



THE

# DESSERT

COOKBOOK

**NYP**BeHealthy







## FOREWORD

This cookbook that features delicious and nutritious recipes was created by chefs and physicians in collaboration with the registered dietitians of NewYork-Presbyterian's employee wellbeing program, *NYPBeHealthy*. These are the easy-to-follow recipes that our NYP Hudson Valley Chef Peter X. Kelly Teaching Kitchen team use in their cooking classes. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. Additional recipes and cookbooks can be found [here](#).

## DESSERT

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# **Grain Free Brownies**

## ***Makes 6-8*** **Ingredients**

2 cups smooth almond or sunflower seed butter  
(unsweetened, no added salt preferable)

½ cup cacao powder (no added sugar preferable)

1 cup 100% maple syrup

2 eggs

1 tsp baking soda

½ tsp salt

1 cup dark chocolate chips



## **Directions**

1. Preheat oven to 350°F.
2. Stir all ingredients in a bowl.
3. Bake in 8x8 dish lined with parchment paper for 25 mins.
4. Let cool 10-20 minutes before removing from the dish.

**These will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.**

# **Rice Pudding**

***Makes 12***

## **Ingredients**

- 2 cans light coconut milk (unsweetened, low fat preferable)
- 1 tsp ground cardamom (optional)
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 1/4 cup maple syrup or agave
- 3 cups cooked rice (jasmine, brown preferable or black rice)



## **Optional for toppings**

- Unsweetened Coconut flakes
- Mixed berries - raspberries, blackberries, blueberries
- Orange slices
- Pomegranate seeds
- Hemp seeds
- Slivered almonds

## **Directions**

1. Place coconut milk in pot put on medium heat, let bubble for one minute, then reduce to simmer.
2. Add spices, extract and syrup to the coconut milk and stir to combine.
3. Next added rice and let simmer for 10 mins or until pudding becomes creamy.
4. Top the rice pudding with your favorite toppings.

**This dish will keep in the refrigerator 5-7 days.**



# **Chocolate Chip Cookies**

## **Ingredients**

- 2 1/2 cups blanched almond flour
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/2 cup grapeseed oil (or another neutral plant-based oil)
- 1/2 cup agave or maple syrup
- 1 Tbsp vanilla extract
- 1/2 cup chocolate chunks (dark chocolate preferable)



## **Directions**

1. Preheat oven to 350°F. Line baking sheet with parchment paper.
2. In a bowl, mix together almond flour, baking soda and salt.
3. In a separate bowl, whisk grapeseed oil, agave, and vanilla.
4. Mix wet and dry together, and fold in chocolate chips.
5. Refrigerate 20 minutes.
6. Scoop dough onto baking sheet, spaced 2 inches apart.
7. Bake for 7-10 minutes, until they turn golden.
8. Cool for 5 minutes on a cookie sheet.
9. Transfer to a wire rack to cool completely.

**These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.**

# **Frozen Almond Joy Bars**

***Makes 8-10***

## **Ingredients**

- 1 cup raw almonds (or roasted unsalted almonds, and skip steps 1,2 & 3)
- 1 cup flaked coconut (unsweetened preferable)
- 1 1/4 cup rolled oats
- Pinch sea salt
- 1/2 cup maple syrup
- 4 Tbsp melted coconut oil
- 1 Cup dark chocolate chips > 70% cocoa

