

A glass of yogurt topped with fresh strawberries, raspberries, and sliced almonds. The glass is partially filled with the mixture, and the top layer is a thick layer of fruit and nuts. The background is a light, neutral color with some scattered almond slices.

# NUTRITION REFINED



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## **CREDIT**

Recipe layout and recommended products ("Baking Resources") section design: Audrey @ Unconventional Baker [www.unconventionalbaker.com](http://www.unconventionalbaker.com).

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# COOKBOOK

Raw (or no-bake) desserts and sweet snacks with instructional videos, taste tests, and pictures.

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## PREFACE

Hi there! I am so happy you decided to download a copy of Nutrition Refined Cookbook full of raw (or no-bake) desserts and snacks. I hope that this cookbook will inspire you to incorporate a few of the recipes into your weekly rotation and show you how easy it is to create beautiful and delicious raw desserts.



Before we dive into the recipes, I thought I would introduce myself a little bit in case we haven't met yet. My name is Petra, the recipe creator, Raw Food Chef, food stylist, photographer, and videographer behind Nutrition Refined.

I have put this cookbook together because I healthy eating is important to me. Over the years I have learnt what my body needs to feel its best. I know that if I listen to my body, it will take care of itself and be in a perfect state naturally. I am not a raw foodist, vegan, vegetarian, or paleo. I simply love whole food in its purest form. Organic whenever the budget allows. Raw most of the time. The fact that you're reading this book tells me that you're interested in this lifestyle too.

This cookbook is for everyone who is curious about alternative treats and is willing to give them a try. Within this book you'll find some of my favorite recipes from the blog as well as recipes that are only available in this cookbook.

As you scroll through the recipes, you'll notice that they link to my YouTube videos, hence the interactive cookbook. If you want to watch a certain recipe video, simply click on the recipe title or the YouTube icon next to the recipe title, and you'll be taken straight to my YouTube channel. Almost every video has a taste test at the end as well, so you will get a feel what each recipe tastes like.

If you have questions about any of the recipes or techniques, feel free to reach out. I am here to help you become proficient and comfortable at creating healthy treats.

With gratitude,

Petra

# RECIPES



# Berry Ice Cream

WATCH ON  YouTube

Ice cream is one of the worlds' favorite comfort foods. It just seems to make everything better, don't you agree? This vegan berry ice cream is smooth, rich, creamy, and fluffy. It's also scoop-able and so easy to make.

---

PREP TIME: 15 MINS

CHILLING TIME: 30 – 90 MINS

MAKES: 6-8 SERVINGS

## INGREDIENTS

### Strawberry Ice Cream

5 cups strawberries, fresh

1 ½ cups cashews, soaked\*

2/3 cup maple syrup

1 Tbsp. coconut oil

½ vanilla bean (or 1 tsp. pure vanilla extract)

### Raspberry Swirl

1 cup raspberries, fresh

1 Tbsp. maple syrup

## DIRECTIONS

Blend all the ice cream ingredients in a high-speed blender until smooth. Pour the strawberry ice cream into an ice cream machine and let it churn according to the manufacturer's instructions (the churning should take about 20 minutes). If you don't own an ice cream machine but still want to make this recipe, I would recommend pouring the ice cream mixture into a shallow pan, put it in the freezer, and keep checking on it every 20-30 minutes. As the ice cream starts to freeze near the edges, remove it from the freezer and stir it vigorously with a spatula, whisk, or a hand mixer (a hand mixer will give you best results). Really beat it up and break up any frozen sections. Return to freezer. Keep checking periodically and stirring (by hand or with the electric mixer) while the ice cream freezes until it reaches a soft-serve consistency.

Blend the raspberries with maple syrup into a smooth consistency. Pour half of the churned strawberry ice cream base into a freezer-safe container, top with the raspberry puree and swirl the two mixtures together, not stirring too much. Then pour in the other half of the ice cream, top it with the remaining raspberry puree, and swirl again. Place plastic wrap, parchment or wax paper directly on top of the ice cream, cover and freeze for an additional hour (for soft-serve consistency) or a few extra hours (for hard ice cream). If you aren't using an ice cream machine, once the ice cream base reaches a soft-serve consistency, pour the raspberry puree over the ice cream and gently swirl the two mixtures together. Return to freezer and periodically stir (beat) the ice cream until completely frozen. It will likely take a few hours (from start to finish) to be ready.

## NOTES

\* Soak the cashews in cold water overnight or for at least 4 hours.



# Bounty Bars

WATCH ON  YouTube

I love recreating popular treats from scratch. I mean, why go to the store when you can take all the credit for making everyone's favorite branded treat? These raw Bounty bars are rich, coconut-y, and delicious – just like the “real” thing. With an irresistible combination of coconut and chocolate it's no wonder that Bounty bars have been a classic confection for decades.

CREDIT: the Bounty bars photo has been inspired by [Mini Bounty Bars from Occasionally Eggs](#).

---

PREP TIME: 60 MINS

MAKES: 12 BARS

## INGREDIENTS

### Coconut Filling

2 cups desiccated coconut, unsweetened  
1/3 cup coconut butter  
2 Tbsp. virgin coconut oil, melted  
2 – 3 Tbsp. coconut nectar (or maple syrup)  
1/3 cup coconut cream\*

### Chocolate

8 oz. vegan chocolate of choice\*\*

## DIRECTIONS

In a large bowl, combine all the filling ingredients, using your hands if necessary. Taste for sweetness and adjust if needed. Using your hands, shape the coconut filling into 12 bars. Set the bars onto a parchment paper-lined plate and place them in the freezer for 15 minutes to firm up.

In the meantime, melt the chocolate of your choice in a double broiler. Let the chocolate cool just a bit so it thickens. At this point, remove the bars from the freezer. One by one, drop the bars into the chocolate. Using a fork, turn the bars a few times so every piece of the coconut filling is coated in the chocolate. Remove the bars with a fork, allowing the excess chocolate drip back into the pot with chocolate. Place the coated bars onto a parchment paper and let the chocolate set.

If using tempered chocolate, you can leave the finished Bounty bars on the counter for the chocolate to set. If using un-tempered chocolate, store the Bounty bars in the fridge or the freezer.

## NOTES

\*This is the amount of coconut cream you get from 1 can of full-fat coconut milk.

\*\*You can use any chocolate you like. I usually make my own tempered chocolate from scratch (see the recipe on p. 27).



# Brownies

WATCH ON  YouTube

Doesn't matter how many times I've made these raw brownies, I'm always amazed how wonderful they are. I'm not exaggerating when I say that these raw vegan brownies will change your life. Seriously. After making this rich, chewy, fudgy chocolate goodness topped with a thick chocolate layer, you'll never even think about baking brownies again.

