

Unbaked

raw, decadent & wholesome recipes

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Nut Milk



Ingredients:

- 1 cup raw almonds/cashew/sunflower seeds/hemp seeds
- 3 cups with filtered water (more or less, depending on how thick or thin you want it)
- small pinch of fine grain sea salt, to enhance the flavour

Cover almonds with water and soak 4 to 8 hours or overnight at room temperature. Drain almonds and rinse. Add almonds to blender with 3 cups water

Blend until smooth. Strain through nut milk bag (I use a \$2 paint straining bag from the paint store), squeezing pulp thoroughly to extract as much almond milk as possible.

Store in the fridge for up to 4 days.

Sweet Milk

Add to the nut/seed milk:

- 1 tablespoon of maple syrup
- 1/2-1 tsp vanilla

Chocolate Milk:

Add to the sweet milk: 1 to 2 tbsp raw cacao or unsweetened cocoa powder

Eggnog:

Add to the sweet milk: a dash of nutmeg, cinnamon and clove (more of the first 2, less of the last)

*NOTE: **Save the pulp** to make fudge or to use in cookie recipes. Freeze it for use later.*

Yogi Tea



We need something hot and delicious to drink with our sweet treats, don't we?!

8 cups water

1/2 tablespoon whole cloves

1/2 teaspoon peppercorns

4 cinnamon sticks

1 tsp cardamom pods cracked

10 slices ginger

*1 heaping tsp black tea (optional)

Simmer all ingredients except for tea for at least 20 minutes.

Add tea and remove from heat.

To serve: 1 part milk of your choice to 2 parts tea (some use a half and half ratio.

Heat together

Sweeten with maple syrup or honey.

*NOTE: I often make this without the actual tea because I'm sensitive to caffeine and it's still very good!

Coconut-Cacao Haystacks



Ingredients:

3 cups unsweetened shredded coconut

½ cup raw cacao powder (or carob powder)

½ to ¾ cup coconut oil (melted to a very soft consistency)

¼ to ½ cup maple syrup

¼ tsp sea salt

1/2 tsp vanilla

Combine coconut and cocoa. Mix well.

In a small separate bowl, mix coconut oil, maple syrup, salt and vanilla.

Blend everything together.

Play with the quantities of shredded coconut, coconut oil and maple syrup so that it's sticky and sweet enough.

Place in fridge to solidify just enough so that you can easily squeeze mixture into balls.. (10 min)

Scoop into little mounds by squeezing it in your hand.. Freeze for 30 minutes before serving. Once they've solidified in the freezer you can move them to the fridge.

Note: Play with this recipe. Use ½ the amount of coconut and substitute the other ½ with oats. Throw in some nuts. Add a drop of peppermint essential oil.

Lemon Drops



Ingredients

- 2 cups shredded coconut
- ½ cup tahini
- ¼ to ½ cup maple syrup or honey
- ¼ cup coconut oil
- zest from 1 lemon
- juice from ½ lemon
- 1 tsp vanilla
- pinch of sea salt

Mix all ingredients in a bowl. Place in the freezer or fridge to solidify just enough so that you can easily squeeze the mixture into balls (5 to 10 min) Drop teaspoonful onto a plate. Or roll into balls and roll into sesame seeds or poppy seeds or dip into chocolate sauce.

Note: this recipe can also be used as a pie or cheesecake crust if you don't have a food processor. Omit the lemon.

Variations: Use orange or lime juice and rind instead of lemon. Or omit the citrus and add peppermint essential oil (just a couple of drops will go a long way!).

Gingerbread Cookies



Ingredients

- 1 cup pitted dates *Soaked - see note below
- 1 cup almond flour or coconut flour
- 1/2 cup walnuts
- 1 Tablespoon ground ginger (or 1 tsp freshly grated for added zing!)
- 1 Tablespoon ground cinnamon
- 1 teaspoon vanilla 1/2 teaspoon ground nutmeg
- 1/4 teaspoon clove powder
- 1 Tablespoon of ground almond or 1 Tablespoon of coconut sugar to sprinkle on top -
Optional

Instructions

1. Blend all ingredients together in your food processor until it forms into a ball.
2. Stick this in a bowl in the fridge for an hour and then shape it into as many little balls as you desire.
3. Put these on wax paper and stamp each one down with the bottom of a jar.
4. Or get fancy and roll flat to approximately $\frac{1}{4}$ to $\frac{1}{2}$ inch (roll in between parchment paper helps) and then cut into shapes.
5. Refrigerate for a couple hours, then eat. Mmm.
6. Keep in fridge or freezer so they keep their consistency.
7. Another option is to dehydrate for a few hours so they actually "snap".

