

PALEO DESSERT *Obsession*



BY DIANA KEUILIAN



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A note from the Publisher:

Diana has been a friend of Paleohacks and myself for over a year now, you may have seen her featured on our [Paleohacks Blog](#). Her recipes have been consistently a big hit for Paleohackers, and she's been a pleasure to work with. I hope you enjoy her recipes this holiday season!

- **Dave Sinick**, Paleohacks.com

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Paleo Dessert Obsession

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Introduction

Since I first learned to bake cookies at age 10, dessert has been my obsession. Over the years, as I learned the value of wholesome eating, the ingredients in my dessert creations began to change. White flour was exchanged for almond and coconut flours, margarine and vegetable oil discarded for coconut oil, and my old friend refined sugar was replaced with raw honey and pure maple syrup.

You'll find that wholesome, Paleo desserts rival any traditional dessert in taste and enjoyability. The difference is that when you make the treats from this cookbook, you know that you're taking in only real food ingredients that will fuel and nourish your body.

I believe that cooking and eating healthy is easy and delicious and share my passion on my blog packed with free healthy recipes at RealHealthyRecipes.com.



Cinnamon Apple Cookies

I think it's a shame that chocolate chips get all of the cookie dough glory. Why not chopped apples? These cinnamon-y, chewy cookies are the perfect afternoon pick-me-up.

Here's what you need:

- 2 Tablespoons ground cinnamon
 - ½ cup blanched almond flour
 - 3 Tablespoons coconut flour
 - pinch of sea salt
 - 2 eggs
 - 12 dates, soaked for 1 hour, then drained and minced
 - ½ teaspoon vanilla extract
 - 1/3 cup coconut oil, melted
 - ¼ cup golden raisins
 - 1 apple, thinly sliced
1. Preheat oven to 350 degrees F. Lightly grease a baking sheet.
 2. In a medium bowl combine the cinnamon, almond flour, coconut flour and salt.
 3. In another medium bowl combine the eggs, dates, and vanilla.
 4. Add the dry ingredients to the wet ones. Slowly add the melted coconut oil and mix well. Add the raisins and dates.
 5. Place flattened spoonfuls of batter on the prepared baking sheet. Bake for 10-12 minutes.



Frozen Chocolate Banana

One of the hidden talents of coconut oil is its ability to harden instantly when cold. This recipe takes plain frozen bananas to chocolate-covered treats right before your eyes.

Here's what you need:

- 4 bananas, cut in half
 - 1 cup coconut oil, melted
 - ½ cup unsweetened cocoa powder
 - 1 Tablespoon raw honey, melted
1. Insert a popsicle stick into each banana half, cover with plastic wrap, and place in the freezer for a few hours, until fully frozen.
 2. In a medium bowl combine the remaining ingredients. Transfer the liquid chocolate to a tall, narrow cup.
 3. Dip each frozen banana in the cup of chocolate, rolling it around several times for even coating. Place back in the freezer for 10 minutes.



Best Baked Apples

Before this recipe I didn't know how delicious a baked apple could be. These baked apples are tender, sweet and oh-so-delicious.

Here's what you need:

- 3 organic apples, cored with bottom intact and peeled around the top
- 1 teaspoon ground cinnamon
- dash nutmeg
- ¼ cup coconut crystals
- 3 teaspoons coconut oil, melted
- dash of salt
- ½ cup apple juice

1. Preheat the oven to 350 degrees F. Place the apples in a shallow baking pan.
2. In a small bowl combine the cinnamon, nutmeg, coconut crystals, coconut oil and salt. Spoon into the apples.
3. Pour the apple juice into the bottom of the pan, cover with foil and bake for 50-60 minutes, until the apples are tender.



Maple Roasted Walnuts

Here's the perfect on-the-go snack for when your sweet tooth acts up. A light coating of wholesome sweeteners roasted into crunchy walnuts and topped with a sprinkle of salt – simply heavenly.

Here's what you need:

- 2 cups raw walnuts
- 2 Tablespoons pure Maple Syrup
- 2 Tablespoons coconut crystals
- ¼ teaspoon salt
- 1 teaspoon coconut oil, melted

1. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
2. In a medium bowl combine all of the ingredients. Spread over the prepared sheet.
3. Bake for 10-15 minutes, until the walnuts are golden.



