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Dessert Recipes



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Chocolate Mousse

Ingredients

- 1 x medium sized banana
- 3 x tablespoons coconut oil (warmish - room temperature)
- 4 x tablespoons of raw (organic) cacao powder
- 2 x tablespoons of honey or maple syrup
- 1 x large avocado
- Sprinkle of Himalayan salt to taste



Method

Place all ingredients in blender / processor. Mix until very smooth. You can't over-process this one, so keep going until you achieve mousse-like smoothness.

Spoon mousse into serving dishes and refrigerate for at least 1 hour before serving.

Chocolate & Banana Brownies



Ingredients

3 x medium, but very ripe bananas

½ x cup smooth almond butter / brazil nut butter/ any nut butter

½ x cup cacao powder –If you like it more chocolate tasting, add more!

Method

Pre warm your oven to 350 F, grease your baking tray.

In saucepan, melt the nut butter. In either the blender or a large mixing bowl, add the banana, nut butter and cocoa powder - mix thoroughly.

Pour the mixture into greased pan. Bake for 20 minutes or until cooked through. Remove from the oven. Cool then slice.

Blueberry Fool

Ingredients

- 1 x tablespoon soft pitted prunes
- 1 x tablepoon chia seeds
- 1 x tablespoon flax seeds
- 1 x tablespoon almonds
- 1 x tablespoon brazils and walnuts
- 1½ x tablespoons blueberry powder or 200g fresh blueberries
- 1 x tablespoon coconut oil - melted
- 1 x peeled satsuma

Method

Put all ingredients together in jug. Cover with water for a few hours in fridge.

Remove and Stir.

Put into blender and mix until it's a thick puree. Serve with natural yoghurt on top.



Goey Orange Brownies



Goey Orange Chocolate Brownies

Ingredients

250 g butter
200 g good-quality dark chocolate (70% cocoa solids) , broken up
75 g dried cranberries
50 g chopped nuts
80 g organic cocoa powder, sifted
65 g coconut flour , sifted
1 teaspoon baking powder
200 g caster sugar
4 large free-range eggs
zest of 1 orange ,
250 ml crème fraîche, for serving up - optional

Method

Preheat the oven to 180°C/350°F/gas 4. Line a 24cm square baking tin with greaseproof paper. In a large bowl over some simmering water, melt the butter and chocolate, mix until smooth. Add the cherries and nuts, if you're using them, and stir together.

In a separate bowl, mix together the cocoa powder, flour, baking powder and sugar, then add this to the chocolate, cranberry and nut mixture. Stir together well. Beat the eggs and mix in until you have a silky consistency.

Pour your brownie mix into the baking tray, and place in the oven for around 25 minutes. You don't want to overcook them so, unlike cakes, you don't want a skewer to come out all clean. The brownies should be slightly springy on the outside but still gooey in the middle.

Allow to cool in the tray, then carefully transfer to a large chopping board and cut into chunky squares. These make a fantastic dessert served with a dollop of crème fraîche mixed with some orange zest.

Pineapple and Coconut Cream Cheese Balls

Ingredients

1 cup pureed fresh pineapple
8 ounces full fat cream cheese
1/2 cup maple syrup
1 cup pecans, chopped
5 cups unsweetened coconut
3 tablespoons water

Method

Mix cream cheese, pineapple and 1/2 cup maple syrup all in together. Add pecans and return to fridge to chill – one hour. This will then be firm enough to make into balls.

Put dried coconut in a big bowl with water and 1 tablespoons maple syrup. Cling wrap bowl and make a small opening in center of wrap. Microwave for 1 minute and remove from microwave. Fluff with fork and allow to cool.

Remove cream cheese mix from fridge and using a scoop drop balls into bowl with coconut and coat well on all sides. Place balls in a shallow baking dish. Cover and refrigerate for 4 hours to become firm.



Chocolate, Chia & Berry Pud



Ingredients

- 1 (13.5 ounce) can coconut milk, blended
- 1 cup water
- ¼ cup chia seeds
- 2 tablespoon cacao powder
- 1 dessertspoon maple syrup
- Half teaspoon pink salt

Instructions

- Combine blended coconut milk, water, and chia seeds in a jar shake well
- Add cacao powder, maple syrup and salt and shake well
- Refrigerate overnight to let chia seeds soften and absorb liquid
- Serve

Apple Crumble



Ingredients

5 apples, peeled, cored and sliced
Juice of half a lemon
Sprinkle of vanilla extract
1 cup blanched almond flour
Sprinkle of Pink salt
¼ teaspoon baking soda
2 tablespoons butter for shortening
2 tablespoons maple syrup

Instructions

Place apples in a large bowl
Sprinkle with lemon juice, vanilla, tossing to incorporate all ingredients
Place apple mixture in an 8 x 8 inch baking dish and set aside
To make topping, in a medium bowl, combine almond flour, salt, baking soda, butter and syrup.
Crumble topping over apple mixture
Cover with tinfoil and bake at 350° for 60 to 75 minutes until fruit is juicy and bubbling
Remove from oven and uncover
If topping is browned, allow to cool for 10-15 minutes