



Sweet Treats on the Cleanse

Created by Dr. Bob Bacon



Sweet Treats on the Cleanse

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Homemade Coconut Yogurt		Yogurt & Berries Sweet Potato Toast		Chocolate Coconut Popsicles		Chocolate Banana Ice Cream
Snack 1	Mango & Pineapple Coconut Frozen Yogurt	Chocolate Strawberry Chia Pudding		Green Lemonade Smoothie		Peaches with Cinnamon	Pan Seared Salted Dates
Lunch	Grilled Fruit Medley		Fruit & Hemp Seed Bowls		Strawberries & Coconut Whip		Pear with Tahini & Raisins
Snack 2	Pumpkin Energy Balls	Mango Coconut Popsicles		Blueberry Ginger Lime Sparkling Water		Blueberry & Peach Salsa	Coconut Banana Oat Cookies
Dinner	Tahini Stuffed Dates		Date, Chia & Tahini Energy Balls		Chocolate Coconut Fat Bombs		Lemon Coconut Fat Bombs
Snack 3	Raspberry Banana Ice Cream	Goji Berry & Date Ginger Tea		Rosewater Lemonade		Rosemary Roasted Grapes	Strawberry Ice Cream

Sweet Treats on the Cleanse

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	831	Calories	491	Calories	626	Calories	192	Calories	406	Calories	173	Calories	1082
Fat	26g	Fat	21g	Fat	26g	Fat	1g	Fat	37g	Fat	4g	Fat	54g
Carbs	159g	Carbs	64g	Carbs	97g	Carbs	54g	Carbs	23g	Carbs	36g	Carbs	161g
Fiber	24g	Fiber	14g	Fiber	20g	Fiber	6g	Fiber	3g	Fiber	7g	Fiber	28g
Sugar	107g	Sugar	44g	Sugar	56g	Sugar	30g	Sugar	9g	Sugar	29g	Sugar	93g
Protein	11g	Protein	16g	Protein	14g	Protein	2g	Protein	2g	Protein	2g	Protein	14g
Cholesterol	0mg	Cholesterol	2mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg
Sodium	85mg	Sodium	74mg	Sodium	92mg	Sodium	33mg	Sodium	54mg	Sodium	120mg	Sodium	411mg
Vitamin A	2865IU	Vitamin A	1906IU	Vitamin A	9472IU	Vitamin A	1181IU	Vitamin A	9IU	Vitamin A	749IU	Vitamin A	285IU
Vitamin C	166mg	Vitamin C	74mg	Vitamin C	49mg	Vitamin C	149mg	Vitamin C	42mg	Vitamin C	21mg	Vitamin C	78mg
Calcium	296mg	Calcium	514mg	Calcium	592mg	Calcium	177mg	Calcium	25mg	Calcium	54mg	Calcium	215mg
Iron	5mg	Iron	3mg	Iron	6mg	Iron	1mg	Iron	1mg	Iron	1mg	Iron	7mg

Sweet Treats on the Cleanse

59 items

Fruits

- 2 1/2 Apple
- 18 3/4 Banana
- 3 1/4 cups Blueberries
- 3 3/4 cups Grapes
- 1 Lemon
- 1 3/4 cups Lemon Juice
- 3 1/4 Lime
- 1 Nectarine
- 6 Peach
- 5 Pear
- 2 cups Pineapple
- 5 1/2 cups Strawberries

Seeds, Nuts & Spices

- 2/3 tsp Cardamom
- 3/4 cup Chia Seeds
- 2 2/3 tbsps Cinnamon
- 2 tbsps Goji Berries
- 2/3 cup Hemp Seeds
- 1 1/8 tsps Sea Salt
- 1 tsp Sesame Seeds

Frozen

- 4 cups Frozen Berries
- 4 1/2 cups Frozen Mango
- 6 1/2 cups Frozen Pineapple
- 2 cups Frozen Raspberries
- 2 1/2 cups Frozen Strawberries
- 32 Ice Cubes

Vegetables

- 1/4 cup Cilantro
- 1 Garlic
- 1/4 cup Ginger
- 4 cups Kale Leaves
- 1/4 cup Red Onion
- 2 1/4 tbsps Rosemary
- 2 Sweet Potato

