

4-MINUTE FIX

Dessert Cookbook



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SIMPLY DELICIOUS PEACHES



Preparation - 10 minutes

Cooking - 16 minutes

6 Servings

Ingredients

- 3 medium peaches, halved and pitted
- $\frac{1}{3}$ cup chilled coconut cream
- 1 tsp. organic vanilla extract
- $\frac{1}{8}$ tsp. ground cinnamon

Instructions

- Preheat the grill to medium-high heat. Grease the grill grate.
- Arrange the peaches onto prepared grill, cut side down.
- Grill for about 6-8 minutes per side.
- Meanwhile in a bowl, add coconut cream and vanilla extract and beat till well combined.
- Top each peach piece with whipped coconut cream.
- Sprinkle with cinnamon and serve.



SUPER YUMMY MOUSSE



Preparation - 15 minutes

Cooking - 2 minutes

4 Servings

Ingredients

- 3 tbsp. coconut oil
- 3 tbsp. cacao powder
- 1 oz. 70% dark chocolate, chopped
- 1 tsp. instant coffee powder
- 2 large, ripe avocados, peeled, pitted, and chopped
- 6 Medjool dates, pitted and chopped
- ¼ cup coconut milk
- 1 tsp. organic vanilla extract
- 2 tbsp. pure maple syrup
- 2 large fresh strawberries, hulled and sliced

Instructions

- In a large, microwave-safe bowl, mix together coconut oil, cacao powder, chocolate, and coffee and microwave on High for about 1-1½ minutes, stirring occasionally.
- In a food processor, add remaining ingredients, except strawberries, and pulse till smooth.
- Add chocolate mixture and pulse till creamy and smooth.
- Transfer the mousse in serving bowl.
- Refrigerate, covered to chill for about 4 hours before serving.
- Garnish with strawberry slices and serve.

GOURMET BLACK FOREST TRIFLE

Preparation – 15 minutes

Cooking – 2 minutes

3 Servings

Ingredients

- 4 squares 70% dark chocolate, chopped
- 1 tsp. coconut oil
- 1 tsp. coconut cream
- 1 cup coconut cream, whipped till thick and divided
- 2 cups fresh cherries, pitted and quartered
- 1 tbsp. coconut, shredded
- 1 tbsp. 70% dark chocolate shaving

Instructions

- For chocolate sauce, mix together chocolate, coconut oil and 1 tsp. of coconut cream in a small pan on low heat.
- Cook, stirring continuously for about 2 minutes or till thick and glossy.
- Immediately, remove from heat and divide in 3 serving glasses evenly.
- Place half of whipped cream over chocolate sauce evenly.
- Divide cherries in all glasses evenly and top with remaining coconut cream.
- Refrigerate to chill completely before serving.
- Serve with the garnishing of shredded coconut and chocolate shaving.

MOUTH-WATERING BANANA CUSTARD

Preparation - 10 minutes

Cooking - 25 minutes



8 Servings

Ingredients

- 2 ripe bananas, peeled and mashed finely
- 14 oz. coconut milk
- 3 organic eggs
- ½ tsp. organic vanilla extract
- 1 large banana, peeled and sliced
- 1/8 tsp. ground cinnamon

Instructions

- Preheat the oven to 350F. Lightly, grease 8 x 6" ramekins.
- Arrange the ramekins in a large baking dish.
- In a large bowl, add mashed bananas, coconut milk, eggs and vanilla extract and beat till well combined.
- Divide the banana mixture in prepared ramekins evenly.
- Pour water in the baking dish, about half way full.
- Bake for about 20-25 minutes.
- Garnish with banana slices and serve with the sprinkling of cinnamon.

NUTRITIVE CRUMBLE



Preparation - 10 minutes

~~Cooking - 40 minutes~~

4 Servings

Ingredients

- ¼ cup arrowroot flour
- ¼ cup coconut flour
- ¾ tsp. baking soda
- ¼ cup banana, peeled and mashed
- 2 tbsp. coconut oil, melted
- 3 tbsp. water
- ½ tbsp. fresh lemon juice
- 1½ cups fresh blueberries

Instructions

- Preheat the oven to 300F. Lightly grease an 8x8-inch baking dish.
- In a large bowl, mix together all ingredients, except blueberries.
- In the bottom of prepared baking dish, place blueberries evenly.
- Place flour mixture over blueberries evenly.
- Bake for about 35-40 minutes, or till top becomes golden brown.

