

Feel Good GUT HEALTHY NO BAKE TREATS

by Dee Dine, GreenSmoothieGourmet.com

Double Chocolate Coconut Truffles

- ☐ 1 cup coconut butter
(dry-blend 3 cups shredded
coconut)
- ☐ 1 tbsp cocoa powder
- ☐ 3 tbsp maple syrup



Chocolate Fiber Hearts

- ☐ 2 tbsp cocoa
- ☐ ¾ cup almond flour
- ☐ 10 dates, soaked
- ☐ 2 tbsp peanut butter



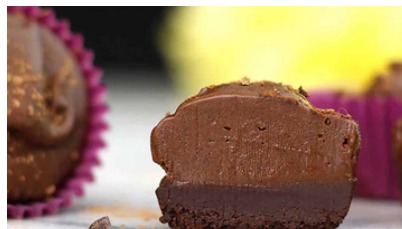
Chocolate Chia Pudding

- ☐ ¼ cup cocoa powder
- ☐ 3 tbsp maple syrup
- ☐ ¼ cup chia seeds
- ☐ 1 cup milk



Chocolate Avocado

- ☐ 1 cup avocado
- ☐ ¼ cup cocoa powder
- ☐ 10 dates, soaked
- ☐ ½ cup choc chips,
melted



Directions per Recipes

- 1: To make each recipe, combine ingredients for that recipe in a blender.
- 2: Blend until creamy, about 60 second.
- 3: Press into a **mold**; Chill 1 hour
- 4: Melt choc chips 1 min in microwave. Dip each treat to coat.

Find more **no bake** recipes in my **Chocolate Reset Cookbook**