

Healthy Desserts

Mexican Spiced Truffles

Cacao is a super food containing magnesium, antioxidants, and iron. But most chocolate bars (yes, even dark chocolate) are packed with added sugar. These decadent truffles balance cacao's rich flavor with a hint of spice and touch of natural sweetness.

Ingredients:

- 4 cups walnuts
- 2/3 cup raisins
- 2/3 cup pitted dates
- 2/3 cup cacao powder
- 1 tablespoon cinnamon
- 2 teaspoons vanilla extract
- 2 teaspoons ground star anise
- 1 teaspoon cayenne pepper
- Pinch of sea salt
- 2 tablespoons water

Directions:

Process walnuts in food processor. Be careful not to over-process or else too much oil will be released.

Add raisins and dates, and process until combined.

Add cacao powder and spices, and process until sticky and slightly crumbly.

Transfer to a large bowl. Add water and mix well by hand.

Roll dough in your hand to form small balls (your typical truffle size).

Option: roll the balls over dried coconut flakes, more cacao powder, salt, etc.

No-Bake Fig and Apple Cobbler

Fall is the perfect time of the year to dig into fresh figs and apples, and to eat cobbler, of course. Dried figs will work just fine in this recipe, as will any variety of apple. This healthy treat makes for a perfect dessert or midday snack. The protein in the walnuts will provide sustained energy to help fuel your day.

Ingredients:

Fig and Apple Filling

- 2 apples, chopped
- 1/4 teaspoon lemon juice
- 1 tablespoon water
- 4 figs, chopped
- 1/2 teaspoon lemon zest
- 1/2 teaspoon cinnamon

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Topping

- 1 cup walnuts
- 4 dried figs
- 1 pitted date
- 1/2 teaspoon cinnamon

Directions:

Filling

Put all filling ingredients in a food processor or blender, and pulse until coarsely chopped.

Remove half of filling and place in a small rectangular dish. Flatten out with a rubber spatula.

Blend remaining mixture until pureed. Pour pureed mixture on top of chopped mixture and press flat.

Topping

In the same food processor or blender, pulse all topping ingredients until coarsely ground. Do not over-mix.

Crumble mixture over fig and apple filling and press lightly.

Chocolate Chia Seed Pudding

In the Mayan language, “chia” means “strength,” because Aztec warriors ate chia seeds for energy and endurance. But chia seeds are much more than tiny energy powerhouses. They can also bind ingredients together to help make delicious jams, puddings, and more.

Ingredients:

- 2 cups homemade almond milk
- 1/4 cup cacao powder
- 1/3 cup chia seeds
- Pinch of sea salt
- Berries (for topping)

Directions:

Place all ingredients (except berries) in a medium-size bowl and whisk until well-combined.

Cover and place in refrigerator overnight. Mixture should be jelly-like. Top with berries before serving.

<http://www.delish.com/cooking/recipe-ideas/recipes/a50127/cauliflower-stuffing-recipe/>