NOTE: Soaking dried dates makes them easier to blitz in the food processor and blend into the mixture. This is not necessary if you are using the more expensive Medjool dates. If you are using standard pitted dates then put the dates in a bowl and cover with warm water for 10 minutes. Drain, then pat dry with a paper towel before adding to the food processor.

Peanut Butter Cups



Ingredients:

½ cup coconut oil

½ cup raw cacao or carob powder

½ cup pure nut or seed butter (peanut, almond, cashew, pumpkin, sunflower seed, etc)

¼ cup maple syrup

1 tsp vanilla

pinch of Himalayan salt or sea salt

1. Melt the coconut oil by placing the jar dish of hot water.
2. Once melted, measure out the coconut oil and pour into a bowl with all the other ingredients. (or get fancy, see step 7)
3. Mix until everything is blended.
4. Pour into 1" muffin tins with paper liners.
5. Place in freezer to solidify (30 minutes or longer)
6. Pop the cups out of their forms and place them in a container and keep in the fridge until you are ready to serve them. (They will start to soften and melt in a warm room so keep frozen or refrigerated.)
7. GET FANCY - TWO STEP VARIATION: Mix in only HALF the nut butter. Pour chocolate mixture up to about 1/2 of the way in each cup. Freeze for 15 min.. Remove from freezer, spread a layer of nut butter on each cup and pour the remaining layer of chocolate mixture. Freeze again.
8. OPTIONAL: sprinkle with hemp seeds, walnuts, peanuts,

Yield: 18 x 1" cups

Banana Split



Ingredients:

1 banana sliced
1 to 2 tbsp chocolate sauce
walnuts
hemp seeds

Chocolate Sauce

- 1 cup coconut oil, melted
- 1/2 cup cocoa powder (or carob powder)
- 6 tbsp maple syrup
- 2 tsp vanilla
- pinch of salt
- Optional – 1-2 tsp coconut or almond flour for a thicker mixture (I only do this if I'm using this as a drizzle over cakes).

Instructions

1. Make sure your coconut oil is melted but not hot.
2. Place all ingredients in a bowl and whisk until the ingredients are blended and the mixture is smooth.

Notes: Use to dip fruit in it, drizzle on cakes, dip peanut butter stuffed dates in, dip bliss balls in, etc. Keep refrigerated in a jar. It will solidify in the fridge, just bring back to room temperature by sitting the jar in hot water and it will be ready to drizzle and dip again!

Stuffed Dates

Quickest Sweet Treat Ever!

(with variations)



This is my go to when I'm craving sweets in the evenings and I don't feel like making anything!

Ingredients:

- Soft Medjool Dates (get the good quality ones for this!)
- Nut Butter

Take a date, remove the pit, break it open with your fingers and add a dollop of nut butter to it and pop it in your mouth. This will alleviate a sweet craving in a moment!

Next level: add a walnut or peanuts

Next, next level: dip in chocolate sauce, place on parchment paper, freeze. This one is a really good one to make a big batch of and keep them in the freezer ready for any emergency craving!

Bliss Balls



The Crumble Topping from the Apple Crumble makes delicious cookies just as is. And here are a few variations to easily change the flavour, texture and look:

- add dried **cranberries, grated orange peel & grated ginger** for a holiday cookie ·
- add **oats & raisins** and extra coconut oil for an 'oatmeal raisin' cookie ·
- add **raw cacao and/or cacao nibs** for a chocolate flavoured cookie
- add **peanut butter** (or any nut butter) for a peanut butter cookie
- roll the cookie dough around a **soft date** for extra gooey sweetness in the center and then roll in **sesame seeds**
- dip in **chocolate sauce**, sprinkle top with hemp seeds, coconut, dried flowers, etc.
- share your variations!

