



Harmonic Recipes Collection

Healthy Desserts



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Avocado Key Lime Pie



Avocado Key Lime Pie

The gorgeous green filling is a creamy concoction of richly-satisfying avocado sweetened with honey and enlivened with a zip of lime, complimented with a nutty coconut crust. Visually striking, unusual, and amazingly delicious!

Crust:

- 1 $\frac{3}{4}$ cups dried unsweetened shredded coconut
- $\frac{1}{2}$ cup raw macadamia nuts
- 1 $\frac{1}{4}$ cups raw walnuts
- $\frac{1}{4}$ teaspoon sea salt
- 1 cup pitted medjool dates

Combine macadamia nuts, walnuts and salt in a food processor fitted with an S-blade and process until coarsely ground. Add coconut and pitted dates and process again until mixture resembles coarse crumbs and begins to stick together. Do not over process. Press into a 9-inch glass pie dish and chill while making the filling.

Filling:

1 1/2 cup peeled and chopped avocados (about 3 avocados)
4 T. freshly squeezed lime juice
1/2 cup raw honey
Kiwi slices and blueberries for garnish (optional)

Combine avocados, lime juice, and honey in a blender or food processor and blend until thick and smooth. You may need to stop a couple of times and scrape down the sides to get it all blended together.

Spoon the filling into the prepared crust and smooth it with a spatula, and garnish as desired. Chill at least 2-3 hours before serving. Can refrigerate over night if desired. Will keep 2 days in the fridge.

Garnishes could include peeled, sliced kiwi fruit, blueberries, thin lime slices, cashew fluff topping, chocolate shavings, etc. Most any seasonal fruit could also be used.

NOTE: to insure a beautiful green color of the filling, do not use over-ripe avocados, which tend to make the filling less than vibrant!

Strawberry Pie Delight



This tasty raw dessert combines three recipes with 2 cups sliced fresh strawberries to create a rich yet light taste sensation. We've pictured it all decked out for Valentine's Day or make it for any special occasion. It's a little tricky to get out of the pan, so make sure you oil the pan well.

Make one recipe each of the following three components:
Almond-Date Dessert Base, Fabulous Chocolate Sauce and the Cashew Fluff

To assemble:

Press the Almond-Date Dessert Base into a well oiled 9" pie pan or other serving dish. Set aside in fridge to chill.

Next, wash, drain and slice 2 cups (or more if desired) fresh strawberries. Spread about 1/3 of the Cashew Fluff Topping on the bottom of the Almond-Date "pie crust". Spoon the sliced strawberries into the crust. (Reserve a few slices for garnish) Pour the Fabulous Chocolate Sauce over the strawberries. Fill a pastry bag, fitted with an open star tip, with the balance of the Cashew Fluff, and pipe as you would whipped cream around the edges of the pie and in the center. Garnish the center with the reserved strawberry slices. Can chill up to one day before serving.

Note: If you do not have a pastry bag you can improvise with a heavy duty freezer-type plastic bag. Just fill the bag; close the top and snip off one of the corners and squeeze topping onto pie.

Yield: serves 6 – 8

1. Almond-Date Dessert Base

This tasty sweet recipe can be used for a pie "crust", for cookies, or for candy balls. Use your imagination and make your own delicious dessert creations.

2 cups raw almonds
1 cup pitted dates

Soak almonds overnight (or 8 – 12 hours) rinse and drain well. Process soaked almonds and dates in heavy-duty blender or in a food processor fitted with an "S" blade until mixture looks like fine meal. Now dessert base is ready for your imaginative creations!

2. Fabulous Chocolate Sauce

6 Tablespoon Raw Almond Butter
4 Tablespoon Macadamia Nut oil (Jungle Products)
4 heaping Tablespoon Raw Organic Cacao Powder (Sunfood Nutrition – Note: You may use your favorite cocoa powder if Cacao is unavailable to you)
1 teaspoon Chicory Root Powder (Sweeta by Organic Essentials for Life)

Mix and enjoy!

