

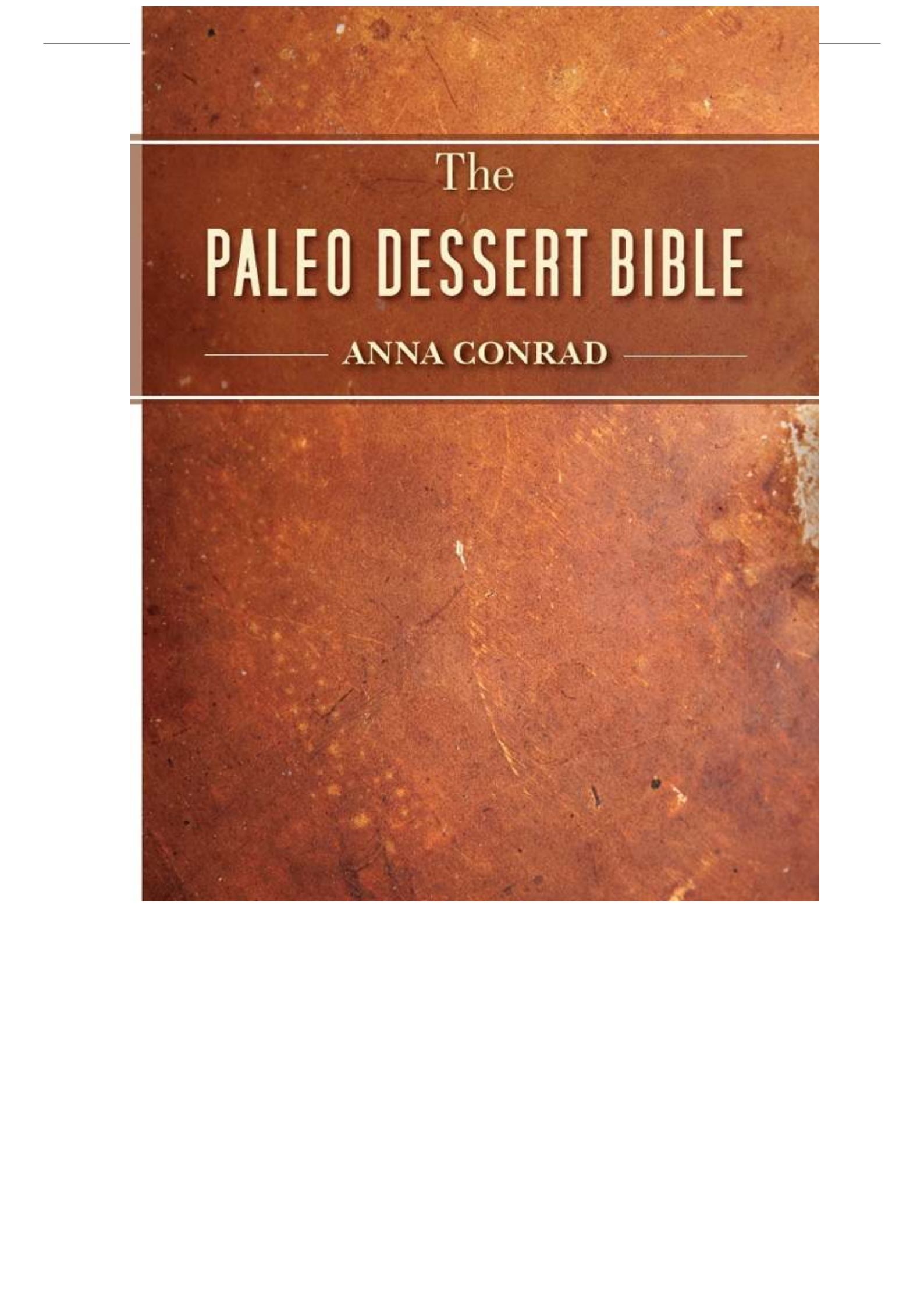
MORE THAN 100 DELICIOUS RECIPES FOR GRAIN-FREE, DAIRY-FREE DESSERTS



The
PALEO DESSERT BIBLE

— ANNA CONRAD —





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Note

This book is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you may have medical problems, we urge you to seek competent medical help.