CREDIT: this recipe has been adapted from [Oh She Glows](#).

---

PREP TIME: 20 MINS

CHILLING TIME: 1 HOUR

MAKES: 12 LARGE SQUARES

## INGREDIENTS

### Brownies

2 cups walnuts, whole  
3 cups Medjool dates, pitted\*  
1 cup raw cacao powder  
½ cup hemp seeds  
¼ cup walnuts, chopped  
1 tsp. cinnamon  
¼ tsp. fine sea salt

### Chocolate Topping

½ cup virgin coconut oil, melted  
½ cup cacao powder  
¼ cup maple syrup  
pinch of sea salt

## DIRECTIONS

Place 2 cups of walnuts into a food processor and pulse until the nuts are finely ground. Add cacao powder, hemp seeds, cinnamon, and sea salt, and pulse until combined. Add dates and process until the mixture becomes sticky. The dough should easily stick together when you press it with your fingers. If it doesn't, add more dates. Finally, stir in chopped walnuts and press the brownie dough into an 8-inch square pan lined with parchment paper. Once evenly pressed, place the brownies in the freezer for about 10-15 minutes.

In the meantime, prepare the chocolate topping by mixing all the ingredients until completely smooth.

Remove the brownies from the freezer and pour on the chocolate. If you have a lot of chocolate, put the brownies back into the freezer for the chocolate to firm up a little bit. Then take the brownies out again and pour on the rest of the chocolate to create even a thicker layer. Place the brownies back in the freezer for about 15 minutes before cutting. To cut the brownies, run hot water over a knife for a few seconds and then slowly slide the knife into the brownies.

Store the brownies in the freezer or fridge until ready to serve.

## NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.





# Caramel Ice Cream

WATCH ON  YouTube

Just as smooth, delicious, and creamy as you would imagine. This caramel ice cream is one of my favorite treats for the summer. Not only is it very easy to make, but you don't need any ice cream machine to whip it up.

---

PREP TIME: 10 MINS

CHILLING TIME: 6 HOURS

MAKES: 6-8 SERVINGS

## INGREDIENTS

### Ice Cream

2 cups cashews, soaked\*  
2/3 cups water  
1 cup cashew milk, unsweetened  
2/3 cup maple butter  
1 Tbsp. pure vanilla extract  
½ tsp. fine sea salt

### Caramel

4 Tbsp. cashew milk, unsweetened  
1 cup Medjool dates, pitted\*\*  
1/4 cup maple butter  
1 tsp. cacao powder  
1 tsp. pure vanilla extract  
pinch of fine sea salt

### Toppings (optional)

¼ cup pecans, chopped

## DIRECTIONS

Blend all the ice cream ingredients in a high-speed blender into a smooth consistency. Blend all the caramel ingredients in a high-speed blender into a smooth consistency. Pour half of the ice cream into a freezer-safe container. Spoon ½ of the caramel over the ice cream. Using a toothpick or an end of a chop stick, swirl the caramel into the ice cream. Pour the second half of the ice cream into the container and top it with the remaining caramel. Again, swirl carefully swirl the caramel into the ice cream. Sprinkle the chopped pecans over the top.

Cover the ice cream with a piece of plastic wrap and place it in the freezer to set overnight or for at least 6 hours.

## NOTES

\* Soak the cashews in cold water overnight or for at least 4 hours.

\*\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.

\*\*\*Watch the video to learn how to make easy swirl patterns (click on the recipe title to access the video).





# Caramel Sauce

WATCH ON  YouTube

This vegan caramel sauce is silky, creamy, gooey, sweet, and so easy to make. You can drizzle it over oatmeal or pancakes, stir it into coconut yogurt, dip some apples into it, pour it over ice cream, spread it on cakes, eat it straight out of the bowl with a spoon . . . the list could go on and on forever.

---

PREP TIME: 10 MINS

MAKES: 1 CUP

## INGREDIENTS

### Caramel Sauce

¼ cup maple syrup

¼ cup almond milk, unsweetened

1/3 cup cashew butter

2 Medjool dates\*

½ tsp. pure vanilla extract

pinch of fine sea salt

## DIRECTIONS

Place all the ingredients (except for the dates) in a blender and blend on high until fully incorporated. While the blender is running, add one date at a time to the blender until the caramel sauce reaches a desired consistency. (Add a little bit more liquid if you prefer the caramel sauce to be runnier or a few more dates or nut butter if you prefer it to be thicker).

## NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.



# Carrot Cake

WATCH ON  YouTube

I would take chocolate over any dessert any time. BUT this raw carrot cake is delicious! Maybe it's the sweet moist cinnamon-y bread. Or the thick lemon-y vanilla icing. Whatever it is, it's amazingly similar in taste and texture to the baked version of a carrot cake. However, unlike the real deal carrot cake, this cake comes together in just minutes.

---

PREP TIME: 40 MINS

CHILLING TIME: 2 HOURS

MAKES: 6" CAKE

## INGREDIENTS

### Carrot Cake

1 cup walnuts  
½ cup desiccated coconut, unsweetened  
¼ cup coconut flour  
¼ cup coconut oil, melted  
1 Tbsp. lemon juice  
1 tsp. pure vanilla extract  
1 tsp. cinnamon  
½ tsp. ground ginger  
¼ tsp. ground nutmeg  
½ lemon, zest only  
1 cup Medjool dates, pitted\*  
1 cup carrots, finely grated\*\*

### Icing

1 cup cashews, soaked\*\*\*  
¼ cup coconut milk, unsweetened  
¼ cup coconut oil, melted  
3 Tbsp. maple syrup  
2 Tbsp. lemon juice  
1 tsp. pure vanilla extract  
pinch of fine sea salt

## DIRECTIONS

Place the walnuts into a food processor and pulse until they are finely ground. Add all the other ingredients (except for the dates and carrots) and pulse to combine. Then add one date at a time through the feed tube of the food processor while the food processor is running. The carrot cake mixture should be a little bit crumbly but stick together when pressed in between fingers. Finally, fold in the carrots. Press the mixture into a greased 6-inch spring form pan and place it in the freezer while you make the icing.

Using a high-speed blender, blend all the ingredients for the icing until smooth. Remove the carrot cake base from the freezer and spread the icing on top. Place the cake back into the freezer for about 2 hours to let the frosting firm up. For soft carrot cake, take it out of the freezer 10-15 minutes prior to serving.

## NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.

\*Squeeze out any excess juice from the carrots. If the carrots are too wet, the cake will be too dense.

