



# Healthy Holiday Desserts

## Dark Chocolate Cashew Tart (low sugar and grain-free)

### Ingredients

#### For the Crust

- 2 cups ground cashews
- 2 Tablespoons butter or coconut oil, melted
- 1 Tbsp coconut sugar
- ¼ tsp salt

#### For the Ganache

- 1 cup coconut milk, full-fat
- 12 oz bittersweet chocolate, finely chopped

### Instructions

#### Crust:

Preheat oven to 350 degrees. In a large bowl, mix ground cashews, butter/coconut oil, coconut sugar, and salt. Transfer to a 9-inch tart pan. Using a flat-bottomed measuring cup, evenly press dough in bottom and up sides of pan. Bake in center of oven until golden and firm, about 15- 20 minutes. Transfer to a wire rack to cool completely, at least 30 minutes.

#### Ganache:

Place chocolate in a large mixing bowl. In a saucepan, bring coconut milk to a boil. Pour hot coconut milk over chocolate and let stand 1-2 minutes, allowing the chocolate to melt. Stir until smooth and creamy.

#### Assemble Tart:

Pour chocolate ganache into cooled tart shell and spread evenly with a spatula. Chill for at least one hour or until set.

Recipe by Lily Nichols

## Healthy Cookie (low sugar and gf optional)

### Ingredients

- 1 cup of whole grain flour
  - 1 to 2 cups of oats
  - ¼ to ½ cup of ground flax seeds
  - ¼ cup of whole flax seeds
  - ½ tsp sea salt
  - ½ tsp baking soda
  - 1 stick of butter, melted
  - 2 eggs, beaten
  - ¼ to ½ cup of maple syrup or honey
  - ¼ tsp of vanilla
  - 1 cup of peanut butter
- (can sub almond butter for a peanut allergy)

### Instructions

Set oven to 350

Melt butter in a small saucepan and set aside

Mix all dry ingredients in a large bowl and set aside

Transfer butter to a medium bowl and whisk in the maple syrup, nut butter, vanilla and eggs

Then add the wet ingredients to the dry ingredients until incorporated

Add more oats if desired as well as any additions you like (chopped nuts, seeds, or a few chocolate chips) and stir to combine

Form into balls and press down with a fork on a parchment lined baking sheet

Bake for 12 - 15 minutes

\*make these gluten free by grinding up oats to make oat flour in place of the wheat flour

Recipe by Kristin Lawless