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{ Welcome }

Welcome to *The Paleo Dessert Bible*. I wrote, tested, and edited the recipes in this book in my kitchen located in Chattanooga, Tennessee. My mission with *The Paleo Dessert Bible* was to create a comprehensive collection of my favorite dessert recipes and reformulate them to comply as closely as possible with the paleo diet. I abandoned many of the basic tenets that apply to baking with grains and learned how nut flours, palm sugar, coconut milk, and oil behave when formulating desserts. In many instances, the recipes are better when converted to paleo versions. I hope you enjoy these desserts, many of which you will recognize by the titles as classic, all-time favorites. And hopefully, you will consider them to be even better than you remembered.

{ Preface }

The paleo diet does not lend itself to the easy incorporation of dessert recipes into the everyday menu. However, I believe that the paleo diet approach to health could be very important to the health of many people. For that reason, we should find ways to make it accessible, which means indulging in the occasional dessert. With some careful planning, a few desserts on an infrequent basis shouldn't do harm. For the most part, the recipes in this book closely adhere to the paleo diet principles. Yes, you will see some normally excluded foods (chocolate, coffee, honey, molasses, maple syrup, palm sugar, tapioca flour, alcohol, etc.) in some of the recipes, because it would be impossible to make desserts without them. But indulging in these desserts on an infrequent basis should not set your health goals too far afield. Just make sure you use high-quality, organic, whole foods and additive-free ingredients whenever possible. For a complete list of foods allowed on the paleo diet, see my first cookbook, *The Paleo Cookbook*.

{ Stocking Your Pantry }

The following is a list of standard ingredients you will need to have in your pantry (in addition to typical baking ingredients) before making the recipes in this book. I've listed suppliers for almond flour as well, because almond flour is the main ingredient in many of the recipes, and the suppliers I list here are the best brands to use, based on my experience. I did not list suppliers for other ingredients because I found that the ingredients are widely available from multiple suppliers without much variation in quality.

ALMOND FLOUR AND ALMOND MEAL: Almond flour and almond meal are made by grinding sweet almonds. Almond flour is finely ground blanched almonds (blanching almonds removes the skin). Almond meal is made with or without the skin on the almonds, and it isn't as finely ground as almond flour. The consistency of almond meal is similar to that of corn meal. I have used almond flour from three different suppliers and found them all to be acceptable in dessert recipes. The almond flour suppliers I used are JK Gourmet (www.jkgourmet.com), Benefit Your Life (www.benefityourlifestore.com), and Honeyville (www.honeyvillegrain.com). I grind my own almond meal from whole almonds, since I use it in smaller quantities.

COCONUT FLOUR: Coconut flour is the meat of a coconut, ground finely and defatted. When purchasing, make sure the ingredients state pure coconut flour, without any added ingredients such as rice flour, sugars, or preservatives. Choose coconut flours that are not pristine white in color, because that may indicate unnecessary processing. The color should be similar to coconut flesh, a little off-white and cream-colored.

COCONUT OIL: Coconut oil is extracted from the coconut flesh (meat). Coconut oil is used in many paleo recipes and is the primary fat used in this cookbook. Choose virgin coconut oil (VCO) that is made from fresh coconut and mechanically pressed to extract the oil. Other forms of coconut oil may be extracted via chemical or high-temperature methods, which can reduce the nutrient content and flavor properties of the oil.

COCONUT MILK: Coconut milk is the liquid that comes from squeezing the meat of fresh coconut. Coconut milk can be thick or thin depending on the fat content, or whether or not a thickener has been added. Canned coconut milk is often diluted with water to achieve a lower fat content. Light coconut milk is the lowest fat-containing coconut milk. The recipes in this book are made with canned coconut milk with a 20 to 22 percent fat content (not light). If possible, choose coconut milk that contains no additional ingredients, other than water. Thickeners such as guar gum are often added and should be avoided if at all possible.

