

ANDREA DAHLMAN

**12 Clean Desserts**

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# Peanut Butter Date Balls

4 ingredients · 1 hour 15 minutes · 6 servings



## Directions

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1. Add the dates to a food processor and blend until mostly smooth. Add the peanut butter and salt to the date purée and blend until combined. Add the chocolate chips and pulse until incorporated.
2. Form the dough into 1-inch balls. Place on a parchment-lined plate or tray. Repeat until all the dough is used up.
3. Freeze the balls for at least an hour until firm then transfer to an airtight container and keep in the fridge or freezer. Enjoy!

## Ingredients

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- 1 cup** Pitted Dates
- 1/4 cup** All Natural Peanut Butter
- 1/8 tsp** Sea Salt
- 2 tbsps** Dark Chocolate Chips

# Chocolate Avocado Pudding

5 ingredients · 10 minutes · 3 servings



## Directions

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1. Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
2. Add the cocoa powder and blend again until combined.
3. Serve chilled. Enjoy!

## Ingredients

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- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup
- 1/2 cup Plain Coconut Milk (from the carton)
- 1/3 cup Cocoa Powder

# Apple Crumble Bites

4 ingredients · 35 minutes · 4 servings



## Directions

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1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
3. Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
4. Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

## Ingredients

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- 1/2 cup** Canned Coconut Milk
- 1/2 cup** Ground Flax Seed
- 1 tsp** Cinnamon
- 2** Apple (medium; cored and sliced into 1/2-inch wedges)

# Pan Seared Peaches with Dukkah

11 ingredients · 10 minutes · 2 servings



## Directions

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1. Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
2. Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
3. Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

## Ingredients

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- 2 **tbsps** Hazelnuts (roasted, unsalted)
- 1 **1/3 tbsps** Almonds (roasted, unsalted)
- 1 **1/2 tpsps** Sesame Seeds (white and/or black, toasted)
- 1 **1/2 tpsps** Coriander Seed
- 1/4 **tsp** Fennel Seed
- 1/4 **tsp** Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 1/2 **tsp** Coconut Oil
- 2 Peach (halved, pit removed)
- 1/2 **cup** Unsweetened Coconut Yogurt
- 1/4 **cup** Mint Leaves (optional, lightly torn)

# Sweet Potato Ice Cream

4 ingredients · 1 hour 30 minutes · 6 servings



## Directions

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1. Boil the sweet potatoes for 30 to 45 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from water and remove the peel.
2. Scrape the coconut cream from the top of the can into a blender. The cream should have separated from the coconut water after being refrigerated. Set the coconut water aside for use in smoothies or freeze for future use. Add the sweet potatoes, maple syrup and vanilla extract. Blend until smooth, scraping down the sides as needed.
3. Transfer to an airtight, freezer-safe container and freeze for at least one hour before scooping. Enjoy!

## Ingredients

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- 2 Sweet Potato (purple, halved)
- 1 cup Canned Coconut Milk (full fat, refrigerated overnight)
- 2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract

# Chocolate Dipped Figs with Flaky Sea Salt

3 ingredients · 25 minutes · 4 servings



## Directions

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1. Line a baking sheet with parchment paper.
2. In a microwave-safe dish, melt the chocolate, working in 30-second intervals until the chocolate is smooth and melted.
3. Dip each fig into the chocolate and place on the parchment-lined pan. Top with sea salt. Place in the fridge for 20 minutes. Serve and enjoy!

## Ingredients

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- 3 1/2 ozs Dark Chocolate
- 8 Fig (cut in half)
- 1/8 tsp Sea Salt (flaky)

# Pomegranate Yogurt Bark

3 ingredients · 2 hours · 9 servings



## Directions

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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 overtop.
3. Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

## Ingredients

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



# Coconut Macaroons

3 ingredients · 30 minutes · 24 servings



## Directions

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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!

## Ingredients

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

# Carrot Cake Breakfast Bars

12 ingredients · 40 minutes · 10 servings



## Directions

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1. Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
2. In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
3. In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
4. Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
5. Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

## Ingredients

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- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1/4 Navel Orange (zested)

# Apple Dips

5 ingredients · 15 minutes · 2 servings



## Directions

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1. Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
2. Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
3. Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

## Ingredients

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- 1/2 cup** Plain Greek Yogurt
- 2 tbsps** Unsweetened Shredded Coconut
- 2 tbsps** Hemp Seeds
- 1/4 tsp** Cinnamon
- 1** Apple (sliced)

# Coconut Chickpea Blondies

9 ingredients · 45 minutes · 16 servings



## Directions

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1. Preheat oven to 350°F (177°C) and brush a baking dish with coconut oil (use an 8x8 pan for 16 blondies).
2. Add all ingredients to a food processor and process until smooth.
3. Spread the batter evenly into the pan. (The batter will be very sticky, so brushing a spatula with coconut oil first will help.) Sprinkle extra coconut over the top and press in gently.
4. Bake for 20 to 25 minutes or until toothpick comes out clean and edges are slightly browned. Let cool for 20 minutes, then cut into squares. Enjoy!

## Ingredients

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- 3/4 tsp** Coconut Oil
- 2 cups** Chickpeas (cooked)
- 1/2 cup** Almond Butter
- 1/4 cup** Maple Syrup
- 1/2 tsp** Cinnamon
- 1/4 tsp** Sea Salt
- 1/4 tsp** Baking Powder
- 1/4 tsp** Baking Soda
- 1/3 cup** Unsweetened Shredded Coconut (plus extra for garnish)

# Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



## Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

## Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)