



Sweets in Peace

Finally, Dessert Recipes That Love You Back

by Charlotte Kikel

Introduction

Because healthy dessert doesn't have to suck.



Hi, Everyone-

I'm Charlotte and I LOVE food. But for a while there food didn't love me back.

In fact, my sugar addiction, along with other unhealthy lifestyle choices, put me in the hospital when I was 26 years old, and when I was laying there with an IV in my arm, I made a commitment to change. My dream of owning a bakery faded away as I vowed to start eating healthy. This decision put me on the road to living every day with true vitality, which includes nutrient dense desserts!

With the holidays coming up, there's no need to feel deprived. You can WOW your guests with desserts that are attractive, easy to make, and that taste delicious without putting anyone on a blood sugar rollercoaster.

Good moods. Good foods.

Enjoy eating your sweets in peace! I know I do.

Love,

Charlotte

ps Everything's better with vanilla, right? You can make your own at home and it will be better than anything from the store. Check out my [Homemade Vanilla how-to video](#) to learn how.

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Harvest Pie

1 cup each: dried apricots,
prunes, cranberries
1/2 cup raisins
1/2 cup goji berries
2 cups chopped apples and
pears
1/2 cup chopped walnuts
1 tsp - 1 TBS arrowroot
4 TBS butter
2 tsp pumpkin pie spice
Pinch of salt



1. Cut apricots and prunes into bite size pieces in a large pot and then add the rest of the fruit and nuts
2. Add apple juice and simmer on low for about 15 minutes
3. You might need to add a bit of arrowroot to thicken
4. Remove from heat and cool. Stir in butter, spices and salt
5. Pour into a pie crust (use the "cheesecake" crust recipe on the next page or a gluten free crust from the store)
6. Refrigerate
7. Serve with coconut whip cream

Cashew "Cheesecake"

Prep: Overnight - Please read first!



Crust

1/2 cup raw pecans
1/2 cup pitted dates
1/4 cup shredded coconut
2 TBS butter or coconut oil
Pinch of sea salt

Combine all ingredients in food processor until blended, then press into 8-inch springform pan.

Filling

3 1/2 cups raw cashews ([I buy mine from Vital Choice](#)) that have been soaked overnight in water (this is an important step that releases the nutrition of the cashews)

2/3 cup maple syrup

2/3 cup coconut oil, gently melted

2/3 cup fresh lemon juice

1-2 teaspoons of vanilla extract or crushed vanilla beans

Zest of 1 lemon (optional, for a more lemon flavor)

Strain cashews; throw away the water. Combine all ingredients in your Vitamix until smooth. Then pour on top of crust. Freeze for 4 hours to set and then move to refrigerator.

Cashew "Cheesecake"

Raspberry Topping



Raspberry topping

1/2 cup raspberries

1/4 cup water

1 tsp honey

1 tsp vanilla extract

1 tsp nut milk

Combine all ingredients in your Magic Bullet until smooth and then drizzle on your "cheesecake" upon serving.

Cashew Cheesecake Variations

I have made many variations of this "cheesecake," and I love them all...

Here are a few favorites:

Lemon Green Tea – use zest of 1 lemon and add 1 TBS organic Matcha

Raspberry Lime – ½ cup fresh raspberries and use lime juice instead of lemon juice, also add zest of one lime to the raspberry sauce

Pumpkin Cinnamon – add 1 cup organic canned pumpkin, along with 1-2 TBS pumpkin pie spice (use more for a robust flavor)

Orange Dreamsicle – add 1 additional teaspoon of [VanillaMax \(from Bulletproof coffee\)](#), zest of one orange, and use orange juice instead of lemon juice

"Get Some" Ice Cream



4 eggs (pastured)

4 egg yolks

1 tsp vanilla bean powder

Juice from 1/2 lemon or 10 drops apple cider vinegar

7 TBS grass fed butter (pastured)

7 TBS coconut oil

3 TBS +2 tsps MCT oil

5 TBS xylitol

Combine all ingredients in blender and blend until smooth, then freeze in your ice cream maker.

Based on recipe from <https://blog.bulletproof.com/get-some-ice-cream/>

Image borrowed from bulletproof.com

“Get Some” Variations

Green Tea – add 1 TBS organic Matcha

Mexican Chocolate – add 1/3 cup cocoa powder and 1 tsp organic cinnamon.

