



SOFIA EL HATRI,
October, 2022

HOMEMADE DELIGHT

There is nothing better than home... Enjoy these light, cozy, plant-based recipes with your family and loved ones... at home...

SUMMARY

Food Lovers - Testimonials	p.4
Why I created this book?	p.7
Substitutes	p.8
My Story	p.10
Raw cupcakes with lemon&berries	p.12
Raw chocolate brownie	p.14
Protein bites with peach compote	p.16
Peach compote parfait cake	p.18
Banana&avocado mousse cupcakes	p.20
Choco pudding cake	p.22
Strawberry pudding	p.24
Lime coconut bites	p.26
Raw pistachio bites	p.28
Carrot cake	p.30
Choco protein bites	p.32
Sesame seeds bars	p.34
Strawberry pannacotta desert	p.36
Choco-choco balls	p.38
Choco raw cookie dough	p.40
Frozen yogurt muffins	p.42

SUMMARY

Raw peach pecan cobbler	p.44
Seeds & tahini brownie	p.46
Raw cacao&fig layer cake	p.48
Raw lemon muffins	p.50
Peach compote ice-cream	p.52
Frozen blueberries&coconut choco bonbons	p.54
Raw apple pie	p.56
Mint avocado ice-cream	p.58
Yogurt granola bars	p.60
Yogurt & chia seeds pudding	p.62
Yogurt & peanut butter ice-cream	p.64
Aquafaba mousse au chocolat	p.66
Peach multilayer cake	p.68
Pistachio ice-cream	p.70
Thank you	p.72
Reference links	p.73

HAPPY FOOD LOVERS



“I checked out Sofia’s healthy recipes book and I find it really useful and enjoyable to work with. I like that the recipes are easy to follow. I like the DID YOU KNOW box on top of each recipe, where you find out interesting things about the products. And I also like that for almost each recipe that she puts, there is a story behind it, so we get to find how she learned about it, kind of like SlumDog Millionaire story. So check it out!

Adrian Popita, Top 10 MasterChef, Romania

“I wanted to send a huge amount of gratitude to each of you who donated and supported Sofia’s goal to raise enough money to create impact with our Charity that she supported for a good while now. Thank you so much! Every single pound makes an enormous difference and as you now know about our work, please follow us at @globalgirlproject and share with others. Thank you !”

Julia Lynch, Founding Director of Global Girl Project, UK



“The sweet I tried is just delicious. It is something I have never tried in my life before. Very good. The combination of the texture, the ingredients and different tastes ... what I can say - it’s good! You should try it!”

Chef Mihai Gorovei, Belgium



HAPPY FOOD LOVERS



“I was post-salsa lessons in desperate need of sugar, as usual, after I make some effort, and there was my Sofia with her homemade protein sweets! I was really curious to try them, and I absolutely loved them! They were really nice and they satisfied my need for sugar immediately. I am sure that your book will be nice for everyone that wants to try something healthy and filling.”

Veronica Gegea, Salsa Instructor & Interior Architect, Bucharest

“I have tried Sofia’s incredible deserts and my two top favourites are the coconut-chocolate protein ball, and the lime coconut one and they were incredible! They taste amazing, and I can’t believe there’s no sugar in them! And it was perfect for when I wanted this little chocolaty something that is nasty, but it wasn’t nasty at all. So, I absolutely loved it and looking forward to making them myself, as she made them for me. Thank you Sofia!”

Evette Franklin, Communications manager, London



“I have been trying the recipes in the books of Sofia and they are absolutely incredible. If you have been a fan of heathy living, but you just don’t know what to make, this is literally the perfect book to get!”

Aurora Giancola, Entrepreneur, Investor, Italy





Why I created this book?

During my transition to a healthier lifestyle, I was going through multiple different transformations and each one was hiding both a curse and a blessing. The blessing was the never ending improvement, sense of growth, and of course the great results in terms of health and weight-loss. The curse was coming from the confusion, the uncertainty and the lack of clarity each stage was bringing.

My greatest desire is to help those who are also transitioning to a healthier nutrition, with easy to prepare, home-made delicious dishes, focusing on sweet treats and deserts in the next few pages.

If you are anything like me, you might have a strong sweet tooth and that is what has always prevented you to stick to a certain diet and get the results you want. Maybe, you have also resisted the temptation for a few days only to find yourself on top of a whole cake with a fork in your hand right after. I am here to help you find better, healthier options for those who love deserts. In order to make them healthier, me and science, we agreed on removing certain ingredients and substituting with healthier ones.

Last year, by following the protocol of Dr Brooke Goldner, consuming the nutritional supplements of Dr Howard Cohn, and paying attention on all major areas of my life, in a short period of time I was able to lose 10 kg of body weight, reverse a pre-diabetic condition and enjoying my life with more energy and confidence. During this period I couldn't find what I wanted and needed to eat in the shop, so I started cooking at home. And through a lot of trial and error I can now say that I have found a few very key elements I believe everybody should know about and have in their kitchen and I am very happy I am now sharing all my secret ingredients with you.

Through this transition I realised that the best nutritional plan for me is a raw whole-food plant-based diet, avoiding gluten and refined sugars, and adding the necessary supplementation. But no food is "healthy" if not consumed in the proper quantities, so please consume in moderation to keep the deliciousness and the eagerness for more.

I am also very proud to share that in order to be able to serve and help more people, I realised I needed more knowledge to become a professional. So here I am, in my second year at London University, studying Dietetics & Nutrition.

Thank you all for helping me in my journey in discovering how we can use food for maintaining optimal health and reverse disease through nutrition. More on those subjects, you will be able to find in the wellness section of my new website www.sofiaelhatri.com shortly.

Until then, my friends, **Enjoy... with DELIGHT!**

From the author
Sofia El Hatri
October, 2022

SUBSTITUTES

List of plant-based options to substitute
in most recipes for plant-based deserts

Eggs

Flaxseeds egg/ chia seeds egg

Oil/fat

Apple sauce

Oil/butter

Avocado

Plain flour

Gluten free flour

Plain flour

Gluten free oat flour

Gelatin

Agar-agar

Refined sugar

Date syrup/date molases

Refined sugar

Maple syrup

Refined sugar

Xylitol

Milk

Soya/almond/oat milk

Cream

Coconut milk/cream

Chocolate

Dark chocolate 85%+ /dark cacao powder



MY STORY

"You don't know what you don't know"

I most certainly didn't know why I had to be diagnosed with an autoimmune condition and a dozens of chronic diseases by the age of 25.. and why I had to spend most of my youth in regular visits to the hospital and being bombarded with so many unnecessary drugs...

At a certain point, I got sick and tired of it all, and just stopped all my medications at once*. Only with the power of my mind, I was able to have 10 happy years with no medication.



