
BY GLENDA THOMPSON

20 DAIRY FREE DESSERTS

**INCLUDES RECIPES FOR CHEESECAKES, PUDDINGS,
MOUSSES AND MORE THAT ARE DAIRY FREE...**

*Discover a world of luscious, dairy-free desserts
that cater to both diabetics and those who are
lactose intolerant.*



20 x Dairy Free Desserts

**Includes recipes for Cashew Cream
Cheesecake, Mango Coconut Chia
Pudding, No-Bake Chocolate Almond
Tart and more...**

Discover a world of luscious, dairy-free
desserts that cater to both diabetics
and those with dairy allergies.

By Glenda Thompson

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Introduction

Discover a world of luscious, dairy-free desserts that cater to both diabetics and those with dairy allergies. Inside this cookbook are 20 irresistible recipes that prove you don't need dairy or refined sugar to create mouthwatering treats. From creamy Chocolate Avocado Mousse to refreshing Coconut Water Sorbet, each recipe is carefully crafted to satisfy your sweet tooth while keeping your health in mind.

This cookbook also allows you to explore the versatility of plant-based ingredients like coconut milk, avocados, and nuts as you whip up tasty desserts that help keep your blood sugar in check. So if you're lactose intolerant discover how you can still indulge in the rich flavors of Cashew Cream Cheesecake, Mango Coconut Chia Pudding, No-Bake Chocolate Almond Tart and Baked Pears with Walnuts and Cinnamon. Packed with nutrient-rich ingredients and monk fruit extract, these dessert recipes prove that you can have your cake and eat it – without compromising on taste or health.

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Please note that the nutritional information is calculated per serving.



Chocolate Avocado

Mousse

Serves: 4 | **Prep time:** 10 mins | **Chill time:** 30 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	10 grams	2 grams

INGREDIENTS

- 2 ripe avocados, peeled and pitted
- 1/4 cup unsweetened cocoa powder
- 1/4 cup monk fruit sweetener
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- A pinch of salt

INSTRUCTIONS

1. In a food processor, combine the ripe avocados, cocoa powder, monk fruit sweetener, almond milk, vanilla extract, and a pinch of salt.
2. Blend until the mixture is smooth and creamy.
3. Taste and adjust for sweetness or cocoa powder, if needed.
4. Spoon the mousse into serving bowls or ramekins.
5. Cover and refrigerate for at least 30 minutes to chill and firm up the texture.
6. Serve chilled, and optionally garnish with fresh berries or a sprinkle of additional cocoa powder.



Coconut Milk Panna Cotta

Serves: 4 | **Prep time:** 10 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
150 kcal	14 grams	5 grams	2 grams

INGREDIENTS

- 2 cups full-fat coconut milk
- 1/4 cup monk fruit sweetener
- 1 teaspoon vanilla extract
- 2 teaspoons unflavored gelatin powder
- 2 tablespoons cold water
- Fresh berries for topping (optional)

INSTRUCTIONS

1. In a small bowl, sprinkle the gelatin over 2 tablespoons of cold water and let it sit for a few minutes.
2. In a saucepan over medium heat, combine the coconut milk and monk fruit sweetener. Stir until the sweetener is dissolved and the mixture is hot, but not boiling.
3. Remove from heat and stir in the vanilla extract and bloomed gelatin until fully dissolved.
4. Pour the mixture into serving ramekins or cups and let them cool to room temperature.
5. Cover the ramekins with plastic wrap and refrigerate for at least 4 hours or until set.
6. Once set, serve the panna cotta directly from the ramekins or invert onto plates.
7. Optionally, top with fresh berries before serving.



Mango Coconut Chia Pudding

Serves: 4 | **Prep time:** 10 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
180 kcal	10 grams	20 grams	3 grams

INGREDIENTS

- 1 cup unsweetened coconut milk
- 1/4 cup chia seeds
- 1 tablespoon monk fruit sweetener
- 1 teaspoon vanilla extract
- 1 ripe mango, peeled and diced
- Fresh mint leaves for garnish (optional)

INSTRUCTIONS

1. In a medium bowl, whisk together the coconut milk, chia seeds, monk fruit sweetener, and vanilla extract until well combined.
2. Let the mixture sit for about 5 minutes, then whisk again to prevent the chia seeds from clumping.
3. Cover the bowl and refrigerate for at least 4 hours or overnight, until the mixture has thickened to a pudding-like consistency.
4. Before serving, gently stir the chia pudding to ensure even consistency.
5. Divide the chia pudding into serving bowls or glasses.
6. Top each serving with diced mango.
7. Garnish with fresh mint leaves if desired.



