

A collection of paleo dessert popsicles. One central pop is light brown with a banana slice. Two others are dark chocolate with almond pieces. They are on a yellow and white striped background.

16 DECADENT PALEO

Dessert
RECIPES

From The PaleoHacks Kitchen

Contents

- 5 No-Bake Paleo Peppermint Chocolate Cheesecake
- 7 Paleo 'Peanut' Butter Truffles
- 9 Caramel Cheesecake Bites
- 11 No-Bake Strawberry Bars
- 13 Key Lime Cheesecake Bites
- 15 Dreamy Hasselback Apples
- 17 Chocolate Almond Butter Brownies
- 19 Dairy-Free Cookie Dough Ice Cream
- 21 Paleo Churro Ice Cream Bowls
- 23 Raspberry Lemon Swirl Bars
- 25 Dairy-Free Funky Monkey Popsicles
- 27 Blackberry Coconut Soufflé
- 29 No-Bake Hazelnut Butter Pie
- 31 4-Ingredient Almond Butter Cookies
- 33 Easy, Dairy-Free Pumpkin Cheesecake Bars
- 35 Homemade Kit Kat Bars Recipe

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NO-BAKE PALEO PEPPERMINT *Chocolate Cheesecake*

 Prep Time: 30 minutes  Serves: 10

Ingredients:

- 1-1/2 cups unsweetened coconut chips, for crust
- 1/2 cup coconut flour, for crust
- 3 T cocoa powder, for crust
- 1/2 cup coconut oil, melted, for crust
- 1/3 cup honey, for crust
- 3 cups raw cashews, soaked overnight, for filling
- 1 cup coconut cream, for filling
- 1/2 cup coconut oil, melted, for filling
- 1/2 cup honey, for filling
- 1/2 cup cocoa powder, for filling
- 1 T peppermint extract, for filling (use less for a milder peppermint taste)
- Chocolate shavings, optional, for garnish

Instructions:

1. Start by making the crust: In a mixing bowl, combine the coconut chips, coconut flour, 1/2 cup coconut oil, 3 tablespoons cocoa powder, and 1/3 cup honey. Mix well. Press into a springform pan to form a crust. Place in the freezer while you make the filling.
2. Make the filling: Combine the cashews, coconut cream, and coconut oil in a food processor. Process until smooth.
3. Add the honey, cocoa powder, and peppermint extract. Process until smooth.
4. Spread evenly in the crust.
5. Freeze for about 20 minutes, or until set.
6. Top with chocolate shavings if desired.
7. Slice and enjoy! Store leftovers in an airtight container in the refrigerator.



PALEO 'PEANUT'

Butter Truffles

L Prep Time: 20 minutes

Ingredients:

- 3/4 cup all-natural almond butter
- 1/2 cup coconut flour
- 1/4 cup coconut palm sugar
- 1/2 cup good quality dark chocolate
- 1 t coconut oil

Instructions:

1. Mix together the almond butter, coconut flour, and coconut palm sugar until smooth.
2. Roll into $\frac{3}{4}$ to 1 inch balls and place on parchment paper-lined cookie sheet.
3. Place the cookie sheet in the freezer to harden for 15-20 minutes.
4. Before taking out your truffles, prepare your coating by melting your chocolate and coconut oil in the microwave for 20 second intervals on 50% power until almost completely melted. Mix to let the last of the chocolate melt.
5. Using a toothpick, dip one truffle at a time in the chocolate to completely cover the truffle and place on baking sheet. (If you want you can spoon a tiny bit of chocolate on top to cover the hole on top.)
6. Once all the truffles are covered, place the cookie sheet in the freezer and allow to harden at least 30 minutes. Store in an air-tight container in the refrigerator.



