



Whole Food Desserts

COMBO IDEAS

- dates + walnuts
- baked apple/pear/peach/apricot + ginger + cinnamon
- yogurt/kefir + fruit + coconut flakes
- frozen banana + nut butter + cocoa nibs
- black bean brownies
- coconut milk ice cream/popsicle
- coconut cream + berries + honey



FRUIT

Find canned coconut cream for a delicious alternative to dairy.



DATES

"nature's caramel"



CACAO NIBS



DARK CHOCOLATE

70% or darker