Date and Coconut Fudge

Serves: 16 | **Prep time:** 15 mins | **Chill time:** 1-2 hours

Calories	Fats	Carbohydrates	Protein
80 kcal	5 grams	9 grams	1 gram

INGREDIENTS

- 1 cup pitted dates
- 1/2 cup almond flour
- 1/4 cup unsweetened shredded coconut
- 2 tablespoons coconut oil, melted
- 1 tablespoon monk fruit sweetener
- 1 teaspoon vanilla extract
- A pinch of salt

INSTRUCTIONS

1. Soak the pitted dates in warm water for about 10 minutes to soften them, then drain well.
2. In a food processor, combine the soaked dates, almond flour, shredded coconut, melted coconut oil, monk fruit sweetener, vanilla extract, and a pinch of salt.
3. Blend until the mixture is smooth and forms a thick paste-like consistency.
4. Line a baking dish with parchment paper.
5. Transfer the blended mixture into the dish, pressing it down evenly to form a flat layer.
6. Refrigerate the mixture for at least 1-2 hours, until it sets and becomes firm.
7. Once firm, cut the fudge into small squares.



Coconut Water Sorbet

Servings: 4 | **Prep time:** 10 mins | **Freeze time:** 2-3 hours

Calories	Fats	Carbohydrates	Protein
30 kcal	0 grams	8 grams	0 grams

INGREDIENTS

- 2 cups coconut water
- 1/4 cup monk fruit sweetener
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- Fresh mint leaves for garnish (optional)

INSTRUCTIONS

1. In a medium bowl, whisk together the coconut water, monk fruit sweetener, lime juice, and lime zest until the sweetener is fully dissolved.
2. Pour the mixture into a shallow freezer-safe container.
3. Place the container in the freezer and allow it to chill for about 30 minutes.
4. Remove from the freezer and use a fork to scrape and stir the mixture, breaking up any frozen parts.
5. Return to the freezer and repeat the scraping and stirring process every 30 minutes for about 2-3 hours, until the sorbet has a fluffy, granita-like texture.
6. Once the desired consistency is achieved, scoop the sorbet into bowls or glasses.
7. Garnish with fresh mint leaves if desired.



Vegan Lemon Bars

Serves: 12 | **Prep time:** 15 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
140 kcal	10 grams	12 grams	2 grams

INGREDIENTS

- 1 cup almond flour
- 1/4 cup monk fruit sweetener (for crust)
- 3 tablespoons coconut oil, melted
- 1/4 teaspoon salt
- 1 cup fresh lemon juice
- 1/4 cup monk fruit sweetener (for filling)
- 1 tablespoon lemon zest
- 2 tablespoons cornstarch
- 1/4 cup water
- 1/2 cup unsweetened coconut cream

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C).
2. In a bowl, mix almond flour, monk fruit, melted coconut oil, and salt. Press the mixture into a baking pan.
3. Bake the crust for about 10-12 minutes, or until lightly golden. Remove from the oven and set aside.
4. In a saucepan, combine lemon juice, monk fruit, and lemon zest. Heat on medium until the sweetener dissolves.
5. In a small bowl, mix cornstarch and water until smooth. Stir into the lemon mixture, then add coconut cream.
6. Continue cooking over medium heat, stirring constantly.
7. Pour the lemon filling over the baked crust.
8. Refrigerate the lemon bars for 2 hours until set. Cut into squares to serve.



Chocolate Peanut Butter Banana Bites

Servings: 12 | **Prep time:** 15 mins | **Chill time:** 60 mins

Calories	Fats	Carbohydrates	Protein
100 kcal	8 grams	7 grams	2 grams

INGREDIENTS

- 2 ripe bananas, sliced into 1/2-inch rounds
- 1/2 cup natural peanut butter
- 1/2 cup almond flour
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons monk fruit sweetener
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Line a baking sheet with parchment paper. Arrange half of the banana slices on the sheet.
2. Place a teaspoon of peanut butter on each banana slice, then top with the remaining banana slices to make mini sandwiches.
3. Freeze the banana sandwiches for 30 minutes.
4. In a microwave-safe bowl, combine the almond flour, cocoa powder, monk fruit sweetener, coconut oil, and vanilla extract. Microwave in 15-second intervals, stirring between.
5. Remove the banana sandwiches from the freezer. Dip each in the chocolate mixture and place them back on the parchment-lined sheet.
6. Freeze the coated banana bites for 15–30 minutes.