Chocolate Hazelnut Spread

There's a certain chocolate hazelnut spread sold in stores that I used to be hooked on. Of course it's filled with soy, dairy, refined sugar, saturated fats and lord knows what else. This recipe takes real hazelnuts and dark chocolate and turns it into a heavenly, wholesome version of Nutella that's worth getting excited about.

Here's what you need:

- 1 cup raw hazelnuts
 - 4 oz very dark chocolate
 - 2 Tablespoons raw honey
 - 1 cup coconut milk, canned and full fat
 - dash of sea salt
1. Preheat the oven to 350 degrees F. Spread the hazelnuts on a baking sheet and toast for 15 minutes.
 2. In a double boiler, gently melt the chocolate and raw honey over low heat. Remove from heat.
 3. Place all of the ingredients in a food processor. Blend until smooth.
 4. Chill in the fridge for an hour before serving.



Cinnamon Banana Buttons

My kids love this recipe for Cinnamon Banana Buttons, and I love it because it's extremely simple and quick to make. Put your bananas in the oven right before serving dinner and it will be ready by dessert time.

Here's what you need:

- 4 green bananas, thinly sliced
 - Coconut oil in spray can
 - Ground cinnamon
 - Sea salt
1. Preheat the oven to 350 degrees F. Lightly spray a baking sheet with coconut oil.
 2. Place the thinly sliced bananas over the tray in a single layer.
 3. Spray the tops of the bananas with coconut oil. Sprinkle with cinnamon and salt.
 4. Bake for 30-40 minutes, until tender and golden.



Chocolate Pecan Truffles

Just one bite of these sweet morsels and you'll find yourself in chocolate-pecan paradise. These are very decadent so roll them small and store leftovers in the freezer for those moments when you really need a chocolate escape.

Here's what you need:

- ½ cup coconut oil, melted
- ½ cup pure maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 1 cup pecans, toasted
- 1 teaspoon salt

For the topping:

- ¼ cup pecans, ground
- 2 Tablespoons coconut crystals
- dash of salt

1. In a food processor, combine the coconut oil, syrup, vanilla, almond extract, pecans and salt. Pulse until well combine and smooth.
2. In a small bowl combine the ground pecans, coconut crystals and salt.
3. Roll the chocolate into 2-inch balls with your hands, then roll through the topping mixture. Place in the fridge for an hour to chill before serving.



Amazing Brownie Bites

No joke, these brownie bites are much tastier than any boxed brownie mix you've ever tasted. By. Far. When I make these my kids...and husband...pretty much inhale them. Consider doubling the recipe.

Here's what you need:

- 3 oz dark chocolate
- ½ cup coconut oil
- ½ cup raw honey
- 2 eggs
- 1 Tablespoon vanilla
- ¼ teaspoon almond ext
- ¾ cup blanched almond flour
- ½ tsp salt

1. Preheat oven to 350 degrees F. Lightly grease a mini muffin pan with coconut oil.
2. In a double boiler, gently melt the chocolate, coconut oil and raw honey. Remove from heat, allow to cool, add the eggs, vanilla and almond extracts.
3. In a medium bowl combine the almond flour and salt. Add the wet ingredients and mix well.
4. Fill the mini muffin tins nearly to the top. Bake for 15-25 minutes until golden and set. Allow to cool in the pan.



Vanilla Bean Milkshake

Milkshakes used to be my favorite, so when I gave up dairy I was on a mission to create a dairy-free alternative. The vanilla bean adds amazing flavor to this cool and creamy delight.

Here's what you need:

- 2 bananas, peeled and frozen
 - 1 cup coconut milk, canned and full fat
 - pinch of salt
 - 1 packet stevia
 - half a vanilla bean, scraped
 - *optional, handful of ice cubes
1. In a high speed blender combine the bananas, coconut milk, salt, stevia and scraped vanilla bean.
 2. If the mixture is not thick enough, then add some ice and blend until smooth.



Strawberry Milkshake

Nothing says summer like a creamy strawberry milkshake. Make it a habit to keep peeled bananas in the freezer so you can make this shake at a moment's notice.

Here's what you need:

- 2 bananas, peeled and frozen
- 1 cup coconut milk, canned and full fat
- pinch of salt
- 1 packet stevia
- 12 frozen strawberries
- *optional, handful of ice cubes

1. In a high speed blender combine the bananas, coconut milk, salt, stevia and frozen strawberries.
2. If the mixture is not thick enough, then add some ice and blend until smooth.



