



GLUTEN FREE  
SUGAR FREE  
OIL FREE

# Sweet Vegan

45 delicious sweet recipes  
by Caroline Deisler









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## HELLO! I'M CAROLINE

**I love to wake up every day with the purpose to inspire people around the world to eat healthy, workout & feel their best.**

I started my blog & Instagram account 4 years ago, purely out of passion and with no intention to turn it into a full time job.

I am so happy with how things turned out and I feel so grateful to do what I love every single day. It all began when I was living and modeling in New York and the pressure of being extremely skinny got to me. I was trapped in an unhealthy binge eating cycle and knew I had to change something! I got inspired to try a fully plant based diet and which was the beginning of my self healing journey.





# MY STORY IN A NUTSHELL

## Love yourself enough to live a healthy lifestyle!

For me, going vegan was all about showing my body love and appreciation. After years of modelling and punishing my body with my thoughts and diet rules, I knew I had to change something. I wanted to nurture myself with the best foods to finally feel balanced and happy. Every time we eat is a chance to fuel our body! Know what makes you feel your best and stick to it. I never liked counting calories and instead think we should listen to our intuition, not a number. When I turned vegan, I made the decision to never limit myself and always eat as many fresh whole foods as I wanted. As a result, I had more energy, felt

happier, felt more balanced, got fitter, my digestion improved, I lost weight and my skin cleared up. I was finally eating without guilt, had no more emotional ups and downs and loved how at ease I felt with myself. Everything fell into place, it was almost like my life was thanking me for how well I treated my body so all other parts of my life improved as well. I stopped modeling, got my nutritionist certificate, went to Uni in London to study business for three years and started my blog, Instagram and Youtube. I really feel so humbled to have such a kind and positive community and I love sharing my day to day life with you.

# ABOUT THIS BOOK



@CarolineDeisler

I love a healthy treat and am so excited to share these recipes with you! This ebook has been in the planning for over a year and the best part is that you can eat all these sweets every single day and never have to feel guilty.

All recipes are gluten-, refined sugar- and oil- free. They are packed with goodness, so delicious and very nutritious.

We shouldn't sacrifice our health for refined sugar loaded sweets that makes us feel bad when we can eat the yummiest most delicious treats every day and get fit and toned at the same time. This is a collection of my current favourite sweet recipes, all easy to make using natural whole food ingredients that you probably have already at home! I can't wait to see your creations and hope you love my recipes as much as I do! :-)



# Raw Vegan Sweets

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# The Best Snickers

YAY! An improved version of my most popular recipe

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## Ready in

10 min + 90 min freezer

## Ingredients

### BASE

1/2 cup oats  
1/2 cup cashews  
1/4 cup caramel sauce  
2 tablespoons crunchy peanut butter

### CARAMEL LAYER

12 medjool dates  
2 tablespoons smooth peanut butter  
1 teaspoon vanilla powder extract  
1 cup water  
1/2 cup roasted unsalted peanuts

### TOPPING

vegan chocolate bar (80gr)

## Steps

1. Start by making the caramel sauce. Place dates, water and vanilla into a high speed blender and blend until creamy. Set caramel sauce aside.
2. Add oats and cashews to your high speed blender and blend until flour. Add 1/4 cup of the caramel sauce, 2 tbsp crunchy peanut butter and mix well together. Transfer the base mixture to your baking tray or silicone bar moulds and form a 1-2 cm thick base. Place the tray in the freezer for 30min.
3. For the caramel layer, add 2 tbsp of smooth peanut butter to the caramel sauce you made earlier and mix well. Add a thick layer of the caramel mixture to your snickers, sprinkle roasted peanuts on top and put back in the freezer for an hour. I buy raw peanuts and roast them in a non stick pan for a couple of minutes.
4. For the top coat, melt one bar of vegan milk chocolate (add a splash of almond milk in case the chocolate feels too dry while melting) and pour over the caramel peanut layer. Place back in the freezer for 20-30 min and ENJOY. :-)

makes 6





**makes 12**

# Salted Caramel Cups

## Ingredients

### BASE

1 cup almond flour (blend raw almonds in a high speed blender to get almond flour)  
1 cup caramel sauce (blend 13 dates, 1/2 teaspoon vanilla extract powder and 1 cup water)  
1 cup oat flour (blend oats to get oat flour)

