



Healthy Dessert Demo Class - Recipes & Tips

Thank you to Ann Hobbs for her hard work creating this class and perfecting these delicious recipes!

Dr. Fuhrman's Lentil Peanut Butter Cookies

- 1 ½ cups cooked green lentils
- 1 cup natural peanut butter, divided
- 6 Medjool dates, pitted
- ½ cup raisins
- 1 Tbsp low-sodium baking powder
- 1 Tbsp vanilla extract

Puree lentils in a high-speed blender. Place in bowl and mix in ½ cup peanut butter. Add the remaining ½ cup peanut butter to the blender, along with dates and raisins, and blend until mixture is smooth and well combined. Remove from the blender and combine with the lentil/peanut butter mixture. Stir in baking powder and vanilla extract. Roll into 1-inch balls and place on a parchment-lined baking sheet. Bake at 350 F for 12 minutes, then press down with a fork. Bake an additional 20-25 minutes. Cool completely before using.

Coconut Bars can also be used as pie crust!

- 1 ½ cup unsweetened shredded dried coconut
- 1 ½ cup raw macadamia nuts
- ½ teaspoon salt (optional)
- ½ cup Medjool dates

Combine all ingredients in a food processor or high-speed blender. Press into a brownie pan or pie pan as desired. Set for 10 minutes in the refrigerator.

Chocolate Flourless Cake can be used as cookies, petit fours, or cake

- 1 ½ cup walnuts
- 8 Medjool dates
- 1/3 cup cocoa
- ½ teaspoon vanilla

Combine all ingredients in a food processor or high-speed blender. Press into a cake pan or cookies as desired. Use immediately or set for 10 minutes in the refrigerator, if desired.



Avocado Fudge

- 2 (1 1/2cup) Index Fresh or Haas avocados, mashed
- 1 cup date paste
- 1/2 cup unsweetened cocoa powder
- Water added to preferred consistency

Combine all ingredients in food-processor or high-speed blender. Adjust to desired taste and consistency. Set in refrigerator for 10 minutes.

Vanilla Sauce

- 1 cup cashews
- ¼ cup water (more or less)
- 1 teaspoon vanilla
- 1 packet stevia (optional)

Variations: can be orange flavor, lemon flavor, strawberry or other fruit. Add juice instead of water

Combine all ingredients in high-speed blender. Adjust to desired consistency.

Raspberry Sauce

- 1 cup fresh raspberries
- ¼ cup soaked dates

Variations: use any of the following: blackberries, cherries, pineapple, strawberries.

Combine all ingredients in high-speed blender. Adjust to desired taste and consistency.

Fun starts here: once everything is prepared as above you can fill cupcakes, tarts, frost coconut bars, make sandwich cookies, petit fours, fill cakes, etc. Everything can be pre-made and will stay in the refrigerator for 3-4 days.