CARAMEL *Cheesecake Bites*

L Prep Time: 20 minutes **L** Cook Time: 6 hours **🍴** Serves: 12

Ingredients:

- 1 cup pitted dates
- 1 cup raw almonds
- 1 1/2 cups raw cashews (soaked overnight, then drained)
- 1 can full fat coconut milk, do NOT shake the can, and scoop the cream off the top (reserve the remaining milk for a smoothie later!)
- 1/3 cup maple syrup
- 1/4 cup melted coconut oil
- 3/4 cup coconut palm sugar
- 1/2 cup full fat coconut milk, shake the can before opening
- 1/3 cup honey
- 4 T grass-fed butter
- 1/2 t vanilla extract

Instructions:

1. Prepare a regular-sized muffin tin by greasing it with coconut oil.
2. To make the crust: Add the dates and almonds (you can also use cashews) into a food processor and blend until finely chopped.
3. The mixture should begin to stick together and form a dough.
4. Scoop a heaping tablespoon into each muffin tin and, using your fingers or the bottom of a drinking glass, firmly press the mixture down until it completely sticks together.
5. To make the filling: Wipe out your food processor and add the cashews, coconut cream, maple syrup, and 1/4 cup coconut oil.
6. Blend until creamy and smooth.
7. Pour the mixture into the tins over the mini crusts.
8. Place in the freezer for 4-6 hours.
9. To make the caramel sauce: While the cheesecakes are freezing, prepare the caramel sauce by adding the coconut palm sugar, coconut milk, honey, and butter into a large glass mixing glass.
10. Allow the sauce to cool at room temperature until the cheesecakes have hardened.
11. Remove the cheesecakes from the muffin tins and drizzle the caramel sauce over the cheesecake bites and enjoy!

NO-BAKE *Strawberry Bars*

 Prep Time: 20 minutes  Yield: 9-16 bars

Ingredients:

- 1 1/2 cup pitted dates
- 1 cup pecans
- 1/2 cup walnuts
- 2 T coconut oil
- 3 T maple syrup
- 2 cups soaked cashews
- 1/2 cup coconut milk
- 10 strawberries, stems removed
- Extra strawberries for topping

Instructions:

1. Start by soaking the cashews for at least 6 hours, but preferably overnight.
2. Place pecans, walnuts, and dates into food processor and pulse; add syrup and oil and pulse again until everything is combined.
3. Line an 8x8 baking dish with coconut oil and pour nut mixture over the top, using your (clean) hands or a spatula to smooth it out.
4. For the "icing," place the soaked cashews, milk, strawberries, and syrup into a high-power blender and blend until everything is smooth, scraping down the sides when necessary. You may need to do this process a few times until everything is nice, smooth and icing-like.
5. Pour strawberry "icing" over nut mixture, top it with sliced fresh strawberries, and place dish in the freezer for at least two hours, allowing time for the bars to harden.
6. Remove dish from freezer and allow 10 minutes before cutting bars and serving.
7. Enjoy!





KEY LIME *Cheesecake Bites*

L Prep Time: 5 minutes **L** Cook Time: 25 minutes **🍴** Serves: 6

Ingredients:

- 1/2 cup raw almonds
- 2 tablespoons melted coconut oil
- 1/2 cup raw cashews, soaked in water overnight & drained
- 1/3 cup full-fat coconut milk (well shaken)
- 3-4 tablespoons raw honey
- 4 limes, juiced & zested

Instructions:

1. Line a muffin tin with 6 cupcake liners and set aside.
2. Place the almonds and melted coconut in a blender or food processor and blend until the mixture is crumbly and sticks together when pinched between your fingers.
3. Place one heaping tablespoon in each lined muffin cavity, and press the mixture down using the back of a spoon to make a mini "crust".
4. Place the muffin tin in the freezer for 15-20 minutes, while you prepare the filling.
5. In the food processor add the drained cashews, coconut milk, honey, and lime juice. Puree until smooth and transfer to a measuring cup.
6. Remove the muffin tin from the freezer when the crusts have hardened a bit and pour the filling mixture over the crusts. Top with lime zest and place back into the freezer for at least 4-6 hours to harden.
7. Store in the freezer until ready to serve. Enjoy!