But it was during the pandemic, that the isolation, the financial and emotional stress and my already existing bad eating habits, took a turn against me. I suffered from insomnia, depression, anxiety, eating disorder and my lab results showed bad kidney and liver markers. My blood sugar levels were sky-rocking and my extra 10kg of body weight were not helping... I knew I had to do something, but what? And as the Universe usually does, it sends you help, if you can recognise the signs.

Thankfully, I read the book "Eat, Move & Sleep" (Tom Rath) and this is how I understood that if I cannot influence my sleep directly, I can do it indirectly, by bettering my game with food and movement.

So, I started the Club Fit Challenge with our company Seacret, ordered all vegan nutritional supplements and products and started researching more information about healthy living.

It was a divine coincidence that I was directed towards the work of Dr Brooke Goldner who, thanks to her protocol, was able to reverse the autoimmune disease lupus, through overdosing with a raw whole-food plant based diet. I got hooked and I started myself. As I was following the guidance of Dr Brooke Goldner for the Rapid Recovery protocol and taking the nutritional supplements of Dr Howard Cohn, I went for my first check up 30 days later...

*This book is not intended to be used as medical advise or replace any therapy you are already undergoing. Please always consult with your health practitioner when changing diets and making decisions about your medication.

MY STORY

... no sign of the pre-diabetes! All blood markers had improved and I had started to lose weight! After 3 months only, I was completely healed, feeling alive and with more energy than ever before. And those extra 10 kg had evaporated somewhere, somehow... It is indeed true that I've worked a lot on multiple levels, such as meditation, a lot of fun social dancing, strengthening relationships, but I was 100% sure that the biggest role played the nutrition.. but how to prove it?

Well, I can read about studies and research, or I can participate in them. And this is how I decided to go back to University and study Dietetics & Nutrition. I moved back to London and am now aspiring to become a Registered Dietician and do my part in research for cellular repair and disease reversal through food.

All my work from now on, is intended to help others make better, healthier choices with their nutrition, starting from their meals at home for themselves and their families. I want to show that eating a raw, whole-food, plant-based diet is the ultimate diet for disease-reversal and that it doesn't have to feel boring or restrictive. Even if I am not a chef, I am taking the time to learn how to substitute the harmful pro-inflammatory ingredients in a recipe with much healthier anti-inflammatory options that can also easily be found in your local supermarket and share this new knowledge with you.

And even if I am extremely serious about the end result and goal that I am looking for, I do understand that the transition is different for all of us. Some will go cold-turkey and start right away. Others will prefer to dip one toe in the water to see the temperature first.

This is why in this book you will find deserts, sweets, snacks and other meals that are always 100% plant-based, but combine raw and cooked food, whole-food and processed, sugar-free or with added natural sweeteners. Prepared in easy ways with the intention to support everybody and anybody wherever you are in your journey and getting yourself familiarised with the new ways, keeping the diversity, the fun and learning how to consume healthier foods in the meantime.

Maybe you are already plant-based, or maybe even the idea of veganism is stressful to you, whichever it is, I invite you to try out and make yourself one of the deliciousness that you can find in here, and see for yourself. Sometimes we will need more than one try, and that's ok. I am always here for you if you need me, don't hesitate to drop me a message. I have made all the recipes with lots of love and care and with the idea for people to enjoy food with each other while still staying healthy and full of energy.

Enjoy it fully, at home with delight...

From the author
Sofia El Hatri
October, 2022



RAW CUPCAKES with LEMON & BERRIES

Between raw and cooked food, I chose raw. But it wasn't always that way. And as I was transitioning to a much healthier way of living and eating, it was unimaginable to me how I can enjoy something sweet and raw. So, I was very blessed when I found a few ideas online and this is my take on it. Hope you will enjoy it too.



Did you know?

Cashews are very high in fibre, protein and healthy fats. They promote blood sugar control and heart health due to their high magnesium content. 1/2 cup of raw cashews a day are enough to provide you with your daily intake of healthy fat.

Your Ingredients List

For the crust:

1 cup pecans
1 cup oats
1 tbsp date syrup

For the filling:

1 cup cashews
1/2 can coconut milk
2 tbsp lemon juice
1 tsp vanilla extract
1 tbsp date syrup



8-10 servings

How to...

In a processor, blend all the ingredients for the crust, by pulsing until well combined.

Separate in portions and form nests in a firm muffins form. Leave in the fridge for half an hour or until firm.

For the filling, make sure to use only the solid part of the coconut milk.

Blend all ingredients together until smooth.

With a spoon, pour the content in each cupcake and distribute evenly.

Leave in the fridge for at least 1 hour until chilled completely.

For decoration, use fresh fruits such as blueberries, blackberries, strawberries...

ENJOY with delight...! :)



RAW CHOCOLATE BROWNIE

My first brownie I have ever tasted was so so so chocolaty and heavy that I couldn't finish even half of it. Since then I've never enjoyed brownies as much, up until today :) I just discovered that there is a way how to make a really chocolaty brownie without feeling the heaviness of all the sugar and fat that is usually contained in the original recipes.

May I present to you - THE raw chocolate brownie winner!

Did you know?

Dark chocolate is high in iron, magnesium, zinc, copper and phosphorous. It promotes bone health, can help with better sleep quality and overall immunity



Your Ingredients List

For the base:

100 gr pecans
25 gr coconut flakes
2 tbsp dark cacao powder
3 tbsp date syrup
1 tsp vanilla extract

For the chocolate ganache:

70 gr dark chocolate
50 ml soya milk



9 bite-size servings

How to...

For the base, in a processor, blend all ingredients until a smooth dough. Place in a cake tray and flatten evenly with the back of a wet tablespoon.

For the chocolate ganache, there is a full explanation in my second ebook, "...with LOVE" if you want to get more into the details.

I use the technique Bain-marie to melt the chocolate.

When the chocolate is fully melted, start pouring the soya milk slowly and keep stirring. Start with just 1 tablespoon and keep going until it is a very smooth, shiny cream.

Let it chill for a bit and then pour on top of the base.

Leave in the fridge overnight and serve when chilled.

ENJOY with delight...! :)



PROTEIN BITES with PEACH COMPOT

I've never been a gym girl. But 2 years ago I was presented to a nutritional line of vegan products that completely changed the game for me. I didn't know that it is possible to create supplements that are raw, plant-based, sugar-free, gluten-free, soya-free, milk-free and that I could afford. But I took the chance to try and I've never changed the brand ever since. During my tryings, I found out that I can also cook with the protein shakes, whether it is vanilla or chocolate, and my imagination went nuts... So here is just one of the many ideas for healthy, protein snacks I was able to create thanks to our protein shake. If you want to try it as well, you can find the link at the end of this ebook. Enjoy!



Did you know?

Protein is an essential macronutrient. But deficiencies in protein are extremely rare, as even on a plant-based diet, most of us get plenty of protein. The body breaks down the protein into 20 amino acids. 9 of them are essential and can be obtained only through food. When you choose your protein shakes, make sure you have a full amino-acids panel which can be obtained by combining different plants. And have in mind that the animal-source ones are by design pro-inflammatory, compared to the plant-based raw protein powders.