\*\*Soak the cashews in cold water overnight or for at least 4 hours.



# Chocolate Chip Cookie Bars

WATCH ON  YouTube

If you ever get a craving for chocolate chip cookie dough or chocolate chip cookies, but try to stick to a healthy diet, these raw chocolate chip cookie bars are for you. Not that these bars require any description, but I'll give you one anyway. Packed with dates, almonds, pecans, and chocolate chips, these bars have a chewy texture and a pretty identical flavor to the traditional cookie dough. They are perfectly sweet, buttery, and chocolate-y all at the same time. They get hard and almost crunchy in the fridge and you can make them in only 10 minutes – so much faster than any cookies you've ever made!

---

PREP TIME: 10 MINS

MAKES: 8 BARS

## INGREDIENTS

### Chocolate Chip Cookie Bars

1 cup Medjool dates, pitted\*

½ cup almonds

½ cup pecans

1 tsp. pure vanilla extract

1/8 tsp. fine sea salt

½ cup vegan chocolate chips

## DIRECTIONS

In a food processor, pulse together the dates, almonds, pecans, and salt. Process until the pieces are uniform and the dough sticks together when you pinch it in between your fingers. Then mix in the vanilla and chocolate chips. Spread the dough onto a piece of parchment paper and shape it into your desired shape. I used an 8" x 8" square pan and shaped the dough into a 6" x 6" square. Refrigerate the dough for a few minutes, until firm. Cut the cookie dough into bars or bite-size pieces. You can also roll the dough into balls (in which case you don't have to refrigerate the dough).

Store any leftovers in an airtight container in the fridge for a week or in the freezer for up to 3 months.

## NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.





# Chocolate Pudding

WATCH ON  YouTube

This pudding combines the decadence of chocolate with the creaminess of cashews, and the wonderful accent of vanilla flavor all rolled into one. This is the kind of dessert you can feel good about eating.

---

PREP TIME: 5 MINS

MAKES: 2 CUPS

## INGREDIENTS

### **Chocolate Pudding**

2 cups cashews, soaked\*

$\frac{3}{4}$  cup cashew milk, unsweetened (or milk of choice)

2 Tbsp. maple syrup

2 Tbsp. cocoa powder

1 Tbsp. pure vanilla extract

pinch of sea salt

## DIRECTIONS

Put all the ingredients into a high-speed blender and blend on high until completely smooth and creamy. If the pudding is too thick, add 1 tablespoon of milk at a time until it reaches the consistency you desire.

Store the pudding in an air-tight container in the fridge for up to a week.

## NOTES

\*Soak the cashews in cold water overnight or for at least 4 hours. If the cashews are not plump and soft, the pudding might turn out grainy and not completely smooth.





# Coconut Macaroons

WATCH ON  YouTube

Macaroons are the most coconut-y of all cookies. They're also probably one of the easiest vegan and gluten-free cookies I've ever made. These coconut macaroons are chewy and moist on the inside, crispy and golden on the outside. They are delicious plain but even more irresistible when dipped in dark chocolate.

Credit: this recipe has been adapted from [Oh She Glows Every Day](#).

---

PREP TIME: 30 MINS

COOK TIME: 25 MINS

MAKES: 13 MACAROONS

## INGREDIENTS

### Coconut Macaroons

1 ½ cups desiccated coconut, unsweetened  
1 cup almond flour  
½ cup maple syrup  
¼ cup coconut butter, melted\*  
2 tsp. pure vanilla extract  
½ tsp. fine sea salt

### Chocolate

3 ½ oz. dark vegan chocolate\*\*  
1 tsp. coconut oil

## DIRECTIONS

In a large bowl, combine all the ingredients. The dough will be thick and sticky. Using a 2-inch diameter ice cream scoop, scoop a ball of dough and pack it in so that the top is flat. Repeat with the rest of the dough. Set the macaroons on a parchment-lined baking sheet.

For the raw version, dehydrate the macaroons at 145°F for the first hour, then reduce the temperature to 118°F and keep checking on them every hour until they are firm on the outside. For the baked version, bake the macaroons at 275°F for 15 minutes, or until golden around the edges. Watch them closely during the last 5 minutes. Remove them from the oven and let them cool completely.

In the meantime, melt the chocolate and coconut oil together over low-medium heat. Dip each macaroon into the chocolate, either by holding the top and partially submerging it, or rolling it in the chocolate using a fork. Shake off any excess over the bowl, then place the finished pieces on the parchment paper-lined baking sheet upside down so the chocolate coating is facing upward. Let the chocolate harden.

Store leftover macaroons in an airtight container in the fridge for up to 1 week. Freeze for up to 1 month.

## NOTES

\*Make your own coconut butter by blending 2 cups of unsweetened desiccated coconut in a high-speed blender for about 5 – 10 minutes. You'll only need half the amount of coconut butter (2 cups of desiccated coconut yield 1/2 cup of coconut butter), but 2 cups of desiccated coconut will be easier for your blender to "grab" onto blend it into a smooth consistency.



# Coconut Yogurt

WATCH ON  YouTube

This plant-based coconut yogurt creamy, smooth, and tangy – just like a real good yogurt should be. I've never tasted any store-bought coconut yogurt, but really enjoy the one I now make at home.

---

PREP TIME: 48 HOURS

MAKES: 1 ½ CUPS

## INGREDIENTS

### Coconut Yogurt

1 can full-fat coconut milk

2 probiotic capsules

½ tsp. agar powder (or ½ Tbsp. agar flakes)

1 tsp. maple syrup (optional)

## DIRECTIONS

Sterilize your yogurt containers, mixing spoons and other utensils before getting started. You don't want to introduce any bad bacteria into the yogurt. You can use a dishwasher or just hot water will do.

Shake the can of coconut milk well before opening so the cream and the liquid blend. Pour the coconut milk into a saucepan and bring it to at least 180°F to prevent contamination with harmful bacteria. Then add the agar powder. Use a whisk to stir, helping the agar powder to dissolve as the coconut milk boils. Once the milk has reached a gentle boil, allow it to bubble gently for 60 seconds (2 minutes if using agar flakes). Remove it from heat. Stir in the maple syrup and then let the mixture cool down to about 105°F for proper fermentation. Once the coconut milk has cooled to the proper temperature, open the probiotic capsules and add in the probiotic powder. Stir well until completely smooth.