Note: Agave Nectar can be used in place of the Chicory Root Powder. Use about 5 – 6 Tablespoons or to taste for this recipe.

3. Cashew Fluff

Makes an excellent dessert topping to replace whipped cream.

1 cup cashews (not roasted)

5 large pitted dates

1/2 tsp vanilla or small piece of vanilla bean

Soak cashews 8 – 12 hours; rinse well and drain

Chop dates and soak 8 – 12 hours in enough water to cover them well. Reserve the soak water.

Place nuts in heavy-duty blender or Vita-Mix and process nuts, gradually adding date soak water until the mixture reaches the consistency of whipped cream. Add the dates a little at a time, and blend until topping is smooth and creamy. Stir in vanilla. If using vanilla beans, split small piece of vanilla bean in half and soak in a small amount of water for a few minutes. Scoop out the tiny seeds and as much of the inside of the bean as you can scrape out and add to topping along with the soak water and seeds. Save the rest of the vanilla bean and toss into your next glass of almond milk or other beverage.

Cashew fluff will keep up to a week in the fridge. Makes about 1 3/4 cups topping.

Fabulous Chocolate Sauce



Recipe for one serving

1-1/2 Tablespoon Raw Almond Butter
1 Tablespoon Macadamia Nut oil (Jungle Products)
1 heaping Tablespoon Raw Organic Cacao Powder (Sunfood Nutrition – Note: You may use your favorite cocoa powder if Cacao is unavailable to you)
1/4 teaspoon Chicory Root Powder (Sweeta by Organic Essentials for Life)

Mix and enjoy!

Note: Agave Nectar can be used in place of the Chicory Root Powder. Fabulous Chocolate Sauce is great served over ripe bananas and strawberries.

Pumpkin Dessert



Spicy, yet creamy, this fabulous dessert can stand in for pumpkin pie any time! The crunchy topping gives added texture, so you don't even miss the crust.

3 cups cooked pumpkin (one 29 oz. can)
1 1/2 cups organic sucanat (natural brown sugar)
4 organic eggs, well beaten
13 oz. can coconut milk
1 tsp. sea salt
1 tsp. organic alcohol-free vanilla
3 tsp. ground cinnamon
1 tsp. ground ginger
1/2 tsp. ground cloves

Topping:

3/4 cup unsweetened coconut flakes
3/4 cup finely ground raw almonds (process almonds in food processor or blender until finely chopped)

Combine all ingredients, except toppings, in a large mixing bowl and stir with a wire whisk until well blended. Pour mixture into a lightly oiled 9 inch by 13 inch glass or ceramic baking pan. Mix the coconut flakes with the ground almonds and sprinkle over the top of the pumpkin mixture. Bake at 375 degrees for one hour and ten minutes. If topping begins to brown too much, cover with foil until baking time is completed.

Cool and cut into 12 to 15 servings. Refrigerate any leftovers.

Pumpkin Pie with Cashew Fluff Topping



This healthier version of an old favorite is the perfect ending for holiday meals.

- 1 48-oz. can cooked pumpkin (approx. 3 cups)
- 1 13-oz. can coconut milk
- 1 cup cream (can substitute more coconut milk, if you prefer)
- 4 organic eggs, beaten
- 3/4 cup pure maple syrup
- 3/4 cup agave nectar
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon cloves
- 1 teaspoon sea salt
- 1 teaspoon organic pure vanilla

Combine all ingredients in a deep mixing bowl and stir with wire whisk until well blended. Pour into two unbaked 9-inch whole wheat pastry crusts. (Flaky Whole Wheat Pie Crust recipe works great). Bake for 15 minutes at 400° F. then lower oven heat to 350° F. and bake an additional 45 minutes, or until knife inserted in center comes out clean. Pie will firm up as it cools. Cool and serve with your favorite dessert topping. Cashew Fluff topping is a great alternative to whipped cream.