Your Ingredients List

- 1/2 cup almonds
- 1/2 cup coconut flakes
- 1 scoop chocolate protein powder
- 2 tbsp date syrup
- 3 tbsp peach compote



8 servings

How to...

First blend the raw almonds on high speed. You can leave some bites not finely milled for the crunch. Add the coconut flakes and the chocolate protein powder. Mix well.

Start adding the wet ingredients by starting with the date syrup and slowly incorporating the spoons of peach compote one by one. Keep blending until an easy to work with, still a bit sticky dough forms.

Wet your fingers and start forming even size balls.

You can also chose to roll them in some extra coconut flakes while they are still sticky and then place them in the fridge for one hour.

*For the peach compote, you can create your own by following the instructions for the “Peach Compote Desert” or by buying a can of peach slices and blend them till a compote texture and use those.

ENJOY with delight...! :)



PEACH COMPOT PARFAIT CAKE

Although there is a difference between the French and the American version of the parfait cake, I have created my own version. I would call it a multi-layer, creamy-fruit sweet desert. But it can be very long and complicated, to explain, so i stick to the “parfait” option... One of the key components of this recipe is “agar agar”. Ever since I found out that I can create jelly-like deserts or creams that won’t fall, by using a non-animal substitute to gelatine, I was hooked. I dare you to try it once, and you will see, how agar-agar will be a total must in your kitchen from then on!



Did you know?

Agar agar is a vegan-substitute for gelatin. It is derived from red algae and was first discovered in Japan. It is a creamy white powder that is soluble in hot water, but not in cold water. Agar agar is loaded with nutritional benefits, such as high in fibre, manganese, magnesium, folate and iron. Make sure to always follow the indications of use on the box, to avoid digestive discomfort.



20 servings

Your Ingredients List

For the bottom layer:

100 gr almonds
100 gr cashews
3 tbsp date syrup

For the peach layer:

4 peaches
2 tbsp date syrup
1 lemon
1 tsp vanilla extract
2 gr agar agar

For the creamy layer:

100 gr cashews
1/2 coconut milk
2 tbsp date syrup
1 tsp vanilla extract
1/2 lemon
2 gr agar agar

How to...

For the peach layer, clean and cut the peaches and put into a blender. Add all other ingredients and blend. Let it sit for 10 minutes. Pour into a pan and bring to fire. Stir until bubbles come up.

Remove from fire and let it cool for 20 minutes.

For the bottom layer, add the nuts in a processor and blend. Add the date syrup and pulse until a smooth dough forms.

Pour onto a cake form/pan and flatten to the bottom with the back of a wet spoon. Leave in the fridge until you prepare the rest.

For the creamy layer, add all in a blender and blend until smooth. Let it sit for 10 minutes then add into a pan and bring to boil. When bubbles show up, remove from fire and let it cool. After 10 minutes, pour onto the bottom layer and leave in the fridge for 1-2 hours or until it firms. When it's firm, pour the top layer and leave in the fridge for at least another 2 hours.

ENJOY with delight...! :)



BANANA&AVOCADO MOUSSE CUPCAKES

So simple, yet genius. I remember trying this mousse last year and I was amazed how simple it is, but this time, instead of in a cup, I have combined it with a little crust and the combo is just marvellous... Try it out and let me know!



Did you know?

Avocados are a source of vitamin C, E, K and B6 as well as magnesium and potassium. They also provide Omega-3 fatty acids. Rich in fiber, they also aid reducing the risk of multiple chronic diseases.

Your Ingredients List

For the base:

70gr oats
70 gr pecans
10 gr coconut flakes
3 tbsp dates syrup
1 tsp vanilla extract

For the filling:

1 avocado
1 1/2 ripe banana
1 tbsp date syrup
2 tbsp dark cacao powder



5 servings

How to...

For the base, in a food processor, blend the oats, pecans, coconut flakes, date syrup and vanilla extract until a smooth dough forms.

Separate in even parts and place in muffin moulds.

For the filling, blend all ingredients until a smooth cream. Put in a jar and place in the fridge. When ready to serve, spoon out the desired quantity of the cream and place in the muffins, just before serving. You can top up with berries or nuts.

ENJOY with delight...! :)



CHOCO PUDDING CAKE

This choco-pudding made a sensation at my University! As you know, I am studying nutrition and I looove spending time with my colleagues during lunch, having fun and interesting discussions. Occasionally I would bring some of my cooking as a desert and this time, it was like a grande tasting! I was so happy to see all the happy faces of my friends and literally random people who would grab a spoon and try because of all the humming sound they would hear from our table... Hope you will enjoy too!:)



Did you know?

Cacao has been around for thousands of years. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Dark cacao can improve blood flow and lower your blood pressure. It is also known to improve cognitive function.

Your Ingredients List

For the bottom layer:

200 gr raw almond meal
50 gr raw cashew
3 tbsp date syrup

For the top layer:

1 can coconut milk
1 tsp agar agar
3 tbsp dark cacao powder
1 tsp vanilla extract



6-8 servings

How to...

Blend the almond meal and cashews in a blender or processor. Add the date syrup and pulse until a crunchy dough forms. Leave a handful of the dough aside for later.

Pour into a desert form/pan and start flattening to the bottom with fingers first. Then you can also use the back of a wet spoon to flatten even more. Put in the fridge to cool until you prepare the rest.

For the second layer, take your coconut milk can and shake until the water and milk are well combined. In a pan, pour the coconut milk and add the agar agar. (No heat, yet). Mix well until no crumbles and leave aside for 10 minutes.

Now put on the fire, add the cacao powder, vanilla extract and other flavours you may like. Keep mixing until bubbles appear. Remove from the fire and let it cool.

Once the mixture is no longer hot, but warm, mix well with a fork and pour onto the bottom layer. Put back into the fridge. For best results, leave overnight.

When serving, you can add a few crumbles from the bottom layer dough that you have pt aside in advance, on top of the coco-pudding cake for decoration and extra crunchiness...

ENJOY with delight...! :)



STRAWBERRY PUDDING

This desert was a total improvisation. I initially wanted to create a vertically standing pudding, but apparently I didn't calculate the moist in the strawberries, so I couldn't make it stand still... This is the reason why I converted it into a perfect strawberry pudding in a cup and the cashew cream on top is greatly adding to the taste. See? You don't have to be a chef in the kitchen to cook healthy for you and your family. Cause that's the goal at the end of the day, right ?

Did you know?

Strawberries are packed with vitamins, fibre, high levels of antioxidants, polyphenols which guard your heart and lower your blood pressure. Frozen berries may even be more beneficial, as they are packed usually the same day as they are harvested and they are often speared from pesticides. They are also available all-year round.