Chocolate Chip Cookie Dough – add chunks of Cappello’s Chocolate Chip cookie dough to the ice cream maker when the ice cream is almost frozen.



Peppermint Patty – find a healthy peppermint patty option. I get some from Trader Joe’s that only have three ingredients: honey, chocolate and mint. Put them in the freezer beforehand, chop them up, and then add a handful or two to the ice cream while it is freezing in the ice cream maker.

Floats -- You can also make a “Rootbeer” float using the vanilla ice cream with Live Soda Kombucha Rootbeer or make a Dreamsicle float using vanilla ice cream with Live Soda Kombucha Dreamy Orange. Both are an outstanding way to cool off in the summer months.

Gluten-Free Oatmeal Cookies

Dry:

1 1/2 cups GF oats
1 1/2 cups almond flour
1/2 teaspoon sea salt
1/2 teaspoon baking soda
1 TBS cinnamon
2 TBS freshly ground flax
seed

Wet:

1/4 cup maple syrup
1/4 cup honey
1/4 cup coconut oil
1/4 cup butter, softened
1 egg
1 TBS vanilla
2 cups of add-ins (dark chocolate chips, raisins, chopped nuts, coconut, cranberries, etc)



Preheat oven to 350 degrees. Combine dry ingredients in a large bowl. Add the wet ingredients and mix well. Drop by spoonful on a parchment-lined baking sheet. I like them a little under cooked, about 8-10 minutes depending on their size.

Grainless Granola Balls

½ cup raw pecans
½ cup raw pumpkin seeds
½ cup almond flour
1 tsp cinnamon
½ teaspoon sea salt
1 cup raw walnuts, chopped
¼ cup dried cranberries, chopped
¼ cup mini dark chocolate chips
¼ cup honey
2 TBS almond butter
1 TBS vanilla



Preheat oven to 350 degrees. In a food processor, combine the pecans, pumpkin seeds, almond flour, cinnamon and salt. Pulse until a coarse meal forms and then transfer to a medium-sized bowl. Stir in the walnuts, dried cranberries and chocolate chips. Then add honey, almond butter, and vanilla. Stir gently to combine. The dough is thick. Form balls, arrange on cookie sheet, and cook for 20-22 minutes.

(Adapted from Paleo Magazine, Aug/Sept 2015, pg 98)

Homemade Granola Snack Bars

1/4 cup butter, pastured
1 cup raw walnuts, chopped
1/2 cup raw pecans, chopped
2 1/2 cup rolled oats
1/2 cup raisins
1/2 cup shredded coconut
1 tsp organic cinnamon
2/3 cup almond butter
1/3 cup honey
1/3 cup maple syrup
1 TBS vanilla extract
Pinch of sea salt
1/2 cup dark chocolate chips (I like [the tiny ones from Enjoy Life](#))



Melt butter in a small pan on the stove. Either place the walnuts and pecans in the food processor or chop them into small pieces. Place the chopped nuts in a large bowl, along with the oats, raisins, shredded coconut, and cinnamon; mix well. Add almond butter, honey, maple syrup, vanilla, and salt to the melted butter; stir until combined. Then pour over the oat mixture and stir well. Last, add the dark chocolate chips. Press the mixture into a glass buttered 9X13 inch dish and refrigerate. After it firms up, cut into small bars as needed.

(Adapted from Amanda Love, A Year of Seasonal Menu Plans, at <http://thebarefootcook.com/>)

Gluten-Free Ginger Snaps



1 1/2 cups almond flour
1/2 cup butter or coconut oil
1 cup arrowroot
1/2 cup maple sugar
1 TBS vanilla extract
1 1/2 teaspoons ground ginger
1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ground cloves
1/2 tsp sea salt

Preheat your oven to 300 degrees. Place all your ingredients in your food processor and blend well. Form into small balls on a parchment-lined cookie sheet. After 5 minutes in the oven, press each cookie with a fork. Continue baking for another 10-15 minutes until done.

(Adapted from Nourishing Traditions by Sally Fallon w/ Mary G. Enig, pg 530)

Pumpkin Crumble Bars

Preheat oven to 350 degrees.

