

Living Healthy *with* Chocolate

DELECTABLE DESSERT RECIPES
THAT WILL CHANGE
THE WAY YOU EAT, THINK & FEEL

Over 100 healthy paleo, gluten-free, grain-free,
& guilt-free recipes to satisfy your sweet tooth

WRITTEN & PHOTOGRAPHED BY ADRIANA HARLAN

[HTTP://LIVINGHEALTHYWITHCHOCOLATE.COM](http://LivingHealthyWithChocolate.com)

INGREDIENT LIST

BELOW IS A LIST OF INGREDIENTS I FREQUENTLY USE. IN MY EXPERIENCE, I FOUND THAT THESE BRANDS TASTE AND WORK THE BEST IN ALL OF MY RECIPES. THEREFORE, I FELT IT WAS IMPORTANT TO SITE THEM IN THIS BOOK. CLICK PRODUCTS BELOW OR VISIT MY AMAZON STORE WHERE YOU CAN PURCHASE ANY OF THE PRODUCTS YOU SEE BELOW. <http://livinghealthywithchocolate.com/amazon-store/>

FLOURS



ALMOND FLOUR—Almond flour, also referred to almond meal is simply almonds ground up to fine meal. I use blanched (skin removed) almond flour in my recipes. It is great for baking, high in protein and with a fraction of the carbs of wheat flour. My favorite brand is by Honeyville Farms.



COCONUT FLOUR—This is a low-carb, gluten free flour used as a substitute to wheat or nut flour in baking, perfect for people with food allergies. My favorite brand is by Honeyville Farms.



ARROWROOT POWDER—excellent grain free thickener and substitute for cornstarch. My favorite brand is by Bob's Red Mill



FLAXSEED MEAL—Flaxseed meal is a rich source of fiber and high in omega-3 fatty acids. It is a great substitute for butter or oil in baking because it gives a perfect buttery texture and flavor. My favorite brand is by Barlean's

SWEETENERS



RAW HONEY—I love sweetening my recipes with raw honey and [here](#) are some reasons why. Be sure to buy honey that has not been processed (i.e. unheated, unfiltered, unpasteurized, organic, raw honey). My favorite brand is by YS organic Bee Farms



COCONUT PALM SUGAR—Coconut Palm sugar has a soft caramel flavor, similar to light brown sugar, dissolves well in liquid and is a great way to sweeten recipes. It is low on the glycemic index and packed with [nutrients](#). Look for unrefined, organic, gluten free coconut palm sugar. My favorite brand is by Big Tree Farms

OIL & BUTTER



COCONUT OIL—There are literally hundreds of uses for coconut oil besides adding great flavor and nutrients to recipes. Coconut oil is a stable fat (saturated fat less likely to suffer oxidate damage upon heating) and safe to use for high heat cooking or frying. Look for cold-pressed, unrefined organic virgin coconut oil. My favorite brand is by Spectrum



BUTTER—Look for butter that is organic and made from grass-fed cows. Grass-fed butter is rich in vitamin A, D and K2, Conjugated Linoleic Acid (CLA), protecting against cancer and helping with weight loss. If you cannot tolerate the protein casein in butter, you can use Ghee instead. Ghee is simply clarified butter, which means the casein has been removed. My favorite brand is by Kerrygold

CHOCOLATE



RAW CACAO POWDER—Raw cacao powder is created by processing raw cacao beans through a cold-pressing process with the cacao fat removed. **Raw cacao powder is not the same as cocoa powder.** Cocoa powder is processed and usually contains added ingredients like oils and sugars. Raw cacao is rich in antioxidants and other nutrients like iron, dietary fiber, calcium, zinc, potassium, manganese, magnesium and sulfur. My favorite brand is by Earth Circle Organics



CACAO BUTTER—Cacao butter, also known as cocoa butter, is a pure vegetable fat that is extracted from the cacao bean. It is a powerful antioxidant used to make chocolate and skin moisturizers. My favorite brand is by Pacari



PALEO-FRIENDLY CHOCOLATE CHIPS—dairy, nut, gluten and soy free by Enjoy Life Chocolate Chips

SALT



SALT—Look for **unrefined sea salt** like Celtic, Himalayan, lava sea salt, Fleur de Sel and french grey. These are packed with more than ninety minerals, including sodium, chloride, calcium, magnesium, potassium, iodine, silicon, sulfur, phosphorus, vanadium, and many more!

