

THE VERY BEST  
clean cuisine  
**Decadent Chocolate Desserts**

Delicious and “cleaned up” for Chocolate Lovers



# hi there.

We love desserts and wish we could tell you that these decadent chocolate recipes are 100% healthy, but because they contain sugars (even if natural!) we will suggest you add them to your diet sparingly.

Don't forget to stop by our **resources page** to see our non-toxic baking brand recommendations and our favorite baking ingredient brands that are organic and delicious, for all of your baking needs.

Want to get featured on Instagram? Just tag us **@cleancuisine** or use our hashtag **#cleancuisine**.

We can't wait to hear how much you love our recipes.

A handwritten signature in a cursive script that reads "Madison + Aimee". The ink is a dark grey or black, and the signature is fluid and personal.



# 12 Clean Recipe Swaps

Whenever possible, we love adding in nutrition to our recipes. Yes, even to desserts. Before we get started on our recipe collection of decadent chocolate desserts, here are some great strategies to help you clean up some of your favorite dessert recipes.

1. Swap cow's milk for cashew cream, creamed coconut or almond milk
2. Replace margarine or butter with extra virgin coconut oil
3. Use extra virgin olive oil or macadamia nut oil in place of refined vegetable oils such as corn oil, canola oil and soybean oil.
4. Replace refined white sugar with date sugar and refined brown sugar with dehydrated ground whole dates; plus they contain antioxidants and phytonutrients.
5. If you replace the sugar with fruit sugars, consider adding in spices to enhance the flavor: cinnamon, nutmeg, cardamom, allspice, pumpkin pie spice or cloves.
6. Orange or lemon zest can boost flavor and pure vanilla, lemon and almond extracts are excellent sugar-free flavor boosters that add richness and depth.

7. Try adding amaretto, brandy, Kahlua, rum or bourbon to add richness to your desserts.
8. Add a nutty flavor and richness by using nut creams.
9. Increase fiber by switching standard flours to a whole grain gluten free flour. Replace 1/4 cup of flour with 1/4 cup of ground flaxseed meal. Coconut flour, amaranth flour and cassava flour are nutrient-rich and definitely worth experiencing with.
10. Add instant espresso to chocolate recipes that will intensify the rich cocoa flavor.
11. Swap sweetened cocoa powder with unsweetened cocoa powder.
12. Use dried fruit in place of half the chocolate chips in a recipe.

