



Key Lime Pie

Spring and summer are great months to make desserts like these. Refreshing, light, and almost guiltless. You'll love this spin on traditional key lime pie.

Ingredients:

Fermented 'Cheese'

- 2 cups raw cashews (soaked for at least 4 hours)
- 1/2 cup full fat coconut milk
- pinch of salt
- 1 probiotic capsule

Filling

- 1 batch of fermented "cheese"
- 1/2 cup raw honey
- 1/3 cup melted coconut oil
- 1/4 cup coconut milk
- 1 tsp vanilla extract
- 3 large limes (zest & juice)
- 2 tsp grass fed gelatin
- 1/3 cup hot water

Crust

- 1 cup pecans
- 1 cup dates
- 3/4 cup shredded coconut

- 3 tbsp raw honey
- 2 tbsp melted coconut oil
- 1/2 tsp vanilla extract

Directions:

Make the fermented cheese part of the recipe the day or night before you plan on making the rest of your dessert. Puree the cashews (drain and rinse), the coconut milk and salt in a high speed blender until light, smooth, and creamy. Open the probiotic capsule into mix. Pulse lightly until just combined. Place this mixture into a clean bowl, cover with a tea towel and set in a warm place on your counter to ferment overnight.

To make the crust, pulse all ingredients in food processor until well combined and sticking together. Press into a spring formed pan with your hands. Set aside.

To start the filling, make sure you have all ingredients ready to throw in the blender as once the gelatine starts setting, you'll need to move fast. Place the gelatine in the hot water and whisk with fork. While it's blooming, add remaining ingredients into the blender (reserve the zest of one lime for garnish). Once the gelatine is starting to thicken (in about 2 minutes), place in blender with rest of the ingredients. Blend on medium-high until well combined, light and fluffy. Pour mixture over crust. Top with reserved lime zest and move into the fridge to fully set (I'd give it at least 4 hours).

Remove at any time to cut and serve!

Tips & Ideas:

You don't HAVE to make the fermented cheese. If you don't have enough time, I would just make the cashew cheese without the probiotic pill and add it to the filling recipe.



Chocolate Banana Crackers

Who doesn't love a good treat every now and again? These crackers will hit the spot. When I'm craving something sweet, or chocolate... this is my go-to secret stash that I hide for just myself. Cause it's just that good.

Ingredients:

- 12 bananas (mashed well – I whipped mine in the food processor)
- 1/2 cup cacao (I added it to food processor with the last batch of whipped bananas)
- 1 tsp vanilla
- 1 cup slivered almonds
- 3 cups shredded coconut
- 1/2 cup sesame seeds

Directions:

Mix all ingredients in large bowl.

Spread mixture into dehydrator trays (this recipe filled 3 of my trays) about 1/4" thick.

Take a pizza cutter and create a checkered pattern so it's easier to break apart your crackers when they are done (if you choose).

Dehydrate at 115 overnight (12 hours). Flip and dehydrate

another 6-10 hours (until the center isn't mushy).

Break into pieces while it's still warm (less crumbs).

Store in airtight container for months.

Eat in moderation. Hahaha. Although I feel like I could eat the entire batch in one sitting!!!