Pour the cultured milk into a clean (sterilized) 2-cup glass jar and cover it with cheesecloth (to help keep the yogurt clean but allowing it to "breathe"). Put the jar to a place with a constant warm temperature of 105° F. I usually keep mine in a dehydrator for anywhere between 8 to 24 hours, depending on how tangy I want the yogurt to be. If you don't have a dehydrator, you can use any of the other kitchen appliances listed in the [Technique section](#) of the Yogurt Parfait recipe on the Nutrition Refined website.

You will know you have done it right by the proper yogurt-sour smell and taste. After fermenting is done, stir to an even consistency. Place the coconut yogurt in the fridge for a couple of hours to set.

The coconut milk yogurt may separate a bit when stored in the fridge, so stir it well before serving. It can keep well in the fridge for at least a week, if not longer.

## NOTES

If you want to create a parfait, layer the coconut yogurt with some grain-free granola (see p. 31) and fresh berries.



# Dark Chocolate Bark (Tempered)

WATCH ON  YouTube

Raw chocolate. Glossy, snappy, creamy, and aromatic. The flexibility of chocolate is what I love most about it. It can be incredibly satisfying to simply taste a little piece of dark chocolate and let it melt on your tongue. However, it can be equally satisfying to taste an elaborate and boldly decorated raw tempered chocolate bark. I think that Linnaeus was dead-on when he named the cacao plant *Theobroma Cacao*, or “Food of the Gods”.

---

PREP TIME: 1 HOUR

MAKES: 9" x 12" SHEET

## INGREDIENTS

### Dark Chocolate

- 1 ¼ cups (120 g) cacao butter, shaved
- ½ cup (60 g) cacao powder
- ¼ cup + 2 Tbsp. (50 g) coconut sugar, powdered
- ¼ cup hazelnuts, halved
- ¼ cup almonds, halved
- ¼ cup raisins, chopped

## DIRECTIONS

Place the cacao butter shavings into a stainless-steel saucepan and melt it over a very low heat. Using a thermometer, constantly monitor the cacao butter temperature. The cacao butter should reach 115°F (46°C), but not exceed it. At any time, keep stirring the cacao butter to spread out the heat evenly. Keep in mind that stainless steel retains heat so even when you take the saucepan off the direct heat, it will continue to heat up the cacao butter. So, take it off the direct heat **BEFORE** the cacao butter reaches 115°F (46°C). You can always put the cacao butter back onto the stove if you need some more heat.

Once your cacao butter is melted, mix in the coconut sugar and raw cacao powder. Keep stirring the chocolate to bring the temperature back down to 81°F (27°C).

To make sure that your chocolate contains as many type V crystals as possible, heat the chocolate up to 88°F (31°C). Make sure that you stay below 88°F (31°C). Now your chocolate is tempered.

To make a chocolate bark, pour the tempered chocolate onto a piece of parchment paper. Smooth it out with an off-set spatula (make it as thick or as thin as you like). Finally, top it with the chopped nuts and raisins and let it set at a room temperature.





# Fruit Roll Ups

WATCH ON  YouTube

Homemade fruit roll ups are an easy snack to have when you're on the go or for an extra special lunchbox treat. They are sweet, chewy, and made entirely from fruit. The best thing about making these fruit roll ups at home is that you can use any fruit or a fruit combination you like - strawberries, raspberries, mango, peaches, apricots, apples . . . fresh or frozen.

---

PREP TIME: 5 MINS

COOK TIME: 8-12 HOURS

MAKES: 9" x 12" SHEET

## INGREDIENTS

### **Fruit Roll Ups**

3 cups fruit\*

maple syrup, to taste

2 tsp. lemon juice

## DIRECTIONS

Puree all ingredients in a blender until completely smooth. (If you're using seedy fruit, such as raspberries or strawberries, you might want to strain the puree through a nut milk bag or a cheesecloth, but it's not necessary). Pour the mixture onto a dehydrator sheet and spread it evenly into a 1/8" thick layer.

Set your dehydrator at 115°F and dehydrate the fruit roll ups for 8-12 hours or until the center is no longer tacky. If the edges look like they're getting crispy, you can cut those off later, or brush them with a little water or juice during the baking process to rehydrate.

Peel off the dehydrator sheet and cut into strips. Store the strips in a mason jar to stay fresh for several weeks. (If the strips are still a little sticky when you cut them, you might want to wrap them in a piece of plastic wrap (or parchment paper) so they don't stick to each other when you store them).

## NOTES

\*I used strawberries for one sheet and blueberries for another sheet. However, you can use any fruit you like.





# Fudge

WATCH ON  YouTube

This raw almond butter fudge isn't your traditional fudge recipe. Unlike traditional fudge made with heavy cream, refined sugar, and butter, this fudge isn't cooked and is made only from pure raw ingredients. However, it's so decadent that it's hard to believe that it's raw.

---

PREP TIME: 15 MINS

MAKES: 16 PIECES

## INGREDIENTS

### Fudge

20 Medjool dates, pitted\*

¾ cup natural almond butter

3 Tbsp. cacao powder

¼ cup cacao butter or coconut oil, melted\*\*

pinch of fine sea salt

## DIRECTIONS

In a small saucepan, cook dates in a little boiling water for 5 minutes, until they're soft and all the water is evaporated. The dates should be really sticky, starting to form a paste. You can skip this step if you want the fudge to be raw.

Put all the ingredients into the food processor and process them until a sticky and smooth paste forms. It will take a couple of minutes. Line an 8" x 8" baking dish with wax paper and scoop in fudge mixture. Smooth it out. Freeze until set and then cut into 16 small pieces.

It's best to keep the fudge in a fridge, but you can also keep it on the counter.

## NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.

\*\*Coconut oil creates a smoother softer fudge while cacao butter firms up the fudge. If you store the fudge in the fridge, coconut oil works great. However, if you're planning on taking the fudge to a party and don't want it to melt in everyone's hands, use cacao butter instead.



# Grain-Free Granola

WATCH ON  YouTube

Grain-free granola is the perfect paleo alternative to regular granola. It's nutty, crunchy, satisfying, and nutrient-rich. While I don't follow a paleo diet (and grains do appear in my diet from time to time), I revert to this granola recipe 90% of the time.

---

PREP TIME: 15 MINS

COOK TIME: 4 – 5 HOURS

MAKES: 8 CUPS

## INGREDIENTS

### Grain-Free Granola

- 2 cups almonds, chopped (or nuts of choice)
- 2 cups sunflower seeds, chopped (or pumpkin seeds)
- 3 Tbsp. sesame seeds
- 1 cup dried blueberries
- 1/3 cup maple syrup
- 1/3 cup coconut oil
- 1 cup desiccated coconut, unsweetened
- 1 tsp. cinnamon
- 1/4 tsp. fine sea salt

## DIRECTIONS

Chop the nuts and seeds to an approximately same size. You can either use a food processor or a knife. Combine dry and wet ingredients separately and then pour the wet mixture into the dry one. Spread the granola evenly onto a dehydrator tray/baking sheet.