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# CHOCOLATE MINT CAKE

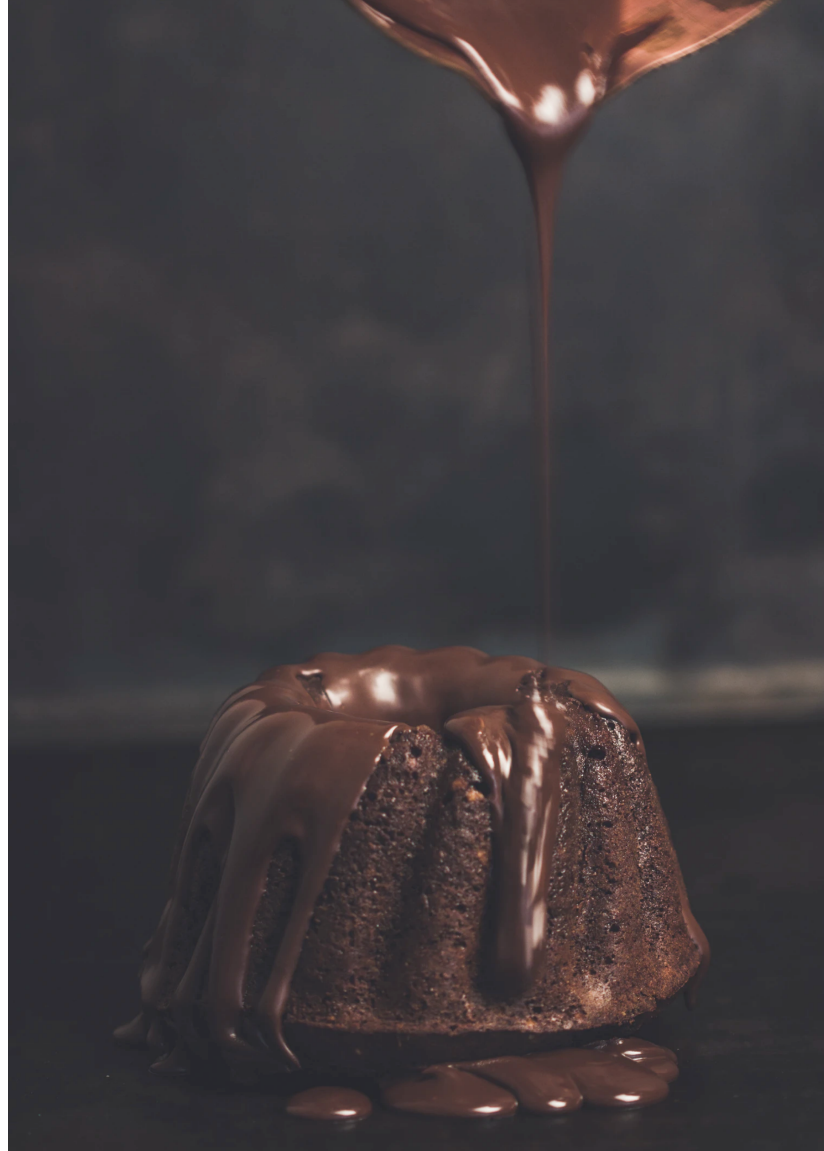
**GLUTEN FREE | DAIRY FREE | NUT FREE**

## INGREDIENTS

1 cup + 2 tbsp gluten free flour  
1/3 cup raw cacao powder  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon sea salt  
1/4 cup + 2 tbsp coconut sugar  
3 tablespoons coconut oil  
1 teaspoon peppermint extract  
1 organic egg  
1/3 cup fresh mint  
1 cup hemp milk  
1/4 cup pure maple syrup

## INSTRUCTIONS

1. Preheat oven to 350 degrees.  
Lightly oil the bottom and sides of a 9-inch pie cake pan.
2. In a small bowl, combine the flour, cacao powder, baking powder, baking soda and salt.
3. In a high speed blender (such as a Vitamix), add the coconut palm sugar, coconut oil, peppermint extract, pastured egg, mint, hemp milk and maple syrup. Process on high until ingredients are well blended, about 1 full minute.
4. Add the wet ingredients in with the dry and mix well.
5. Pour the mixture into the cake pan. Bake until a toothpick inserted in center comes clean, about 25 minutes. Cool completely in the pans on a rack. Insert a sharp knife around the edges of the pan; remove cake from pan and transfer to a platter, flat-side up.





## CHOCOLATE MINT FROSTING

**GLUTEN FREE | DAIRY FREE**

### INGREDIENTS

1/4 cup packed fresh mint	2 tablespoons coconut butter
3/4 cup cashews, soaked	Pinch of unrefined sea salt
3 tablespoons pure maple syrup	3 tablespoons raw cacao powder
1/2 teaspoon peppermint extract	2 -3 tablespoons water

### INSTRUCTIONS

1. Soak cashews in water for 3-5 hours, rinse and drain
2. Place all ingredients in a high-speed blender and process until smooth and creamy. You may need start and stop the blender several times and push the ingredients down with a spatula.





## CHOCOLATE STRAWBERRIES

**GLUTEN FREE | DAIRY FREE**

### INGREDIENTS

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 tablespoon fresh lime juice    | 1 teaspoon pure vanilla extract  |
| 1 tablespoon coconut milk        | 1/2 cup raw organic cacao powder |
| 1/4 cup extra virgin coconut oil | Pinch of sea salt                |
| 1/4 cup pure maple syrup         | 12 large organic strawberries    |

### INSTRUCTIONS

1. Line a cooking sheet with parchment paper.
2. In a small saucepan, add the lime juice, coconut milk and coconut oil; heat over low heat for about 1 minute, or until oil is melted. Slowly stir in the maple syrup, vanilla and cacao powder. Mix to combine well. Stir in a pinch of unrefined sea salt.
3. Take a strawberry, and dip it completely into the chocolate. Twirl it around to completely coat the strawberry. Transfer the strawberry to the cookie sheet to cool. Repeat until all the strawberries are covered.
4. Roll strawberry covered in chocolate in mini chocolate chips or chopped nuts. Refrigerate strawberries for 1 hour, or until chocolate hardens.





