

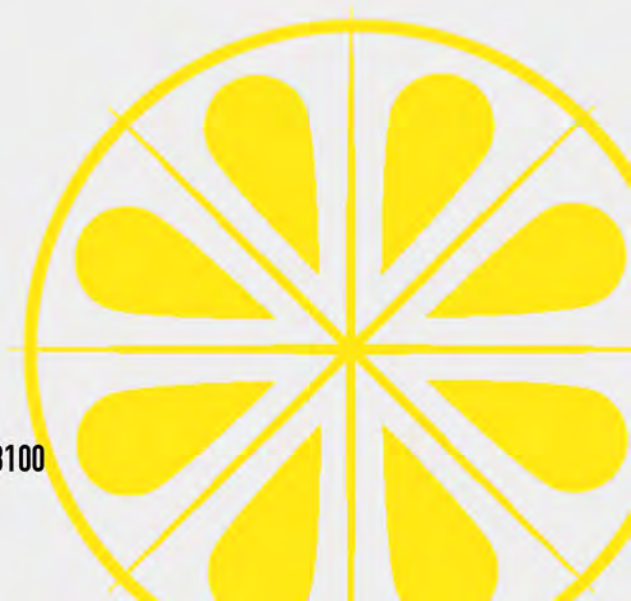
Clean Eating Pumpkin Ice Cream

Ingredients

- 4 medium bananas, sliced and frozen overnight
- 1 cup pumpkin puree
- 1/3 cup maple syrup
- 1 1/2 tsp. pumpkin spice, no sugar added if purchased

Directions

Using a food processor, blend the bananas, pumpkin, maple syrup, and pumpkin spice thoroughly. Transfer to a freezer-safe container and freeze for 24 hours.



Coconut Bars

Ingredients

2 cups unsweetened shredded coconut

1 cup coconut oil, melted

2 tablespoons maple syrup

¼ teaspoon fine grain sea salt

½ teaspoon vanilla extract

Directions

In a small saucepan combine coconut, coconut oil, maple syrup, and salt. Cook, stirring, over low heat, about 5 minutes, or until the shredded coconut has softened and absorbed some of the oil.

Remove from heat, and stir in the vanilla.

Pour the mixture into a 9x5-inch loaf pan.

Firmly pack the mixture down, and refrigerate for at least an hour.

Cut into bars.

If the coconut bars stick in the pan, place the pan in a shallow dish of hot water for a minute, and it will loosen, and come out.





Coconut Ginger Clouds

Ingredients

3 egg whites
2 packets or 1 tsp. powdered Stevia
1 Tbsp. alcohol free vanilla
1 tsp. fresh ginger, peeled and finely
1 cup unsweetened shredded coconut
1 cup unsweetened coconut flakes

Directions

Preheat the oven to 350 degrees F (177 degrees C).

In a large bowl, whisk egg whites until light and foamy. Add stevia, alcohol free vanilla and ginger, whisk to combine. Fold in shredded coconut and coconut flakes until just combined.

Line a baking sheet with parchment paper. Drop tablespoon size mounds of coconut mixture onto baking sheet. Bake for 10 to 12 minutes or until cookies just begin to brown.

Cool on baking sheet for 10 minutes before removing.



Healthy Baked Carrot Chips

Ingredients

2 pounds carrots, (Pick thicker carrots)

1/4 cup olive oil

1 tablespoon sea salt

1 teaspoon ground cumin

1 teaspoon ground cinnamon

Directions

Preheat the oven to 425 degrees F.

Line several large baking sheets with parchment paper and set aside.

Trim the carrot tops off. Starting on the thick end, slice the carrots paper-thin on the bias to create elongated slices. (You can do this with a chef's knife, but it's better to use a mandolin slicer on the smallest setting.)

When you get down to the thin end, stop and save them to use in soup or salad.

Place the carrot slices in a large bowl and add the oil, salt, cumin, and cinnamon.

Toss well to thoroughly coat. Then lay the slices in a single layer on the baking sheets.

Bake for 12-15 minutes, until the edges start to curl up and turn crisp.

Then flip all the chips over and bake for another 5-8 minutes to crisp the bottoms.

Once cool, store in an airtight container for up to 2 weeks.





Key Lime Pie

Ingredients

Filling

- 2 Avocados
- 2 Tbsp Lime Juice
- 1/2 Cup Coconut Oil
- 2 Tbsp Raw Honey

Crust

- 1/2 Cup Almond Pulp (I used leftovers from making milk- finely ground almonds/almond flour will work)
- 1/2 Cup Dates (not soaked)
- Pinch of Salt
- Pinch of Cayenne (may think I'm crazy.. that's just how I like it spicy/sweet thing)

Directions

Blend all filling ingredients together. Set aside.

For the crust, process dates and almond pulp (and salt/cayenne) together until smooth.

Press the crust into greased or lined muffin tins (or custard dish, whatever you've got really).

Spoon in filling. Freeze for 1-2 hours.. if it freezes hard, like ice cream, just leave it out for 5 minutes before eating (of course you could have key lime pudding instead of freezing,



Maple Pumpkin Custard



Ingredients

1 15 ounce can organic pumpkin puree (make sure pumpkin is the only ingredient)

½ cup unsweetened coconut milk

½ cup grade B maple syrup

3 eggs + 1 egg yolk

1 teaspoon vanilla extract

1 teaspoon ground ginger

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

¼ teaspoon ground clove

¼ teaspoon ground cardamom

½ teaspoon lemon zest

pinch of sea salt

*substitute honey for SCD and you may use pumpkin pie spice instead of the combination of spices

Directions

Preheat the oven to 350 degrees F.

Whisk all of the ingredients together in a bowl, until smooth and there are no lumps visible.

Pour the filling into individual ramekins, filling ¾ of the way full and dividing evenly.

Place the filled ramekins on a rimmed baking sheet, then bake the custards for 25–30 minutes.

They should jiggle slightly in the center when you remove them.

Cool to room temperature, then refrigerate for 1 hour prior to serving.

Two Ingredient Pumpkin Ice Cream

Ingredients

4 large or 6 small very ripe bananas (lots of black spots), frozen
1/2 cup fresh or ORGANIC/(100%) canned pumpkin puree

Directions

Blend the frozen bananas and pumpkin together in a high speed blender or food processor until creamy. The bananas must be pre-frozen even if you are going to freeze the ice cream after blending.

Taste and add cinnamon if desired.

Serve immediately for soft serve texture or freeze for at least 4 hours for a firmer ice cream.

If ice cream is in the freezer for a while, let it soften for about 5 minutes at room temperature before serving.