In a large, bowl whisk together:

1/2 cup creamy almond butter

1/2 cup pumpkin puree

1/3 cup maple syrup

2 large eggs, slightly beaten

Then add:

2 tsp cinnamon

1/2 tsp ground ginger

1/4 tsp ground or freshly ground nutmeg

1/2 tsp baking soda

Pinch of sea salt



Whisk until combined & pour into 8x8 inch glass pan smeared with coconut oil.

For topping*, combine these ingredients in your food processor until smooth:

1/2 cup pecans

1/3 cup almond flour

1/2 tsp ground cinnamon

Pinch of sea salt

1 TBS maple syrup

1 TBS coconut oil or butter

Sprinkle the topping onto the batter and bake for 25 minutes or under firm to the touch.*You can make these even more wonderful by sprinkling dark chocolate chunks on top.

(Adapted from Paleo Magazine, Oct/Nov 2015, pg 98)

Nutty Blueberry Protein Balls



Place 4 pitted dates in food processor and blend until a paste forms.

Add:

1 cup raw walnuts

1/2 cup raw macadamia nuts.

Blend again until finely chopped.

Slowly pour in:

2 TBS of coconut oil and blend just until combined. Slowly stir in 1/4 cup coconut flakes and 1/2 cup blueberries. Roll into small balls and then dredge in more shredded coconut.

(From Primal Blueprint, by Mark Sisson & Jennifer Meier, pg 3)

Peanut Butter Cookie Treats

¾ cup butter, softened
1 cup peanut butter (plus extra for filling)
1 cup xylitol (or other healthy sweetener, maple sugar works well)
2 large eggs
1 TBS vanilla extract
2 ½ cups almond flour
¼ teaspoon sea salt
1 tsp baking soda



Preheat oven to 375 degrees. In a large mixing bowl, combine butter and peanut butter; mix on high until smooth. Add xylitol until fluffy. Add eggs one at a time, mixing slowly; then add vanilla. Combine dry ingredients in another bowl and then add to wet mixture. Mix just until combined. You will need a cookie scooper that yields 2-inch cookies. Once you place these cookie dough balls on a parchment-lined cookie sheet, you will then want to gently flatten them. Bake for 8-10 minutes. Once cooled, add a spoon full of peanut butter to the middle of the flat side of the cookie and then use a second cookie to make a sandwich.

Lemon Almond Cookies

2 cups almond flour
1/4 cup butter
1/4 cup raw honey
1/2 tsp vanilla or almond extract
1/4 tsp sea salt
Zest of 1 lemon



Preheat oven to 350 degrees. In a medium bowl, combine all ingredients and mix well with a hand mixer. Really well. The dough will look like it's not coming together but stay with it. Drop the batter by rounded tablespoons on to a parchment-lined cookie sheet. Shape into balls and press flat with your fingers. The dough behaves better if you place it in the freezer for 10-20 minutes but it should be fine as is, just a little sticky. Bake for 8-10 minutes (better undercooked).

Once cooled, prepare the frosting:

2 TBS butter
2 TBS raw honey
1/2 tsp vanilla or almond extract
Zest of 1 lemon
Pinch of sea salt

Place all ingredients in a small bowl and beat well with a hand mixer until creamy. Use a small knife to frost the cookies.

(Adapted from <http://elanaspantry.com/>)

Coconut Cream



2 cans of organic coconut cream that have been refrigerated

1 TBS maple syrup

1 tsp vanilla

1/4 tsp cinnamon

Open the cans from the bottom and pour off the liquid. Scoop the cream out into a small bowl and add the other ingredients. Whip it on high with a hand mixer!

Watch a video demo over on my website: <http://www.charlottekikel.com/cooking-herbal-demos>

A background image showing a hand sifting flour into a bowl, with a purple overlay. The hand is positioned in the upper left, and the bowl is in the lower right. The flour is captured mid-air, creating a dynamic sense of movement. The purple overlay is semi-transparent, allowing the underlying image to be visible while providing a solid color for the text.

Want more?

I've got live cooking demos for some of my favorite recipes back at my website.

[CHECK OUT COOKING DEMOS](#)