Boxed & Canned

- 2 1/2 cups Canned Coconut Milk

Baking

- 1/2 cup Cacao Powder
- 1/3 cup Cocoa Powder
- 1/3 cup Monk Fruit Sweetener
- 1/3 cup Oats
- 4 3/4 cups Pitted Dates
- 3/4 tsp Pumpkin Pie Spice
- 1/3 cup Pureed Pumpkin
- 1 cup Raisins
- 1/8 tsp Stevia Powder
- 1 1/4 cups Unsweetened Coconut Flakes
- 3 1/3 tbsps Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

Condiments & Oils

- 1 cup Coconut Butter
- 1 1/3 cups Coconut Oil
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/16 cups Tahini

Cold

- 2 cups Coconut Whipped Cream
- 4 1/8 cups Plain Coconut Milk
- 3 1/4 cups Unsweetened Coconut Yogurt

Other

- 12 Barbecue Skewers
- 2/3 cup Chocolate Protein Powder
- 1 1/2 lbs Coconut Meat
- 3 Probiotic Capsules
- 3/4 fl oz Rose Water
- 6 cups Sparkling Water
- 17 1/4 cups Water

Homemade Coconut Yogurt

4 ingredients · 24 hours · 6 servings



Directions

1. In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
2. Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
3. Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Probiotic Sensitivity

Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor

Use coconut water instead of water.

Ingredients

1 1/2 lbs Coconut Meat (thawed)

3/4 cup Water

3 tbsps Lemon Juice

3 Probiotic Capsules

Nutrition

Amount per serving

Calories	104	Cholesterol	0mg
Fat	7g	Sodium	18mg
Carbs	11g	Vitamin A	0IU
Fiber	3g	Vitamin C	7mg
Sugar	4g	Calcium	3mg
Protein	2g	Iron	0mg

Yogurt & Berries Sweet Potato Toast

4 ingredients · 15 minutes · 4 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice lengthwise into 1/4 inch (1/2 cm) slices.
2. Pop the sweet potato slices into the toaster and toast two to three times, depending on your toaster setting. If you do not have a toaster, set your oven to broil and cook in the oven on a lined baking sheet for three to six minutes per side.
3. Place the sweet potato toasts on a plate and divide the yogurt, berries, and cinnamon evenly between pieces. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container up to three days. Add the toppings when ready to eat.

Serving Size

One serving is two pieces of sweet potato toast.

No Frozen Berries

Use fresh berries.

More Flavor

Drizzle with honey or sprinkle bee pollen on top.

No Coconut Yogurt

Use yogurt of choice instead.

Ingredients

- 2 Sweet Potato (medium)
- 2 cups Unsweetened Coconut Yogurt
- 4 cups Frozen Berries (defrosted)
- 2 tsps Cinnamon

Nutrition

Amount per serving

Calories	195	Cholesterol	0mg
Fat	4g	Sodium	61mg
Carbs	40g	Vitamin A	9225IU
Fiber	10g	Vitamin C	42mg
Sugar	18g	Calcium	308mg
Protein	3g	Iron	2mg

Chocolate Coconut Popsicles

3 ingredients · 6 hours · 6 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired.
2. Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

Notes

Leftovers

Keep frozen popsicles in an airtight container in the freezer for up to one month.

Serving Size

One serving is one popsicle.

More Flavor

Add vanilla and/or sea salt before blending.

No Monk Fruit Sweetener

Use other sweetener of choice.

Ingredients

1 1/2 cups Canned Coconut Milk

2 tbsps Cacao Powder

2 tsps Monk Fruit Sweetener

Nutrition

Amount per serving

Calories	118	Cholesterol	0mg
Fat	11g	Sodium	15mg
Carbs	4g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	1g	Calcium	6mg
Protein	1g	Iron	0mg

Chocolate Banana Ice Cream

2 ingredients · 5 minutes · 5 servings



Directions

1. Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Double Chocolate

Stir in dark chocolate chips right after processing.

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Leftovers

Freeze in an airtight container for up to three months.