PALM SUGAR: Palm sugar is a nutrient-rich, unrefined, low-glycemic, natural sweetener that is obtained by making several slits in the stem of a palm tree, draining the liquid, and then boiling it until thickened. The boiled product is cooled into cakes and later ground and packaged for sale. Palm sugar has a rich brown color, and some say its taste is superior to that of white granulated sugar. Palm sugar behaves much the same as white granulated sugar in baking applications. Palm sugar is not the same

coconut sugar, which is obtained from the cut flowers of the coconut palm tree. The recipes in this book use palm sugar.

BAKING SODA: Baking soda (sodium bicarbonate) is used in baking as a leavening agent when acidic ingredients are present. Acidic ingredients include phosphates, cream of tartar, lemon juice, yogurt, buttermilk, cacao powder, vinegar, etc. Baking soda reacts with the acidic ingredient and releases carbon dioxide, causing the baked good to rise. Baking soda is often used in combination with baking powder.

BAKING POWDER: Baking powder is a leavening agent composed of a weak acid and a weak base that allows baked goods to rise via an acid-base reaction. Baking powder is used in traditional wheat-based breads where a fermentation reaction (via yeast) is undesirable because of the taste fermentation imparts. Baked goods or breads that use baking powder to create “lift” in the baked good are often called quick breads because of the quick release of carbon dioxide in the acid-base reaction, yielding shorter processing times (no waiting for the bread to rise before baking). Paleo breads, which use nut flours instead of wheat based flours, rise via the same chemical mechanism when using baking powder.

EGGS: Eggs play a critical role in baking by providing protein, fat, and moisture. Protein acts as a binding agent to keep the baked good in one piece, rather than crumbling. Fat and moisture provides an excellent mouth-feel and makes the baked good consumable and pleasant to eat, versus dry and hard to chew or swallow. The recipes in this book use more eggs than most non-paleo recipes might, especially when coconut flour is incorporated, because nut flours tend to absorb more moisture than a traditional grain-based flour. Use eggs from free-range chickens or other game birds when possible. The nutrient profile for free-range birds is more paleo-friendly than those purchased from mass-production farming facilities.

TAPIOCA FLOUR AND ARROWROOT FLOUR: Tapioca flour is derived from cassava root and can be used to make breads as the primary flour component, and as a thickening agent to replace cornstarch or other grain-based thickeners. Arrowroot flour is often used interchangeably with tapioca flour as a thickener and is acceptable for the paleo diet. I used tapioca flour in the recipes in this book in an attempt to minimize the number of ingredients in my pantry. I also found tapioca flour to be a little less expensive than arrowroot flour. Do not confuse tapioca pearls with tapioca flour for the purpose of the recipes in this book. Purchase tapioca in flour form, and be sure to check the ingredients to make sure it isn't adulterated with wheat flour.

HONEY: Honey is a sweetener created by bees, which derive the thick fluid by eating flower nectar and processing it until it dehydrates the sugar and creates natural monosaccharide, fructose, and glucose with a flavor similar in sweetness to granulated white sugar. Because honey has a low water content, most harmful microorganisms will not grow in it. However, honey may contain dormant endospores that are harmful to the immature intestinal tract of infants, which can cause serious illness or even death. For that reason, honey should not be included in recipes that will be eaten by infants. When possible, purchase raw, locally produced honey, for both environmental reasons and because locally harvested honey will have the flavor of local nectar. Raw honey has a significantly lower glycemic index and higher nutrient content than commercially produced and packaged honey. If you cannot tolerate raw honey or if you will be feeding the baked good to an infant, consider real maple sugar or molasses as a substitute, although the flavor profile will vary when using different sugars. Maple syrup is milder, and molasses has a more robust flavor.