## CHOCOLATE CHEESECAKE

**GLUTEN FREE | DAIRY FREE**

### INGREDIENTS

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 ½ cup raw pecans            | 2 tablespoons water                |
| 15 medjool dates, pitted      | 3 tablespoons organic coconut oil  |
| 1 cup frozen/fresh mango      | 1/8 teaspoon sea salt              |
| 1 cup frozen cherries, thawed | 4 tablespoons organic cacao powder |
| ½ teaspoon vanilla extract    |                                    |

### INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. CRUST: place pecans into a high-speed blender and process into a crumb-like flour mixture. Add dates and process again. Then, press into the bottom of the springform pan to form a crust.
3. CHEESECAKE: Add the mango, cherries, vanilla extract, water, oil and pinch of sea salt and pulse until everything is well mixed (note: you will need to stop and start the machine several times to scrape the sides.) Add the cacao powder and process again until all ingredients are well combined.
4. Pour the mixture into a 9-inch springform pan and bake for 45 minutes. When finished, transfer to the freezer and freeze for 20 minutes before frosting.



## CHOCOLATE CHIPS COOKIES

**GLUTEN FREE | DAIRY FREE**

### INGREDIENTS

- |                               |                                |
|-------------------------------|--------------------------------|
| 1/2 cup coconut palm sugar    | 1/2 cup ground flaxseed meal   |
| 3/4 cup coconut oil, melted   | 1 teaspoon baking soda         |
| 1 organic egg, lightly beaten | 1/4 teaspoon sea salt          |
| 2 teaspoons vanilla extract   | 3/4 cup pecans, finely chopped |
| 15 ounces cannellini beans    | 3/4 cup dark chocolate chips   |
| 1 3/4 cups gluten-free flour  |                                |

### INSTRUCTIONS

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
2. In a high-speed blender process the sugar and melted extra virgin coconut oil for 1-minute, or until smooth. Add in the egg, vanilla extract and beans (rinsed and drained); process until smooth and creamy.
3. In a large mixing bowl mix flour, flax seed meal, baking soda and salt. Stir the wet ingredients in with the dry. Add in the nuts and chocolate chips. Mix well until all ingredients are well blended.
4. Measure one tablespoon of cookie dough and roll dough into a ball. Place cookies on a baking sheet about 1/2 inch apart. Press each cookie gently several times with a fork to flatten. Bake until the cookies are golden, about 11-12 minutes. Transfer cookies to a rack to cool.





## CHOCOLATE DOUGHNUTS

**GLUTEN FREE | DAIRY FREE**

### INGREDIENTS

2 cups oat flour	1/2 cup hemp milk
1/4 cup raw cacao powder	1/4 cup maple syrup
1 teaspoon baking powder	4 tbsp organic coconut oil
1/2 teaspoon sea salt	1 teaspoon vanilla extract
1 banana, chopped	1/3 cup chocolate chips
3 pitted medjool dates	1/3 cup coconut palm sugar
2 organic eggs	2 tablespoons maqui powder

### INSTRUCTIONS

1. Preheat the oven to 350 degrees. In a food processor, add oat flour, cacao powder, baking powder, salt and maqui powder (optional). Process until oats are the consistency of flour.
2. In a high speed blender, add banana, dates, eggs, hemp milk, pure maple syrup, coconut oil and vanilla extract. Process until smooth and creamy.
3. Add the wet ingredients to the food processor with the dry ingredients; process until blended.
4. Spoon batter into the doughnut pans. Bake for 12 to 15 minutes. Let cool on a wire rack.





## CHOCOLATE PEANUT BUTTER BLONDIES

**GLUTEN FREE | DAIRY FREE**

### INGREDIENTS

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 cup natural peanut butter     | 3/4 cup coconut palm sugar         |
| 3 organic eggs                  | 1 teaspoon baking powder           |
| 1/4 cup + 2 tbsp coconut milk   | 1 cup oat bran or rice bran cereal |
| 5 organic medjool dates, pitted | 1/2 cup 1-for-1 gluten free flour  |
| 2 tablespoons vanilla extract   | 3/4 cup dairy-free chocolate chips |

### INSTRUCTIONS

1. Preheat the oven to 350 degrees. Lightly oil the bottom and sides of an 8 x 8-inch baking dish.
2. Add the peanut butter, eggs, coconut milk, dates and vanilla extract to a high-speed blender and process until smooth and creamy.
3. In a large mixing bowl, combine baking powder, oat bran or rice bran cereal and flour. Stir in the creamy peanut butter mixture. Fold in the chocolate chips.
4. Transfer the batter to the prepared baking dish. Bake for 25 to 30 minutes, or until firm. Transfer to a cooling rack and cool for 10 minutes before serving. Best served warm.

