



VIVACIOUS TREATS

5 Nourishing Desserts for Wholehearted Living

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Vivacious Treats

What if you allowed yourself to fully dive into pleasure without guilt?
What if eating dessert could be a sacred act of self love?

It's time to have your cake and eat it too.

With nourishing desserts, made with all whole food ingredients, your body is receiving the gift of health with every bite. And your taste buds get to enjoy all the sweet deliciousness that is one of the greatest joys of our existence as embodied humans - full body pleasure with all senses alive!

This mini recipe book includes five of our favorite healthy desserts - made without refined sugars and inflammation-causing grains. Just pure, natural nourishment in every ingredient. We've covered all the flavors - from rich chocolates to fresh fruits - with gorgeous styling so you can feel like a queen or king as you feast with your eyes, then your mouth. And with simple instructions, you'll be a master healthy pastry chef in no time!

We define self love as caring for body, mind and spirit.
So here's to loving ourselves as we enjoy all of life's deliciousness.

Yours in vibrant health,

Chef Kathryn

Photography by Colin Leibold

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VEGAN KEY LIME 'CHEESE' CAKE

YIELD: 14 slices
PREP TIME: 30 min
CHILL TIME: 6 hrs

INGREDIENTS:

Crust

1 cup almond flour
2 Tbsp coconut oil, melted
2 Tbsp date syrup

Filling

1 3/4 cups raw cashews
2/3 cup fresh lime juice + zest
1/2 cup raw honey or agave
1/4 cup canned coconut milk
2/3 cup coconut oil, melted
1 tsp vanilla extract
1/2 tsp matcha extract
1/4 tsp salt

DIRECTIONS:

1. To make crust: Preheat oven to 350 degrees F.
2. Combine the almond flour, coconut oil and date syrup until soft ball forms.
3. Spread the dough across the bottom of a parchment lined 8-inch spring form pan, and a little up the sides.
4. Bake for 12 minutes, then remove from oven to cool.
5. To make filling: Soak cashews 4-8 hours in fresh water, then drain. Place all filling ingredients in a high powered blender or food processor.
6. Blend on high until fully combined and smooth, then pour into prepared spring form pan.
7. Refrigerate for 6 hours until firm.
8. Serve with sweet cashew cream. To make the cream, blend 2 cups soaked and drained cashews, 1/4 cup coconut milk, 1 Tbsp raw honey or agave and 1 tsp vanilla extract until smooth.
9. Garnish with fresh lime slices.



RAW CARROT CAKE WITH MAPLE LEMON FROSTING

YIELD: 8 slices
PREP TIME: 30 min

INGREDIENTS:

Cake:

3 large carrots, cut into 2 inch chunks
1 cup oat flour
1/2 cup buckwheat flour
1 cup pitted dates
1 cup unsweetened, dried pineapples
1/2 cup dried unsweetened coconut
1/2 tsp cinnamon
1/4 tsp nutmeg

Frosting

2 cups raw cashews
1 1/2 Tbsp lemon juice
2 Tbsp coconut oil, melted
1/3 cup maple syrup
3-6 Tbsp filtered water

DIRECTIONS:

1. Soak cashews for 4-8 hours in fresh water, then drain.
2. Process cake ingredients in high speed blender or food processor until combined into pea-sized balls.
3. Press 1/2 of cake mixture into bottom of 6" spring form pan to make an even layer about 1/2 inch thick.
4. Process frosting ingredients in high speed blender or food processor until smooth, adding just enough filtered water to get a thick and creamy consistency.
5. Spread a thin layer of frosting on top of first cake layer.
6. Sprinkle remaining cake layer evenly on top of first layer and gently press down to create a smooth and even second layer.
7. Remove spring form edge and frost cake on top and down the sides.
8. Sprinkle with lemon zest, pumpkin seeds and dried organic edible flower petals to garnish. We used roses and calendula.
9. Refrigerate to set frosting before serving.