## **Directions**

1. Preheat oven to 400°F.
2. Lay almonds on a baking sheet with parchment paper (preferred) and roast in oven for 8-9 minutes (You will smell them when they're done).
3. Take them out and let cool for at least a half hour, you will hear the almond skins crackling as they cool down and when they are crunchy and delish, we will measure out 1 Cup and add it to the FOOD PROCESSOR.
4. Pulse to chop up then add coconut flakes. Pulse a few more times to mix then rev it up for 30 seconds to blend everything together. Transfer to a mixing bowl.
5. Add oats to the food processor and make into a powder, then add that to the almond/coconut mixture.
6. Mix together and add a pinch of salt.
7. Melt some coconut oil and then measure out 4 Tbsp. melted.
8. Add maple syrup to oil then add to dry mixture. It will then form into a sticky, slightly greasy "dough."
9. Place dough on a baking sheet with parchment paper, then Form into a loaf and freeze for 30 min.
10. Remove from freezer and slice into "biscotti" shaped cookies. Refreeze for 10 min while you melt the chocolate.
11. Drizzle chocolate on frozen cookies then refreeze for another 10 min.

**Enjoy! These will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.**



# **Coconut Cream Truffles**

***Makes 16***

## **Ingredients**

1/2 cup canned coconut milk (low fat preferable)

1 Tbsp coconut oil

1/4 tsp vanilla extract

Salt to taste

8 oz. semi-sweet chocolate, finely chopped (dark chocolate preferable)



## **Directions**

1. In a small pot combine the coconut milk, coconut oil, cinnamon, vanilla and salt. Bring to just a boil on a medium flame.
2. Place ground chocolate in a bowl. Pour hot mixture over the chocolate and let stand 1- 2 minutes.
3. Mix ingredients together, cover with plastic wrap and let chill in refrigerator 20-30 minutes, or until firm enough to hold a shape.
4. Scoop out mixture 1 tsp at a time and roll into a ball.
5. Dust with toppings of choice (cocoa powder, coconut, almonds, etc).
6. Place in refrigerator and allow to firm up.
7. Serve chilled.

**Enjoy!**

**Can keep in the refrigerator 5-7 days, or in the freezer up to 3 months.**



## **Sombi (Coconut Rice Pudding)**

***Makes 4-6***

### **Ingredients**

1 (15 oz) can coconut milk (low fat and unsweetened preferable)

1/2 cup unsweetened shredded coconut (fresh or dried)

1/4 cup sugar (coconut sugar, or brown sugar preferable)

Salt to taste

1 tsp vanilla extract

1 cup cooked white or black rice (brown rice preferable)



### **Directions**

1. Bring coconut milk, coconut, sugar, salt and vanilla to boil in a saucepan over medium heat and cook, stirring often, until reduced slightly, about 5 minutes.

2. Add rice and cook, stirring until rice breaks down and thickens soup slightly, about 10 minutes.

Serve hot.

**This dish will keep in the refrigerator 5-7 days.**

# **Pecan Cookies**

***Makes 22 cookies***

## **Ingredients**

- 1 cup chopped pecans (unsalted preferable)
- 1/2 cup butter (unsalted, reduced fat preferable)
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 1/4 cup Monk fruit sweetener
- 2 tsp coffee
- 1 cup white whole wheat flour
- 1 tsp ground cinnamon (divided)
- 2 tsp sugar
- 22 pecan halves (unsalted preferable)



## **Directions**

1. Preheat oven to 375°F.
2. In a food processor or blender grind the pecans into a coarse meal. Set aside.
3. In a standing mixer, cream the butter. Add vanilla, salt, and Monk fruit sweetener and beat for 2 minutes until light and fluffy.
4. With the mixer on low speed add the flour and 1/2 tsp cinnamon and mix until smooth.
5. Add the pecan meal and mix until just combined.
6. Chill the dough 20 minutes.
7. In a small bowl mix remaining cinnamon and 2 tsp sugar. Shape the dough into balls and roll in the cinnamon sugar mixture. Place balls on a cookie sheet, pressing a pecan half into the top of each one.
8. Bake until golden brown, about 15-20 minutes.
9. Cool completely.