Ingredients

5 Banana (sliced and frozen)

1/3 cup Cocoa Powder

Nutrition

Amount per serving

Calories	117	Cholesterol	0mg
Fat	1g	Sodium	2mg
Carbs	30g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	15g	Calcium	13mg
Protein	2g	Iron	1mg

Mango & Pineapple Coconut Frozen Yogurt

3 ingredients · 30 minutes · 5 servings



Directions

1. Add all of the ingredients to a food processor or high-speed blender and blend until a creamy consistency is reached. Occasionally, scrape down the sides and continue to blend if needed.
2. Divide into bowls right away for a soft serve style frozen yogurt or freeze for 20 to 30 minutes for a slightly firmer texture. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one week.

Serving Size

One serving is approximately 2/3 cup.

Coconut-Free

Use any yogurt of choice.

Ingredients

- 2 1/2 cups Frozen Mango
- 2 1/2 cups Frozen Pineapple
- 1 1/4 cups Unsweetened Coconut Yogurt

Nutrition

Amount per serving

Calories	118	Cholesterol	0mg
Fat	2g	Sodium	14mg
Carbs	26g	Vitamin A	941IU
Fiber	3g	Vitamin C	69mg
Sugar	20g	Calcium	145mg
Protein	1g	Iron	0mg

Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 5 servings



Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Likes it Thicker

Use full fat coconut milk instead.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

2/3 cup Chia Seeds

2 1/2 cups Plain Coconut Milk (unsweetened, from the carton)

2/3 cup Chocolate Protein Powder

2 1/2 cups Strawberries (halved)

Nutrition

Amount per serving

Calories	219	Cholesterol	2mg
Fat	10g	Sodium	41mg
Carbs	20g	Vitamin A	258IU
Fiber	10g	Vitamin C	42mg
Sugar	7g	Calcium	447mg
Protein	14g	Iron	2mg

Green Lemonade Smoothie

5 ingredients · 5 minutes · 4 servings



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add a pinch of salt, fresh ginger, or maple syrup to taste.

More Vegetables

Add frozen cauliflower or zucchini.

No Kale

Use spinach instead.

More Fiber

Add chia seeds or ground flaxseed.

Ingredients

- 2 Banana (frozen)
- 4 cups Frozen Pineapple
- 4 cups Kale Leaves (chopped)
- 3 cups Water
- 1 cup Lemon Juice (freshly squeezed)

Nutrition

Amount per serving

Calories	156	Cholesterol	0mg
Fat	1g	Sodium	18mg
Carbs	40g	Vitamin A	1148IU
Fiber	5g	Vitamin C	127mg
Sugar	25g	Calcium	99mg
Protein	2g	Iron	1mg

Peaches with Cinnamon

2 ingredients · 5 minutes · 5 servings



Directions

1. In a small bowl or container, sprinkle the cinnamon over the peach slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. To prevent browning, squeeze lemon juice over the peaches before refrigerating.

Additional Toppings

Top with yogurt, coconut cream, whipped aquafaba, shredded coconut or hemp seeds.

Ingredients

- 1 2/3 tbsps Cinnamon
- 5 Peach (sliced, pit removed)

Nutrition

Amount per serving

Calories	65	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	16g	Vitamin A	497IU
Fiber	4g	Vitamin C	10mg
Sugar	13g	Calcium	35mg
Protein	1g	Iron	1mg

Pan Seared Salted Dates

3 ingredients · 15 minutes · 4 servings



Directions

1. Heat the oil in a pan over medium heat. Place the dates in the pan, cut-side down, and press down to flatten. Sear for two to three minutes or until slightly golden. Flip and cook for another one to two minutes.
2. Add them to a plate and sprinkle with salt. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Store in an airtight container in the refrigerator or on the counter for up to three days.

Serving Size

One serving is two dates.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 **cup** Pitted Dates (sliced open)
- 1/2 **tsp** Sea Salt (flaky)

Nutrition

Amount per serving

Calories	134	Cholesterol	0mg
Fat	4g	Sodium	296mg
Carbs	28g	Vitamin A	4IU
Fiber	3g	Vitamin C	0mg
Sugar	23g	Calcium	14mg
Protein	1g	Iron	0mg

Grilled Fruit Medley

6 ingredients · 10 minutes · 4 servings



Directions

1. Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
2. Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
3. Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas

Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill

Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With

Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad

Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage

This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.