DREAMY *Hasselback Apples*

L Prep Time: 10 minutes **L** Cook Time: 40 minutes **U** Serves: 2

Ingredients:

For the Apples

- 1 large apple peeled, cored and cut in half vertically
- 1 T melted grass-fed butter or coconut oil
- 2 t coconut sugar
- 1/2 t ground cinnamon
- 1 cup Paleo ice cream

For Walnut Filling

- 2 T grass-fed butter or coconut oil
- 1/3 cup walnuts, chopped into tiny pieces
- 1 T coconut sugar
- 1/4 T cinnamon

Instructions:

1. Preheat oven to 400°F and coat a small baking dish with extra virgin olive oil.
2. Slice apple halves across continuously in 1/8-inch slices, but do not cut all the way through. Place into baking pan.
3. Stir together 1 tablespoon melted grass-fed butter, 2 teaspoons coconut sugar and 1/2 teaspoon cinnamon. Brush each apple with mixture.
4. Cover apples with aluminum foil and bake for 20 minutes. Remove aluminum foil and bake 10 minutes longer. Remove from oven and cool.
5. As apples are cooling, stir together ingredients for walnut filling. Use fingers to gently fan the slices of apples open and spoon in walnut filling. Place back into oven and bake 10 minutes.
6. Serve with Paleo ice cream. Top with any extra walnut filling.



CHOCOLATE

Almond Butter Brownies

L Prep Time: 7 minutes **L** Cook Time: 15 minutes **🍴** Serves: 9-16

Ingredients:

- 1 cup creamy almond butter
- ½ cup coconut milk
- 3 eggs
- 2 tbsp coconut oil
- 3 tbsp organic maple syrup
- 1 tsp vanilla
- ½ cup unsweetened cocoa powder
- 2 tsp baking soda
- Pinch of salt
- 2 tbsp creamy almond butter for drizzle
- Optional: 2 tbsp dairy free chocolate chips

Instructions:

1. Preheat oven to 375°.
2. In a large bowl, combine almond butter, eggs, milk, coconut oil, syrup, and vanilla; stir with an electric mixer.
3. Add cocoa, baking soda and salt and mix. Optional: hand stir in dairy free chocolate chips.
4. Spray an 8x8 dish with nonstick spray and pour batter evenly into pan.
5. Melt 2 tbsp almond butter (either in microwave or over stovetop) and drizzle overtop of chocolate batter.
6. Place pan in oven and bake for approximately 15 minutes or until brownies are cooked through.
7. Remove from oven and allow 10 minutes or so for brownies to cool.
8. Cut, serve and enjoy!



DAIRY-FREE

Cookie Dough Ice Cream

L Prep Time: 5 minutes **L** Cook Time: 3 hours **🍴** Serves: 10-12

Ingredients:

For the Ice Cream

- 1 cup raw cashews, soaked overnight (or at least 6 hours), then drained
- 1 14-ounce can full-fat coconut milk
- ¼ cup coconut sugar
- ¼ cup raw honey
- 2 T coconut oil, melted
- 1 t vanilla extract

For the Cookie Dough:

- ½ cup smooth almond butter
- ½ cup coconut sugar
- 1 t vanilla extract
- ¼ cup dark chocolate chips

Instructions:

1. The night before, place your ice cream churning bowl in the freezer to freeze. Soak your cashews in a bowl of cold or room temperature water overnight.
2. Strain the cashews and place them in your food processor. Add the coconut milk and puree until very smooth and bubbly, about 5 minutes. Add the coconut sugar, honey, coconut oil, and vanilla extract, and blend until it's combined.
3. Place the mixture in the freezer to chill for 2 hours.
4. Add the chilled mixture to the ice cream maker and churn according to the manufacturer's instructions. After about 20-30 minutes, it should start to look like soft-serve ice cream. If it's not thickening up enough, place the churning bowl and mixture back in the freezer for about 30 minutes and churn again.
5. While the ice cream is churning, combine the almond butter and remaining coconut sugar and vanilla extract in a bowl and mix until smooth. Line a baking sheet with parchment paper and flatten the "dough" to about ½-inch thick. Place the "dough" in the freezer to harden slightly while the ice cream is still churning.
6. Once the ice cream is nice and thick, crumble the "dough" with your hands. Sprinkle the "dough bits" and the chocolate chips into the ice cream a handful at a time, and fold it in with a spatula.
7. Transfer to a freezer-safe container and freeze for at least 1 hour before serving.
8. If the ice cream stays in the freezer for more than 6 hours, you may need to allow it to thaw out slightly for 10 minutes before serving.
9. Ice cream will keep up to one week.

