

# Dessert and Snack Foods

## Wild Blueberry Banana Ice Cream

3 large frozen bananas  
2 cups defrosted wild blueberries, divided  
2 Tablespoons raw honey

Place 1 cup of thawed wild blueberries and their liquid into the food processor along with 2 Tablespoons of raw honey. Pulse 5 times until just combined. Many of the berries should still be whole. Set this sauce aside.

Roughly chop the bananas and place them into a food processor along with the remaining cup of wild blueberries. Process until a smooth soft-serve ice cream forms. If desired, you can place the ice cream into the freezer to harden for 2 hours before scooping it out.

Serve the ice cream in individual bowls and top with the wild blueberry sauce. Enjoy!

## Orange Creamsicle Smoothie

### Ingredients:

2 frozen bananas  
1 fresh banana  
3 whole chopped oranges, peel and seeds removed\*  
1-2 cups coconut water  
Seeds from 1/4 vanilla bean, or 1 tsp vanilla extract

\*If you don't have a high-speed blender, you may prefer to try using 1 cup of fresh orange juice as the oranges may not blend smooth.

### Directions:

Place coconut water in the blender. Blend with the oranges until smooth. Add the frozen and fresh bananas and vanilla and blend again until very smooth and creamy. If you use only fresh bananas instead of frozen the smoothie will still taste wonderful. It just won't be as creamy and dessert-like. Serve right away and enjoy!

## Raspberry thumbprint cookies

1 cup plus 2 tablespoons almond flour  
½ teaspoon baking soda  
½ teaspoon sea salt  
½ cup tahini  
½ cup coconut sugar or maple syrup (genuine maple syrup only, not imitations)  
½ teaspoon vanilla extract  
½ cup white sesame seeds  
½ cup raspberry jam

Preheat oven to 350 degrees. Whisk together the almond flour, baking soda, and sea salt in a mixing bowl and set aside. Process together the tahini, coconut sugar and vanilla in a food processor until smoothly combined. Add the almond flour mixture to the food processor and pulse until well combined. If mixture is still crumbly, add water by the tablespoon as needed until smooth dough forms.

Form the dough into 1-inch balls and roll them in the sesame seeds before placing them onto a baking tray lined with parchment paper. Leave at least 2 inches between the cookies. Press a thumbprint into the center of each cookie and place the cookies into the oven. Bake for 8-10 minutes.

Remove the cookies from the oven and fill each one with 1 teaspoon of raspberry jam. Place cookies on a wire rack to cool.

**Tips:** If using store-bought jam for filling, make sure to look for a clean one with no added harmful ingredients or preservatives. To make a homemade filling, mash fresh, ripe raspberries (or frozen raspberries that have been thawed) with raw honey or maple syrup until desired consistency is reached.

**Suggestion:** these cookies are so delicious all by themselves, that you might want to leave half of the batch plain with no filling, just to savor the yummy cookies alone.