Coconut Macaroons

Servings: 18 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
60 kcal	5 grams	4 grams	1 gram

INGREDIENTS

- 2 cups unsweetened shredded coconut
- 1/4 cup almond flour
- 1/4 cup monk fruit sweetener
- 3 egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat your oven to 325°F (160°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the shredded coconut, almond flour, and monk fruit sweetener.
3. In a separate bowl, whisk the egg whites and salt until soft peaks form.
4. Gently fold the egg whites into the coconut mixture, adding the vanilla extract until well combined.
5. Using a tablespoon, scoop the mixture and form it into small mounds on the prepared baking sheet.
6. Bake for 15–20 minutes or until the macaroons are lightly golden.
7. Allow the macaroons to cool on the baking sheet for a few minutes before transferring to a wire rack.



No-Bake Chocolate Almond Tart

Servings: 8 | **Prep time:** 15 mins | **Chill time:** 2 mins

Calories	Fats	Carbohydrates	Protein
170 kcal	14 grams	10 grams	4 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 cup cocoa powder
- 1/4 cup monk fruit sweetener, granulated
- 1/4 cup coconut oil, melted
- 1/2 cup unsweetened almond milk
- 1/2 cup sugar-free chocolate chips
- 1 teaspoon vanilla extract
- A pinch of salt

INSTRUCTIONS

1. In a bowl, combine the almond flour, cocoa powder, 2 tablespoons of monk fruit sweetener, and a pinch of salt. Stir in the melted coconut oil until the mixture sticks.
2. Press the mixture into a 9-inch tart pan. Refrigerate for 20 minutes to firm up the crust.
3. In a small saucepan, heat the almond milk over medium heat until it begins to simmer. Remove from heat.
4. Add the chocolate chips and remaining 2 tablespoons of monk fruit to the almond milk. Let it sit for 1-2 minutes to melt, then stir in the vanilla extract until smooth.
5. Pour the chocolate mixture over the chilled crust.
6. Refrigerate the tart for at least 2 hours.
7. Once set, slice the tart into pieces and serve.



Cashew Cream Cheesecake

Servings: 8 | **Prep time:** 20 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
300 kcal	25 grams	16 grams	6 grams

INGREDIENTS

For the crust:

1 1/2 cups almond flour
2 tablespoons monk fruit
1/4 cup coconut oil,
melted
1/2 teaspoon vanilla
extract

For the filling:

1 1/2 cups raw cashews,
soaked and drained
1/3 cup coconut oil
1/2 cup coconut milk
1/4 cup monk fruit
1 tbsp lemon juice
1 tsp vanilla extract

INSTRUCTIONS

1. Mix almond flour, monk fruit, melted coconut oil, and vanilla extract in a bowl until well combined.
2. Press the crust mixture firmly into the bottom of an 8-inch springform pan. Refrigerate until firm.
3. Blend soaked cashews, melted coconut oil, coconut milk, 1/4 cup monk fruit sweetener, lemon juice, and vanilla extract in a high-speed blender until smooth and creamy.
4. Pour the cashew cream mixture over the chilled crust, spreading it evenly with a spatula.
5. Cover and refrigerate the cheesecake for at least 4 hours, or until set and firm.
6. Once firm, remove from the springform pan and slice into servings.



Almond Flour Brownies

Servings: 9 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	12 grams	8 grams	4 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup cocoa powder
- 1/2 cup monk fruit sweetener
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 2 large eggs
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened almond milk

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line an 8x8-inch baking pan with parchment paper.
2. In a medium bowl, whisk together the almond flour, cocoa powder, monk fruit, salt, and baking powder.
3. In another bowl, beat the eggs, then add the melted coconut oil, vanilla extract, and almond milk.
4. Gradually add the dry ingredients to the wet ingredients, stirring until well combined and a smooth batter forms.
5. Pour the brownie batter into the prepared baking pan.
6. Bake for 20–25 minutes, or until a toothpick inserted into the center comes out with a few crumbs.
7. Allow the brownies to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.