For the raw version, set the dehydrator to 115°F (46°C) and dehydrate the granola for 10 – 12 hours or until dry and crunchy. For the baked version, preheat the oven to 300°F (150°C) and bake the granola for 30 minutes or until golden brown. Stir the granola every 10 minutes or so to prevent burning.

Store in an airtight glass container for up to 6 weeks.



# Granola Bars with Date Caramel

WATCH ON  YouTube

Have you ever made granola bars that were so good you couldn't put them down until you ate the last one in the pan? Yea, these granola bars with date caramel are those granola bars. They are chewy, crunchy, salty-sweet, and very satisfying. They are awesome as a snack, perfect for breakfast on the run, and will easily satisfy your dessert cravings.

CREDIT: this recipe has been inspired by [5-Ingredient Granola Bars from Minimalist Baker](#).

---

PREP TIME: 15 MINS

COOK TIME: 20 MINS

MAKES: 8 BARS

## INGREDIENTS

### Granola Bars with Date Caramel

1 ¼ cups Medjool dates, pitted\*

1 cup almonds, chopped

¼ cup maple syrup

¼ cup almond butter

1 ½ cups rolled oats

1 tsp. pure vanilla extract

¼ tsp. fine sea salt

## DIRECTIONS

Place the dates into a food processor and pulse them until a "dough" like consistency forms. Place the dates, chopped almonds, oats, vanilla, and salt into a large mixing bowl. Set aside.

Warm the maple syrup and almond butter in a small saucepan over low heat. It should be just loose and liquid-y enough to pour. Stir the maple syrup-almond-butter mixture into the dry ingredients until the ingredients are completely coated and start to stick together in clumps. Once thoroughly mixed, transfer the mixture into an 8 x 8" baking dish or other small pan lined with parchment paper so the bars lift out easily. Use wet or lightly oiled hands to firmly press the mixture into the pan.

For a raw version, let the bars firm up in fridge or freezer for 15-20 minutes. Then remove the bars from the pan and cut them into 8-10 even bars. For the baked version, preheat the oven to 325°F with a rack in the middle of the oven. Bake the bars for 20-25 minutes for chewy granola bars or 25-30 minutes for crunchy bars. As soon as you remove the bars from the oven, press them down again with the back of a lightly oiled spatula. (This will give you more compacted granola bars.) Let the bars cool completely in the pan. Then remove the bars from the pan and cut them into 8-10 even bars.

Store the granola bars in an airtight container on the counter for a few days or in the fridge for a few weeks.

## NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.





# Lime Cheesecake

WATCH ON  YouTube

Although you might not believe me when I say that this raw lime cheesecake tastes like the real thing, I assure you – it does! The texture is so rich and velvety that even a small slice is very satisfying. This cheesecake is perfectly sweet, slightly tart, and so refreshing.

---

PREP TIME: 30 MINS

CHILLING TIME: 4-6 HOURS

MAKES: 8.5" CAKE

## INGREDIENTS

### **Crust**

½ cup almonds  
½ cup walnuts  
1 cup Medjool dates, pitted\*  
¼ tsp. fine sea salt

### **Filling**

3 cups cashews, soaked\*\*  
1 cup coconut cream (or full-fat coconut milk)\*\*\*  
½ cup maple syrup  
1/3 cup coconut oil, melted  
2 limes, juice only  
1 lemon, juice only  
1 tsp. pure vanilla extract

## DIRECTIONS

Place the almonds into a food processor and pulse until they've broken down a bit. Then add the walnuts and pulse until finely ground. Finally, add the dates and pulse until everything begins to stick together. The crust should hold together when you pinch it in between your fingers. If it doesn't, pulse a little bit more. Lightly grease an 8.5-inch spring-loaded pan and press the crust mixture into the pan. Place the crust in the freezer to firm up while you make the filling.

Place all the filling ingredients into the food processor or a blender and blend on high until smooth. If it doesn't come together, add a little bit more coconut milk. The cream should be smooth and quite thick. Pour the cream on top of the crust layer, in the cake pan. Cover with plastic wrap and freeze until hard (about 4-6 hours).

Once set, remove the cheesecake from the spring-loaded pan. For a soft cheesecake, take it out of the freezer 15-20 minutes prior to serving. Store any leftovers in the freezer.

## NOTES

\* If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.

\*\*Soak the cashews in cold water for at least 8 hours (or overnight) so they soften up and are easy to blend.

\*\*\*If using canned full-fat coconut milk, let the coconut water separate from the cream in the can. The easiest way to do that is to pop the can of coconut milk into the fridge overnight. If your can doesn't separate, you can still use the unseparated milk. The filling just won't be as thick.





# Pancakes with Whipped Cream

WATCH ON  YouTube

These raw pancakes are rich, fluffy, and so soft. Topped with some freshly whipped coconut cream and maple syrup, they're to die for. Feel free to play around with different spices and toppings to make really interesting and delicious combinations.

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PREP TIME: 15 MINS

COOKING TIME: 5 HOURS

MAKES: 5 PANCAKES

## INGREDIENTS

### Pancakes

3 ripe bananas, mashed  
¼ cup golden flax seeds, ground into meal  
¼ cup buckwheat, ground into flour  
1/8 cup almond flour  
1 Tbsp. almond milk, unsweetened\*  
1 tsp. maple syrup  
½ tsp. cinnamon  
½ tsp. pure vanilla extract  
1/8 tsp. fine sea salt

### Coconut Whipped Cream

1 (14 oz) can of coconut cream\*\*

## DIRECTIONS

Combine all the ingredients together and mix until everything is well incorporated, and no clumps remain. If you want really smooth pancakes, run the batter through a blender for a few seconds. Pour ¼ cup of batter onto a lined dehydrator tray to form 1 pancake. You should get about 5 pancakes. I like to pour the batter into large cookie cutters to get a perfectly round shape, but it's not necessary. Dehydrate the pancakes at 115°F for about 2.5 hours. Then using a spatula carefully flip the pancakes and dehydrate them for another 2.5 hours.

To make the coconut whipped cream, scrape out the top – thickened cream – and leave the liquid behind. (If you're using a full can of coconut cream, you might not have any liquid in the can). Using a hand mixer (do not use a blender!), beat the cream for about 30 seconds, until creamy and smooth. Use immediately or refrigerate. The coconut cream keeps for 1-2 weeks in the fridge.

