

Remember to play in the kitchen and challenge yourself to make each meal more nourishing. Could you add greens or flax seed? Make your table more inviting with flowers and candles? Begin each meal with words of gratitude?
Bnourished!

Simple Raw Desserts- Bnourished

Chocolate Sauce

1 Cup Cacao powder
1 Cup Agave nectar
1 Cup Coconut oil, melted
1/4 Cup Water

Blend first 2 ingredients together

With machine running, add the melted coconut oil. Turn machine off to scrape sides down as needed. Slowly add the water until desired consistency is reached. Sauce should be thick and smooth and kept at room temperature for up to 10 days in a covered container.

Makes 3 cups.

Strawberry Sauce

2 Cups Strawberries
1/2 Cup Agave Nectar

Blend until smooth. Keeps in fridge for 3-4 days.

Cashew Cream

1 Cup Cashews
1/2 Cup Coconut Oil
1 T Vanilla extract
1/2 C Water, filtered
2 Medjool dates, pitted (Optional-if sweeter taste desired)

Blend all ingredients in a high speed blender until smooth.
Serve with ice cream, fresh fruit, soups etc.

Makes 1 1/2 cups. Stays for 3-4 days in fridge.

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Banana Ice Cream

2 Bananas, small chunks, frozen

Drop Vanilla

Alternative milk as needed to create consistency (optional)

Slowly place banana pieces in food processor.

Add vanilla.

Slowly add alternative milk until desired consistency is reached.

Serve immediately with chocolate sauce, strawberry sauce and dollop of cashew cream.

Serves 2.

Sorbet

2 Cups Fruit, frozen

1 Cup Water, filtered

1/3 Cup Agave nectar

Blend until smooth, serve now or freeze for more solid consistency.

Chocolate Lava Cakes

3 Cups Walnuts

1 Cup Medjool dates, pitted

2/3 Cup Cacao powder

1/4 tsp Sea Salt

Combine walnuts, dates, cacao powder & dates in food processor. Mix well.

Press 1/2 cup each into 6 tartlet pans lined with plastic wrap, leaving deep tablespoon-sized wells in the middle.

Scoop chocolate sauce into center of each and flip upside down onto dessert plates.

Remove the plastic wrap.

Drizzle fruit sauce over each and enjoy.

Store fruit sauce separately.

Cakes stay for 5 days in fridge.

Source: Ani Phyto Raw Desserts

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Lime Pie

Crust-

1 1/4 Cups Macadamia nuts
1 1/4 Cups Pecans
1/4 Cup Dates, finely chopped, well-packed
1/4 tsp Vanilla
1/8 tsp Celtic Sea Salt

Filling-

3/4 Cup Lime juice
7 1/2 oz Avocado
1/2 Cup + 1 Tbsp Agave Nectar
1/4 Cup + 2 Tbsp Coconut Milk*
1/2 tsp Vanilla
1/8 tsp Celtic Sea Salt
2 Tbsp Lecithin
1/2 Cup + 1 Tbsp Coconut Butter, raw
1/2 tsp Green powder (optional)

Crust-In a food processor, process pecans, macadamia nuts, vanilla and salt until small in crumbly. Keep the machine running while the sates are slowly added until the crust sticks together. Press crust into a lightly greased (coconut butter) pie pan.

Filling-Blend all ingredients except lecithin and coconut butter until smooth. Add lecithin and coconut butter, blending until smooth. Pour into the prepared crust and refrigerate or freeze until solid. (Possibly an hour or so.)

Decorate with lime zest and serve.

*Coconut milk-Combine coconut water and meat from Thai Young Coconuts to equal needed quantities.

Source: Cafe Gratitude's [I Am Grateful](#)

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Oatmeal Cookies

1 3/4 Cups Oat flakes
1 Banana
1/2 Cup Agave Nectar
Seeds from one vanilla bean
2 Tbsps Cinnamon, ground
1 Cup Pecans
1 Cup Raisins
1/8 tsp Celtic Sea Salt

Combine 1 cup of the oats, the banana, agave, vanilla seeds, and cinnamon in a food processor. Blend until smooth.

Add pecans and remaining 3/4 cup oats and pulse until they are coarsely chopped. Add raisins and pulse until everything is combined into a batter. Drop a scoop of cookie batter onto a dehydrator sheet and press lightly to flatten. Dehydrate for 6 hours, then flip and dehydrate for another 6 until desired texture is reached.

Alternatively, cookies can be baked at 350 degrees for approximately 11-15 minutes.

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