Pecan Cookie Tarts

Ingredients

- 1.25 cups Almond meal/flour
- 3 tablespoons ghee or organic unsalted butter, melted
- 1/4 cup raw honey
- ½ cup pecans, crunch majority into pieces but leave a handful whole or halved.
- Approx 12 medjool dates pitted and cut into halves
- Approx 1 tablespoon water

Materials

- Mini muffin pan
- Food processor

Directions

1. Preheat oven to 350 degrees. Rub oil of your choice (avocado oil, olive oil, coconut oil) to each muffin space of your muffin pan to prevent sticking.
2. In a medium sized bowl, mix almond meal, butter, and honey until a nice dough forms.
3. Press approximately a ½ tablespoon of dough into each space of the muffin pan. Use a small (approx. ½ or ¼) round measuring spoon to press a depression in the middle of the dough. Bake for approximately 10 minutes.
4. While the base of the tart is baking, combine pecan pieces and medjool dates in food processor. Pulse until a consistent texture. If the mixture is not processing well, add water in teaspoon increments until able to process.
5. Remove from oven and spoon a mounded heap of date mixture on top of dough. Press a whole pecan on top. Bake another 3-5 minutes.
6. Remove from oven and allow to cool at least ½ hour.

Trail Mix Cookies

Ingredients

- 1.25 cups almond flour
- 3 tablespoons ghee or organic unsalted butter, melted
- 1/4 cup raw honey
- 1/2 cup chopped dried cherries or cranberries
- 3.5 oz 72% dark chocolate bar, chopped into small chunks
- 1/4 cup chopped pecans
- 1/4 cup unsweetened coconut flakes
- 2 tablespoons unsalted sunflower seeds

Directions

1. Preheat oven to 350 degrees.
2. Mix all ingredients. Line a baking sheet with parchment paper or silicone baking mat. Place about a tablespoon of cookie mix in a ball on the baking sheet. Press down each ball until it is flatter and cookie shaped.
3. Cook for 10 minutes or until golden brown. Cool at least 15 minutes.

Many variations of this recipe are possible. You can use whatever you might find in trail mix. So you can try other nut flours or other dried fruits like raisins.

Chai Spiced Banana Bread

Ingredients

- 4 bananas
- 4 eggs
- ½ cup almond butter
- 4 tablespoons butter, melted
- ½ cup coconut flour
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 pinch of salt
- ¾ tsp nutmeg
- ½ tsp cloves
- 1 tsp ground cardamom
- ½ teaspoon ginger

Directions:

1. Preheat your oven to 350 degrees and line a bread pan with parchment paper.
2. Combine your bananas, eggs, nut butter and butter in your food processor.
3. Once all of your ingredients are blended, add in coconut flour, cinnamon, baking soda, baking powder, vanilla, salt and spices and process.
4. Pour your batter into your prepared bread pan. Spread evenly.
5. Place in preheated oven and bake for 55-60 minutes until a toothpick entered into the center comes out clean.
6. Remove from oven, let cool 10 minutes. Then remove to a cooling rack to finish cooling.

Slice and serve.

Cinnamon Pancake Donuts

Ingredients

- 3 ounces cream cheese, very soft
- 3 large eggs
- 4 tablespoons almond flour
- 1 tablespoon coconut flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/4 cup raw honey, plus additional honey for drizzling
- 1 teaspoon cinnamon, plus additional cinnamon for topping

Materials

- Donut pan

Directions

1. Preheat oven to 350 degrees. Apply oil of your choice (avocado oil, olive oil, coconut oil) to each donut space of your donut pan to prevent sticking.
2. Combine all ingredients in a bowl and mix well. Make sure your cream cheese is very soft or it will not mix evenly. Pour batter into donut pans. Each donut space can be nearly full, but do not fill all the way.
3. Bake about 12-18 minutes until toothpick entered into the center of a donut comes out clean.
4. Allow to cool at least 15 minutes.
5. Drizzle a little honey over each donut and dust a little cinnamon over each one.