Flaky Whole Wheat Pie Crust

Adapted from a never fail flaky pie crust recipe, this more healthy version substitutes whole wheat flour for the white, and coconut oil for the shortening.

3 cups whole wheat flour
1 tsp. sea salt
1 1/2 cups coconut oil

1 organic egg,
1 T. vinegar
1/4 cup ice water

Combine flour and salt in a large mixing bowl. Cut in coconut oil with a pastry blender or use 2 knives, until the mixture resembles small peas. Set aside. In a smaller mixing bowl, beat egg with ice water and vinegar. Sprinkle wet mixture over the dry mixture mix with a fork using short quick strokes until dough begins to form. Add a little more water, if needed. Shape with hands into a ball and divide dough into 2 portions and roll each about 1/8 inch thick on well floured surface. (the rolled dough should measure 2 inches larger than the inverted pie tin you plan to use) Fold in half and ease into pie pan. Makes enough for two 9-inch single crust pies or one 2-crust 9-inch pie.

Cashew Fluff

Makes an excellent dessert topping to replace whipped cream. Or serve it as a dip with fresh fruit. Strawberries are especially good.

1 cup cashews (not roasted)
5 large pitted dates
1/2 tsp vanilla or small piece of vanilla bean

Soak cashews 8 – 12 hours; rinse well and drain
Chop dates and soak 8 – 12 hours in enough water to cover them well. Reserve the soak water.

Place nuts in heavy-duty blender or Vita-Mix and process nuts, gradually adding date soak water until the mixture reaches the consistency of whipped cream. Add the dates a little at a time, and blend until topping is smooth and creamy. Stir in vanilla. If using vanilla beans, split small piece of vanilla bean in half and soak in a small amount of water for a few minutes. Scoop out the tiny seeds and as much of the inside of the bean as you can scrape out and add to topping along with the soak water and seeds. Save the rest of the vanilla bean and toss into your next glass of almond milk or other beverage.

Cashew fluff will keep up to a week in the fridge. Makes about 1 3/4 cups topping.

Rich Chocolate Truffle Dessert

Creamy and rich, this raw chocolate wonder melts in your mouth.

- 1 1/2 cups coconut oil
- 1/2 cup cream of coconut or coconut butter
- 3/4 cup agave nectar (natural raw sweetener)
- 1 cup raw cocoa powder
- 1 1/2 cups raw almond meal
- 1 tsp. pure vanilla (alcohol free)

Process raw almonds in heavy duty blender until it becomes a fine meal. Set aside.

Combine coconut oil and cream of coconut in a medium saucepan and melt over very low heat. Remove from heat. Stir in agave nectar, then cocoa powder, almond meal and vanilla mixing with hand mixer until fully blended. Pour into several small round ramekins and chill several hours or overnight in refrigerator until firm. Slice into 1-inch wedges and garnish as desired with berries, nuts and/or flowers. Mint leaves make a nice edible garnish that goes well with chocolate. Keep unused portions chilled, as they melt easily.

(To more easily remove the truffles from the ramekins, just set them over hot water for a few seconds to unmold, then place on cutting board and slice)

Almond Milk Ice Cream

All of the flavor, none of the guilt of regular ice cream. So healthy you could have it for breakfast! Almond milk is easy to make. You can try it yourself or purchase some at your health food store.

2 1/4 cups almond milk, divided
3 frozen strawberries
8 frozen Bing sweet cherries, pitted
Sweetener if desired: agave nectar, stevia, raw honey, to taste
Dash of sea salt

Freeze approximately 1 1/4 cups of the almond milk (10 oz.) in ice cube trays overnight or until frozen solid. Place frozen almond milk cubes in heavy-duty blender or Vita-Mix along with the remaining 1 cup of almond milk (or substitute other non-dairy milk) frozen fruit and salt. Blend just long enough to make it creamy. Adjust sweetness to taste and serve immediately.
Serves 4

Recipe suggestions: Any fruit will work in this recipe, such as blueberries, peaches, etc., so experiment and be creative, or simply add some vanilla and call it good. The strawberry-cherry combination makes a beautiful mauve-colored ice cream that is as delicious as it is pretty. Garnish with mint leaves, edible flowers, vanilla bean, or fresh fruit, depending on the flavor of ice cream you have made. You may also substitute other milks, such as rice, soy, or coconut in place of the almond milk.

