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Quick Holiday Desserts to Satisfy your Sweets Cravings



On the Menu

- Pumpkin Cheesecake Squares
- Coconut Brownie Bites

Equipment

- Food processor
- Square baking dish
- Spatula
- Small bowl

Ingredients

For Squares:

- Base -
- 1 cup raw pecans
- 1/2 cup raw walnuts
- 1 cup Medjool dates, pitted (make sure they're soft - can soak in hot water if not)
- 1 tablespoon coconut oil, melted
- 1/4 teaspoon cinnamon

- Pinch fine grain sea salt
- Filling -
- 2 cups raw cashews, soaked in water 2-4 hours then drained and rinsed
- 3/4 cup pumpkin puree
- 1/2 cup pure maple syrup
- 1/3 cup coconut oil, melted
- 1 tablespoon lemon juice
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground clove
- 1 1/2 teaspoons vanilla extract

For Bites:

- 1 cup almonds
- 1/4 cup cocoa powder
- 1/2 cup unsweetened coconut flakes, divided
- 1 cup pitted dates, soaked and drained
- 1.5 tbs coconut oil, melted
- 1 tbs honey

Pumpkin Cheesecake Squares

1. Put all the crust ingredients into a food processor, and process until the ingredients stick together. Stop and scrape down the sides as needed. Press the crust mixture into the bottom of a square baking dish.
2. Put all filling ingredients in your blender or food processor (high-speed blenders like a Vitamix or Blendtec work best) and blend until smooth and creamy.
3. Pour the filling evenly over the base and smooth with a spatula. Cover the dish and place it in the freezer to set for 4-6 hours.
4. Let the dish sit at room temperature for 10-15 minutes and then cut into squares. I sprinkled a thin layer of cinnamon on top before serving.

From: Rachel's Nourishing Kitchen

Coconut Brownie Bites

1. Combine the almonds, cocoa powder and 1/4 cup of the shredded coconut together in a food processor. Process into a fine powder.
2. Add the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
3. Roll batter into small bite-sized balls. Then roll each ball through a bowl with the remaining coconut flakes to coat.

From: That Clean Life