

## Healthy Options for Patriotic Desserts

Display list of ingredients to have on hand:

- Coconut flour
- Almond Flour
- Einkorn Flour
- Maple Syrup
- Healthy M and M's
- Red and Blue Fruits
- Monk Fruit Sweetener
- Turbinado Sugar

Then we can discuss each recipe as they are displayed. We can make another watermelon pizza while on the set.

### Dessert 1 – Chick Pea Cookies



#### Chickpea Cookies

- 15 oz cooked chick peas
- 1/2 cup sunflower butter
- 1/2 cup maple syrup
- 1/4 cup turbinado sugar
- 2 tsp vanilla
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup M and M's blue and red

Preheat oven to 350 degrees. Place chickpeas and sesame seed butter to food processor and blend 1 minute. Add maple syrup, vanilla and blend for 2-3 min more or until completely lump free and smooth. Add blue and red healthy coated candies. Bake 12-14 minutes.

## Dessert 2 – Trifle in a glass

- Organic cherries
- Organic blueberries
- Maybe raspberries
  
- Fresh lemons
- Turbinado Sugar
- Yellow cake (see recipe below)
- Fresh whipping cream

Wash the berries. Place the blueberries in a bowl and squeeze some fresh lemon juice over them. Chop strawberries into small pieces and repeat with the lemon juice and toss. Set aside for about 10 to 15 minutes.

When cake is cooled, place small cubes of cake in the bottom of a parfait cup, then alternate layers of strawberries, whipped cream, and top with blueberries.

For cake:

- 2 cups einkorn Flour
- 1 stick butter
- 1 cup turbinado sugar
- 2 organic eggs
- 1-1/4 tsp baking powder
- 1 tsp vanilla extract
- 1/2 cup coconut milk
- 2 egg whites whipped to stiff peaks

Preheat oven 350 degrees

In your mixer, cream the butter and sugar until light and fluffy. Add in the eggs, one at a time, mixing well until each is incorporated then add vanilla extract and milk. Add small amounts of sifted flour at a time until smooth. Gently fold in egg whites with a spatula and pour batter into pan. Grease and flour 9" pan. Bake 40-45 min until tooth pick comes out clean.

## Dessert 3 – Watermelon Pizza



- 1 slice Watermelon (a round disc, 1 inch thick)

- 3 tbsp Cream cheese (softened, cut into cubes)
- 3 tbsp Heavy cream
- 1/4 cup Monk Fruit
- 2 tsp Lemon juice
- 1/2 tsp Vanilla extract
- 1/2 cup Blueberries
- 1/2 cup Raspberries
- Fresh mint (optional, for garnish)

## INSTRUCTIONS

Slice the watermelon at the thickest part into a 1-inch-thick disc. Combine the cream cheese, heavy cream, monk fruit, lemon juice, and vanilla in a blender. Blend until smooth. Adjust the sweetener to taste. Drizzle, spread, or pipe the cream mixture over the watermelon slice. Top with berries, and fresh mint if you like. Cut the watermelon pizza into 8 slices.

## Dessert 4 – Flag



## Dessert 5 – Tart



### Dough Ingredients:

- 4 oz cold salted organic butter
- 1 cup almond flour
- 1/3 cup coconut flour
- 12 drops monk fruit sweetener
- 2 tsp gelatin
- 1 tsp vanilla

### Topping Ingredients:

3 oz cream cheese

12 drops monk fruit sweetener

1-2 tsp heavy cream

1/2 tsp vanilla

Fresh berries (we used blueberry and cherry)

### Instructions:

Preheat oven 350 degrees. Combine dough ingredients in food processor. Divide dough into (10) balls. Dust w powdered sugar, then press ball on bottom of glass to form 2-1/2” circles. Bake 14-16 minutes.

### Topping Instructions:

Use an electric mixer to whip the cream cheese until fluffy. Add the powdered sweetener. Add the half and half 1 teaspoon at a time until it is spreadable. Add the vanilla and mix well. Use to top the cooled cookies. Top with fresh berries. Store in the refrigerator.

### Conclusion

Healthy can be fun and tasty. Be sure to stock up on some of these healthy options. Keep your family healthy while enjoying July 4<sup>th</sup>. Kids love to help too!