Fresh Fruit Salsa with Cinnamon Chips

Try this one for breakfast!

1 fresh pineapple tortillas	1 pkg. (10) whole wheat flour
1 1/2 cups strawberries	2/3 cup raw sugar
3 kiwi fruit	1 teaspoon ground cinnamon
1 cup green or red grapes	grape seed oil
1 cup blueberries	
2 Tablespoon raw sugar or agave nectar	

Salsa:

Wash all fruit well. Cut pineapple in half lengthwise, extending all the way through the green leaves at the top. With a paring knife, remove the fruit, leaving two pineapple "bowls" in which the finished fruit salsa can be served. Chop the pineapple and place in a large mixing bowl. Chop up the remaining fruit, excepting the blueberries, and toss all together in the large mixing bowl with the 2 Tablespoons of raw sugar. (If fruit is sweet enough, omit the sweetener) Transfer fruit salsa to the pineapple "bowls" or serve in a clear glass bowl to show off the beautiful colors.

Chips:

In a small bowl, mix together the 2/3 cup raw sugar and cinnamon. Set aside. Place whole wheat tortillas on oiled baking sheet two at a time and brush with oil. Sprinkle tortillas with cinnamon-sugar mixture and cut into wedges with pizza cutter. Bake at 400 degrees F about 5 minutes or until golden and crispy. Cool and serve the chips with the fruit salsa. Can substitute a variety of other fresh fruits in the salsa.

Recipe twist – Fruit & Spinach Taco Salad :

Serve the fruit salsa over a bed of fresh spinach and serve with the chips.

Almond-Date Dessert Base

This tasty sweet recipe can be used for a pie "crust", for cookies, or for candy balls. Use your imagination and make your own delicious dessert creations.

2 cups raw almonds
1 cup pitted dates

Soak almonds overnight (or 8 – 12 hours) rinse and drain well. Process soaked almonds and dates in heavy-duty blender or in a food processor fitted with an "S" blade until mixture looks like fine meal. Now dessert base is ready for your imaginative creations!

DESSERT IDEAS:

- * Press into 8" glass pie plate and fill with favorite pie filling (cover pie crust with sliced bananas and pour pureed fruit over the top and chill or freeze-- makes a wonderful dessert)
- * Roll small amounts into balls and roll in coconut or other chopped nuts. Decorate by pressing a whole almond or piece of dried fruit on top of ball
- * Fill large date halves with dessert base for a sweet treat
- * Flatten small balls of dessert base into "cookies" and dehydrate at 105 degrees F in food dehydrator until desired texture is achieved. Serve warm or cold.

Very Cherry Pie

A sweet treat for the cherry lover.

1 recipe Almond-Date Dessert Base (can add 1/4 cup dried cherries with the dates, when processing the dessert base "crust")
Press into 8-inch glass pie plate and chill

2 1/2 cups dried cherries

Filling Glaze:

1 cup frozen tart cherries or sweet cherries (use fresh, when in season)

1/2 cup dried cherries

2 - 3 dates

1/2 cup water

2 teaspoon psyllium powder

Stevia or other sweetener to taste

Soak the 1/2 cup dried cherries and the dates in the 1/2 cup water for 20 minutes. Place soaked cherries and dates along with the soak water in heavy duty blender and blend on high until smooth. Add psyllium powder while blender is still going and process until blended in. Taste and adjust with sweetener if needed.