### FILLING

1 cup caramel sauce (blend 13 dates, 1/2 teaspoon vanilla extract powder and 1 cup of water)

### TOP COAT

1 vegan chocolate bar (milk or dark chocolate)

## Steps

- 1** Add all base ingredients to a bowl and mix well. Get your silicone cup moulds and spread the mixture evenly between all holes. Use your hands to form a the base layer and don't forget the sides as well. Put in freezer while you make the caramel.
- 2** For the caramel, add all ingredients into a high speed blender and blend until creamy. Pour the caramel into your cups and put back in the freezer for 30min.
- 3** Make the top layer by melting your chocolate bar and pour over cups, Put cups back in the freezer for 30min & enjoyyyy!

You can easily store these for a couple of weeks in the freezer. :)





Ready in  
40min

# Healthy Carrot Cake

## Ingredients

2 cups shredded carrots,  
about 2-3 large carrots  
1/2 cup desiccated coconut  
1/2 cup walnuts  
1/2 cup almonds  
7 medjool dates, pitted  
1 tsp cinnamon  
1 tsp vanilla powder extract

### ICING

1 cup cashews, soaked & rinsed  
2 tbsp maple syrup  
1/2 cup almond milk

## Steps

- 1** Add walnuts, almonds, dates, cinnamon and vanilla to your blender or food processor and pulse until you have a sticky consistency (don't over blend)
- 2** Transfer the mixture to a bowl, add shredded carrots and desiccated coconut and mix well.
- 3** Transfer the mixture to your baking form (lined with parchment paper) and press down using your hands to form a 2-3cm thick base. Place in the freezer while you make the icing.
- 4** Add all icing ingredients to your high speed blender and blend for a good minute until creamy. Add the icing on top of your carrot cake and place back in the freezer for 30min. If the icing got too firm in the freezer, leave it to soften for a couple of minutes before serving. You can also keep it in the fridge afterwards if you are going to eat it that day. :-)

One of my favourite recipes!! Super easy to make and the perfect sweet snack that is packed with nutrients. You can easily store it in the freezer for a couple of weeks too!





# OMG! BARS

*A chilled caramel fudge dream*

**Prep** 10 min    **Freeze** 50 min    **Ready in** 60 min

## Ingredients

### BASE

4 tablespoons caramel sauce  
1 cup oat flour  
1/2 teaspoon vanilla extract powder

### CARAMEL FUDGE

1/2 cup smooth peanut butter (6 tablespoons)  
1,5 cups caramel sauce (19 medjool dates, 1,5 teaspoon vanilla extract powder + 1,5 cups water)  
pinch of salt (optional)

### TOPPING

vegan white chocolate bar (80gr, I use the ichoc vegan chocolate)  
white almonds, chopped

## Directions

1. Make a big batch of the caramel sauce to use for the base and caramel fudge. Add 23 medjool dates, 2 cups water and 2 teaspoons vanilla extract powder to your blender and blend until creamy. Set caramel sauce aside..
2. In a bowl, mix all base ingredients together, transfer to your baking form and press down until you have a 1cm thick base layer. Place in the freezer while you make the caramel fudge.
3. For the caramel fudge, add 1/2 cup smooth peanut butter to the rest of the caramel sauce, add a pinch of salt and pour over the base layer. The middle layer is about twice as thick as the base. Place back in the freezer for 30 min..
4. Melt the vegan chocolate and drizzle over your bars, add some chopped white almonds, place back in the freezer for 15min and ENJOY!