Ingredients

- 2 cups Pineapple (diced and cored)
- 1 cup Strawberries (halved and stems removed)
- 1 Nectarine (sliced and pit removed)
- 12 Barbecue Skewers
- 1 cup Blueberries
- 1/4 Lime (juiced)

Nutrition

Amount per serving

Calories	90	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	23g	Vitamin A	191IU
Fiber	3g	Vitamin C	67mg
Sugar	16g	Calcium	21mg
Protein	1g	Iron	1mg

Fruit & Hemp Seed Bowls

6 ingredients · 5 minutes · 5 servings



Directions

1. Divide all the ingredients into bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top with nuts, seeds, rolled oats and/or nut butter.

No Coconut Milk

Use almond, soy, rice or oat milk instead.

Ingredients

- 2 1/2 Apple (cored, chopped)
- 1 1/4 Banana (sliced)
- 2/3 tsp Cinnamon
- 1/3 cup Raisins
- 2/3 cup Hemp Seeds
- 1 2/3 cups Plain Coconut Milk (from the carton)

Nutrition

Amount per serving

Calories	242	Cholesterol	0mg
Fat	12g	Sodium	17mg
Carbs	32g	Vitamin A	238IU
Fiber	4g	Vitamin C	7mg
Sugar	22g	Calcium	181mg
Protein	7g	Iron	2mg

Strawberries & Coconut Whip

2 ingredients · 10 minutes · 4 servings



Directions

1. Divide strawberries and coconut whipped cream into cups or small bowls. Enjoy!

Notes

Leftovers

Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

No Coconut Whipped Cream

Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

Additional Toppings

Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

Coconut Whipped Cream

Use a store-bought can or make your own.