Combine the filling glaze with the 2 1/2 cups dried cherries and pour into chilled pie "crust". Chill cherry pie at least 2 hours, giving the dried cherries time to soak up some of the glaze. Top pie with Tofu Whip Topping or Cashew Whip.

Serves 7 - 8

Tofu Whip Topping

1/2 package firm silken tofu
2 Tablespoon coconut milk (use the thick milk that rises to the top of the can)
3 Tablespoon powdered coconut milk
2 Tablespoon agave nectar
Vanilla flavored liquid Stevia, to taste

Blend on high in heavy duty blender until fluffy. Do not blend too long or topping will get warm and not stay fluffy.

To Serve: Cut pie and place on individual serving plates. Spoon Tofu Whip or Cashew Fluff over pie and garnish with dried coconut flakes and a pecan half or a cherry.

Cashew Fluff

Makes an excellent dessert topping to replace whipped cream.

1 cup cashews (not roasted)
5 large pitted dates
1/2 teaspoon vanilla or small piece of vanilla bean

Soak cashews 8 – 12 hours; rinse well and drain. Chop dates and soak 8 – 12 hours in enough water to cover them well. Reserve the soak water. Place nuts in heavy-duty blender or Vita-Mix and process nuts, gradually adding dates. Soak water until the mixture reaches the consistency of whipped cream. Add the dates a little at a time, and blend until topping is smooth and creamy. Stir in vanilla. (If using vanilla beans, split small piece of vanilla bean in half and soak in a small amount of water for a few minutes. Scoop out the tiny seeds and as much of the inside of the bean as you can scrape out and add to topping along with the soak water and seeds. Save the rest of the vanilla bean and toss into your next glass of almond milk or other beverage. Cashew fluff will keep up to a week in the fridge. Makes about 2 cups topping.

Macadamia Treats

A rich dehydrated "cookie" sure to satisfy the sweet tooth.

2 cups raw macadamia nuts

1 cup organic raisins

1/2 cup chopped organic apple

1/4 inch piece Tahitian vanilla bean, softened in small amount of water (optional)

Put all ingredients in a heavy-duty blender such as a Vita-Mix or use a food processor fitted with an "S" blade, and process until you have a smooth "dough". Place spoonfuls of the "dough" on dehydrator trays close together, and dehydrate at 105 degrees F for 5 – 10 hours. Can use regular oven set on warm as long as it does not exceed 105 to 110 degrees F.

Substitutions – walnuts, pecans or soaked almonds could be used instead of macadamia nuts. Apples could be replaced with dried pineapple, apricots, dates, figs, or currants.

Tropical Almond Cookies

The papaya and pineapple are rich in enzymes will aid with digestion.

2 1/2 cups raw almonds
1/4 cup dried coconut flakes (small)
1/2 cup dried papaya (unsweetened and unsulfured)
1/2 cup dried pineapple (unsweetened and unsulfured)
Juice and zest of 1 lemon

Soak almonds overnight (8 – 12 hours) rinse well and drain. Using a heavy-duty blender or Vita-Mix or food processor with "S" blade, process ingredients, adding a little water to make the "dough" hold together. (not more than 1/2 cup). Roll the "dough" between two layers of waxed paper until 1/2-inch thick. Remove top layer of waxed paper and cut into desired shapes with cookie cutter, or use a pizza cutter, cut on a diagonal into diamond shapes. Place cookies very close together on a dehydrator tray and dehydrate at 105 degrees F for 5 to 10 hours, or until desired crispness is reached.

Recipe options:

Omit dried coconut flakes from dough and press on tops of cookies or decorate the top each cookie with an almond. Cinnamon, ginger or cardamom could be used to spice the cookies. Other fruit options include figs, raisins, dates, or dried apricots. Could also use macadamia nuts, pecans or walnuts in place of the soaked almonds. Instead of dehydrating, just form small amounts of cookie dough into balls and roll in dried coconut and eat right away. Pressing an almond on top of each ball would make for a nice presentation.

Coconut Ice Cream

So good, so creamy, so coco-nutty!