MAPLE SYRUP: Maple syrup is a concentrated syrup obtained from the maple tree. In colder climates, the maple tree stores starch in its trunk and roots before wintertime. The starch is converted to sugar and rises into the sap in the spring. To obtain maple syrup, manufacturers and local artisans bore holes in the tree trunks of maple trees (sugar maple, red maple, and black maple) and boil it down to concentrate. Maple syrup has a glycemic index of approximately 54, and it contains manganese, iron, and calcium. Purchase locally produced maple syrup when possible.

MOLASSES: Molasses is a by-product of the manufacture of granulated sugar, or cane sugar. The syrup's flavor, thickness, and nutritional content vary depending upon whether it's the product of the second or third boiling steps during manufacturing. The first boiling product in sugar manufacture is "cane syrup," not molasses. The second boiling is called second molasses, which has a slightly bitter flavor. The third boiling produces blackstrap molasses, which is famous for its robust flavor. Blackstrap molasses contains calcium, magnesium, potassium, and iron. One tablespoon of blackstrap molasses is reputed to contain 20 percent of the daily nutritional value for each of these nutrients. Blackstrap molasses is used in many of the recipes in this book.

DARK CHOCOLATE (SOLID AND POWDER): Dark chocolate is used in many of the recipes in this book. Choose the darkest organic form available to you. Try to find chocolate that contains 60 percent or greater cacao. Seventy percent or greater cacao content is ideal. If you find the flavor is too bitter, or you aren't getting the melting properties you need, use a slightly lower cacao content or just give yourself time to adjust to the different flavor profile.

VANILLA EXTRACT: Vanilla extract contains the flavor compound vanillin and is a primary flavoring ingredient. Percolating vanilla beans in a solution of ethanol and water creates pure vanilla extract. Purchase "pure" vanilla extract (containing a minimum of 35 percent alcohol and 13.5 ounces per gallon of vanilla beans) for the recipes in this book. Double- and triple-strength vanilla extract may be available in your area. If you use double- or triple-strength pure vanilla extract, you will need to use only a small fraction of the amount of vanilla listed in the recipes in this book. Do not use imitation vanilla extract, it isn't considered paleo-friendly and is made from wood pulp by-products.

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[Almond Prune Cookies](#)
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[Orange Almond Cookies](#)
[Nutty Almond Cookies](#)
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[Jam Thumbprints](#)
[Almond Blossom Cookies](#)
[Chewy Chocolate Cookies](#)
[Chocolate Chip Cookies](#)
[Almond Butter Cookies](#)



Almond Raisin Cookies

MAKES 24 COOKIES

Ingredients

1¼ cups almond flour
½ teaspoon baking powder
½ teaspoon salt
¼ teaspoon ground nutmeg
1 cup coconut oil, softened
2 cups palm sugar
2 large eggs
3 cups almond meal
1½ cups raisins

Preparation

1. Adjust the oven racks to the upper-middle and lower-middle positions, and heat the oven to 325°F. Line two large baking sheets with parchment paper. Whisk flour, baking powder, salt, and nutmeg together in a large bowl.
2. In a separate large bowl, beat the coconut oil and palm sugar together with an electric mixer on medium speed for about 30 seconds or until well combined. Beat in the eggs one at a time until combined (about 30 seconds), scraping down the bowl and beaters as necessary.
3. Reduce the mixer speed to low and slowly add the flour mixture, beating until combined (about 30 seconds). Mix in the almond meal and raisins until just incorporated.
4. Working with about three tablespoons at a time, roll the dough into balls and lay them on the prepared baking sheets, spaced about two inches apart. Flatten cookies to a three-quarter-inch thickness using your palm.
5. Bake the cookies until the edges are set and beginning to brown, but the centers are still soft and puffy (22 to 25 minutes) switching and rotating the baking sheets halfway through baking.
6. Let the cookies cool on the baking sheets for 10 minutes. Serve warm or transfer to a wire rack and cool completely.