**These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.**

# **Carrot Cake**

**Serves 10-12**

## **Ingredients**

1 cup unsweetened shredded coconut  
3 cups spelt flour  
1 Tbsp baking soda  
1 Tbsp cinnamon  
1 tsp nutmeg  
1 tsp ground ginger  
1/4 tsp ground cardamom (optional)  
3 Tbsp arrowroot or cornstarch  
1/2 cup pecans or walnuts chopped (unsalted preferable)  
1 tsp salt  
3 Tbsp flax meal  
9 Tbsp water  
1 cup applesauce (unsweetened preferable)  
1 1/2 cup canola oil  
1 tsp vanilla  
2 cups carrots shredded  
1 cup pineapple chopped  
1/2 cup raisins  
1/4 cup maple syrup



## **Directions**

1. Preheat oven to 350°F.
2. In a large bowl, combine dry ingredients, coconut through salt ingredients. Set aside.
3. Create a flax “egg” by combining flax meal and water in a separate bowl and allowing to gel for 5 minutes.
4. In a separate bowl, add remaining ingredients (applesauce through maple syrup).
5. Add all ingredients to the dry ingredients. Fold together using as few strokes as possible until no flour shows.
6. Bake at 350°F for 30-45 minutes, depending on the size of your cake!
7. Center of cake should be lightly browned, fragrant, and bounce back to the touch.

**This dish will keep in the refrigerator 5-7 days.**

# **Homemade Fudge**

***Makes 12 cups***

## **Ingredients**

1 cup coconut oil, room temperature

1/2 cup almond butter (cashew or peanut butters work too, unsalted and unsweetened preferable)

1/2 cup maple syrup or 1/2 cup agave or honey

3/4 cup raw cacao powder (make sure it is 100% cacao and does not have any sugar in it).

Pinch of salt



**Optional toppings** Cinnamon, chili, cayenne.

## **Directions**

1. Mix your coconut oil and nut butter in a pot over a low heat.
2. Pour in maple syrup or alternative sweetener, and mix some more.
3. Add cacao powder and salt and mix until smooth.
4. Pour into prepared muffin tin (should be lined with papers), or if using silicone cups no paper linings are necessary. Add any optional toppings.
5. Place in freezer until hardened.
6. Enjoy straight from the freezer!

**These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.**



# **Lentil Walnut Loaf**

**Serves 6-8**

## **Ingredients**

1 cup dried green lentils  
1 cup walnut halves, toasted and chopped (unsalted preferable)  
3 Tbsp ground flaxseed or chia seed or 1 egg  
1 tsp olive oil (or another plant-based oil)  
3 garlic cloves, minced  
2 cups onion, chopped  
Salt to taste  
1/4 tsp black pepper  
1 cup chopped celery  
1 cup grated carrot  
1/3 cup grated apple  
1/3 cup raisins (unsweetened preferable)  
1/2 cup oat flour (or 1/3 cup all-purpose flour)  
1/2 cup breadcrumbs (whole wheat preferable)  
1 tsp dried oregano  
1 tsp dried thyme  
1/4 tsp red pepper flakes  
1/4 cup ketchup (no added sugar preferable)  
2 Tbsp balsamic vinegar  
2 Tbsp maple syrup (optional)



## **Directions**

1. Cook the lentils according to the package directions.
2. In a food processor, add the cooked lentils and process to make a coarse paste, leaving some lentils intact. Set aside.
3. Preheat oven to 325°F, and line a 9x5 loaf pan with parchment paper.
4. In a large wok add the olive oil. Sauté the garlic and onion for 5 minutes. Then add the celery, apple, raisins, salt and pepper. Sauté 5 minutes longer.
5. Add the lentils, flaxseed, walnuts, oat flour, bread crumbs, thyme, oregano and red pepper flakes. Stir until well combined.
6. Press the lentil mixture into the prepared loaf pan. Top with the glaze and bake, uncovered for 50-60 minutes.
7. Lift the loaf out of the pan and let cool before slicing.
8. If the loaf is sliced while warm it may crumble slightly, but it holds together when fully cooled.

**These will keep in the refrigerator for 5-6 days.**