More Bliss Balls

Peanut Butter Bliss Balls

1/2 cup tahini butter
3/4 cup peanut butter
1/3 cup honey
1/4 cup cocoa powder
3/4 cup sesame seeds
1/2 cup coconut, shredded
3/4 cup sunflower seeds
1/4 cup raisins

Mix in food processor until mixed and it starts to stick together. Form into balls and roll into coconut, sesame seeds or coconut.

Butterscotch – Orange Bliss Balls

1 cup dates pitted
½ cup cashews
2 tablespoons orange zest
½ cup orange juice
2 tablespoons raw coconut butter/oil
1 teaspoon organic vanilla extract
Pinch of sea salt

Ground the cashews down to a fine powder in a food processor. Add all the other ingredients. Blend until very smooth and creamy. Roll in orange zest and coconut.

Mango Tango Pudding



Ingredients:

- 1 cup mango (fresh or frozen)
- 1 cup pineapple (fresh or frozen)
- 1/4 cup coconut milk
- 2 tsp ginger - grated
- 1 tsp vanilla

Mix all ingredients in a blender. Once blended add the chia seeds and give

a quick mix but not enough to break the seeds up. Let it set for 15

minutes to thicken and then serve.

Chocolate Pudding



Ingredients:

- 1 avocado
- 1 banana
- 2 to 3 tbsp raw cacao powder
- 1 to 2 tbsp maple syrup
- ½ tsp vanilla
- pinch of sea salt
- 1 small zucchini, peeled (optional)
- a dash of water or nut milk if needed to get the blender going.

Place all ingredients in the blender or food processor.

Serve & enjoy!

FUN TIP: add some sliced bananas and walnuts and you'll think you're eating a chocolate banana split! :)

Decorating, Cutting and Serving Raw Cakes



There are so many options to decorate cakes!

Make swirls with a lighter or darker colour of a cake layer or chocolate sauce

- Dried or fresh edible flowers sprinkled
- Top with 3 bliss balls in the center and sprinkle any other topping listed here
- Sprinkle with desiccated or flaked coconut
- Sliced citrus with touches of herbs like mint, rosemary, basil
- Nuts and seeds like pumpkin, sesame, sunflower, walnuts, hemp
- Dusting of powder such as: cacao, beetroot, mesquite, raspberry, matcha
- Citrus zest

TIPS ON DECORATING AND CUTTING CAKES

I prefer to decorate AFTER I have cut the cake. Because once you start cutting, the decorations fall all over the place. I cut first, decorate after, so when presenting it at an event, it's beautiful and ready to dig into.

CUTTING THE CAKES:

Remove the cake from the spring-form pan while frozen. I suggest narrow slices, these cakes are rich! Cut with a knife that's been heated up in hot water. Wipe the knife after each cut and reheat and dry the knife for each new cut.

SERVING AND STORING

Let it thaw for 15 to 20 minutes before serving. If you let it sit too long at room temperature it will start to go limp so don't let it sit out too long. These cakes will keep in the freezer for months if well sealed.

Salted Date Caramel Chocolate Cake

(aka: my most requested cake ever!)



Makes a 6" springform pan cake or regular size pie plate
(DOUBLE the recipe for a 9" springform pan.)

Crust: *(or use the Crumble mix from the Apple Crumble!)

1/2 cup nuts or seeds (your choice: almonds/walnuts/pumpkin seeds)

3/4 cup shredded coconut

1/8 tsp salt

8 to 10 soft medjool dates

1.5 tsp vanilla extract

1 to 2 Tbsp maple syrup

Salted Caramel Layer:

1 ¼ cup dates (soaked in hot water for 15 minutes)

2 Tbsp tahini (or almond butter or other mild nut butter)

¼ cup coconut oil

1/2 cup almond milk or other non dairy milk (important: at room temperature)

1/4 tsp sea salt

2 tsp lucuma powder (optional but adds a nice kick of sweet flavour if you have it)

Chocolate Mousse layer:

1/3 cup of cacao powder
1/4 cup coconut oil, melted
1/4 cup coconut milk (thick top part from can)
2 tbsp maple syrup (or honey)
1 tsp vanilla

NOTE:

This recipe is good for a regular 9" pie size that is not too deep or a 6" spring form cake pan.