# FLOURLESS CHOCOLATE COOKIES

**GLUTEN FREE | DAIRY FREE**

## INGREDIENTS

2 organic egg whites  
2 tablespoons raw honey  
1/4 teaspoon sea salt  
1 cup raw walnuts  
1/2 cup prunes  
3 tablespoons date sugar  
1/4 cup raw cacao powder

## INSTRUCTIONS

1. Preheat oven to 300 degrees.  
Lightly grease a baking sheet  
extra virgin coconut oil.
2. In a small bowl, whisk together  
the honey, egg whites and salt.
3. Place the walnuts, pecans,  
prunes, date sugar and cacao  
powder in a high-speed blender and process into fine crumbs. Transfer the  
“crumbs” to a large mixing bowl.
4. Add the wet ingredients in with the dry; mix well.
5. Using a tablespoon as a measuring device, form 14 small round cookies.  
Bake for 15-17 minutes, or until done but still chewy. Cool completely  
before serving.



# BROWNIES

**GLUTEN FREE | DAIRY FREE | NUT FREE**

## INGREDIENTS

- 1/3 cup cassava or gluten free flour
- 1/3 cup + 1 tbsp cacao powder
- 1/8 teaspoon sea salt
- 3 organic eggs
- 1/4 cup unsweetened applesauce
- 1/2 cup extra virgin coconut oil
- 10 organic medjool dates, pitted
- 1 tablespoon vanilla extract
- 1/2 cup + 2 tbsp maple syrup

## INSTRUCTIONS

1. Preheat oven to 325 degrees.  
Lightly oil the sides of an 8 x 8 -inch baking dish and line the bottom with parchment paper.
2. In a medium size mixing bowl, whisk together the flour, cacao powder and sea salt. Set mixture aside.
3. In a high-speed blender add the eggs, applesauce, oil, dates, vanilla and syrup. Process on high until smooth and creamy.
4. Add the wet ingredients to the dry and mix well to combine.
5. Pour the mixture into the prepared baking dish and bake for 33 to 35 minutes. Remove from oven and allow to cool slightly. Brownies are best served warm.







## HOT CHOCOLATE

**GLUTEN FREE | DAIRY FREE | NUT FREE**

### INGREDIENTS

1/2 cup coconut cream	3/4 cup + 1/4 cup warm water
3/4 teaspoon pure almond extract	(divided)
3 tablespoons raw cacao powder	1 tablespoon maple syrup
3 organic medjool dates, pitted	Pinch of sea salt

### INSTRUCTIONS

1. Add the coconut cream, almond extract, cacao powder, dates, 3/4 cup water, maple syrup and pinch of unrefined sea salt to a high-speed blender and process on high for 1 full minute, or until smooth and creamy.
2. Pour the mixture into a small saucepan and stir in 1/4 cup water if you want it a bit thinner. Heat the chocolate mixture, stirring consistently, over low heat until warm, about 2 minutes. Serve at once.

Coconut “Cream” is the thick, rich and non-watery part of canned coconut milk. To get the “cream” you need to refrigerate your coconut milk for 5 or 6 hours or pop it in the freezer for at least an hour. Once the coconut milk is cold, carefully remove the top with a can opener and use a spoon to scoop out the hardened coconut “cream” off the top. The “cream” is what you will be using for the Hot Chocolate Recipe.



## CHOCOLATE CHIP PEANUT BUTTER COOKIES

**GLUTEN FREE | DAIRY FREE**

### INGREDIENTS

14 organic dried apricots	4 tablespoons coconut palm sugar
2 tablespoons coconut oil, melted	1 cup + 2 tbsp amaranth flour
1/4 cup + 3 tbsps peanut butter	1/2 teaspoon baking soda
1 organic egg	1/2 teaspoon sea salt
1/2 teaspoon vanilla extract	1/2 cup peanuts, chopped
2 tablespoons water	1/2 cup dairy free chocolate chips

### INSTRUCTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Place dried apricots in a microwave-safe dish and cover with 1 cup of water. Heat on high for 2 1/2 minutes. Let apricots sit in hot water for 5 minutes.
2. In a blender add the drained apricots, coconut oil, peanut butter, egg, vanilla extract and water. Process until creamy. Add the sugar and process.
3. In a medium-sized bowl mix together the flour, baking soda and salt. Stir the wet ingredients in with the dry and mix well. Add in the peanuts and or chocolate chips and stir to combine.
4. Measure one tablespoon of batter per cookie and place cookies on prepared baking sheet. Flatten cookies lightly with a fork or the back of a spoon.
5. Bake for 12 to 15 minutes. Remove cookies from the oven and set on a rack to cool. Note: Cookies will keep for 3 days in a covered container or freeze for up to one month in a zip-top bag.