Almond Prune Cookies

MAKES 24 COOKIES

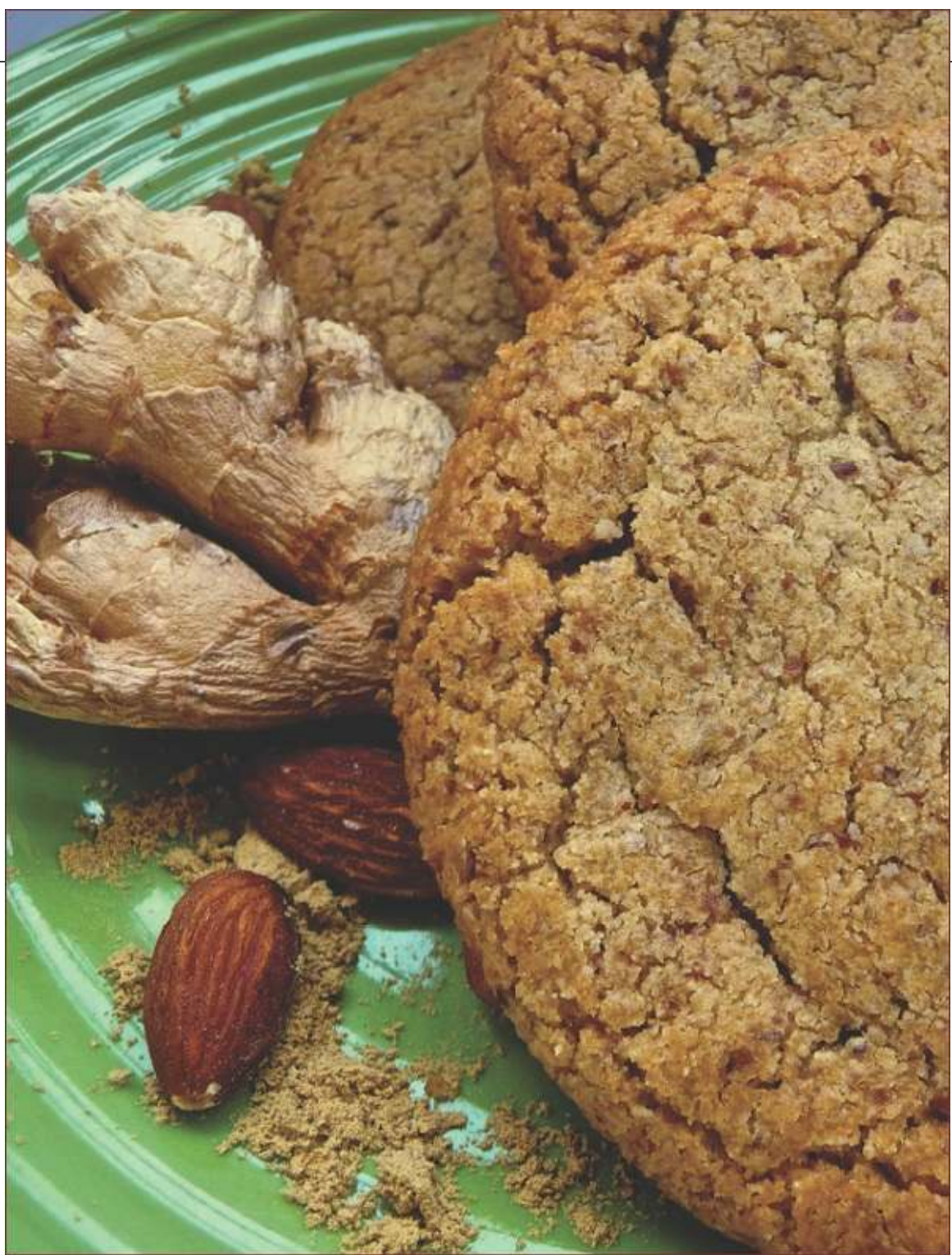
Ingredients

1¼ cups almond flour
½ teaspoon baking powder
½ teaspoon salt
¼ teaspoon ground nutmeg
1 cup coconut oil, softened
2 cups palm sugar
2 large eggs
3 cups almond meal
1½ cups prunes