PALEO CHURRO

Ice Cream Bowls

 Prep Time: 15 minutes  Cook Time: 15 minutes  Serves: 6

Ingredients:

- 3/4 c coconut flour
- 1/2 c tapioca starch
- 1/4 c butter
- 2 T coconut sugar
- 4 eggs
- 1 t vanilla extract
- 1 c water
- 1/4 t sea salt
- TOPPING:
- 1 T coconut sugar
- 1 T cinnamon
- Paleo ice cream

Instructions:

1. Preheat oven to 400°F. In a medium saucepan over medium heat, combine butter, water, coconut sugar, and salt. Bring to a low boil until butter melts.
2. Add flour gradually, stirring until smooth. Remove from heat and transfer to a large mixing bowl. Cool 5 minutes.
3. Mix in vanilla extract and eggs one at a time. Stir until smooth and well combined. Transfer to a piping bag or large storage bag. Cut end of storage bag to 1/2-inch.
4. Combine 1 tablespoon coconut sugar and 1 tablespoon cinnamon in a small bowl.
5. Spray the back of a muffin pan with nonstick spray. Pipe batter around muffin tin in a circular pattern. Fill in any gaps. Sprinkle batter with cinnamon and sugar mixture. Place muffin tin in oven for 15 minutes, until light golden brown and crispy.
6. Remove bowls from oven and allow to cool 5 minutes. Gently lift bowls off muffin tin with a butter knife, working around the bottom to release. Fill with your favorite ice cream.

RASPBERRY *Lemon Swirl Bars*

 Prep Time: 20 minutes  Cook Time: 40 minutes  Serves: 12



Ingredients:

- 1 cup coconut flour
- 1 cup arrowroot flour
- 1/2 cup coconut sugar
- 2 eggs
- 2 cups unsweetened almond milk
- 1/2 cup butter (at room temperature)
- 1/4 cup lemon juice
- 1 t baking powder
- 1/4 t sea salt
- 2 T pure honey
- 1 cup raspberries

Instructions:

1. Preheat oven to 325°F. Line a 9x13 baking sheet with parchment paper overlapping the edges. In a large mixing bowl, beat butter and coconut sugar together.
2. Add in eggs and almond milk. Beat again until well combined.
3. Slowly beat in arrowroot and coconut flours. Add lemon juice, baking powder and sea salt. Beat once more.
4. Pour batter into prepared baking pan. Spread evenly to edges.
5. In a food processor or blender, combine raspberries, honey and water. Blend until smooth.
6. Transfer to a pastry bag or sandwich bag with end snipped to 1/2-inch. Pipe raspberry purée over batter to form lines. Glide a knife over lines to make swirl patterns.
7. Transfer to oven. Bake 40-50 minutes, until toothpick inserted comes out clean. Cool 30 minutes. Slice into squares.



DAIRY-FREE

Funky Monkey Popsicles

L Prep Time: 20 minutes **L** Cook Time: 4 hours **U** Serves: 6 3-oz pops

Ingredients:

- 1 14-ounce can full-fat coconut milk
- ¼ cup water
- ½ t pure vanilla extract
- 2 T raw honey
- 2 T raw cacao powder
- 2 large bananas cut into 18-24 slices
- 4 oz. dark chocolate chips
- 1 t coconut oil
- ½ cup chopped almonds or pistachios
- Sea salt

Instructions:

1. Drop 3-4 banana slices into each freezer pop mold and set aside.
2. Place coconut milk, water, vanilla, honey and cacao in a blender and blend until well combined.
3. Fill freezer pop molds with coconut milk mixture, being careful not to overfill and to allow for expansion when the pops freeze.
4. Insert sticks into molds. If using wooden sticks, place a sheet of aluminum foil over the top of the filled molds and gently poke sticks through the foil to keep them upright until pops freeze solid.
5. Place pops in freezer and freeze 4 hours or overnight, until solid.
6. When ready to dip pops in chocolate, remove from the molds and place them on a baking sheet in the freezer until you're ready to dip them in chocolate.
7. Melt chocolate chips and coconut oil in small glass bowl set over a small pan of simmering water (or in a double boiler). Stir gently until smooth and liquefied.
8. Remove pops from the freezer and dip the top of each pop in the melted chocolate or drizzle over the pops using a spoon. Allow excess chocolate to drip off before rolling in chopped nuts and sprinkling with sea salt.
9. Return pops to baking sheet and store in freezer until ready to serve.