When making it into a 9" spring form cake pan DOUBLE the recipe (I actually add a bit more than double the ingredients, I like it thick).

Crust:

Process the nuts/seeds until a coarse meal forms in a food processor. Add remaining ingredients, blend until it starts to stick together. Press the dough into the cake pan. (optional: save some to make 3 bliss balls for topping)

Salted Caramel:

Drain the soaked dates and place in food processor.. Add almond butter, coconut oil (melted), almond milk, lucuma (optional) and sea salt and mix until blended into a smooth puree. You might have to blend for a couple of cycles to break down the dates well. Taste and adjust sweet and salt. Pour onto the crust. Put into the freezer to solidify before adding the chocolate layer.

Chocolate Mousse:

In the blender, mix the cacao, coconut oil, coconut milk, maple syrup and vanilla until well mixed. Pour on top of salted caramel that has already firmed up. Put back into freezer.

Decorate: (optional)

Save some of the caramel mixture (just a scant 1/8 cup) and drop dots throughout and then use a skewer to make swirls (see video demonstration).

Make 3 bliss balls with the crust mixture, roll in coconut, hemp seeds or cacao powder, place in the middle of cake. Sprinkle one or all of the following: coconut, hemp seeds, dried rose petals

IMPORTANT: see page called: DECORATING, CUTTING and SERVING RAW CAKES

Cranberry Orange Cheesecake

Recipe is for a 6" spring form pan - double recipe for 9"



CRUST: (or use the Crumble recipe and add the spices below)

- 1 cup raw cashews
- 3 soft medjool date, pitted
- 1 tbsp maple syrup
- 1 tbsp coconut oil, softened or liquefied
- 1 tsp cinnamon
- 1 tsp ginger (spice)
- 1/4 tsp allspice

FILLING:

- 1 1/2 cup raw cashews, pre-soaked and strained
- 1 cup fresh cranberries, at room temp
- 1/2 cup maple syrup
- zest of 2 small oranges
- 1/2 cup fresh orange juice
- 1/2 cup coconut oil
- 2 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/2 tsp ginger (ground or fresh)
- 1/4 tsp salt

OPTIONAL TOPPINGS:

- additional fresh cranberries (sliced in half), pomegranate seeds, sliced pistachios, pumpkin seeds

Instructions

1. Process all crust ingredients into a fine sticky crumble in a food processor. Transfer to a 6" springform pan and press down into an even crust along the base. Freeze while working on the next step.
2. Blend all filling ingredients into a smooth creamy mixture in blender or food processor. Transfer the mixture into the pan over the prepared crust. Decorate with toppings of your choice.
3. Freeze for 5-6 hours or overnight to allow the cake to set. Thaw out lightly (10-15 mins or so), slice and enjoy!

IMPORTANT: see page called: DECORATING, CUTTING and SERVING RAW CAKES

Lemon Raspberry Cheesecake



CRUST

1 cups raw almonds, walnuts or pumpkin seeds
¼ cup dates
pinch of salt
2 tbsp dried coconut

or use left over Crumble mix from the Apple Crumble!

To make the crust, process the nuts/seeds and dates in the food processor. Sprinkle dried coconut onto the bottom of an 6" spring-form pan. Press crust onto the coconut. This will prevent it from sticking.

'CHEESE' INGREDIENTS

2 cups chopped cashews (soaked for at least 2 hours)
zest of 1 lemon
½ cup lemon juice
½ cup maple syrup
½ cup coconut oil (slightly warmed by putting jar in a bowl of hot water so it melts)
½ teaspoon vanilla
dash of sea salt

Blend all ingredients. Adjust to taste. Pour the mixture onto the crust (reserve ¼ if making option 2 below). Place in the freezer for ½ hour to set.

TOPPING #1

1 cup raspberries + a handful for decorating after
3 to 4 tablespoons maple syrup (to your taste)

Blend raspberries, maple syrup and just enough water to get it going in the blender.
Pour on top of lemon cheesecake layer..

TOPPING #2

Reserve 1/4 of the cheesecake mixture, blend with raspberries and maple syrup.
Pour on top of lemon cheesecake layer.

