

Whole Wheat Cacao Sugarless Cake

Butter 9" by 13" casserole dish.

Combine 1 ¼ cups whole wheat flour, 1 ¼ cups milk, 2/3 cup xylitol, 2/3 cup Agave, ½ cup cacao, 1/3 cup coconut oil, 1 ¼ tsp baking powder, 1 ¼ tsp baking soda, 2 tsp vanilla extract, ¾ tsp salt, 4 eggs, ½ tsp almond extract. Beat on low for 30 seconds, then on medium for 2 minutes.

Pour into casserole dish, bake at 350 for 30 minutes. Cool on rack then in refrigerator.

Frost with 3 avocados, ¾ cup cacao, and 1 ½ cup agave whipped in a food processor. Top with strawberries.

Healthier Carrot Cake

Butter a casserole dish.

Blend in mixing bowl 2 cups Agave, 1 ½ cups olive oil, 4 eggs till smooth. Add 3 cups shredded carrots.

Fork together dry ingredients 2 cups whole wheat flour, 2 tsp baking soda, 2 tsp cinnamon, 1 tsp salt, ½ tsp baking powder. Add to wet ingredients. Fold in optional 1 cup raisins and 1 cup chopped walnuts.

Pour into casserole dish and bake at 300 for 45 minutes. Cool and Frost. Keep in refrigerator.

Frosting: 2 cups xylitol and 2 Tbs cornstarch in dry blender on high until powdered. Different blenders take different amounts on time, 10 minutes in mine, 1 or 2 in a Ktech. Then add the powdered xylitol to 2 packages softened cream cheese, dash cinnamon, and 1 tsp vanilla and whip in a small mixing bowl or food processor.

Healthy Fudge

Cacao powder 1 c, peanut or almond butter 1 c, Agave 1 c, coconut oil ¼ c, vanilla 1 tsp, salt 1 tsp

Slowly melt coconut oil on very low in medium sauce pan. Add nut butter and salt. Stir really well. Add agave and vanilla, stir. Finally add cacao powder and mix till all is smooth. Pour into casserole dish and freeze a few hours. Cut into squares and serve.

No Bake Cookies

Do Healthy Fudge recipe and add 2-3 cups rolled oats after cacao. Drop spoon onto cookie sheet and refrigerate instead of freeze.