Chocolate Milkshake

This creamy chocolate shake brings me back to my ice cream eating days, minus the dairy and refined sugar bellyaches that would follow. Enjoy one of these on a warm summer afternoon.

Here's what you need:

- 2 bananas, peeled and frozen
- 1 cup coconut milk, canned and full fat
- pinch of salt
- 1 packet stevia
- 1/3 cup unsweetened cocoa powder
- *optional, handful of ice cubes

1. In a high speed blender combine the bananas, coconut milk, salt, stevia and cocoa powder.
2. If the mixture is not thick enough, then add some ice and blend until smooth.



Cinnamon Fruit Salad

So many fruit salad recipes call for yogurt or other dairy and sugar-filled ingredients. I've found that fruit simply doesn't need those processed ingredients weighing it down. Simply coating chopped fruit with fresh squeezed tangerine juice and cinnamon is fruit salad perfection.

Here's what you need:

- 2 organic apples, chopped
 - 2 organic oranges, peeled and chopped
 - 2 organic mangoes, peeled and chopped
 - 1 cup organic grapes
 - 1 tangerine
 - ground cinnamon
1. In a large bowl combine all of the chopped fruit.
 2. Cut the tangerine in half, remove seeds, squeeze the juice all over the chopped fruit. Sprinkle with cinnamon and mix well.



Strawberry Cheesecake Bites

This recipe is perfect for taking to a party – it literally flies off the tray. Pureed cashews make a wonderful cream cheese substitute. You'll never want for traditional cheesecake again.

Here's what you need:

For the Crust:

- 1 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 cup dates, pitted

For the Cheesecake:

- 12 oz raw cashews (about 2 cups) soaked for 1-2 hours, then discard soaking water
- 1/2 cup coconut oil
- 1/2 cup raw honey
- 1 teaspoon vanilla extract

For the Strawberry Topping:

- 1/4 cup fruit-only strawberry jam
- 1 cup fresh strawberries, sliced into small pieces

1. Throw the crust ingredients into a food processor and mix until smooth. Press into the bottoms of mini muffin tins. Put in the freezer as you prepare the cheesecake.
2. Wipe out the food processor, then add all of the cheesecake ingredients. Pulse until fully smooth. Spread over the crust. Freeze again for 10 minutes.
3. Place a teaspoon of jam on top of each mini cheesecake. Top with sliced strawberries. Freeze for 15 minutes before serving.



Dark Chocolate Pistachio Bark

I can't look at this picture without drooling. Dark chocolate and roasted pistachios make the perfect couple....and the perfect sweet & salty indulgence.

Here's what you need:

- 20oz dark chocolate
- ½ tsp vanilla extract
- ¼ tsp almond extract
- 1 tsp coconut oil
- 1 cup pistachios, shelled, roasted and salted

1. Line a pan (that fits in your freezer) with parchment paper.
2. In a double boiler, gently melt the chocolate over low heat. Remove from heat, add the vanilla and almond extracts and coconut oil.
3. Add the pistachios and mix until fully coated.
4. Spread the chocolate pistachio mixture over the prepared pan and smooth out. Freeze for a couple of hours until solid.
5. Remove from freezer and cut into pieces.



Vanilla Cupcakes

Here's a Paleo vanilla cupcake recipe to rival the boxed cake mixes. It's light, sweet and wonderfully cake-y.

Here's what you need:

- 2/3 cup coconut flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- 8 eggs
- 2 Tablespoons vanilla extract
- ½ cup maple syrup, grade b
- ½ cup coconut milk, canned and full-fat
- ½ cup coconut oil, melted

1. Preheat oven to 350 degrees F. Lightly grease muffin tins with coconut oil.
2. In a medium bowl combine the coconut flour, salt and baking powder.
3. In another medium bowl combine the eggs, vanilla, syrup and coconut milk.
4. Add the dry ingredients to the wet ones and mix well. Slowly pour in the coconut oil and mix until all lumps have disappeared.
5. Divide the batter among 12 muffin tins. Bake for 22-25 minutes, until golden. The center of the cupcake should spring back when lightly pressed on.



Best Paleo Chocolate Frosting

When I make a batch of this frosting it doesn't stick around for too long. I keep finding myself dipping a spoon into it. This frosting is a tasty dessert all in of itself. No cake needed.