DECORATE

Make a half wreath of berries around the rim or make a pretty pile in the center.
Pop in some sprigs of mint
You can also reserve some of the lemon cheesecake mixture and make swirls if
making topping #2

NOTE: see page called: DECORATING, CUTTING and SERVING RAW CAKES

Raw Carrot Cake

Adapted from Minimalist Baker



FROSTING Option #1

- 1 1/4 cup raw cashews
- 1/2 cup coconut cream or full-fat coconut milk
- 2 Tbsp lemon juice
- 3 Tbsp maple syrup
- 1 tsp vanilla extract

FROSTING Option #2 (no cashews)

- 1/2 cup coconut butter (manna)
- 1/2 cup nut milk of your choice
- 1 Tbsp coconut oil, softened
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- Pinch of sea salt

CAKE

- 2 cups finely shredded carrots
- 2 cups packed pitted medjool dates (measured after pits removed)
- 2 1/2 cups raw walnuts
- 2 tsp vanilla extract
- 1/4 tsp sea salt
- 1 1/4 tsp ground cinnamon

3/4 tsp ground ginger (or freshly grated for more zing!)

1 pinch nutmeg

1/2 cup coconut flour (or sub almond flour)

1/4 cup raisins

Frosting #1: soak the cashews in hot water for 30 minutes - 1 hour. Then rinse and drain. Add to food processor along with coconut cream, lemon juice, maple syrup, and vanilla and blend on high until very creamy and smooth scraping side as needed. Cover and refrigerate to chill.

Frosting #2: Blend all ingredients. Cover and refrigerate to chill.

Grate the carrots finely and set aside.

To a large (at least 7-cup) food processor, add the pitted dates and blend until small bits remain or a ball forms. Remove from the food processor and set aside.

To the food processor, add the walnuts, vanilla, salt, and spices. Blend until a semi-fine meal is achieved.

Then add dates back in, along with shredded carrots, and pulse in 1-second measurements until a loose dough forms and the carrots are just incorporated.

Be careful not to over-blend. You're looking for a pliable dough, not a purée.

Transfer mixture to a large mixing bowl. Add coconut flour and raisins and stir to combine. By mixing gently as opposed to blending in a food processor, you can keep a lighter, less dense, more "cake-like" texture. Once well combined, set aside.

Prepare a 7-9 inch springform pan (or large cake pan or an 8x8-baking dish with high edges) by adding parchment paper along the bottom and sides.

Then add the cake mixture, and spread and press down evenly to pack. Use a flat-bottomed object, such as a drinking glass, to help press everything into an even layer. If the mixture sticks to the glass, wrap it in parchment paper.

Pour the frosting on and freeze for 3-4 hours or until the frosting is semi-firm to the touch.

To serve, make sure the cake isn't fully frozen so it's soft enough to cut (letting it thaw on the counter for 30 minutes should help). Then use a hot knife to carefully cut out slices and enjoy. Garnish with more nuts, raisins, or other desired toppings.

Apple Crumble



Ingredients:

- 4 apples peeled – 2 thinly sliced and 2 cut in chunks
- 3 tablespoons fresh lemon juice
- 1/2 cup pitted dates (soaked and drained)
- 1/2 cup raisins (soaked and drained)
- 1/4 teaspoon ground cinnamon
- Crumble Topping (next page)

Soak the dates and raisins in hot water for at least 15 minutes. Drain water.

Toss the thinly sliced apples with 2 tablespoons of the lemon juice and set aside.

Place the chopped apples, dates, raisins, cinnamon and remaining 1 tablespoon of lemon juice in a food processor fitted with the S blade and process until smooth. Remove from the food processor and mix with the sliced apples.

To assemble the crisp, press 1/2 of the **Crumble Topping** into an 8" x 8" baking dish (or any cake or pie pan). Spread the apple filling on top. Sprinkle the other half of the Crumble Topping on top of the apple mixture. Serve at room temperature or warm in a oven at lowest setting or dehydrator.

Top with **Cashew Cream** for extra decadence!

Cover with plastic wrap in the refrigerator, Apple Crumble will keep for 3 days.

Crumble Topping

This is the topping for the Apple Crumble, but it is also the perfect recipe for Bliss Balls and a crust for Cheesecakes. So, make a double batch and use half of it for Apple Crumble and save the other half to make Bliss Balls or Cheesecake.

