

BEST EXCERPT

SWEET EATS

AVOCADO CHOCOLATE MOUSSE

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In *The Living Kitchen*, authors Tamara Green and Sarah Grossman share healthy recipes that support people during cancer treatment and recovery. Guess what? Chocolate makes the cut.

Here are a few of our faves. | *photography by* DANIEL ALEXANDER



CHOCOLATE TAHINI COOKIES

MAKES: 14 COOKIES

PREP TIME: 10 MINUTES

COOK TIME: 8–9 MINUTES

You simply cannot have a dessert chapter without including a recipe for chocolate chip cookies. This recipe has been tried and tested more times than we can remember and is a longtime favorite of many clients, who make them every week as a staple snack to keep on hand. Similar to our other desserts, these cookies are gluten-free because we use tahini and almond flour as the base rather than traditional white flour, making sure you get all the nutrients you need before, during, and after treatment.

INGREDIENTS

1 large egg

½ cup (125 mL) tahini

½ cup (125 mL) blanched almond flour

½ cup (125 mL) coconut sugar

½ tsp (3 tsp) baking powder

One 3.5 oz (100 g) 70% (or higher) dark chocolate bar, coarsely chopped

¼ tsp (2 mL) coarse sea salt

METHOD

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a medium-sized bowl, mix together the egg, tahini, almond flour, coconut sugar, and baking powder. It will make a thick, sticky mixture.
3. Fold in the chopped chocolate.
4. Scoop about 1 tablespoon of batter and place it on the baking sheet. Continue to do this, spacing each cookie about 2½ inches apart, until you have used all of the dough. If you prefer a larger cookie, scoop 2 tablespoons per cookie. Sprinkle cookies with the coarse salt.
5. Bake in the oven for 8 to 9 minutes, watching carefully because they can burn easily. They should be just lightly browned on top.
6. Let cool for 10 minutes on the baking sheet. Then transfer to a plate or container for storage.
7. These can be stored in a cool place in the pantry for 2 days or in the fridge for 1 week. You can freeze these for 3 to 4 months.

AVOCADO CHOCOLATE MOUSSE

PHOTO ON PAGE 66

MAKES: 2 SERVINGS

PREP TIME: 10 MINUTES

Avocados are not just for guacamole; they are versatile chameleons. Spread them on toast, blend them into smoothies, and even use them in desserts, like our Avocado Chocolate Mousse. This recipe was our first introduction to using avocados in desserts, and it's been a winner ever since. Here, avocado is the secret ingredient—this mousse is so chocolatey, soft, and silky, you will never know that it's not made from real cream.

INGREDIENTS

1 large egg

¼ cup (50 mL) packed pitted dates **2 ripe avocados**

¼ cup (50 mL) unsweetened dairy-free milk

¼ cup (50 mL) raw cacao powder

½ tsp (3 mL) pure vanilla extract **Pinch of sea salt**

TOPPINGS

Berries or fruit of your choice

Unsweetened coconut flakes

80% dark chocolate chips

Chopped raw pecans, walnuts, or almonds

Cacao nibs

Hemp seeds

Goji berries

Mint leaves

Cinnamon

Raw cacao powder for dusting

METHOD

1. Soak the dates in a bowl of warm water for 5 minutes. Once they've softened, drain the water.
2. Blend the dates, avocados, dairy-free milk, cacao powder, vanilla extract, and salt in a food processor until the mixture becomes creamy and smooth. If you have trouble getting the mixture to blend, gradually add a bit more milk, one spoonful at a time.
3. Divide between two bowls, garnish with whichever toppings you like, and enjoy!
4. Store in the fridge for up to 2 days in an airtight container.



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SEA SALT QUINOA CHOCOLATE BARS

MAKES: 16 BARS

PREP TIME: 15 MINUTES

COOLING TIME: 1 HOUR

These bars might just change your life. Unlike traditional chocolate bars that are made with refined sugar, glucose syrup, artificial flavoring, and vegetable oils, these ones are made with "superfood" ingredients and are sweetened naturally. Every bite brings crunch, together with sweet, salty, and decadent flavor. These bars are hearty, so a little goes a long way.

INGREDIENTS

1 cup (250 mL) puffed quinoa

1 cup (250 mL) walnuts, coarsely chopped

1 cup (250 mL) + 2 tbsp (30 mL) unsweetened shredded coconut, divided

½ cup (125 mL) raw pumpkin seeds

½ cup (125 mL) hemp seeds

1 cup (250 mL) nut or seed butter of choice

¼ cup (70 mL) honey

1 tbsp (25 mL) + 2 tsp (10 mL) virgin coconut oil, divided

2 cups (500 mL) 70% (or higher) dark chocolate chips

¼ tsp (2 mL) coarse sea salt

METHOD

1. Combine the puffed quinoa, walnuts, 1 cup of the coconut flakes, pumpkin seeds, and hemp seeds in a bowl.
2. Place a large pot on the stove over medium heat and add the nut butter, honey, and 1 tablespoon of the coconut oil, stirring constantly with a silicone spatula. When it turns slightly bubbly and smooth, add the puffed quinoa mixture and stir well to combine.
3. Line a 9- × 9-inch baking dish with parchment paper and scoop the mixture in. Allow it to cool slightly and then press it down to spread and flatten. Place it in the fridge for 15 minutes.
4. Melt the chocolate chips with the 2 teaspoons of coconut oil in a double boiler, stirring with a silicone spatula until smooth. Carefully pour the melted chocolate over the quinoa mixture. Spread it out using the spatula.
5. Sprinkle the top with the remaining shredded coconut and the salt. Place in the fridge for 1 hour, until firm.
6. Lift the slab out of the pan and, using a sharp knife, cut into squares. The bars may crumble slightly as you cut.
7. Store in an airtight container in the fridge for a week or freezer for up to 1 month.