BLACKBERRY *Coconut Soufflé*

L Prep Time: 15 minutes **L** Cook Time: 18 minutes **🍴** Serves: 6 servings

Ingredients:

- 1 cup fresh blackberries (rinsed)
- 5 eggs at room temperature (yolks and whites separated)
- 1/4 cup coconut sugar
- 2 T almond flour
- 1 T coconut flour
- 1/2 cup shredded, unsweetened coconut
- 1/4 t salt
- 1/2 t vanilla extract
- 3 T coconut oil
- 2/3 cup unsweetened coconut milk
- Optional toppings: powdered sugar, blackberries, maple syrup, honey, and nuts

Instructions:

1. Preheat the oven to 375°F. Grease a 9x9 baking dish.
2. Heat a small pot over medium-low heat, and whisk the milk and coconut oil together until the oil melts. Slowly add the almond flour and coconut flour to the mixture until the batter thickens. Do not overmix.
3. In a large bowl, combine separated egg whites. Beat on high until eggs are fluffy and foamy. Continue beating while you gradually add the sugar. Set aside.
4. In a small bowl, whisk the egg yolks with the vanilla, salt, and flour mixture until it's smooth.
5. Fold the yolk mixture into the egg white mixture with shredded coconut and blackberries. Stir to combine.
6. Transfer the mixture to the prepared baking dish.
7. Bake 375 degrees F for 18-20 minutes, until lightly browned around the edges. Check that the center is done by inserting a toothpick in the center.
8. Remove from the oven and transfer to ramekins. Top with optional toppings as desired!



NO-BAKE *Hazelnut Butter Pie*

 Prep Time: 45 minutes  Serves: 8

Ingredients:

- 1/2 cup almond flour
- 1 T melted coconut oil
- 1/4 cup coconut milk
- 1/4 cup dark chocolate chips
- 1/2 cup coconut cream
- 1/2 cup creamy hazelnut butter
- 1/4 t vanilla extract
- 1 T honey

Instructions:

1. Grease two ramekins with coconut oil, OR line a cupcake pan with 6 cupcake liners.
2. Mix together the almond flour and coconut oil. Divide the mixture evenly between each ramekin or cupcake liner. Use your spoon to press the mixture down to make a crust. Place the ramekins or cupcake pan in the refrigerator to harden for 10 minutes.
3. Prepare your ganache by melting chocolate and coconut milk in the microwave for 20-second intervals on a LOW power setting, stirring between each interval. When the chocolate is almost completely melted, stir the remaining chunks to completely melt the chocolate.
4. Take your mini crusts out of the refrigerator and spoon the ganache evenly over the crusts. Place in the refrigerator to harden for 10 minutes.
5. Prepare your hazelnut butter topping by mixing the coconut cream, hazelnut butter, vanilla extract, and honey in a bowl. Cream the ingredients together until smooth, and spoon the mixture evenly over the ganache.
6. Chill for 10 minutes in the freezer before serving. Keep refrigerated or frozen until ready to serve.



4-INGREDIENT *Almond Butter Cookies*

L Prep Time: 5 minutes **L** Cook Time: 10 minutes

Ingredients:

- 1 cup all-natural almond butter
- 1/2 cup coconut palm sugar
- 1 egg, beaten
- 1/2 t vanilla extract

Instructions:

1. Preheat oven to 350.
2. In a medium-sized bowl, cream together the almond butter, the egg, and the vanilla extract until smooth. Fold in the coconut sugar and blend until combined.
3. One heaping tablespoon at a time, roll the dough into one and a quarter-inch balls, and place on a cookie sheet. Using the base of your palms or a fork, slightly flatten the balls slightly to about a half-inch thick.
4. Bake for 8-10 minutes, or until the edges begin to brown.
5. Remove the cookies from the oven and allow them to cool on the cookie sheet for at least 10 minutes before transferring to a cookie rack.