Preparation

1. Adjust the oven racks to the upper-middle and lower-middle positions and heat the oven to 325°F. Line two large baking sheets with parchment paper. Whisk flour, baking powder, salt, and nutmeg together in a large bowl.
2. In a large bowl, beat the coconut oil and palm sugar together with an electric mixer on medium speed for about 30 seconds or until well combined. Beat in the eggs one at a time until combined (about 30 seconds), scraping down the bowl and beaters as necessary.
3. Reduce the mixer speed to low and slowly add the flour mixture, beating until combined (about 30 seconds). Mix in the almonds and prunes until just incorporated.
4. Working with about three tablespoons at a time, roll the dough into balls and lay them on the prepared baking sheets, spaced about two inches apart. Flatten cookies to a three-quarter-inch thickness using your palm.
5. Bake the cookies until the edges are set and beginning to brown, but the centers are still soft and puffy (22 to 25 minutes) switching and rotating the baking sheets halfway through baking.
6. Let the cookies cool on the baking sheets for 10 minutes. Serve warm or transfer to a wire rack and cool completely.





Ginger-Almond Cookies

MAKES 24 COOKIES

Ingredients

1¼ cups almond flour
½ teaspoon baking powder
½ teaspoon salt
¾ teaspoon ground ginger
¼ teaspoon ground nutmeg
1 cup coconut oil, softened
2 cups palm sugar
2 large eggs
3 cups almond meal

Preparation

1. Adjust the oven racks to the upper-middle and lower-middle positions and heat the oven to 325°F. Line two large baking sheets with parchment paper. Whisk flour, baking powder, salt, and ginger together in a large bowl.
2. In a separate large bowl, beat the coconut oil and palm sugar together with an electric mixer on medium speed for about 30 seconds or until well combined. Beat in the eggs one at a time until combined (about 30 seconds), scraping down the bowl and beaters as necessary.
3. Reduce the mixer speed to low and slowly add the flour mixture, beating until combined (about 30 seconds). Mix in the almond meal until just incorporated.
4. Working with about three tablespoons at a time, roll the dough into balls and lay them on the prepared baking sheets, spaced about two inches apart. Flatten cookies to a three-quarter-inch thickness using your palm.
5. Bake the cookies until the edges are set and beginning to brown, but the centers are still soft and puffy (22 to 25 minutes), switching and rotating the baking sheets halfway through baking.
6. Let the cookies cool on the baking sheets for 10 minutes. Serve warm or transfer to a wire rack and cool completely.