ESSENTIAL KITCHEN TOOLS

HERE ARE A FEW OF MY FAVORITE KITCHEN TOOLS, GADGETS AND APPLIANCES THAT I OFTEN MENTION IN MY RECIPES. CLICK ON EACH ITEM BELOW OR VISIT MY AMAZON STORE ON MY BLOG TO PURCHASE ANY OF THE PRODUCTS YOU SEE BELOW. <http://livinghealthywithchocolate.com/kitchen-essentials/>



8½×4½-inch medium loaf pan



8-inch round removable bottom cake pan



mini cheesecake pan



4.75-inch Round Tart Pan



4×¾-inch mini springform pan



Silicone Muffin Pan



Ice Cream Maker



Medium Cookie Scoop



Small Cookie Scoop



Pastry Scraper



Silicon Baking Cups



Silicon Brownie Mold



Mixing Bowls



Measuring Cup and Spoons



Rubber Spatula



Vitamix



Magimix

PALEO WHITE CHOCOLATE PECAN BUTTER CUPS

(Dairy, Gluten, Soy, Refined Sugar Free)

INGREDIENTS

- ½ cup cacao butter
- ½ cup macadamia nuts
- 1 teaspoon vanilla extract
- 1 tablespoon raw honey or 3 tablespoons raw coconut palm sugar
- pinch of salt
- 1 cup raw pecans

INSTRUCTIONS

1. shave the cacao butter with a knife and measure ½ cup
2. add the cacao butter to a bowl and melt it slowly over simmering water (double boiler)
3. add the melted cacao butter, macadamia nuts, vanilla extract, honey or coconut palm sugar and salt to a food processor and process until creamy and smooth
4. add two teaspoons of the mixture to silicon or paper baking cups and freeze until hardened
5. meanwhile, process the pecans in a food processor until a creamy, smooth butter forms
6. remove cups from freezer and add one teaspoon of pecan butter in the center. Return to the freezer for 10 minutes
7. top the pecan butter with two teaspoons of the cacao butter mixture and freeze until hardened
8. store cups in an airtight container in the fridge or freezer

Recipe yields approximately 7 white chocolate pecan butter cups.

PALEO GRANOLA

(Grain, Gluten, Soy, Refined Sugar Free)

INGREDIENTS

- 1 cup raw almonds
- 1 cup raw pecans
- 1/3 cup raw sunflower seeds
- 1/2 cup shredded coconut, unsweetened
- 1/3 cup flaxseed meal
- 1/3 cup chia seeds
- 1/3 cup almond butter
- 3 tablespoons coconut oil, melted
- 3 tablespoons raw honey
- 1 cup blueberries (fresh or frozen)

INSTRUCTIONS

1. chop almonds, pecans and sunflower seeds in a food processor and place in a large bowl
2. mix in the shredded coconut, flaxseed meal, chia seeds, almond butter, coconut oil and honey
3. using your hands stir all ingredients together until combined
4. fold blueberries into the mixture
5. spread mixture evenly on a baking sheet lined with parchment paper
6. bake at 300°F for approximately 40 minutes or until dry and crunchy, being careful not to burn
7. set baking sheet on a wire rack to cool
8. store granola in an airtight container in the refrigerator

Recipe yields approximately 5 cups.

CREAMY CHOCOLATE ICE CREAM

(Paleo, Dairy-Free, Egg-Free, Refined Sugar Free)

INGREDIENTS

- 2-ounces dark unsweetened chocolate
- 1½ cups shredded coconut, unsweetened
- 3 cups hot water
- 2 tablespoons arrowroot powder
- 3 tablespoons raw cacao powder
- 3 tablespoons raw honey (or more if you like it sweeter)
- pinch salt
- 1 tablespoon vanilla extract

INSTRUCTIONS

1. chop the dark chocolate into very small pieces
2. add shredded coconut and hot water to a high speed blender and let it soak for 5 minutes
3. blend on high for 1 minute, then strain the milk into a medium saucepan using a fine mesh strainer or cheesecloth (this should yield 2½ cups of coconut milk). Alternatively, you can use 2½ cups of full fat coconut milk from can.
4. whisk in the arrowroot powder, raw cacao powder, raw honey and salt
5. bring mixture to a light boil slowly over medium heat, stirring frequently
6. once it starts to bubble, remove from heat and stir in the chopped chocolate and vanilla extract
7. mix until chocolate is fully melted, then set aside to cool
8. refrigerate overnight then process the chilled mixture in your ice cream maker

Recipe yields 1 quart.

PALEO BANANA CHOCOLATE CHIP MUFFINS WITH CINNAMON STREUSEL

INGREDIENTS

- ½ cup raw pecans
- 1½ cups almond flour
- ½ teaspoon ground cinnamon
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1½ cups banana
- 1 egg
- 1 tablespoon raw honey
- 3 tablespoons coconut oil, melted
- 3 tablespoons coconut cream*
- ⅓ cup chocolate chips

CINNAMON STREUSEL:

- 2 tablespoons almond flour
- ⅛ teaspoon ground cinnamon
- 1¼ teaspoons coconut oil, melted

INSTRUCTIONS

1. chop pecans in a food processor until coarse meal
2. in a large bowl mix the chopped pecans, almond flour, ground cinnamon, baking soda and salt
3. process the bananas, egg, honey, coconut oil and coconut cream in a food processor until creamy
4. using a rubber spatula, gently mix the banana mixture with the dry ingredients to form a batter. Do not over mix.
5. fold in chocolate chips
6. spoon batter into prepared muffin cups, filling each to the top
7. top each muffin with cinnamon streusel and bake at 350°F until a toothpick inserted into the center comes out clean, approximately 15 minutes
8. set muffin pan on a wire rack to cool

CINNAMON STREUSEL:

1. mix all ingredients for the streusel together until crumbly

Notes

*Coconut cream is the thick cream that forms on the top of a can of full fat coconut milk when left in the refrigerator overnight.