Ingredients:

- 1 cups nuts walnuts
- 1 cup seeds (pumpkin, sunflower or hemp) - I usually use pumpkin
- 1/2 cup unsweetened shredded dried coconut
- 1/4 teaspoon salt
- 1/2 cup raisins, unsoaked
- 8 dates, unsoaked
- 1 to 2 tbsp coconut oil (to help make it sticky)
- 1/2 tsp vanilla

IMPORTANT: Only put these spices if you are going to use this for Apple Crumble, ***omit these spices if using Crumble for cookies, pie crust and cheesecake crust.***

- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg (optional)

Place the nuts, seeds, coconut, (cinnamon, nutmeg, if making Apple Crumble) and salt in the food processor and process until coarsely ground. Add the raisins and dates and process until the mixture resembles coarse crumbs and begins to stick together. Try it. Is it sweet enough? If not, add the optional maple syrup and process briefly.

Stored in a sealed container, Crumble Topping will keep for one month in the refrigerator or three months in the freezer.

Cashew Cream

BASIC CASHEW CREAM

- 1 cup raw cashews (soaked overnight or at least 4 hours)
- ½ cup water

Blend in a blender or food processor until smooth.

SAVOURY CREAM (alternative to sour cream)

- Basic Cashew Cream from above
- Juice of 1/2 lemon
- Splash of Apple Cider Vinegar
- 1/2 tsp sea salt

Mix well together and adjust seasonings to your taste.

SWEET CREAM (alternative to whipped cream)

- Basic Cashew Cream from above
- 2 to 3 tbsp honey or maple syrup
- ½ tsp pure vanilla extract
- Dash salt

Mix well together and adjust seasonings to your taste.

6 MORE WAYS TO ENJOY CASHEW CREAM

SAVOURY

1. Add sun-dried tomatoes or pesto to the savoury mix and use it as a spread on wraps or crackers.
2. Use it as a base for deliciously creamy soups
3. Enjoy it on raw tacos
4. Dollop it on soups

SWEET

5. Blend it into decadent and healthy smoothies.
6. Top off a bowl full of berries
7. Use it to top off any of your raw desserts such as apple Crumble, pie or cheesecakes.

Experiment with other flavours and ingredients to create your own variations.

Key Lime Pie



Yield: 6" springform pan or 9" pie plate

Nut Crust

1 ¼ cup nuts/seeds of your choice

2 to 3 dates

1 to 2 tablespoons coconut oil, melted (enough to make 'dough' sticky)

2 tablespoons maple syrup

Pinch of sea salt

Crust Variation (if you don't have a food processor)

½ cup almond flour (ground almonds)

¼ cup coconut flour

¼ cup flaked coconut

2 to 3 tablespoons coconut oil, melted (enough to make 'dough' sticky)

2 tablespoons maple syrup

Pinch of salt

Key Lime Filling:

4 to 5 medium avocado, cut into cubes

½ cup lime juice (approx 6 limes)

⅓ cup maple syrup (or more to taste)

½ cup coconut oil or coconut manna

1 tablespoon lime zest (more to sprinkle on top if you like)

A few drops of lime essential oil (option but oh-so-good!)

Nut Crust

Process the nuts and seeds in a food processor until they form a fine meal. Add dates, coconut oil or manna, lime zest, lime juice, lime essential oil. Mix until well combined and it starts to clump together.

Key Lime Filling

Add all the filling ingredients in a blender/food processor and blend until smooth. Do not over mix, avocado will start to turn brown. Pour onto the crust. Shake and bang the pan on the table to make the filling lay flat. Freeze at least 2 hours or overnight. Remove when solid to touch to slice. Return to the freezer until ready to serve. Thaw for 15 to 20 minutes to serve. Do not let it set out too long, it will turn to a pudding consistency.

Decorate with lime slices, lime zest, sprigs of mint, sprinkling of coconut or hemp seeds.

TIP: Make the filling without the crust and you now have a scrumptious pudding!

Thank you for exploring 'unbaked' desserts with me!

I'm always open to feedback, both your rave reviews and how I can make this ebook and program even better and also what kind of support you would like to see moving forward.

Injoy your newfound wholesome sweetness!



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