Your Ingredients List

For the strawberry layer:

250 gr strawberries
100 ml oat milk
2 tbsp date syrup
1/2 lemon

For the cashew layer:

50 gr cashew
50 ml coconut milk
1/2 lemon
Vanilla extract



2 servings

How to...

For the strawberry layer, in a blender, blend all ingredients until smooth. Pour in the bottom of your presentation glasses or jars for storage. Leave in the fridge to chill for half an hour.

For the cashew layer, make sure you use only the solid part of the coconut milk can. Pour all ingredients in a blender and blend until smooth. Pour on top of the strawberry layer and leave in the fridge to chill.

Top up with a strawberry before serving, and...

ENJOY with delight...! :)



LIME COCONUT BITES

I like these bites, because they are fully raw, and they are so refreshing! The combination of coconut and lime works every time! And it is so easy to make... I always use only one blender or processor as I am always on the go and don't have too much patience to cook too complicated things. So if you are also a busy person that just needs a quick extra sweet boost and prepare it in advance - you are in luck - I got your back!



Did you know?

Lime contains a higher concentration of Vitamin C and A compared to lemon. It can also help improve immunity, reduce heart disease and prevent kidney stones. Get your lime in!

Your Ingredients List

1/2 cup almonds
1/2 cup cashews
1/2 cup coconut flakes
1 tbsp date syrup

4 soaked dates
1 lime
Lime zest from 1 lime



10-12 servings

How to...

In a processor, pour all ingredients together and blend until a nice sticky dough forms.

Use your wet finger to separate and form even sized balls.

Leave them to chill in the fridge for half an hour.

Take them out and roll in extra coconut flakes and

ENJOY with delight...! :)



RAW PISTACHIO BITES

Delicious... **JUST DELICIOUS!** Like a healthy version of a good Turkish baklava... This is officially my new favourite desert. No bake, ready in just a few minutes... Try it out and let me know!

Did you know?

Pistachios are one of the most vitamin B6-rich food around. Which helps for blood regulation, sugar regulation and formation of haemoglobin. Pistachios are high in potassium and antioxidants. High in protein, yet low in calories.



Your Ingredients List

100 gr raw pistachios
25 gr raw sunflower seeds
20 gr coconut flakes
3 tbsp date molasses
1 tbsp apple sauce



9 servings

How to...

In a food processor blend all ingredients until a dough forms. You can pulse gently and leave some crunchy bits on nuts or add them separately later. The apple sauce will regulate the moist, so you can chose to add it slowly and keep pouring until achieving the desire dough consistency

Form around nine even balls and place on a try. Put in the fridge and leave to chill.

Serve with joy and **DELIGHT!**



CARROT CAKE

I must confess... I am still not the Queen of carrot cakes... For some reason baking isn't my thing. But I wanted to give it a try. To my surprise, even if the edges were a bit burned, the taste was goooood. The combination of all these natural ingredients make it light and sweet at the same time. Try it out and let me know how it goes for you. Oh, and also, any tips for the baking part are very welcome!



Did you know?

Raw carrots are loaded with beta-carotene which can help lower blood sugar levels. When heated carrots release the carotenoids which converts in Vitamin A. This helps restore the collagen, great for healthy skin , and good eye health.

Your Ingredients List

- | | |
|-----------------------|----------------------------|
| 2 ripe bananas | 1/2 tsp salt |
| 1 cup grated carrots | 1/2 cup chopped pecans |
| 1/3 cup date syrup | |
| 3 tbsp flaxseeds | <u>For the top layer:</u> |
| 6 tbsp water | 1 cup cashews |
| 1 cup almond flour | 1/2 cup coconut milk |
| 1/2 cup oat flour | 3 tbsp sweetener of choice |
| 1/2 tsp baking powder | 1/4 tsp vanilla extract |
| 1/2 tsp soda | |
| 1/2 tsp cinnamon | |



6-8 servings

How to...

As preparation, preheat the oven to 180C. Also blend the flaxseeds in a blender until a fine powder. Add 6 tbsp of water and let it stay for 10-15minutes. A flax-egg will form.

In a bowl, mash the bananas. Add the wet ingredients: grated carrots, date syrup, flax-egg and mix until well combined. In another bowl, add the dry ingredients and mix until well combined.

Add the dry ingredients to the wet ingredients and mix manually until well combined.

Lastly add the pecans chopped in small pieces. Pour the mixture in a baking tray and bake for 25-35 minutes. Leave to cool temperature. For the top layer, make sure you use only the solid part of the coconut milk can. Add all ingredients in a blender and blend until smooth.

Pour on top of the cooled cake and let it chill in the fridge for half an hour. Add some chopped pecans on top for decoration and extra crunch.

ENJOY with delight...! :)



CHOCO PROTEIN BITES

These choco-protein bites, can be consumed with or without the frosting. With the frosting they are so much more creamy and delicious, but also more caloric. So if you need to count your calories, have this in mind. Also, because of the texture, they need to be stored in a fridge at all times and put out job it just before serving. Well, I also cooked them when it was 40+C outside, so maybe that's the reason why they were melting so fast...



Did you know?

Coconut milk is lower in sodium compared to salmon milk, but also naturally lower in calcium and magnesium. So when you chose your next coconut milk, try to find one that is fortified with those minerals. Coconut milk is rich in electrolytes which helps hydration.

Your Ingredients List

1/4 cup vegan chocolate protein powder
1/4 cup dark cocoa powder
1/4 cup oat flour
1/4 cup almond meal
1/4 cup peanut butter
1/4 cup date syrup

For the frosting

1/2 can coconut milk
1 tbsp date syrup
2 tbsp dark cacao powder
1 gr agar agar



8-10 servings

How to...

Pour all ingredients for the base in a blender and blend until a nice even still sticky doing. With your wet fingers, form same size balls and place in the fridge for half an hour. For the coating, In a pot, pour the coconut milk and the agar agar. Mix well and let it seat cold for 10 minutes. Bring to the fire and add all other ingredients. Stir until bubbles form and remove from the fire.

Roll the balls in the chocolate frosting and let it chill in the fridge until firm.

ENJOY with delight...! :)



SESAME SEEDS BARS

Last time I used sesame seeds, it was in a salad... What a great idea to mix raw sesame seeds with dates and all the rest of it. I was surprised how great the ingredients blend and how tasty is the crunchiness from the sesame seeds in a raw desert. Try it out and let me know!

Did you know?

Sesame seeds are an excellent source of manganese, calcium and phosphorous. This promotes good bone and nerve health. It is a good source of healthy fats, protein and Vitamin Bs, and may aid in blood sugar control, combat arthritis pain and lower cholesterol.

Your Ingredients List

100 gr pecans
25 gr raw sesame seeds
20 gr coconut flakes
3 tbsp date syrup
1 tbsp smooth peanut butter
1/2 tsp vanilla extract



7 servings

How to...