Berry Coconut Milk

Popsicles

Servings: 6 | **Prep time:** 10 mins | **Freeze time:** 4 hours

Calories	Fats	Carbohydrates	Protein
120 kcal	10 grams	7 grams	1 gram

INGREDIENTS

- 1 cup mixed berries (fresh or frozen)
- 1 tablespoon monk fruit sweetener
- 1 teaspoon lemon juice
- 1 can (13.5 oz) full-fat coconut milk
- 1/4 cup monk fruit sweetener (for coconut milk)
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. In a blender, combine the mixed berries, monk fruit, and lemon juice. Blend until smooth.
2. In a separate bowl, whisk together the coconut milk, 1/4 cup monk fruit sweetener, and vanilla extract.
3. Pour a few tablespoons of the berry puree into the bottom of each popsicle mold.
4. Fill the molds with the coconut milk mixture.
5. Insert popsicle sticks and give each mold a gentle stir to create a swirl effect.
6. Freeze for at least 4 hours, or until completely solid.
7. To release the popsicles, run warm water over the outside of the molds for a few seconds.



Baked Apple Slices with Cinnamon

Servings: 4 | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
85 kcal	4 grams	14 grams	1 gram

INGREDIENTS

- 3 medium-sized apples, cored and thinly sliced
- 2 tablespoons almond flour
- 2 tablespoons monk fruit sweetener
- 1 teaspoon ground cinnamon
- 1 tablespoon melted coconut oil
- 1 teaspoon lemon juice
- A pinch of salt

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and line a baking dish with parchment paper.
2. In a bowl, mix the almond flour, monk fruit sweetener, cinnamon, and a pinch of salt.
3. Add the apple slices to the bowl and drizzle with melted coconut oil and lemon juice.
4. Arrange the apple slices in the baking dish.
5. Sprinkle any remaining almond flour on top.
6. Bake in the preheated oven for 20–25 minutes.
7. Remove from the oven and let them cool slightly before serving.



Raspberry Lime Sorbet

Servings: 4 | **Prep time:** 10 mins | **Chill time:** 2–3 hours

Calories	Fats	Carbohydrates	Protein
50 kcal	0 grams	12 grams	1 gram

INGREDIENTS

- 2 cups fresh or frozen raspberries
- 1/3 cup water
- 1/4 cup monk fruit sweetener
- 2 tablespoons fresh lime juice
- 1 teaspoon lime zest

INSTRUCTIONS

1. In a small saucepan, combine water and monk fruit sweetener. Heat over medium, stirring until the sweetener dissolves, then let it cool slightly.
2. In a blender, combine raspberries, lime juice, lime zest, and the cooled sweetener mixture.
3. Strain the mixture into a bowl to remove seeds, if desired, pressing with a spoon to extract all the liquid.
4. Pour the strained mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches a firm texture.
5. If you do not have an ice cream maker, pour the mixture into a shallow dish and freeze, stirring every 30 minutes, until it reaches a sorbet consistency, about 2–3 hours.
6. Once frozen, allow the sorbet to soften slightly at room temperature before serving.



Pumpkin Spice Energy Balls

Servings: 12 | **Prep time:** 10 mins | **Chill time:** 30 mins

Calories	Fats	Carbohydrates	Protein
65 kcal	5 grams	5 grams	2 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup canned pumpkin puree
- 1/4 cup almond butter
- 2 tablespoons monk fruit sweetener
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice
- A pinch of salt
- 1/4 cup shredded coconut (optional, for rolling)

INSTRUCTIONS

1. In a mixing bowl, combine almond flour, pumpkin puree, almond butter, monk fruit, vanilla extract, pumpkin pie spice, and a pinch of salt.
2. Portion out the mixture and roll it into balls.
3. Roll each ball in shredded coconut.
5. Place the balls on a tray with parchment paper.
6. Refrigerate for at least 30 minutes.
7. Serve the energy balls chilled, or store in an airtight container in the refrigerator for up to a week.



Banana Nut Ice Cream

Servings: 4 | **Prep time:** 10 mins | **Freeze:** 1-2 hours

Calories	Fats	Carbohydrates	Protein
150 kcal	8 grams	18 grams	3 grams

INGREDIENTS

- 3 ripe bananas, sliced and frozen
- 1/2 cup unsweetened almond milk
- 2 tablespoons almond butter
- 1 tablespoon monk fruit sweetener
- 1 teaspoon vanilla extract
- 1/4 cup chopped nuts (such as walnuts or pecans)
- 2 tablespoons almond flour

INSTRUCTIONS

1. In a blender, combine the frozen banana slices, almond milk, almond butter, monk fruit, and vanilla extract. Blend until smooth and creamy.
2. In a bowl, mix the chopped nuts and almond flour.
3. Pour the banana mixture into a bowl and fold in the nut and almond flour mixture.
4. Freeze for at least 1-2 hours.
6. Allow the ice cream to soften slightly at room temperature before scooping.
7. Scoop the banana nut ice cream into bowls and serve immediately.