Ingredients

2 cups Strawberries

2 cups Coconut Whipped Cream

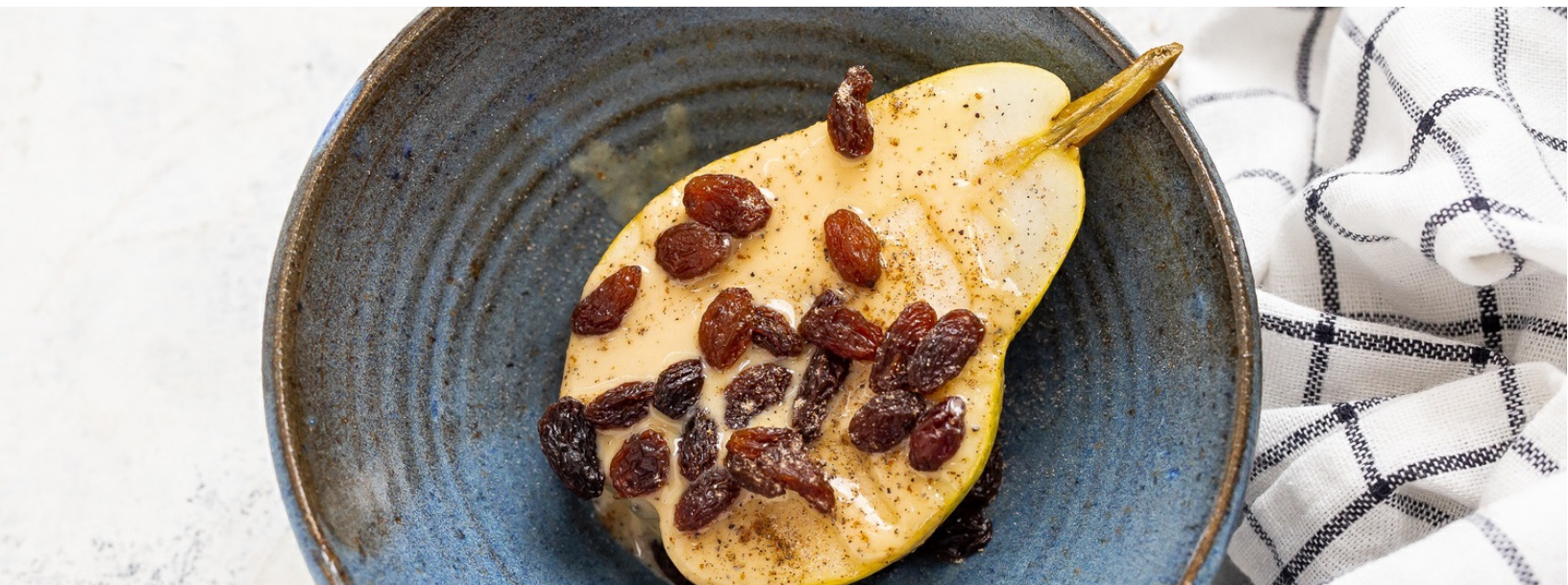
Nutrition

Amount per serving

Calories	83	Cholesterol	0mg
Fat	4g	Sodium	1mg
Carbs	14g	Vitamin A	9IU
Fiber	1g	Vitamin C	42mg
Sugar	8g	Calcium	12mg
Protein	0g	Iron	0mg

Pear with Tahini & Raisins

4 ingredients · 5 minutes · 5 servings



Directions

1. Top the pear with tahini, raisins, and cardamom. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Maple syrup or honey.

Ingredients

5 Pear (medium, sliced in half, cored)

2/3 cup Tahini

2/3 cup Raisins

2/3 tsp Cardamom (ground)

Nutrition

Amount per serving

Calories	342	Cholesterol	0mg
Fat	16g	Sodium	42mg
Carbs	50g	Vitamin A	65IU
Fiber	9g	Vitamin C	8mg
Sugar	31g	Calcium	158mg
Protein	6g	Iron	3mg

Pumpkin Energy Balls

5 ingredients · 25 minutes · 9 servings



Directions

1. In a blender or food processor add all ingredients and process until the mixture comes together.
2. Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately one ball.

Coconut Butter

Ensure the coconut butter is melted, otherwise the mixture will not hold together.

No Monk Fruit Sweetener

Use maple syrup and increase the amount to taste.

Ingredients

1/3 cup Coconut Butter (melted)

1/3 cup Pureed Pumpkin

3/4 tsp Pumpkin Pie Spice

1 1/8 tsps Monk Fruit Sweetener

1/16 tsp Sea Salt

Nutrition

Amount per serving

Calories	74	Cholesterol	0mg
Fat	7g	Sodium	28mg
Carbs	4g	Vitamin A	1589IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	4mg
Protein	1g	Iron	1mg

Mango Coconut Popsicles

2 ingredients · 40 minutes · 4 servings



Directions

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk

Use almond milk or cashew milk instead.

Ingredients

2 cups Frozen Mango

1 cup Canned Coconut Milk (divided)

Nutrition

Amount per serving

Calories	156	Cholesterol	0mg
Fat	11g	Sodium	16mg
Carbs	14g	Vitamin A	893IU
Fiber	1g	Vitamin C	30mg
Sugar	12g	Calcium	11mg
Protein	1g	Iron	0mg

Blueberry Ginger Lime Sparkling Water

5 ingredients · 5 minutes · 4 servings



Directions

1. Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

Notes

No Sparkling Water

Use flat water instead.

Extra Flavour

Muddle the berries and limes in the bottom of the jar for extra flavour.

Switch it Up

Swap out the blueberries for blackberries, strawberries or raspberries. Swap out the lime for lemon or orange.

Ingredients

- 1 cup Blueberries
- 2 Lime (sliced into rounds)
- 2 tbsps Ginger (peeled and sliced)
- 12 Ice Cubes
- 6 cups Sparkling Water

Nutrition

Amount per serving

Calories	29	Cholesterol	0mg
Fat	0g	Sodium	8mg
Carbs	8g	Vitamin A	31IU
Fiber	1g	Vitamin C	10mg
Sugar	4g	Calcium	41mg
Protein	0g	Iron	0mg

Blueberry & Peach Salsa

7 ingredients · 15 minutes · 5 servings



Directions

1. Add all of the ingredients to a bowl and gently toss to combine. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately half a cup.

More Flavor

Add diced tomatoes and avocado.

Serve It With

Grilled chicken or fish, pork tenderloin, tortilla chips, or crostinis.