In a blender, blend all ingredients together until a smooth dough. The sesame seeds can be crushed or whole.

Form around 7 even bars and leave in the fridge to chill.

ENJOY with delight...! :)



STRAWBERRY PANNACOTTA DESERT

Panna what? Yes, that's how I reacted the first time I saw a recipe online.. Thankfully I am no longer uninformed, but I do understand there is a first time for everything. So, the panna-cotta desert came as an idea, after doing regular pudding-like panna-cotta's in a cup. And then I wanted to add a few things here and there, until there was no other way, but to spread layer after layer, until I created this strawberry madness. Enjoy!



Did you know?

The original panna-cotta is an Italian dessert which translates in "cooked cream". It is essentially, milk cream, milk, vanilla extract, and gelatine. In my recipes I substitute all with plant-based versions and it is preferred to use vanilla bean.

Your Ingredients List

For the bottom layer:

100 gr raw almonds
50 gr cashews
2 tbsp date syrup

For the creamy layer:

1 can coconut milk
1 tsp vanilla extract
1 tbsp lemon juice
2 gr agar agar

For the strawberry layer

300 gr fresh strawberries
2 tbsp date syrup
1 tbsp lemon juice
2 gr agar agar

8-10 strawberries for the top



5-6 servings

How to...

For the bottom layer, in a processor blend the almonds and the cashews until a fine powder. Add the date syrup and combine well until a dough/paste forms. Pour on the bottom of a cake tray and flatten with wet fingers or the back of a wet spoon.

Leave in the fridge for half an hour.

For the creamy layer, in a blender add all ingredients and blend until smooth. Leave aside for ten minutes. No heat so far. Then bring to the fire and keep stirring until bubbles appear. Remove immediately and leave to chill for about 15 minutes.

Then pour on top of the bottom layer and leave in the fridge for 1 hour or until it is firm.

For the strawberries layer, wash, clean and cut your fresh strawberries in pieces. Add with the rest of the ingredients in a blender, and blend until smooth. Leave to sit for 10 minutes.

Pour into a pot and bring to the fire. Keep stirring until bubbles appear. Remove from the fire and let it chill for about 10 minutes. Pour onto the creamy layer and leave in the fridge for about 1 hour or until it is firm.

Cut your strawberries in halves and place on the top of your layer cake, leave in the fridge and serve when it's cool.

ENJOY with delight...! :)



CHOCO-CHOCO BALLS

When you want something sweet, with a sweet thing inside and some sweetness around, that's your go to. Also, as I was searching for different sugar replacements, I went from stevia and xylitol, to maple syrup, but date syrup is my best choice ever. It does depend how it is made, but dates as a source are definitely my preferred choice especially when we are talking about low Glycemic Index.

Did you know?

Date syrup is a great source of potassium, magnesium and calcium. Because of its high levels of iron and folic acid it is well combined in a treatment for iron-deficiency anaemia.

Your Ingredients List

- 3/4 cup almond flour
- 1/4 cup peanut butter
- 2 tbsp dark cacao powder
- 1 tbsp almond milk
- 2 tbsp date syrup
- A handful of mini dark chocolate chips



8-10 servings

How to...

In a processor, blend all ingredients until a nice even sticky dough forms. With your wet finger, form same size balls and leave in the fridge to chill.

ENJOY with delight...! :)



CHOCO RAW COOKIE DOUGH

As I was making the chocolate mousse with the aqua-faba water, I was wondering what to do with the resting chickpeas. And instead of cooking the usual hummus, I decided to try them out in a raw cookie dough. I just say - I LIKE IT! Try it out and let me know!

Did you know?

Chickpeas are high in Vitamin A, E, C, magnesium, potassium and iron. They include choline, which promotes brain health and healthy nervous system. They can aid weight management, improve digestion and reduce risk of disease.

Your Ingredients List

1 can chickpeas
5 tbsp oat flour
4 tbsp date syrup
3 tbsp coconut flakes

2 tbsp almond butter
1 tbsp apple sauce
1 tsp vanilla extract
Salt
Dark chocolate chips



18 servings

How to...

In a food processor, blend all ingredients, except the dark chocolate chips, until a smooth dough. Then add the chocolate chips and mix with a spoon.

Form around 18 same size balls and let chill in the fridge.
Serve with joy and **DELIGHT!**



FROZEN YOGURT MUFFINS

When I first saw this recipe, I must say, I wasn't impressed. I imagined that the yogurt layer would be too hard as frozen and not very tasty. But then I got it. Now I know which combinations work, so that you can enjoy it as your refreshing, hydrating new kind of ice-cream desert ;)

Did you know?

Plant-based yogurts are naturally lactose and dairy free. Experts estimate that there are currently 68% lactose-intolerant people in the world. Soya yogurt is even better as it is a very good source of extra protein and can be fortified with additional Calcium, B2, B12 and vit D.

Your Ingredients List

100 gr dark chocolate
400 gr soya yogurt
1/2 cup peanut butter
1/2 cup peach compote
2 tbsp date syrup



12-15 servings

How to...

In a solid 12 muffin forms tray, place your paper muffin cups.

Using the technique *Bain-Marie from my first ebook, melt your dark chocolate and pour on the bottom of your muffin forms.

Leave in the fridge for 10 minutes or until solid.

Mix your yogurt well and distribute evenly in all forms.

Leave in the freezer until solid.

For the peanut butter cupcakes, pour the smooth peanut butter on top while distributing evenly.

For the peach compote ones, mix the compote with the date syrup and then pour on top while distributing evenly.

Leave in the freezer until solid and

...

ENJOY with delight...! :)



RAW PEACH PECAN COBBLER

It is thanks to #fullyrawkristina that I was able to even consider making full round cake deserts that are completely raw. If you think about it, when was the last time you ate a fully raw desert? Wasn't it just a banana or a fruit? Well, it happens that we can combine raw nuts and seeds and fruits and spices in so many combinations and make them as dreamy as we want. Check this one out.

Did you know?

Peaches are an excellent source of Vitamin A and Vitamin C as well as minerals such as potassium, fluoride and iron. Great antioxidant and can help keep your skin young.

Your Ingredients List

First&Third layer:

1/2 cup pecans
1/2 cup date
1 tsp cannelle
powder

Peach Drizzle:

2 nectarines
1 tbsp date syrup
7 dates
1/2 tsp cannelle
powder

Second&Fourth layer:

1/2 peach



8 servings

How to...

For the bottom layer, mix all ingredients in a processor and flatten to the bottom of a cake tray. You can use the bottom of a wet table spoon.

For the fruit layer, wash and clean the peach, and start cutting very thin even sized layers of the peach. Lay them round next to each other.

Spread another layer of the crust on top and keep putting thin slices of the peach on top.

I would suggest you to stop at this point, but you can always decide to add more layers. If you chose to do so, I would recommend you to also spread some of the drizzle in between layers as well.