Recipe makes 10 muffins.

BONUS RECIPE

CHAPTER 2 | BREADS

AVOCADO CHOCOLATE BREAD (Gluten and Grain Free, Dairy Free)

INGREDIENTS

- 1½ cup avocado, mashed
- 3 tablespoons coconut oil, melted
- 1 teaspoon vanilla extract
- 2½ tablespoons coconut cream (cream that forms on the top of a can of coconut milk when can is left in the fridge overnight)
- 3 tablespoons raw honey
- 2 eggs
- ½ cup pecans
- 2 cups almond flour
- 1 teaspoon baking soda
- ¼ cup raw cacao powder
- ½ teaspoon salt
- ⅓ cup chocolate chips

INSTRUCTIONS

1. add the avocado to a food processor and pulse until creamy
2. add the coconut oil, vanilla, coconut cream, honey and eggs to the avocado and pulse to combine ingredients
3. chop the pecans and mix with the almond flour, baking soda, cacao powder, salt and chocolate chips in a large bowl
4. combine wet and dry ingredients and mix gently with a rubber spatula. Do not over mix.
5. spoon batter into an 8½×4½-inch medium loaf pan lined with parchment paper and sprinkle top with chocolate chips. Note: the batter will be very thick and you will need to spread it across the pan with a spatula.
6. preheat oven at 350°F and bake until a toothpick inserted into the center of the loaf comes out clean, approximately 45 minutes
7. let it cool on a wire rack and serve.
8. to preserve freshness, place inside an airtight container and store in refrigerator

The eBook

Did you like these recipes? You can get instant access to my eBook loaded with over 100 mouth-watering dessert recipes that will completely change the way you eat, think & feel about sweets. All recipes are Paleo, gluten-free, grain-free, refined sugar-free, and soy-free. And for a limited time only, I'm offering my cookbook at 45% off the original price to fans only! [Click here to buy it now.](#)



ABOUT THE AUTHOR

ADRIANA HARLAN WAS BORN IN RIO DE JANEIRO, BRAZIL, AND LIVED THERE UNTIL MOVING TO THE LOVELY ISLAND OF OAHU, HAWAII, IN 1997. AS A YOUNG CHILD, SHE WAS INTRODUCED TO THE SPORT OF BODYBOARDING BY HER PARENTS. HER SKILLS DEVELOPED UNTIL SHE HIT THE PRO BODYBOARDING CIRCUIT WHERE SHE REMAINED FOR SEVERAL YEARS. IN 2008, SHE BEGAN KITESURFING AND FELL IN LOVE WITH THE SPORT AND QUICKLY BECAME ONE OF THE TOP FEMALE WAVE RIDERS. SHE WAS FEATURED IN A NUMBER OF SPORTS MAGAZINES AND ARTICLES AND BECAME A SERIOUS CONTENDER IN THE SPORT.

In 2010, debilitating stomach cramps and knee pain threatened to derail her athletic career and even her mobility. Many visits to various doctors brought no answers and no relief, so she did her own research. She decided to follow a [paleolithic diet](#) that is low carb and free of grains and tweaked it to meet her own body's needs. Her diet is now free of grains, sugar, processed food, vegetable oils, and legumes. Since then, she has returned to a full athletic schedule and is free of stomach distress and joint problems.



Aside from her husband, surfing and relaxing on Oahu's lovely beaches, the author's passions include chocolate and coconut. She also has a weakness for sweets, which are typically forbidden on the Paleo diet. One day, she decided that "There must be dessert, too!", so

she began developing her own recipes using only micronutrient-rich, Paleo-approved ingredients. Thus, delights such as the Paleo Double Chocolate Espresso Bar and the "Peanut" Butter Truffle (grain, dairy, and peanut free!) were born.

By January 2013, she had received a gratifying amount of positive feedback on her work which led to the creation of "[Living Healthy with Chocolate](#)", a blog dedicated to Paleo-approved, healthy-choice sweets and treats. All recipes on the blog and in this book were developed and photographed by the author. "[Living Healthy with Chocolate](#)" not only allows her to keep track of her recipes and stay in touch with family and friends (both old and new), but it also serves as a valuable resource for those seeking a healthy alternative to sugar- and chemical-laden junk foods that are too commonly considered "treats". The author has proven that there is no reason why breads, cookies, ice cream, and sweets must be unhealthy and even toxic when with her recipes, it's possible to have delicious, healthy, and nourishing sweets.

The recipes published in her blog are suitable not only for those following the Paleo diet, but also for those who:

- must follow a ketogenic diet
- have children who must follow restricted diets
- suffer various allergies and intolerances (e.g. wheat, dairy, and peanut)
- suffer metabolic disorders such as diabetes
- have immune disorders such as fibromyalgia and Crohn's
- or who are living with neurological conditions such as cognitive dementia, Alzheimer's, and autism.

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