2 1/4 cups canned coconut milk, divided
1/4 cup raw dried coconut flakes, plus extra for garnish
Agave nectar or raw honey to taste
coconut flavoring (optional)
Dash of sea salt

Freeze approximately 1 1/4 cups of the coconut milk (10 oz.) in ice cube tray overnight or until frozen solid. Place frozen coconut milk cubes in heavy-duty blender or Vita-Mix along with the remaining 1 cup of coconut milk (or substitute other non-dairy milk), coconut flakes and salt. Blend just long enough to make it creamy. Adjust sweetness and add coconut flavoring to taste. Spoon into dessert dishes or layer with fresh fruit such as blueberries, in pretty glasses. Garnish with reserved coconut flakes and serve immediately.

Serves 4

Creamy Polenta Pudding

Serve it hot or cold for a substantial, filling dessert.

4 cups water
1 Tablespoon sea salt
1 cup polenta (yellow cornmeal)
3/4 cup coconut milk (canned)
2 Tablespoon coconut oil

In a large saucepan bring water and salt to a boil and whisk in the polenta. Reduce heat and cook over medium heat, stirring often for 10 minutes. Add coconut milk and cook about 10 minutes more, until mixture is thick and tastes fully cooked. Stir in coconut oil and keep warm until ready to serve.

Serves 4

Serving suggestions: serve hot with a drizzle of agave nectar or pure maple syrup, or stir sweeteners into the pudding. Or chill and serve topped with lightly sweetened fresh fruit. Would make a satisfying hot breakfast.

Buttery Whole Wheat Cookies

Crisp and tasty, these cookies are a hit with children.

3 cups whole wheat flour packed (OR sucanat)	1 cup brown sugar,
2 teaspoon non-aluminum baking powder	2 organic eggs
1/2 teaspoon sea salt	2 teaspoon pure vanilla (non-alcohol)
1 cup organic butter (OR coconut oil)	

Cream together sugar, butter and eggs. Add vanilla. Combine dry ingredients together and mix into the creamed mixture with a large spoon. Chill dough 2 hours, or until easy to handle. Roll 1/8 inch thick on a well floured surface. Cut with cookie cutters and bake at 375 degrees F on oiled cookie sheet 10 to 12 minutes or until browned. Baking time depends upon how large the cookies are. Smaller cookies may not take as long to bake.

Flaky Whole Wheat Pie Crust

Adapted from a never fail flaky pie crust recipe, this more healthy version substitutes whole wheat flour for the white, and coconut oil for the shortening.

3 cups whole wheat flour	1 organic egg,
1 teaspoon sea salt	1 Tablespoon vinegar
1 1/2 cups coconut oil	1/4 cup ice water

Combine flour and salt in a large mixing bowl. Cut in coconut oil with a pastry blender or use 2 knives, until the mixture resembles small peas. Set aside. In a smaller mixing bowl, beat egg with ice water and vinegar. Sprinkle wet mixture over the dry mixture mix with a fork using short quick strokes until dough begins to form. Shape with hands into a ball with hands and divide dough into 3 portions and roll each 1/8 inch thick on well floured surface (the rolled dough should measure 2 inches larger than the inverted pie tin you plan to use). Fold into quarters and ease into pie pan. Makes enough for 3 9-inch single crust pies.

For one-crust pie: (such as pumpkin): Trim overhanging edge of pastry dough 1 inch from rim of pie pan. Fold and roll edge of pastry under, even with pan. Using your fingers, pinch the edge of the dough forming a fluted edge or press edges of crust with a fork. Fill and bake as directed in pie recipe.

For baked pie shell: Prick bottom and side thoroughly with fork. Bake at 425 degrees F about 10 to 15 minutes or until golden. Cool and fill with prepared fruit filling or pudding.