Ingredients

- 1 1/4 cups Blueberries
- 1 Peach (large, diced)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Cilantro (finely chopped)
- 1 Garlic (clove, minced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	39	Cholesterol	0mg
Fat	0g	Sodium	119mg
Carbs	10g	Vitamin A	176IU
Fiber	2g	Vitamin C	9mg
Sugar	7g	Calcium	9mg
Protein	1g	Iron	0mg

Coconut Banana Oat Cookies

5 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a food processor, blend the coconut flakes and oats until they resemble bread crumbs. Add the bananas, cinnamon, and salt and blend again until mostly smooth. It's ok if there are small pieces of banana.
3. Scoop about two tablespoons of batter per cookie onto the baking sheet. Shape them into round cookies.
4. Bake for 16 to 18 minutes or until they are golden brown at the bottom. Let them cool for 10 minutes. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

Serving Size

One serving is one cookie.

Ingredients

1 1/4 cups Unsweetened Coconut Flakes

1/3 cup Oats

1 2/3 Banana (roughly chopped)

1/3 tsp Cinnamon

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	117	Cholesterol	0mg
Fat	8g	Sodium	63mg
Carbs	11g	Vitamin A	15IU
Fiber	3g	Vitamin C	2mg
Sugar	4g	Calcium	5mg
Protein	2g	Iron	1mg

Tahini Stuffed Dates

3 ingredients · 5 minutes · 4 servings



Directions

1. Spread the tahini into the dates and add the sesame seeds on top. Enjoy!

Notes

Leftovers

Refrigerate the leftovers in an airtight container for up to three days.

Serving Size

One serving is three stuffed dates.

Ingredients

1/4 cup Tahini

2 cups Pitted Dates (sliced open)

1 tsp Sesame Seeds

Nutrition

Amount per serving

Calories	301	Cholesterol	0mg
Fat	9g	Sodium	19mg
Carbs	59g	Vitamin A	17IU
Fiber	7g	Vitamin C	0mg
Sugar	47g	Calcium	100mg
Protein	4g	Iron	2mg

Date, Chia & Tahini Energy Balls

4 ingredients · 35 minutes · 5 servings



Directions

1. In a blender or food processor, add the dates, tahini, and chia seeds. Blend until smooth paste forms.
2. Use a one-inch cookie scoop to scoop out the paste and roll it in your hands to create a ball. Continue until you have used up all of the paste.
3. Roll each ball in shredded coconut until evenly coated. Chill in the fridge for about 30 minutes and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size

One serving is equal to two energy balls.

More Flavor

Add vanilla and walnuts.

No Shredded Coconut

Roll the balls in ground pistachio, cocoa powder, or sesame seeds.

Ingredients

3/4 cup Pitted Dates

3 1/3 tbsps Tahini

3 1/3 tbsps Chia Seeds

3 1/3 tbsps Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	189	Cholesterol	0mg
Fat	10g	Sodium	14mg
Carbs	25g	Vitamin A	9IU
Fiber	6g	Vitamin C	0mg
Sugar	16g	Calcium	103mg
Protein	4g	Iron	2mg

Chocolate Coconut Fat Bombs

4 ingredients · 30 minutes · 8 servings



Directions

1. Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
2. Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener

Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil

Use coconut butter instead.

Likes it Sweet

Add more sweetener as desired.

No Silicone Mold

Use parchment-lined mini muffin molds.

Serving Size

One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage

Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.

Ingredients

3/4 cup Coconut Oil

1/3 cup Cacao Powder

2 tbsps Monk Fruit Sweetener

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	205	Cholesterol	0mg
Fat	22g	Sodium	38mg
Carbs	5g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	7mg
Protein	1g	Iron	1mg

Lemon Coconut Fat Bombs

5 ingredients · 50 minutes · 8 servings



Directions

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the coconut oil and coconut butter to the smaller pot and allow them to melt.
4. In a small bowl combine the lemon juice, vanilla and stevia powder and stir until the stevia has fully dissolved. Add the lemon juice mixture to the coconut butter mixture and stir well to combine. Stir in a touch of lemon zest to taste.
5. Divide the lemon coconut mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers

Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

Serving Size

One serving is one fat bomb.

No Stevia Powder

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

No Paper Baking Cups

Use a silicone mold instead.