## NOTES

\*Depending on the ripeness of your bananas and on how absorbent the dry ingredients are, you might not need to use any almond milk. However, the batter does thicken up over time. If that happens, add a little more liquid to the batter.

\*\*If using canned full-fat coconut milk (as opposed to canned coconut cream), let the coconut water separate from the cream in the can. The easiest way to do that is to pop the can of coconut milk into the fridge overnight. If your can doesn't separate, you can still use the unseparated milk. The filling just won't be as thick.



# Pralines

WATCH ON  YouTube

Pralines are so easy to make and use in a variety of ways. The inside of the pralines is called praline paste, which is a ground nut paste mixed with a sweetener. The paste is generally used as a filling in chocolates. However, in this recipe we will mix the paste with dark chocolate and enrobe it in tempered dark chocolate. Perfection.

---

PREP TIME: 30 MINS

CHILLING TIME: 15 MINS

MAKES: 14 PRALINES

## INGREDIENTS

### Praline Paste

½ cup (110 g) almond butter (or nut butter of choice)\*

¾ cup (75 g) dark vegan chocolate or cacao paste\*\*

1 ½ Tbsp. (25 g) maple syrup

### Chocolate for Enrobing\*\*\*

## DIRECTIONS

Place the cacao butter into a bowl and set it over a pot of boiling water, creating a double-boiler. Make sure the bowl with cacao paste is large enough to cover the entire pot so no water/steam gets into the chocolate. Melt the cacao paste and then set it aside to cool down. In a separate bowl, whisk together the almond butter and maple syrup to combine. Add the melted chocolate (or cacao paste) and whisk together. Pour the praline paste into silicone molds (or any mold lined with a piece of plastic wrap) and let the praline set in the fridge for about 15 minutes. Once hardened, pop the pralines out of the molds (or cut them into desired shapes).

To enrobe the pralines, melt the chocolate of your choice in a double boiler. Be careful not to bring the chocolate above 91°F (33°C) so it stays in temper. You want the chocolate for enrobing to be thick so bring the temperature down to about 77°F (25°C). You can do this by continuously stirring the chocolate as this will keep it smooth for enrobing. Once the chocolate is thick enough, drop the praline into the chocolate, take it out with a fork, and allow any excess chocolate to drip off.

Place the enrobe praline into a piece of parchment paper or a silicone sheet and garnish it with chopped nuts. Once all the chocolate pralines are done, place them in the fridge to set. They will not be shiny because chocolate requires being pressed up against something to create shine, but they will not melt at a room temperature.

Store the pralines in an air-tight container on the counter for one week.

## NOTES

\*It's important that both the almond butter and the maple syrup are at a room temperature. If the nut butter or the maple syrup are too cold, the cacao paste will seize up.

\*\*If you use cacao paste, the praline paste will be very bitter. If you prefer chocolate with lower cacao percentage, use dark chocolate (or chocolate of choice) instead of cacao paste.

\*\*\*I use the recipe for Dark Chocolate Bark.





# Thumbprint Cookies

WATCH ON  YouTube

Many of you are probably familiar with some version of baked peanut butter oat bars. I pretty much grew up on them and make them for my family often. They're like a peanut butter & jelly sandwich, but a bit healthier. These no-bake peanut butter & jam thumbprint cookies are a variation of the classic baked granola bars. They are chewy, soft, and deliciously dense.

---

PREP TIME: 20 MINS

COOKING TIME: 20 MINS

MAKES: 20 COOKIES

## INGREDIENTS

### Thumbprint Cookies

1 cup peanut butter, smooth  
1/3 – 1/2 cup coconut flour\*  
1/3 cup maple syrup  
1/2 tsp. pure vanilla extract

### Jam

8 strawberries, frozen or fresh  
1 Tbsp. maple syrup  
1/4 tsp. agar agar powder\*\*

## DIRECTIONS

While the jam is cooling down, prepare the thumbprint cookies. Using a spatula, combine the peanut butter, maple syrup, vanilla extract, and coconut flour into a medium bowl. When the dough gets difficult to combine with a spatula, use your hands until all the ingredients are well incorporated. Divide the dough into 20 same-size pieces and roll each piece into a one-inch ball. If the dough is too soft to roll into balls, place it in the refrigerator for about 30 minutes. Place each ball onto a parchment-paper lined plate or a baking sheet. Once all the balls are rolled out, create an indentation with the back of a 1/4 teaspoon measuring spoon (or create whatever size indentation you'd like). Cover the thumbprint cookies with a piece of parchment paper and let them rest for about 30 minutes.

In the meantime, prepare the jam. Cut the strawberries into small pieces and place them into a small saucepan together with the maple syrup. Add a little bit of water to cover the bottom of the pan. Let the strawberries simmer over low heat for about 25-35 minutes, or until they are soft enough to mash with a fork. Mash the strawberries so there are no large pieces left. Add the agar agar powder and boil the whole mixture for an additional minute. Let the jam cool slightly, for about 10 minutes.

Fill each thumbprint cookie with 1/4 teaspoon strawberry jam (or however much you'd like). Store the thumbprint cookies in an air-tight container on the counter or in the fridge for a longer shelf-life.

## NOTES

\*Every coconut flour absorbs liquids differently. Start with 1/3 cup and add more if needed.

\*\*You might need to use more agar agar powder if you use frozen strawberries because frozen strawberries release more juice.





# Tiramisu

WATCH ON  YouTube

Raw desserts can typically wow even the skeptics. This raw tiramisu is no exception. It consists of three layers – crunchy crust on the bottom, chocolate-y mousse that tastes like coffee heaven in the middle, and then creamy vanilla goodness on top. Before you go make this tiramisu, let's get one thing out of the way. There are no ladyfinger biscuits or mascarpone. So, of course, this raw tiramisu doesn't taste 100% like tiramisu, but it still tastes incredible.

CREDIT: this recipe has been adapted from [Unconventional Baker](#).