For two-crust pie (for fruit pies, vegetable pot pies, etc.): Turn desired filling into pastry-lined pie pan. Trim overhanging edge of pastry close to the edge of pie pan. Roll second portion of dough into round that measures 2 inches larger than the size of the inverted pie pan. Fold into quarters and place over filling and unfold. Trim overhanging pastry to one inch from the pan's rim. Fold this top edge over, encasing the bottom pastry edge pressing down on rim to seal the edges. Flute edges with fingers or use a fork and press down all around the pie's edge. Cut a few slits in the top pastry crust to allow steam to escape while baking. Bake as directed in pie recipe.

Whole Wheat Peanut Butter Cookies

1 cup organic peanut butter OR soy butter
1/2 cup extra virgin olive oil
1/2 cup honey
1/2 cup packed brown sugar or sucanat
1 organic egg
1 1/4 cups whole wheat flour
1 teaspoon non-aluminum baking powder
1/2 teaspoon sea salt
1 teaspoon pure vanilla (alcohol free)

Preheat oven to 350 degrees F. In a large bowl, mix together the peanut butter, oil, honey, brown sugar and egg until smooth. Add the whole wheat flour, baking powder, salt and vanilla. Stir until blended. Roll into small balls and place on greased cookie sheet. Flatten slightly using a fork. Bake for 12 - 15 minutes, or until cookies are lightly browned at the edges. Bake less time if you like a softer cookie.

Strawberry Mango Crisp

3 to 4 cups strawberries, fresh or frozen
2 cups fresh mango, diced in 1/2 inch pieces
1/4 cup wheat or spelt flour
1/4 cup pure maple syrup

Mix above ingredients together in a bowl and place in medium casserole dish.

1 cup wheat or spelt flour
1/2 cup oatmeal flakes
1/4 cup grapeseed oil
1/4 cup pure maple syrup

Mix flour, oatmeal, oil and maple syrup together into a crumbled texture. Top fruit mixture with crumble mixture and bake at 375oF for 40 minutes. Serve warm or cold.

Serves 6

Chocolate Coconut Mousse

This is a dairy free delicacy!

Meat of 2 young coconuts
1/2 cup young coconut water
1 avocado
1/2 vanilla bean
1/4 cup pure maple syrup
Pinch of sea salt
1 Tablespoon of raw cacao powder
6 ice cubes
Fresh raspberries for garnish

Blend all ingredients together in a heavy duty blender until smooth. Serve in parfait, wine or martini glasses garnished with fresh raspberries.

Serves 4

Coconut Macaroons

You need a Dehydrator for this recipe.

Step 1

In a large bowl, combine:

- 3 cups dried, unsweetened coconut flakes
- 1/2 cup real maple syrup
- 1/2 cup coconut butter
- 1 Tablespoon vanilla extract
- 1/2 teaspoon sea salt
- One of the following:
 - 1 1/2 cups cocoa powder (for chocolate macaroons)
 - 1 1/2 cups almond flour* (for blonde macaroons)
- * Almond flour is made by making almond milk (see below) then dehydrating the pulp.

Step 2

Using a small ice cream scoop, your hands, or a big Tablespoon, spoon rounds of the dough onto dehydrator screens. Give this job to your kids. They love rolling the dough into balls. Dehydrate at 115 degrees F for 12 to 16 hours or until crisp on the outside and nice and chewy on the inside.

Makes 24 to 36 Macaroons

Almond Milk

- Step 1 Soak 1 1/2 cup raw almonds in water overnight.
- Step 2 Rinse soaked almonds and place in heavy duty blender with 5 cups water. Blend on high for 2 minutes. Strain through a nylon knee high stocking or nutmilk bag.
- Step 3 Add milk back to blender, and blend with
1 teaspoon of vanilla extract
1/4 teaspoon sea salt
1 package stevia
- Step 4 Store milk in glass jars and serve cold. Keeps fresh for 3 days. Dehydrate pulp to make almond flour.

Makes 4 cups



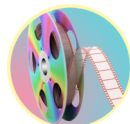
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