GRAIN FREE BLUEBERRY BANANA MUFFINS

YIELD: 12 muffins
PREP TIME: 10 min
COOK TIME: 25 min

INGREDIENTS:

4 eggs
1 mashed banana
1/4 cup coconut oil, melted
1/2 cup coconut flour
1 tsp baking soda
1 tsp vanilla extract
1/2 Tbsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp sea salt
1/4 cup maple syrup
1/2 cup walnuts, chopped
1/2 cup fresh organic blueberries

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, mash the banana, then whisk together with eggs, coconut oil, vanilla and maple syrup.
3. Sift together coconut flour, baking soda, spices and salt, then fold into liquid ingredients until fully combined.
4. Gently fold in chopped walnuts and blueberries.
5. Let batter sit for 5 minutes, then use a 1/4 cup measure to scoop into lightly oiled muffin cups.
6. Bake for 20-25 minutes until lightly browned around the edges and bounce back when gently touched.
7. Serve warm with honey, jam or butter, or let cool on wire racks and store in a glass container for 2-3 days.



PECAN CINNAMON ROLLS WITH MAPLE GLAZE

YIELD: 10-12 rolls
PREP TIME: 30 min
COOK TIME: 25 min

INGREDIENTS:

2 cups blanched almond flour
1 cup arrowroot powder, plus ¼ cup
more for rolling
½ tsp baking soda
½ tsp sea salt
7 Tbsp maple syrup
2 eggs
6 Tbsp grassfed butter, ghee or
coconut oil, plus more for greasing pan
½ cup pecans
3 tsp cinnamon
1 Tbsp coconut oil, melted
½ tsp vanilla extract

DIRECTIONS:

1. Whisk together eggs, 4 Tbsp melted butter (or ghee/coconut oil), and 2 Tbsp maple syrup in a medium mixing bowl. Sift together almond flour, 1 cup arrowroot, baking soda and sea salt on top of wet ingredients, then stir until combined into a sticky dough.
2. Generously sprinkle a large parchment square with arrowroot powder, then gently press dough out on top into a thick oval. Sprinkle dough generously with arrowroot and roll out into a 10" x 15" rectangle about ¾" thick.
3. Meanwhile, to make filling, finely chop pecans, then stir together with 3 Tbsp maple syrup, 2 Tbsp melted butter (or ghee/coconut oil) and cinnamon. Spread the filling out evenly over rolled out dough, leaving 2 inches on one long edge with no filling. Gently roll dough up into a long log from the filling side first, sticking the bare dough together at the end to seal your roll. Carefully transfer the parchment paper with roll on it to a baking tray or cutting board, then cover with plastic wrap and refrigerate for at least 30 minutes or overnight.
4. Preheat oven to 350 F, then butter/grease an 8 inch cast iron or baking dish. Remove the roll from refrigerator and cut into 2 inch slices. Place rolls in baking dish with a ½ inch gap between each one, and bake for 25 minutes until fluffy and starting to brown.
5. While the rolls bake, stir together 2 Tbsp maple syrup, 1 Tbsp melted coconut oil and vanilla extract to make a glaze.
6. Slice between rolls with a knife to serve, and drizzle with glaze.



RAW CHOCOLATE TRUFFLES

YIELD: 20-25 truffles
PREP TIME: 15 min

INGREDIENTS:

1 cup organic blanched almond meal
1/2 cup raw almond butter
1/4 cup raw cacao powder
1/4 cup raw honey
1/4 cup unsweetened coconut
1/4 cup freeze dried raspberries
1/4 cup ground cinnamon
1/4 cup raw cacao powder

DIRECTIONS:

1. In a medium bowl, mix together almond meal, nut butter, raw cacao and raw honey until well combined.
2. Cover and refrigerate for about 30 minutes until the mixture firms slightly. This will make your truffles easier to roll.
3. Meanwhile, crush freeze dried raspberries into a fine powder using a mortar and pestle or coffee grinder. Then measure the coconut, raspberry powder, cinnamon, cacao powder and almond meal out in individual bowls. You will be rolling your truffles in each of these to make different colors and flavors.
4. Remove dough from refrigerator, and using clean hands, roll into quarter-sized balls. Once you've formed your truffles, roll them in the various toppings to coat evenly.
5. Eat with intentions for grounding, uplifting, energizing and/or clarifying.