For the drizzle, blend all ingredients in a blender and drizzle according to your taste. I didn't go overboard on this one, as the fruit I was using was already juicy enough for me.

Enjoy with Delight...



SEEDS & TAHINI BROWNIE

It was time to prepare something for my nut-free fellows, so this recipe is only with seeds. You can chose to mix with tahini or with date syrup or with a bit of both to get to a proper consistency. Try it out and let me know!

Did you know?

Tahini acts as an antioxidant and helps lower inflammation in the body. It also has anti-aging benefits and anti-cancer effects. Very good source of selenium.



Your Ingredients List

For the base:

30 gr hempseeds
30 gr chia seeds
60 gr pumpkin seeds
30 gr sunflower seeds
2 tbsp dark cacao
1 tbsp tahini
1 tsp vanilla extract

For the chocolate ganache:

70 gr dark chocolate
50 ml soya milk



6 servings

How to...

For the base, in a processor, blend all ingredients until a smooth dough. Place in a cake tray and flatten evenly with the back of a wet tablespoon.

For the chocolate ganache, there is a full explanation in my second ebook, "...with LOVE" if you want to get more into the details.

I use the technique Bain-marie to melt the chocolate.

When the chocolate is fully melted, start pouring the soya milk slowly and keep stirring. Start with just 1 tablespoon and keep going until it is a very smooth, shiny cream.

Let it chill for a bit and then pour on top of the base.

Leave in the fridge overnight and serve when chilled.

ENJOY with delight...! :)



RAW CACAO & FIG LAYER CAKE

I don't usually use figs, and I often just replace them with dates or ignore them in the recipes. But this time I decided to let them stay, and I was surprised how much of a flavour and texture they do contribute with in the recipe. Try them out and let me know!

Did you know?

One major benefit of figs is that they are a naturally fat-free, cholesterol free food. They are also high in Vitamin A and Vitamin C. Figs promote healthy digestion, support healthy blood pressure, support bone health and may improve weight management.

Your Ingredients List

For the base:

1/2 cup pecans
3 figs
1 tbsp date syrup

For the cream layer:

1 cup soaked cashews
1/2 cup water
1/4 cup dates

For the top layer:

1 cup dates
2 tbsp dark cacao powder
1 tsp cinnamon
1/3 cup water



8 servings

How to...

For the base, in a processor, blend the pecans, figs and date syrup until a smooth dough. Place the dough in a cake tray and flatten evenly with the back of a wet tablespoon. Place in a fridge to chill.

For the cream layer, make sure you soak the cashews in hot water for 20 minutes prior to using them. In a blender, blender the cashews until a smooth paste. Add the water and dates. I also usually soak the dates.

Pour the cream on top of the base and leave in the fridge to chill.

For the top layer, blend all ingredients until smooth and also pour on top of the cashew cream layer.

Place the cake in the fridge and serve when chilled.

ENJOY with delight...! :)



RAW LEMON MUFFINS

This recipe is so simple, yet so satisfying. I usually find more recipes of raw muffins, than raw cupcakes, so many times when I don't have solid muffin moulds, I use the paper ones, and very often my end result is really not that good looking as they just change shape and don't hold. So when I realised I can actually use the same base and make it in a cupcake, it was a big YES for me! Try it out and let me know...



Did you know?

Lemons are high in Vitamin C, potassium, B6 and fibre. They promote weight loss, healthy digestion and reduce risk of heart disease.

Your Ingredients List

For the base:

1/2 cup pecans
2 tbsp almond meal
2 tbsp date syrup
1 tsp vanilla extract

For the topping:

1/2 cup cashews
1/2 can coconut milk
2 tbsp lemon juice
1 tsp vanilla extract
1 tbsp maple syrup



6 servings

How to...

For the cupcakes base, put all ingredients in a processor and blend until a smooth dough. Make even portions and form in a ball. Place in silicon muffin moulds and shape as a cupcakes base.

Leave in the fridge to chill.

For the filling, blend first only the cashews until a smooth paste. Add the coconut milk.

Make sure to use only the solid part of the coconut milk. Add all the rest of the ingredients and blend until smooth. You can use a piping bag to create a nice shape of the cream when pouring on top, or you can also use a regular spoon and be creative.

Top up with whatever fruits or nuts you have at hand. I chose blueberries as they blend very well with the lemon juice flavour.

ENJOY with delight...! :)



PEACH COMPOTE ICE-CREAM

Peach is my favourite summer fruit! It is a shame it is in season for such a short time :(Good news is that we can still find it during the fall. And also, we can use canned versions for our recipes throughout the year. When you chose to do so, I would advise you to create your own peach compote or jam at home, because you can then regulate the type and amount of sweetener you will be using and the acid.



Did you know?

Peaches originate from the region of Northwest China where we can find mainly the low-acidic white-fleshed fruits. Since they are high in Vitamin C and Vitamin A, and other healthy nutrients and antioxidants, they help in the prevention of heart conditions, and are good for your digestion and eyes health.

Your Ingredients List

1/2 can coconut milk	<u>For the peach</u>
1/2 can coconut cream	<u>compote:</u>
50 gr soaked cashews	3 peaches
2 tbsp date syrup	2 tbsp date syrup
1 tsp vanilla essence	1/2 lemon
	1 tsp vanilla extract



6-8 servings

How to...

For the peach compote, clean and cut the peaches and put into a pot. Add the date syrup, lemon juice from half a lemon and the vanilla extract. Start stirring on medium heat and keep stirring until the peaches become soft and a jelly liquid forms.

Remove from fire and let it cool for 20 minutes.

Then pour into a blender and let it sit.

In a blender add the coconut milk, coconut cream, soaked cashews, date syrup and vanilla essence and blend until smooth.

Pour the mixture in silicone moulds for ice cream until they reach half the volume and then pour peach compote in the other half. You can play around with proportions and shapes.

Add the sticks and leave in the freezer for 4 hours.



FROZEN BLUEBERRIES & COCONUT CHOCO BONBONS

Can you imagine that there is no extra sweetener in this recipe?! I was amazed how fresh and sweet this mixture of berries and chocolate is... but there is a secret ingredients... Try it out and let me know!

Did you know?

Blueberries are very rich in Vitamin C and antioxidants. They can help heart health, bone and skin health, regulates blood pressure and can support weight management, diabetes management and mental health.



Your Ingredients List

1/2 cup blueberries
1/2 cup mulberries
1 cup coconut flakes
1 tbsp apple sauce
Salt
Dark chocolate



18 servings

How to...

In a blender, blend first only the blueberries until you get a jam-like consistency. You can also use frozen blueberries. Then, add the mulberries, coconut flakes, apple sauce and a pinch of salt. Blend until smooth. You can chose to leave it a bit crunchy as well.

Form even bites and place on a tray. You can chose to also roll them in an extra layer of coconut flakes.

