconut Milk (full fat,
from the can)
2 1/2 tbsps Maple Syrup

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers, Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size, One serving is equal to approximately 3/4 cup.

More Flavor, Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings, Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries, Use strawberries instead.



Banana & Chocolate Chip Oatmeal Cups

12 servings

35 minutes

Ingredients

2 tbsps Coconut Oil (melted, divided)
 2 1/2 cups Oats (rolled)
 1/4 cup Vanilla Protein Powder
 1 tsp Baking Powder
 1 tsp Cinnamon
 1/4 tsp Sea Salt
 2 Banana
 1/4 cup Maple Syrup
 1 tsp Vanilla Extract
 1/2 cup Plain Coconut Milk (refrigerated, from the box)
 2 Egg
 1/3 cup Organic Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tin with half the coconut oil.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tins and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size, One serving size is equal to one oatmeal cup.

Additional Toppings, Top with sliced banana and almond butter.



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

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 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.
- 3 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.
- 4 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 Macaroons

24 servings

30 minutes

Ingredients

2 1/2 cups Unsweetened Shredded Coconut
4 Egg (medium, whites only)
2 tbsps Maple Syrup

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
- 3 Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
- 4 Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

Notes

Likes it Sweet, Use sweetened shredded coconut instead of unsweetened.

Serving Size, One serving is equal to one macaroon.

Storage, Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.



Avocado Brownies

12 servings

30 minutes

Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Organic Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

Notes

Avocado, One medium avocado is equal to approximately one cup of mashed avocado.

No Ghee, Use coconut oil or coconut butter instead.

Pan Size, For 12 servings, we used a 9 x 9-inch pan.



Pumpkin Spice Fruit Salad

4 servings

15 minutes

Ingredients

2 Apple (peeled and chopped into cubes)
2 Pear (peeled and chopped into cubes)
1 1/4 cups Grapes (seedless, halved)
1 tbsp Lemon Juice
2 tbsps Maple Syrup
1 tsp Pumpkin Pie Spice

Directions

- 1 Combine the apples, pears and grapes in a bowl and toss well.
- 2 Combine the lemon juice, maple syrup and pumpkin pie spice in a small jar. Stir well to mix, then pour it over the fruit. Toss the fruit salad until everything is coated.
- 3 Serve immediately or keep covered in the fridge.

Notes

Leftovers, Store covered in the fridge up to two days.



Apple Cinnamon Scones

8 servings

40 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 3/4 cup Water
- 2 cups All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 1/4 cup Coconut Sugar
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1/3 cup Coconut Oil (room temperature)
- 1 Apple (medium, diced)

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, mix the ground flax with water. Set aside to thicken.
- 3 In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
- 4 Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
- 5 Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
- 6 Remove from oven, let cool slightly and enjoy immediately.

Notes

Leftovers, Store at room temperature in an air-tight container up to 3 days, or freeze.
Serve it With, Our Pumpkin Spice Latte, Homemade Chai Tea, or Hot Chocolate recipe.
Extra Flavour, Serve them with butter, ghee, nut butter or our Strawberry Chia Seed Jam.
Flour, This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.



Inside Out Almond Joys

12 servings

15 minutes

Ingredients

60 grams Dark Organic Chocolate (at least 70% cacao, chopped)
1/2 tsp Coconut Oil
1/2 cup Almonds
2 tbsps Unsweetened Shredded Coconut

Directions

- 1 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.
- 2 Meanwhile, line a baking sheet with parchment paper.
- 3 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.
- 4 Sprinkle coconut overtop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
- 5 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.



Gingerbread Protein Cookies

12 servings

20 minutes

Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
- 3 Add wet ingredients to the dry ingredients and mix until a dough forms.
- 4 Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
- 5 Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

Notes

No Cookie Cutter, Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

Protein Powder, This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.



Edible Chocolate Chip Cookie Dough

4 servings

15 minutes

Ingredients

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

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.



Chia Seed Breakfast Popsicles

6 servings

5 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsp Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola

Directions

- 1 In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
- 2 Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
- 3 Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
- 4 Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

Notes

- Vegan,** Use unsweetened coconut yogurt and replace honey with maple syrup.
- Mix it Up,** Use any fruit that is in season, or any fruit that you have on hand.
- DIY Granola Options,** Make our Banana Coconut Granola or Paleo Granola.



Chocolate Cupcakes

12 servings

3 hours

Ingredients

2 Sweet Potato (large)
 2 tbsps Ground Flax Seed
 1/3 cup Water
 3/4 cup Unsweetened Almond Milk
 1 tbsp Apple Cider Vinegar
 1 1/2 tsps Baking Soda
 1/4 cup Maple Syrup
 1/4 cup Coconut Sugar
 1/2 tsp Sea Salt
 1/4 cup Coconut Oil (melted)
 1/2 cup Almond Flour
 1/2 cup Oat Flour
 3/4 cup All Purpose Gluten-Free Flour
 1 cup Cocoa Powder (divided)
 1 1/2 cups Organic Dark Chocolate Chips

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin pan with liners. Brush the liners with coconut oil to prevent the cupcakes from sticking.
- 2 Peel the sweet potato and dice into small cubes. Fill a saucepan with two inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl. Mash with a fork to make a smooth puree. Divide the sweet potato puree. For 12 cupcakes 1 cup will be used for the batter and 1.5 cups for the frosting.
- 3 In a large mixing bowl, combine the portioned out sweet potato for the batter, ground flax, water, almond milk, apple cider vinegar and baking soda. Whisk and let stand for 5 minutes to thicken slightly. Add the maple syrup, coconut sugar, sea salt, coconut oil, almond flour, oat flour, all-purpose gluten-free flour, and half of the cocoa powder. Mix the batter until thoroughly combined.
- 4 Divide the batter between cupcake liners and bake for 35 to 40 minutes or until a toothpick comes out clean. Remove from the oven. Let sit in the pan for 20 minutes before transferring to a rack to cool completely.
- 5 Make the frosting by adding the remaining sweet potato puree to a small saucepan with the chocolate chips. Heat over medium heat until the chocolate chips are completely melted. Transfer to a food processor, add the remaining cocoa powder and process until very smooth.
- 6 Let the frosting and cupcakes completely cool to room temperature before frosting. Frost using a piping bag or a spatula then let chill for an hour in the fridge. Enjoy!

Notes

Save Time, Purchase canned sweet potato puree instead of making your own.

Leftovers, Store leftover cupcakes in an airtight container in the fridge. Try to eat within a day or two for best texture.



Chocolate Chip Cookies

12 servings

20 minutes

Ingredients

1 1/2 cups Almond Flour
1 1/2 tsps 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

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 3 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 4 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 5 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.