Fruit Salad with Lime Mint Dressing

Servings: 6 | **Prep time:** 10 mins | **Chill time:** 2–3 hours

Calories	Fats	Carbohydrates	Protein
50 kcal	0 grams	12 grams	1 gram

INGREDIENTS

- 2 cups mixed berries (such as strawberries, blueberries, and raspberries)
- 1 cup diced melon (such as cantaloupe or honeydew)
- 1 cup chopped kiwi or green apple
- 1/4 cup fresh lime juice
- 2 tablespoons monk fruit sweetener
- 2 tablespoons fresh mint leaves, finely chopped
- 1 teaspoon lime zest

INSTRUCTIONS

1. In a bowl, combine the mixed berries, diced melon, and chopped kiwi or green apple.
2. Whisk together the fresh lime juice, monk fruit, mint leaves, and lime zest.
3. Pour the lime mint dressing over the fruit mixture.
4. Gently toss the fruit to coat it with the dressing.
5. Refrigerate for about 15 minutes.
6. Serve the fruit salad chilled, garnishing with additional mint leaves if desired.



Avocado Lime Cheesecake Bars

Servings: 12 | **Prep time:** 20 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
160 kcal	14 grams	6 grams	3 grams

INGREDIENTS

For the crust:

- 1 1/2 cups almond flour
- 2 tbsp monk fruit sweetener
- 1/4 cup coconut oil, melted
- A pinch of salt

For the filling:

- 2 avocados, peeled
- 8 oz cream cheese
- 1/2 cup monk fruit
- 1/3 cup fresh lime juice
- 1 tsp lime zest
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix almond flour, monk fruit sweetener, coconut oil, and a pinch of salt until well combined.
3. Press the mixture into a baking pan.
3. Bake the crust for 10-12 minutes until lightly golden.
4. In a food processor, combine avocados, softened cream cheese, monk fruit, lime juice, lime zest, and vanilla extract. Blend until smooth and creamy.
5. Spread the avocado cheesecake over the crust.
6. Refrigerate for at least 4 hours.
7. Once set, cut into bars and serve. Garnish with additional lime zest or slices if desired.



Apricot Almond Energy Balls

Servings: 12 | **Prep time:** 15 mins | **Chill time:** 30 mins

Calories	Fats	Carbohydrates	Protein
90 kcal	6 grams	8 grams	2 grams

INGREDIENTS

- 1 cup dried apricots (unsweetened)
- 1 cup almond flour
- 1/4 cup almond butter
- 1 tablespoon monk fruit sweetener
- 1/4 cup unsweetened shredded coconut
- 1/2 teaspoon vanilla extract
- A pinch of salt

INSTRUCTIONS

1. In a food processor, pulse the dried apricots until they are finely chopped and stick together.
2. Add the almond flour, almond butter, monk fruit sweetener, shredded coconut, vanilla extract, and a pinch of salt to the processor.
3. Blend the mixture until it forms a sticky dough.
4. Scoop out tablespoon-sized amounts and roll them into balls using your hands.
5. If desired, roll each ball in shredded coconut.
6. Place the energy balls on a parchment-lined tray.
7. Refrigerate for at least 30 minutes.



Baked Pears with Walnuts and Cinnamon

Servings: 4 | **Prep time:** 10 mins | **Cook time:** 30 mins

Calories	Fats	Carbohydrates	Protein
130 kcal	9 grams	13 grams	2 grams

INGREDIENTS

- 2 ripe pears, halved and cored
- 1/4 cup chopped walnuts
- 2 tablespoons almond flour
- 1 tablespoon monk fruit sweetener
- 1 teaspoon ground cinnamon
- 1 tablespoon melted coconut oil
- A pinch of salt

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and line a baking dish with parchment paper.
2. In a small bowl, mix chopped walnuts, almond flour, monk fruit, cinnamon, coconut oil, and a pinch of salt.
3. Place the pear halves in the prepared baking dish.
4. Spoon the walnut mixture into the center of each pear half, pressing it down slightly.
5. Cover the dish with foil and bake for 20 minutes.
6. Remove the foil and bake for an additional 10 minutes, or until the pears are soft and the topping is golden.



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