

Ani Phyto – Ani's Raw Food Desserts

Raspberry Ganache Fudge Cake

Fudge Cake

3 cups dry walnuts

2/3 cup unsweetened cacao powder or carob powder

¼ teaspoon sea salt

1 cup pitted Medjool dates

Frosting

1/3 cup semi-soft pitted Medjool dates

¼ cup agave syrup

½ ripe avocado flesh (from about 1 medium avocado)

1/3 cup cacao powder

Filling

½ cup Raspberries

To make the cake, combine the walnuts, cacao powder, and salt in the food processor and pulse until coarsely mixed. Avoid over-processing. Add the dates and pulse until mixed well. Shape into 2 stackable cakes of desired shape and set aside.

To make the frosting, combine the dates and agave syrup in the food processor and process until smooth. Add the avocado and process until smooth. Add the cacao powder and process until smooth.

To serve, frost the top of one of the cakes with half the frosting and top with the raspberries. Stack the second cake on top and frost the top and side. Serve immediately, or place in the refrigerator for a couple hours to firm up.

The cake on its own will keep in the fridge for many weeks. The frosting will keep separately in the fridge for 1 week. The assembled cake with raspberries will keep in the fridge for up to 3 days.

Carob Walnut Cookies

Makes 8 to 12 cookies

1 cup raisins
¾ cup walnuts
¼ cup raw carob powder
1 teaspoon mesquite powder (optional)
1/8 teaspoon sea salt

Combine the raisins, walnuts, carob powder, mesquite powder if using, and salt in the food processor. Process until the dough begins sticking together.

Press the dough into 2-inch cookie cutters placed on a tray lined with parchment paper. Shoot for a thickness of 1/3 to ½ inch balls and flatten.

Place the cookies in freezer to chill and firm up for 30 minutes or more before serving or transferring to the fridge for serving later.

Will keep for many weeks in the fridge or freezer. Thaw 5 minutes before eating.

Almond-Goji Cacao Chip Cookies

½ cup almond butter
3 tablespoons agave syrup
2 tablespoons alcohol free vanilla or seeds from 2 vanilla beans
¼ teaspoon sea salt
1 ½ cup almond meal
¼ cup goji berries
3 tablespoons cacao nibs

Stir together the almond butter, agave syrup, vanilla and salt in a mixing bowl. Add the almond meal, goji berries, and cacao nibs and mix well. Drop the dough by 1 ½ tablespoons onto a sheet tray lined with parchment paper. Use a fork to press the balls into flattened cookies, as you would for peanut butter cookies. Serve right away, or freeze for an hour to firm up. Will keep for many weeks in the fridge or freezer. Thaw for 5 minutes before eating.

Carrot Cake with Kream Cheeze Frosting

Makes 6 cupcakes

Cupcakes

2 ½ cups carrot pulp (from juicing about 1 ½ pounds carrots)
1 cup almond meal powder
1 ½ teaspoons ground cinnamon
1 cup pitted Medjool dates
1 1/3 cups shredded coconut

Frosting

1 ½ cup cashews
2 tablespoons lemon juice (from about 1 lemon)
2 tablespoons agave syrup
½ cup filtered water, as needed

To make the cupcakes, combine the carrot pulp, almond meal, and cinnamon in a mixing bowl and mix well with a spoon or your hands. Add the dates and mix well. Add the coconut and mix well.

Place 6 cupcake liners in a muffin pan. Firmly press about ½ cup of the batter into each of the liners.

To make the frosting, combine the cashews, lemon juice, agave syrup, and 1/3 cup water in the high-speed blender and blend until smooth, adding additional water if needed.

To serve, frost each cupcake and enjoy

The frosted cupcake will keep for 4 or 5 days in the fridge.