LUSCIOUS NO-BAKE PIE



Preparation 20 minutes

8 Servings

Crust

- $\frac{3}{4}$ cup unsweetened coconut flakes
- 1 cup dates, pitted and chopped roughly

Filing

- $1\frac{1}{2}$ avocados, peeled, pitted, and chopped
- $\frac{3}{4}$ cup young coconut meat
- 2 tbsp. fresh lime juice
- $\frac{1}{4}$ cup raw agave nectar

Instructions

- Lightly, grease an 8-inch pie dish.
- In a large food processor, add coconut flakes and dates and pulse till smooth.
- Transfer the crust mixture into prepared pan, pressing gently downwards.
- With a paper towel, wipe out the food processor completely.
- In the same food processor, add all filling ingredients and pulse till smooth.
- Place filling mixture over crust evenly.
- Freeze for at least 2 hours or till set completely.

TODDLER'S FAVORITE CAKE



Preparation - 15 minutes

Cooking - 14 minutes

4 Servings

Ingredients

- 4 oz. 70% dark chocolate, chopped
- 3 tbsp. coconut oil
- 2 tbsp. raw honey
- 2 organic eggs
- ½ tsp. organic vanilla extract
- Pinch of salt
- 1 tbsp. almond flour
- 1 tbsp. cacao powder
- ¼ cup fresh raspberries

Instructions

- Preheat the oven to 375F. Grease 4 ramekins and dust with a little cacao powder.
- Arrange ramekins in a large baking sheet.
- In a large, microwave-safe bowl, mix together coconut oil and chocolate and microwave on High for about 1-1½ minutes, stirring occasionally.
- In another bowl, add honey, eggs, vanilla and salt and beat till well combined.
- Add chocolate mixture and stir till well combined.
- Add almond flour and cacao powder and mix till well combined.
- Transfer the mixture into prepared ramekins evenly.
- Bake for about 10-12 minutes.
- Serve, garnished with raspberries.

AWESOME FROZEN YOGURT



Preparation - 10 minutes

2 Servings

Ingredients

- 2 medium avocados, peeled, pitted, and chopped
- ½ cup unsweetened coconut milk
- ½ cup coconut yogurt
- 3 tbsp. raw honey
- 2 tbsp. fresh lemon juice
- 1 tsp. organic vanilla extract
- 3 tbsp. fresh blueberries

Instructions

- In a blender, add all ingredients, except blueberries, and pulse till creamy and smooth.
- Transfer into an airtight container and freeze for at least 2-3 hours.
- Remove from freezer and keep aside for 10-15 minutes.
- With a spoon, stir well.
- Top with blueberries and serve.

REFRESHING BERRIES GRANITA



Preparation 10 minutes

3 Servings

Ingredients

- 1 cup fresh strawberries, hulled and sliced
- ½ cup fresh raspberries
- ½ cup fresh blueberries
- 1 tbsp. raw honey
- 1 tbsp. fresh lemon juice
- 1 cup ice cubes, crushed
- 1 tsp. fresh mint leaves

Instructions

- In a blender, add all ingredients, except mint leaves, and pulse till smooth.
- Transfer into an 8x8-inch baking dish and freeze for at least 30 minutes.
- Remove from freezer and with a fork, stir the granita completely.
- Freeze for 1 hour more.
- Serve, garnished with mint leaves.

BEST-EVER COFFEE ICE CREAM



Preparation 10 minutes

4 Servings

Ingredients

- 1½ cups coconut milk
- 1/3 cup chia seeds
- 2 tsp. organic vanilla extract
- Pinch ground cinnamon
- ½ tbsp. instant coffee powder
- 2 tbsp. almonds, chopped

Instructions

- In a large bowl, add all ingredients except coffee and almonds and stir to combine.
- Sprinkle with coffee powder.
- Refrigerate, covered for about 6-8 hours.
- Now, transfer the mixture into an airtight container.
- Cover and freeze for consistency.
- Serve with the topping of almonds.