Here's what you need:

- 2 cups pitted dates, soaked in hot water for an hour
- $\frac{3}{4}$ cup blanched almond flour
- 1 $\frac{1}{2}$ cups coconut milk, canned and full fat
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon almond extract
- 1 Tablespoon coconut flour
- $\frac{1}{4}$ cup coconut oil, melted
- $\frac{1}{3}$ cup cocoa powder

1. In a food processor, puree the dates with the almond flour.
2. Add the coconut milk and puree until smooth.
3. Add the remaining ingredients and continue to puree until smooth and creamy. Chill for a few hours in fridge before frosting.
4. Store frosting (and your frosted cake) in the fridge.



Almond Butter Cup Cookies

When following the Paleo diet, legumes—which include peanuts—are off limits. These cookies are a way to channel the taste of classic peanut butter and chocolate cups without falling off the Paleo wagon.

Here's what you need:

- 1 cup almond butter
 - ½ cup coconut crystals
 - 1 teaspoon vanilla extract
 - ¼ teaspoon almond extract
 - 2 eggs
 - ½ cup blanched almond flour
 - 2 Tablespoon coconut flour
 - ¼ teaspoon salt
 - 1 cup dark chocolate
1. Preheat the oven to 350 degrees F. Lightly grease a baking sheet with coconut oil.
 2. In a medium bowl combine the almond butter, coconut crystals, vanilla and almond extracts, and eggs.
 3. In another bowl combine the almond flour, coconut flour and salt. Add the dry ingredients to the wet ones.
 4. With golf ball-sized pieces of dough, form each cookie into the shape of a peanut butter cup. Place on prepared baking sheet and bake for 10-12 minutes, until golden. Allow to cool and then chill in the fridge for 30 minutes.
 5. In a double boiler, gently melt the chocolate over low heat. Allow to cool for 15 minutes then pour over the tops of the cooled cookies. Place in the freezer for 30 minutes or until the chocolate is solid.



Caramel Apple Dip

My first grade son, Andrew, has a friend whose mom packs him a container of caramel to dip his apples in every day at lunch. So naturally Andrew begged me to pack him some caramel too. There's no way I was going to buy processed caramel, so I came up with this recipe instead. He loves it, and you will too.

Here's what you need:

- 20 dates, pitted, soaked for 1 hour, then discard soaking water
 - 3 Tablespoons filtered water
 - 5 Tablespoons canned coconut milk, full fat
 - 1 teaspoon vanilla extract
 - pinch of salt
- 1) Throw all the caramel ingredients into the food processor. Blend for about 3 minutes, until fully smooth and caramel colored. Chill in the fridge for 20 minutes.
 - 2) Serve with sliced apples.



Coconut Banana Foster

I love slow cooker recipes...especially dessert ones! This recipe is incredibly easy to whip together and is the perfect way to use up a bunch of ripe bananas.

Here's what you need:

- 10 bananas, cut into quarters
- ½ cup chopped pecans
- 1 cup unsweetened coconut flakes
- 1 teaspoon ground cinnamon
- ¼ cup pure maple syrup
- ½ cup coconut oil, melted
- zest from one lemon
- 1 Tablespoon lemon juice
- 1 Tablespoons rum
- 2 teaspoons vanilla extract

- 1) Place the bananas in the slow cooker and top with pecans and coconut flakes.
- 2) Mix the remaining ingredients together, pour over the bananas.
- 3) Cook on low heat for 2 hours, or until the bananas are tender.



Candied Bacon

I'll tell you one of my darkest secrets –if you promise not to judge me. When I was 12 I gave up meat altogether (cold turkey!) and didn't come to my senses for a full 18 years. For 18 years I was a junk food vegetarian....tsk tsk. Now that I'm eating meat again, bacon and I are making up for lost time. So it's only natural that I'd turn it into dessert ☺ I'll be you'll enjoy this sweet & salty treat as much as I do.

Here's what you need:

- 1/3 cup pure maple syrup
- 1 teaspoon Dijon mustard
- 8oz nitrate free bacon strips

- 1) Preheat the oven to 400 degrees F. Line a baking sheet with foil and place a metal cooling rack on it.
- 2) In a shallow bowl, combine the syrup and mustard.
- 3) Drag each strip of bacon through the syrup mixture, coating both sides. Place on the cooling rack. Bake for 15-20 minutes until crispy.