---

PREP TIME: 20 MINS

CHILLING TIME: 5 HOURS

MAKES: 6" CAKE

## INGREDIENTS

### Crust

1 cup walnuts  
1 cup Medjool dates\*  
¼ tsp. instant espresso powder\*\*  
1 tsp. pure vanilla extract  
pinch of sea salt

### Chocolate Mousse

½ cup walnuts, soaked\*\*\*  
1 cup cashews, soaked\*\*\*  
1 cup Medjool dates  
½ cup almond milk, unsweetened (or more if needed)  
¼ cup coconut oil, melted  
3 Tbsp. cacao powder  
2 tsp. instant espresso powder  
1 tsp. pure vanilla extract  
pinch of sea salt

### Vanilla Cream

½ cup cashews, soaked  
¼ cup almond milk, unsweetened  
2 Tbsp. coconut oil, melted  
2 Tbsp. maple syrup  
1 tsp. pure vanilla extract  
pinch of sea salt

### Toppings

cacao powder (for dusting)  
cacao nibs (for sprinkling)

## DIRECTIONS

Place all the ingredients for the crust into the food processor and pulse until the crust begins to stick together when you pinch it in between your fingers. Scoop the crust into a greased 6-inch springform pan and press it down into an even layer with your fingers. You can also use the bottom of a glass to really pack the crust down. Place the springform pan in the freezer and begin to work on the next layer.

Blend all the ingredients for the chocolate mousse in a high-speed blender until smooth. The chocolate mousse is quite thick so if you don't have a powerful blender, use a food processor instead. Pour the chocolate mousse over the crust and smooth it out with a spatula. Lightly tap the springform pan on the counter to get rid of any air-bubbles inside the chocolate mousse. Place the springform pan in the freezer for at least 15-30 minutes.

Clean out your blender and blend all the ingredients for the vanilla cream until smooth. Pour the mixture on the chocolate mousse layer and smooth it out with a spatula. Be careful when evening out the vanilla cream so the layers don't mix.

Dust the top with a bit of cacao powder and sprinkle with some cacao nibs. Cover the cake and freeze it for at least 6 hours or overnight.

#### NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.

\*\* I used Espresso Powder by JAVA & Co. which is made specifically for raw chocolate desserts.

\*\*\*Soak the cashews and walnuts together in cold water for at least 8 hours (or overnight) so they soften up and are easy to blend. If the nuts are not soft, the chocolate mousse might turn out grainy and not completely smooth.



# Truffles

WATCH ON  YouTube

These raw truffles taste pretty much like a candy sweetened by dates. They are rich, creamy, and so delectable. There's no melting ganache when you bite into these. BUT, you will experience a moment of sweet caramel-y bliss as these truffles melt on your tongue. If you've ever made raw treats with dates, you know what I'm talking about. If you haven't, you're missing out.

CREDIT: this recipe has been adapted from [Rawmanda](#).

---

PREP TIME: 10 MINS

MAKES: 14 TRUFFLES

## INGREDIENTS

### Cacao Truffles

2 cups Medjool dates, pitted\*  
3 Tbsp. cacao powder, divided

### Chocolate Truffles

2 cups Medjool dates, pitted  
2 Tbsp. cacao powder  
dark chocolate, tempered (for enrobing)

### Acai-Coconut Truffles

2 cups Medjool dates, pitted  
2 Tbsp. acai powder  
1 Tbsp. desiccated coconut, unsweetened

## DIRECTIONS

Place the dates and 2 Tbsp. of cacao/acai powder into a high-speed food processor and blend into a very smooth paste. You might need to use a spatula to scrape the mixture down as you blend. Using a spoon, scoop out mixture and roll it into balls. The "dough" will be very sticky so wet your hands to make the rolling easier.

Add 1 Tbsp. of cacao powder/coconut/melted dark chocolate into a small bowl and coat the truffles evenly. Place the finished truffles on a parchment lined baking sheet.

Store the truffles in an air-tight container in the fridge for up to 1 week or the freezer for 3 months.

## NOTES

\*If using Deglet Noir or Honey dates, soak the dates in warm water for a couple of hours first so they soften up.





# White Chocolate (Tempered)

WATCH ON  YouTube

If you're anything like me, you may have always avoided white chocolate. I just love dark chocolate so white chocolate never really appealed to me. However, with this white chocolate recipe, I had to rethink my stance on it.

---

PREP TIME: 10 MINS

COOKING TIME: 30 MINS

MAKES: ....

## INGREDIENTS

200 g cacao butter, shaved  
15 g cashews  
95 g xylitol\*  
10 g coconut milk powder (or protein powder of choice)

## DIRECTIONS

Place the cashews into a high-speed blender and blend until completely powdered. Sift it into a bowl to make sure there are no large pieces left. Then place the xylitol into a high-speed blender and powder it as well. Sift the xylitol into the bowl with sifted cashews. Add the cacao butter and coconut milk (or protein powder) and set the bowl over a pot of simmering water. When about 50% of the cacao butter has melted, take the bowl off the heat and keep stirring the mixture. Using a thermometer, make sure the temperature does not go beyond 107.6°F (42°C). As a precaution as soon as the temperature hits 93°F (34°C), remove it from the heat. Continue stirring until the cacao butter has completely melted and the powdered ingredients are well combined. Now starts the tempering process.

Keep stirring using the spatula to bring the chocolate temperature down to 84.2°F (29°C). This may take anywhere between 10 to 20 minutes. Then heat the chocolate back up to 88.7°F (31.5°C) in a double broiler. Be careful that you don't heat up the chocolate above 91.4°F (33°C). If you do, you will need to re-temper the whole batch again because chocolate comes out of temper at 91.4°F (33°C). At this point, pour the chocolate into silicone molds. Place the mold onto a baking sheet and tap it against the kitchen counter a few times (to remove any air pockets in the chocolate).

Once the chocolate has set and hardened, remove the chocolates from the molds. Store the chocolates in an airtight container on the counter for a week or in the fridge/freezer for a long while.

## NOTES

\*I don't normally use xylitol, but it's the only sweetener that really works for white chocolate. You can use powdered coconut sugar instead of xylitol, but the chocolate won't be white (it will have more of a golden/light brown hue).



## BAKING RESOURCES

Below is a list of my favorite kitchen tools. These are things I use in my own kitchen, with a brief explanation what I use them for. Most of the links below are affiliate links. So, if you'd like to support me and my work, any purchase you make through those links will help (without costing you extra).

### BLENDER



**Vitamix** – the first kitchen appliance I bought when I transitioned into a plant-based lifestyle was a high-speed blender. You need a good (high-speed) blender to achieve a smooth consistency with your desserts, especially when making creams, puddings, frostings, mouse, or nut milks. I use my Vitamix (Certified, Refurbished) not only for raw desserts, but also for smoothies, creamy soups, dressings, and making flours from whole grains, nuts, or seeds. Honestly, I don't think I could live without my blender for more than a day. I love this blender! If you're shopping for a Vitamix blender, they have a newer, low profile model (**Vitamix Pro 750**), that has a wider and shorter jug.