EASY, DAIRY-FREE *Pumpkin Cheesecake Bars*

L Prep Time: 20 minutes **L** Cook Time: 45 minutes **🍴** Serves: 16 bars

Ingredients:

For the Pumpkin Bars

- 1 cup tapioca flour
- 1/2 cup coconut flour
- 1 can pumpkin purée
- 4 large eggs
- 1/2 cup coconut oil, melted
- 1/2 cup pure maple syrup
- 1 T pumpkin pie spice
- 2 t baking powder
- 1/2 t sea salt

For the Cheesecake Layer

- 1½ cups cashews, soaked overnight in water
- 2 eggs
- 1/4 cup full fat coconut milk
- 2 T maple syrup
- 1 t vanilla extract
- 1 T lemon juice

Instructions:

1. Preheat oven to 350°F and lightly grease a 9x13-inch baking pan. Use a hand mixer to beat together pumpkin purée, maple syrup and melted coconut oil.
2. Beat in eggs until just combined. Gradually add coconut and tapioca flours, pumpkin pie spice, baking powder and sea salt. Beat until smooth. Pour batter into baking pan. Bake 25 minutes.
3. Drain soaked cashews. In a blender, combine cashews, coconut milk, maple syrup, vanilla extract and lemon juice. Blend until silky smooth. Add egg and blend until just combined.
4. Remove pumpkin bars from oven. Pour cheesecake layer over the top and spread evenly. Bake for 20 minutes. Allow bars to cool 1 hour at room temperature then cover and refrigerate 3 hours before slicing into bars.



HOMEMADE *Kit Kat Bars Recipe*

L Prep Time: 40 minutes **L** Cook Time: 10 minutes **🍴** Serves: 12 bars

Ingredients:

For the crust layer

- 1 cup coconut flour
- ½ cup coconut oil, melted
- 3 T honey

For the caramel sauce layer

- 1 cup dates, pitted and soaked in water
- 1 T unsweetened coconut milk
- 1 t vanilla extract
- 1 T coconut oil, melted

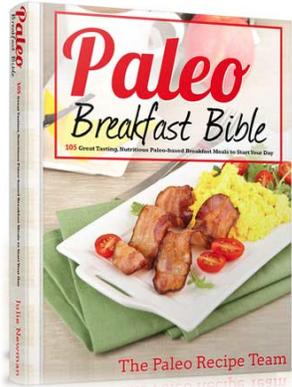
For the chocolate layer

- ½ cup dark chocolate
- ½ t coconut oil, melted

Instructions:

1. Place dates in a large bowl and fill with water to soften 1-2 hours.
2. Drain water from dates, set aside.
3. In a small bowl, combine melted coconut oil, honey and coconut flour until it becomes a gooey mixture.
4. Place the dough in plastic wrap 20 minutes to set. Do not place in the refrigerator or the coconut oil will harden and separate from the dough.
5. While the dough settles, preheat oven to 350°F. Line a 9x5-inch loaf pan with parchment paper, allowing the paper to hang over the edges for easy removal.
6. Transfer the crust mixture to the pan and spread into an even layer into the corners of the pan.
7. Place crust in the oven to bake 10 minutes until slightly raised and browned. Cool crust 30 minutes before proceeding.
8. While the crust bakes, place the dates in the microwave to warm 1-2 minutes. Then add all ingredients for the caramel layer in a blender, placing the dates in first.
9. Blend on high until the ingredients are broken down and becomes a sticky, smooth mixture.
10. Spread the caramel sauce into an even layer over the crust. Place in refrigerator for 2 hours.
11. Once set, make the chocolate layer by melting chocolate and coconut oil in a small saucepan over low heat.
12. Spread the chocolate into an even layer over the bars. Place back in the refrigerator to set 1 hour.
13. Remove from the refrigerator and gently lift the bar out of the pan with the parchment paper and place on a hard surface. Slice into 12 bars using a large knife.

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