Ingredients

- 1/2 cup Coconut Oil
- 1/2 cup Coconut Butter
- 1 Lemon (juiced, zested)
- 1/2 tsp Vanilla Extract
- 1/8 tsp Stevia Powder

Nutrition

Amount per serving

Calories	228	Cholesterol	0mg
Fat	24g	Sodium	5mg
Carbs	5g	Vitamin A	0IU
Fiber	3g	Vitamin C	2mg
Sugar	1g	Calcium	1mg
Protein	1g	Iron	1mg

Raspberry Banana Ice Cream

2 ingredients · 1 hour · 4 servings



Directions

1. Add the bananas and raspberries to a food processor and blend until smooth. The mixture will be thick. Scrape down the sides as needed.
2. You can serve it at this point for a soft-serve consistency or freeze it for 45 minutes for a firmer consistency. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month.

Serving Size

One serving is one cup.

More Sweetness

Add maple syrup or honey.

Additional Toppings

Chocolate chips and/or shredded coconut.

More Scoopable

Add 1 tbsp of vodka per two servings to prevent a hard freeze.

Ingredients

4 Banana (frozen, chopped)

2 cups Frozen Raspberries

Nutrition

Amount per serving

Calories	144	Cholesterol	0mg
Fat	1g	Sodium	4mg
Carbs	36g	Vitamin A	127IU
Fiber	6g	Vitamin C	23mg
Sugar	19g	Calcium	23mg
Protein	2g	Iron	1mg

Goji Berry & Date Ginger Tea

4 ingredients · 40 minutes · 4 servings



Directions

1. Combine all ingredients in a pot and bring to a boil. Lower the heat and let simmer for 30 minutes.
2. Serve immediately or continue to let it steep for more flavor. Remove the ginger slices, and serve the tea with the goji berries and dates, eating them as you drink. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold. The ingredients do not need to be strained.

Serving Size

One serving equals approximately two cups.

More Flavor

Add dried longan, honey or your sweetener of choice.

Ingredients

- 6 cups** Water
- 2 tbsps** Goji Berries (dried)
- 1 cup** Pitted Dates (red or black)
- 2 tbsps** Ginger (peeled, sliced)

Nutrition

Amount per serving

Calories	116	Cholesterol	0mg
Fat	0g	Sodium	17mg
Carbs	30g	Vitamin A	755IU
Fiber	3g	Vitamin C	2mg
Sugar	25g	Calcium	56mg
Protein	1g	Iron	1mg

Rosewater Lemonade

5 ingredients · 10 minutes · 5 servings



Directions

1. Add all ingredients to a glass. Stir to combine and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately two cups.

No Monk Fruit Sweetener

Use another sweetener of choice, adjusting the amount as needed.

Ingredients

- 7 1/2 cups Water
- 1 2/3 tbsps Monk Fruit Sweetener
- 3/4 fl oz Rose Water
- 2/3 cup Lemon Juice
- 20 Ice Cubes (or as needed, optional)

Nutrition

Amount per serving

Calories	7	Cholesterol	0mg
Fat	0g	Sodium	7mg
Carbs	6g	Vitamin A	2IU
Fiber	0g	Vitamin C	12mg
Sugar	1g	Calcium	37mg
Protein	0g	Iron	0mg

Rosemary Roasted Grapes

3 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 450°F (232°C).
2. Break apart the branches and place the grapes onto a baking sheet. Gently toss in oil and rosemary. Roast for 20 to 30 minutes, stirring halfway, or until soft and slightly charred. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving equals approximately half a cup.

More Flavor

Add salt, black pepper, and/or balsamic vinegar.

Serve It With

Enjoy as a snack, as a side dish, or over top of coconut ice cream for a sweet and savory dessert.

Ingredients

3 3/4 cups Grapes (seedless)

1 1/2 tbsps Extra Virgin Olive Oil

2 1/4 tbsps Rosemary (fresh, chopped)

Nutrition

Amount per serving

Calories	69	Cholesterol	0mg
Fat	4g	Sodium	1mg
Carbs	10g	Vitamin A	76IU
Fiber	1g	Vitamin C	2mg
Sugar	9g	Calcium	10mg
Protein	0g	Iron	0mg

Strawberry Ice Cream

2 ingredients · 5 minutes · 5 servings



Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients

5 Banana (sliced and frozen)

2 1/2 cups Frozen Strawberries

Nutrition

Amount per serving

Calories	144	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	37g	Vitamin A	125IU
Fiber	5g	Vitamin C	56mg
Sugar	19g	Calcium	24mg
Protein	2g	Iron	1mg