### FOOD PROCESSOR



**Breville Sous Chef** – right after a blender, a powerful food processor is another must-have kitchen appliance for me. This food processor can handle limitless prep tasks in seconds. It's heavy duty, easy to use, and relatively quiet. Whether you're turning nuts into nut butter, chopping, slicing, shredding, or kneading, this food processor delivers every time. It has a wide chute (wide enough to fit entire ingredients) and two work bowls (small for smaller quantities and large for bigger batches). I have to say that this food processor is quite pricey. However, if you're planning on making lots of desserts from scratch, I would recommend saving up for it.

### ELECTRIC HAND MIXER



**Kitchen Aid** – what I love most about this hand mixer is that it comes with 9 speeds – slow speeds for slowly stirring and mixing ingredients, high speeds for whipping meringue or whipped cream. Another advantage of this hand mixer is that it's very small and doesn't take up hardly any room in my kitchen (as opposed to a stand mixer, which I don't own). If you're interested in making coconut whipped cream or aquafaba meringue, for instance, you do need a hand mixer (a blender will not do). Other than desserts, I use this hand mixer for making mashed potatoes, whipped herbed "butter", or smooth guacamole.

## DEHYDRATOR



**Excalibur** – until I got an oven with dehydrator settings, I used this dehydrator all the time. Now I use it about once or twice a week because it takes significantly less electricity than my oven. It's perfect for making coconut yogurt (a constant warm temperature is a must for making plant-based yogurt), drying out fresh herbs, making veggie or fruit chips, or simply preserving produce I get from the farmer's market. There's simply no end to the creativity that can be developed as you learn to use this machine. I use the **9-tray model**, but you can get a smaller one (**5-tray** or **4-tray**) if space is an issue.

## ICE CREAM MAKER



**Cuisinart** – homemade ice cream is truly a special dessert. It's rich, creamy and can be customized with any flavor or mix-in that you can think of. I purchased my ice cream machine when my first child was born because I knew I would be making a lot of ice cream on a regular basis . . . and I was right! Of course, you can make ice cream using the granita method (stirring the ice cream base occasionally as it freezes) or opt for a no-churn ice cream recipe. However, ice cream makers are designed to speed up the process of freezing an ice cream base and add some churning action. This means that you end up with smaller ice crystals and a much smoother finished product.

## SPRINGFORM PANS



Springform pans are a lifesaver when you're making a cake (such as cheesecake) and delicate or frozen desserts, which would be difficult to remove from a conventional cake pan. When I started experimenting with raw desserts, I switched from the typical **9-inch springform pan** to smaller sizes. The springform pans I now use all the time are **6-inch springform pan** and **4-inch springform pan**.

## PIE PLATE



**Pyrex** – the dish you make your pie in is a very real factor in the outcome of the perfect pie. I prefer baking with a smaller pan – up to 9 inches. Some of the newer pie dishes range from 9 1/2"-10" and I find these produce deep, sloppy pies.



## MUFFIN PAN



**Lodge** – I have a weakness for Lodge bakeware because it's naturally non-stick (it's not coated with anything to make them non-stick so the only thing that can leach into your food is trace amounts of iron – which is a good thing!). Health benefits aside, it's also sturdy, rust-proof, heats evenly, and if you take a good care of your cast iron muffin pan, it will likely serve you (and your next generations) for years to come. The 6-cup muffin pan is handy for making smaller portions of muffins.

## LOAF PAN



**Lodge** – this loaf pan is a true gem in my kitchen. Apart from making banana bread, I use this loaf pan for making smaller portions of a recipe. Things like granola bars, brownies, ice creams, but also savory dishes, such as meat loaf or lasagna. The reason I love this pan so much is that the cast iron surface results in a golden-brown crust every time I make a loaf of bread. Also, the handles on each end make it easier to lift the pan in and out of the oven.

## CHOCOLATE MOLD



**Silikomart** – molded chocolates are a sure way to impress your friends and family. Pliable, smooth-textured silicone molds work especially well for chocolate because they are durable, reusable and they create a flawless surface. I recommend Silikomart because their silicone molds are designed specifically for chocolate, where others are usually made for baby food or ice cubes and are not stable enough to move around with chocolate in them. I use this particular mold for pralines.

## SILICONE MAT



**Silpat** – you really can't go with a silicone mat. They're reusable, which is a big plus for those looking to lessen their environmental impact. Also, because silicone mats are nonstick, you won't need to grease them or otherwise prep them before use. I use parchment paper only when I need perfect crispy outer crust or brown bottoms. There are also a few recipes, such as fruit roll ups or homemade corn chips from scratch, for which you do need a silicone mat. There are two reasons for that – first, since silicone mats are slightly sticky, they stay on the baking sheet once you set them down. Second, silicone mats don't absorb moisture. So, if you used parchment paper for the fruit roll ups, for instance, the parchment would soak up the moisture from the wet fruit roll up mixture and crinkle underneath.

## SCALE



**Etekcity** – if it was up to me, I would never use a scale and only stick with measuring cups and measuring spoons. However, the truth is that some recipes, such as tempered chocolate, just require the precision of a scale. This scale comes with a beautiful stainless-steel design, quick unit conversion, a TARE function (to reset the current weight on the scale to zero, and a backlit display.

## LASER THERMOMETER



**Etekcity** – I own two thermometers – a **laser thermometer** (my most recent purchase) and a **probe thermometer**. The main reason I purchased laser (infrared) thermometer is chocolate making. As you might know, chocolate tempering is very sensitive to high temperatures so a quick reading without having to touch the chocolate (just point and shoot) is a great help. The downfall is that laser thermometer only reads the surface temperature of food. But since you have to constantly stir your chocolate when tempering anyway, it's not a problem. For baked goods, I would recommend a simple probe.

## NUT MILK BAG



**Ellie's Best** – I prefer a nylon mesh nut milk bag. I've tried various other bags, but always come back to this one. The mesh strainer is very fine and there is no pulp that finds its way into the liquid you're straining. I also really like that it has a rounded bottom because it fits easier into the bottom of a bowl when you're straining and it's easy to squeeze. I have had this nut milk bag for a couple of years now and the seams still look like they will survive for a while.

## COOKIE SCOOP



**Solula** – I have 3 different sizes of this cookie scoop – small, medium, and large. I use it for making perfectly round cookies – like coconut macaroons, scooping out ice cream, or just evenly dividing batter. They are very sturdy and the grip handles absorb pressure when squeezed to release the content, which is really nice.

If you're interested in other baking tools I use in my kitchen, you can visit the **Shop Page** on the Nutrition Refined website.

Now that you've reached the end of the cookbook, be sure to visit my website and connect with me on social media for even more delicious recipes.

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