Orange Almond Cookies

MAKES 24 COOKIES

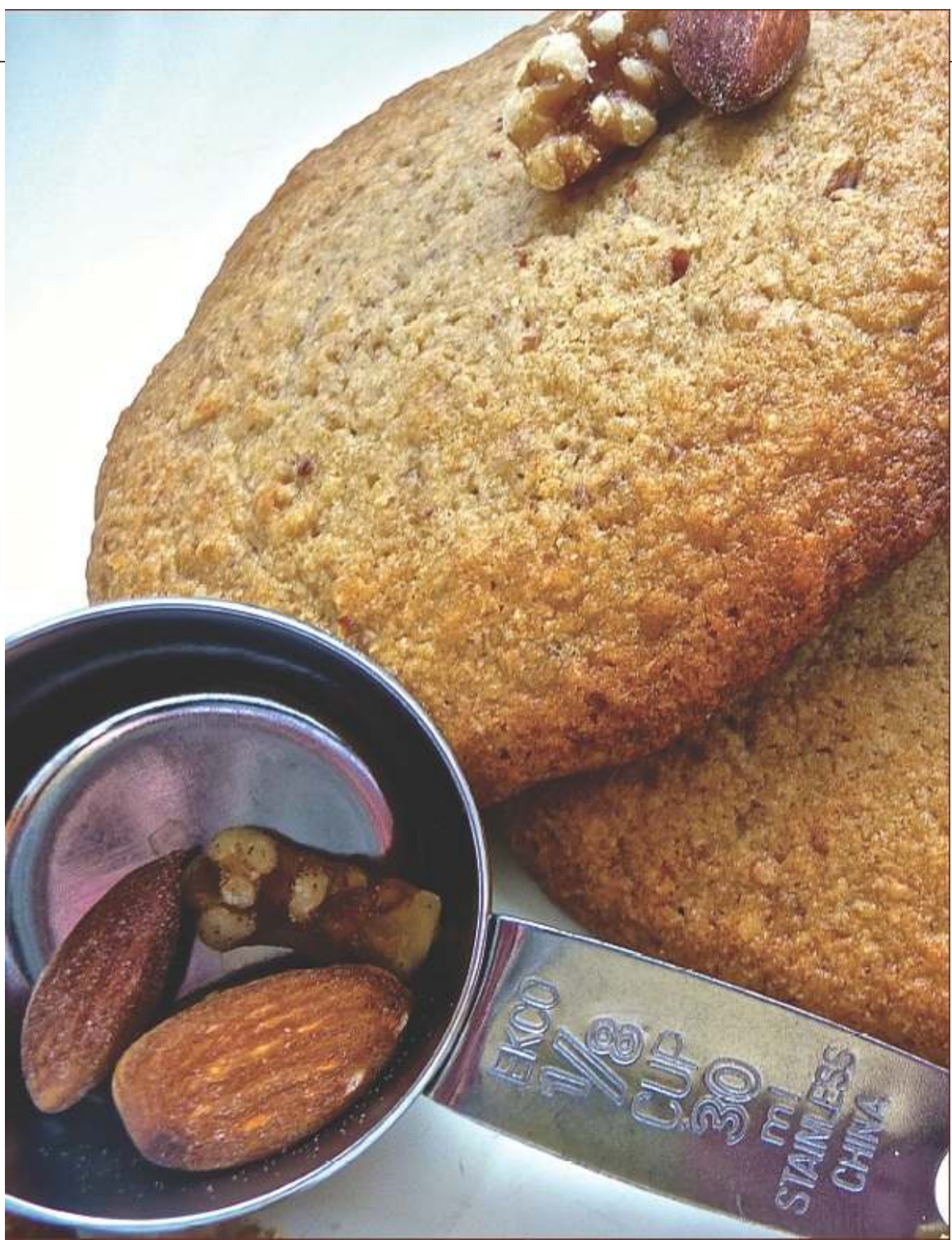
Ingredients

1¼ cups almond flour
½ teaspoon baking powder
½ teaspoon salt
¾ teaspoon ground ginger
¼ teaspoon ground nutmeg
1 cup coconut oil, softened
2 cups palm sugar
2 large eggs
3 cups almond meal
2 tablespoons orange zest, fresh and grated
1 cup toasted almonds, chopped

Preparation

1. Adjust the oven racks to the upper-middle and lower-middle positions and heat the oven to 325°F. Line two large baking sheets with parchment paper. Whisk flour, baking powder, salt, and ginger together in a large bowl.
2. In a separate large bowl, beat the coconut oil and palm sugar together with an electric mixer on medium speed for about 30 seconds or until well combined. Beat in the eggs one at a time until combined (about 30 seconds), scraping down the bowl and beaters as necessary.
3. Reduce the mixer speed to low and slowly add the flour mixture, beating until combined (about 30 seconds). Mix in the almond meal, orange zest, and almonds until just incorporated.
4. Working with about three tablespoons at a time, roll the dough into balls and lay them on the prepared baking sheets, spaced about two inches apart. Flatten cookies to a three-quarter-inch thickness using your palm.
5. Bake the cookies until the edges are set and beginning to brown, but the centers are still soft and puffy (22 to 25 minutes), switching and rotating the baking sheets halfway through baking.
6. Let the cookies cool on the baking sheets for 10 minutes. Serve warm or transfer to a wire rack and cool completely.





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