Put them in a freezer until solid.

Separately, melt your dark chocolate. I use 85% and above. The technique I use to melt the chocolate is called Bain-Marie and it is fully explained in my second book "...with LOVE".

Roll the blueberry bites in the melted chocolate or spread on top with a spoon.

Put them back in the freezer and serve chilled.

ENJOY with delight...! :)



RAW APPLE PIE

Pictures didn't go as I wished, but the taste is undeniable! I love how much I love raw deserts now, much more than baked ones. And it is possible in time to even stop craving the crunchiness and flavour of something baked in the oven, and just enjoy the natural flavour of the real fruits and nuts... Try it out and let me know!

Did you know?

Apples are high in Vitamin C, antioxidants and reduce oxidative damage in your cells. Apples help in strengthening your lung and heart, promote bone health and weight loss and overall boost your immune system.



Your Ingredients List

For the base:

1/2 cup pecans
1/2 cup dates
1 tsp cinnamon
1/2 tsp nutmeg

1 big apple

For the filling:

1/2 apple
5-6 soaked dates
1/2 tbsp date syrup
1/2 tsp cinnamon



12 servings

How to...

This is a multilayer raw apple pie. You can add as many layers as you want, I have added 3 layers of the base with the filling and 3 layers of apples.

In a processor blend the ingredients for the base until it forms a smooth dough.

Place the dough on the bottom of a cake tray and flatten it evenly with the back of a wet tablespoon.

In a blender, add the ingredients for the filling and blend until a smooth paste.

Spread a third of the smooth paste evenly on top of the base.

Evenly slice 1 big apple, and place 1 third of the slices on top of the paste.

Keep repeating until all ingredients are finished. On top you can leave the last layer to be the filling and add some nuts as decoration.

ENJOY with delight...! :)



MINT AVOCADO ICE-CREAM

Ice-cream is definitely my go to, if I want to squeeze in some healthy nutrients and hide them in a nicer shape. Avocado contains healthy-fat that can help us feel fuller for longer . It is also my go to, when I want to substitute oils or to make a texture more creamy. I use it in ice-creams, parfaits and cakes, both raw and cooked.



Did you know?

Mint has great nutritious properties and is especially rich in Vitamin A (great for eye health), Vitamin C (powerful antioxidant) and B2 (which helps in breaking down carbs and protein). It is also a source of menthol, which has a cooling and relaxing effect.

Your Ingredients List

- | | |
|-----------------------|-----------------------------|
| 1 can coconut milk | 1 tsp peppermint extract |
| 1 ripe avocado | 1 handful fresh mint leaves |
| 1 tbsp lemon juice | 50 gr dark chocolate chips |
| 3 tbsp date syrup | |
| 1 tsp vanilla extract | |



6-8 servings

How to...

Pour all ingredients (except the dark chocolate) in a blender and blend until smooth. Add the chocolate chips and mix gently with a spoon.

Place in silicone moulds for ice cream and don't forget to place the sticks as well.

You can chose to make the top surface even, by carefully pacing on top with a knife and even them up. Or leave them as is for a more artistic effect.

Place in a freezer for at least 4 hours.

If you want a low calorie desert, I find the ice-cream rich enough in flavour as it is. But if you really like chocolate, then just use a technique called bain-marie (you can see it in my 1st ebook "...and VOILA") to melt the dark chocolate and pour on top of the bars.

I like also to sprinkle with tin and thicker pieces of pecans.

59 ENJOY with delight...! :)



YOGURT GRANOLA BARS

There was a moment this summer, when this recipe was a trend. I had to try it out. I must say that I could have done better though.. I believe next time I would rather have a tinier layer of yogurt, so that it doesn't feel too cold in my mouth and for my teeth afterwards. Other than that, I believe I've nailed the combo of sweetness and nuttiness... Let me know how it works for you ;)

Did you know?

Homemade granola is an excellent choice as you can control what you put in it. When done right, it is an excellent source of fibre, iron, healthy fats and protein.

Your Ingredients List

For the crust:

1 1/2 cup oats
1/3 cup peanut butter
3 tbsp date syrup/
honey
1 tsp cinnamon
A pinch of salt

For the filling:

2 cups soya yogurt
2 tbsp xylitol
1 tsp vanilla extract
1 tsp lemon juice

For the topping:

3 strawberries
Chopped raw nuts



10-12 servings

How to...

For the crust, add all ingredients in a processor and pulse until well combined.

With your wet fingers, spread evenly on a tray. Leave in the freezer until solid.

For the filling, in a blender blend all ingredients until smooth. Pour on top of the crust and leave in the freezer for 15 minutes.

Cut the strawberries in very thin layers and place on top of the yogurt layer. Spread with chopped nuts. Leave in the freezer until solid and...

ENJOY with delight...! :)



YOGURT & CHIA SEEDS PUDDING

After messing up the strawberry pudding, I actually look out for healthy puddings on purpose. And this is how I came up with the idea of the chia-seeds peach pudding with soya- yogurt. It is basically like yogurt with jam, but better, because you know that there are some real healthy stuff you are pouring into your body. Yummy...



Did you know?

Chia seeds are a great source of Omega-3 fatty acids. Great source of anti-oxidants protecting your heart. Contains high concentration of fiber and can help lower your blood pressure. Promotes weight loss.

Your Ingredients List

For the top layer:

160 gr peaches
2 tbsp lemon juice
2 tbsp date syrup
50 gr chia seeds

For the bottom layer:

Plain soya yogurt



2 servings

How to...

In a blender, blend all ingredients for the peach layer. If the peaches do not provide enough liquid, you can start adding 1 spoon of water until a liquid jelly state. Leave it to sit for about 15 minutes. You will notice the chia seeds will expand and the liquid will become more jelly-like.

In your presentation cup, place 2-3 tbsp of soya yogurt. Then pour the peach layer on top. You can decorate with some chopped raw pecans for an extra crunch, and...

ENJOY with delight...! :)



YOGURT & PEANUT-BUTTER ICE-CREAM

Do you eat ice-cream only during the summer? Have you ever tried it during the autumn as well? .. well, why not? Especially if it is packed with some extra nutrients. I find it a very good way to hide some very needed nutrients in a beautiful package, such as protein, fibre and Omega-3s and you can play around with different options. But most importantly for me an ice-cream should be creamy, sweet and nutty. Here we go!

Did you know?

Since ancient times people were intrigued by the chilled and frozen deserts and drinks, but since snow and ice was impossible to be preserved back then, only the most noble were having access to it and also at a great price. In ancient Iran, the ice-cream was first made out of fruits and the very special spice Saffron...

Your Ingredients List

500 gr - plain soya
yogurt
2 tbsp - crunchy peanut
butter
1 tbsp - date syrup
1 tsp - vanilla extract

For the topping:
Dark chocolate
85%+
Raw peanuts or
pecans



6-8 servings

How to...

Pour all ingredients in a blender and blend until smooth.

Place in silicone moulds for ice cream and don't forget to place the sticks as well.

You can chose to make the top surface even by carefully pacing on top with a knife and even them up. Or leave them as is for a more artistic effect.

Place in a freezer for at least 4 hours.

If you want a low calorie desert, I find the ice-cream rich enough in flavour as it is. But if you really like chocolate, then just use a technique called bain-marie (you can see in my 1st ebook "...and VOILA") to melt the dark chocolate and pour on top of the bars.

I like also to sprinkle with tin and thicker pieces of nuts, such as pecans or raw peanuts.

65 ENJOY with delight...! :)



AQUAFABA MOUSSE AU CHOCOLAT

I have tried so many vegan meringues with aquafaba and none of them worked! Mainly because i didn't have the patience to wait 4 hours for them to cook at 100C probably... But I finally found a way to use the aquafaba water without baking and waiting. Try it out and let me know!

Did you know?

Aquafaba is an excellent egg substitute when cooking, especially plant-based deserts. It is composed of protein, starches and vegetable gum and it is low in calories.

Your Ingredients List

Aquafaba from 1 can chickpeas
50 gr dark chocolate
1 tbsp maple syrup
1 tbsp dark cocoa powder
1 tsp cream of tartar



3 servings

How to...

Separate the water from 1 can of chickpeas and pour into a bowl. Add the maple syrup and cream of tartar. With a kitchen mixer start mixing on low speed for 1 minute, then keep increasing the speed every 2 minutes until you get a strong cloud with stiff picks.

Separately, melt the dark chocolate and leave to chill.

I use a technique called Bain-Marie, described in my second ebook "... with LOVE"

Pour the chilled melted dark chocolate onto the aquafaba cloud and add the dark cacao powder. With a spoon gently spoon the chocolate onto the aquafaba cloud without overdoing it.

Pour onto 2-3 cups and leave in the fridge to chill. Prior to serving you can top up with a coconut cream or other decoration.

ENJOY with delight...! :)



PEACH MULTILAYER CAKE

Initially this recipe was with another sweetener that was not colouring in any other colour, so the middle layer was visibly white, and the top layer was visibly a peach colour. However, I am more interested in using the healthiest option out there in the best quantities possible, therefore my date syrup decided to add not only goodness in taste but also in colouring. Enjoy this sweet sweetness :)



Did you know?

Peaches are an excellent source of Vitamin A and Vitamin C as well as minerals such as potassium, fluoride and iron. Great antioxidant and can help keep your skin young.

Your Ingredients List

<u>For the crust:</u>	150 gr cashew	1 tsp vanilla extract
50 gr cashew	1 tbsp date syrup	1/2 lemon
100 gr almonds	1 tsp vanilla extract	1 tbsp chia seeds
50 gr almond flour	1 tbsp lemon juice	1 gr agar
3 tbsp date syrup	A pinch of salt	1 gr agar
	1 gr agar agar	
<u>For the coconut layer:</u>	<u>For the top layer:</u>	
400 ml coconut milk	5 flat white peaches	
	1 tbsp date syrup	



12 servings

How to...

For the crust, add all ingredients in a processor and pulse until a smooth dough. With your wet fingers, spread evenly on the bottom of a cake tray. Leave in fridge for 30 minutes.

For the coconut layer, blend all in a blender until smooth and let it sit for 10 minutes. Pour into a pot and bring to fire. Keep stirring until bubbles start showing. Remove from the fire and let it sit for 10-15 minutes. Then pour onto the crust and leave in the fridge for 1 hour or until it firms.

For the top layer, if you want to keep the original fruit cooler, use a neutral sweetener. If you chose to use the date syrup, naturally it will be the predominant collar of the layer. Blend all ingredients in a blender until smooth and let it sit for 10 minutes. Pour into a pot and bring to fire. Keep stirring until bubbles start showing. Remove from the fire and let it sit for 10-15 minutes. Then pour onto the coconut layer and leave in the fridge until firm. You can decorate with vegan coconut cream, or just some chopped pecans, and...

ENJOY with delight...! :)



PISTACHIO ICE-CREAM

When I was little, my mum would come pick me up from ballet lessons, and we would very often pass by the local small ice-cream vendor and she would buy me this huge pistachio & chocolate ice-cream. It was perfect for under the hot sun of Morocco... Ever since, that's my favourite flavour. Many years later, I tried the very same ice-cream, same brand, same flavour, but for some weird reason, it wasn't tasting the same, at all! I was devastated! Well, as much as I want this story to end with me magically discovering the ancient recipe from 20 years ago... I didn't. But, what I did, was that I created my own. And this one, now, I like much much better. Also because my taste buds have changed and I can now appreciate the sweetness of the ingredients without my brain to be completely excited about the huge dose of sugar that was initially in the original recipe... So, maybe, you will find a familiar taste, or it will be completely new to you. In both cases, what is the only way for us to know whether you are going to like it or not? :)



Did you know?

Did you know that Pistachio actually means “smiling nut”, as they call them in Iran :). And it means, the “happy nut” in China. Pistachios are low in calories and high in protein. They contain anti-oxidants and healthy fats that can help in weight loss, heart and gut health.

Your Ingredients List

500 gr - plain soya yogurt
2 tbsp - pistachio spread
1 tbsp - date syrup
1 tsp - vanilla extract

For the topping:
Dark chocolate 85%+
Raw peanuts or pecans



6-8 servings

How to...

Pour all ingredients in a blender and blend until smooth.

Place in silicone moulds for ice cream and don't forget to place the sticks as well.

You can chose to make the top surface even by carefully pacing on top with a knife and even them up. Or leave them as is for a more artistic effect.

Place in a freezer for at least 4 hours.

If you want a low calorie desert, I find the ice-cream rich enough in flavour as it is. But if you really like chocolate, then just use a technique called bain-marie (you can see in my 1st ebook “...and VOILA”) to melt the dark chocolate and pour on top of the bars.

I like also to sprinkle with tin and thicker pieces of nuts, such as pecans or raw peanuts.

71 **ENJOY with delight...! :)**

THANK YOU

This is the moment to send a HUGE thank you to all those who have helped me create this ebook in one way or another.

By trying my recipes and giving me feedback; by checking my ebooks and making sure I have less errors in there; by giving me marketing strategies advice; by buying my very first ebook and supporting me in my new venture; by buying me produce and more ingredients so I have with what to create new recipes, by providing me your kitchens to have a space to invent. By landing me a helping hand in so many ways, I do not have enough words to describe how much it all means to me.

Mama, papa, my friends, my colleagues, my followers:

THANK YOU!

I hope I am giving you back by bringing more value and health in your own life and the one of your closest ones.

ENJOY with delight...:)

REFERENCE LINKS

Seacret Protein Shake

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ENJOY with delight...! :)

From the author
Sofia El Hatri
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