You can keep these in the freezer for a couple of weeks. Take them out 5-10min before serving!





makes 8

# Puffed Quinoa Squares

**Ready in**  
50min

## Ingredients

### BASE

1 cup caramel sauce (blend 12 medjool dates, 1 teaspoon vanilla extract powder, 1 cup water)  
1,5 cups puffed quinoa (or puffed buckwheat / puffed rice)

### TOP LAYER

10 medjool dates  
2 tablespoons cashew butter  
1 teaspoon vanilla extract powder  
optional: 2 tsp cacao powder to make it more chocolatey (I didn't use the cacao here for the picture)

## Directions

- 1** Start by making the caramel sauce. Add all ingredients into a high speed blender and blend until smooth.
- 2** In a bowl, mix the caramel sauce and puffed quinoa well together.
- 3** Spread the mixture evenly onto your baking tray (lined with parchment paper). You want to have a 2cm thick base. Place the form in the freezer while you make the top layer.
- 4** For the top coat, add all ingredients into a high speed blender and blend until creamy.
- 5** Pour the mixture over the puffed quinoa base, put back in the freezer for at least 30min and ENJOY! :-)) You can easily store these in the freezer for a couple of weeks.







makes 6



# KINDER BUENO BARS

## Ingredients

### BASE

1/2 cup oats  
1/2 cup cashews  
1/4 cup caramel sauce  
2 tbsp hazelnut butter

### MIDDLE LAYER

12 medjool dates, pitted  
1 tsp vanilla extract powder  
1 cup water  
2 tbsp hazelnut butter  
1/2 cup whole roasted hazelnuts

### TOP LAYER

1 vegan milk chocolate bar (I use the lchoc chocolate)  
1/2 cup roasted hazelnuts, chopped

## Directions

- 1** Start by making the caramel sauce for the base and middle layer. Add 16 medjool dates, 1,5 tsp vanilla and a bit more than 1 cup of water to a high speed blender and blend until creamy. Set the caramel sauce aside.
- 2** To make the base, add oats and cashews to your high speed blender and blend until flour. Transfer to a bowl, add 1/4 cup caramel sauce, 2 tbsp hazelnut butter and mix well. Transfer the mixture to your baking tray or silicone bar moulds to form the 1cm thick base layer. Place tray in the freezer for 30 min.
- 3** To make the middle layer, add 2 tbsp hazelnut butter to the caramel sauce you made earlier and mix well. Pour the hazelnut cream over the base layer (about 2x as thick) and add the roasted hazelnuts on top. Press hazelnuts down into the caramel. Put the tray back in the freezer for an hour.
- 4** Melt the chocolate and pour over the hazelnut cream. Sprinkle chopped hazelnuts on top and put back in the freezer for 15 min. You can store these in the freezer for a couple of weeks, just take them out 5-10min prior to serving to let the hazelnut cream get soft ENJOY :-)) :







# Raspberry Tarte

Heavenly creamy, sweet and delicious!!



## Ready in

10 min + 1 hour freezer time

## Ingredients

### BASE

1,5 cups almonds  
1/2 cup pecans  
1/2 cup desiccated coconut  
7 large medjool dates

### VANILLA CREAM

1 cup cashews, soaked & rinsed  
1 teaspoon vanilla powder extract  
5 large medjool dates  
1 cup almond milk

### TOPPING

raspberries (about 1,5 cups)

## Directions

1. Add all base ingredients to a high speed blender or food processor and pulse until you have a sticky texture.
2. Transfer the mix to your cake form (lined with baking paper) and form the crust with your hands. Place in the freezer while you make the vanilla cream.
3. For the cream, add all ingredients to your high speed blender and blend until thick and creamy. Add the cashew cream on top of the crust and put it back in the freezer for one hour.
4. Top with raspberries and enjoy! if the cream is too firm, wait a couple of minutes. I LOVE to eat it when the cream is quite soft. :-)

## Note

The advantage of raw vegan sweets is that you can easily store them in the freezer for a couple of weeks. Absolutely love this recipe and it's so pretty too!! :-)





# Banoffee Squares

Now you know what to do with overly ripe bananas hehe

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## Prep Freeze Ready in

15min

30min

45 min

## Ingredients

### BASE

1 cup oat flour (blend oats to get oat flour)  
1 cup caramel sauce (blend 12 dates, 1 tsp vanilla extract powder + 1 cup water)  
1 cup dried mulberries, finely chopped

### FILLING

4 large ripe bananas, mashed  
2 tablespoons crunchy or smooth peanut butter

### TOPPING

1 bar vegan chocolate (milk or dark chocolate)

## Steps

1. Mix all base ingredients well together.
2. Transfer the raw dough to your baking tray (lined with parchment paper) to form the 1 cm thick base. Place the tray in the freezer for 30 min.
3. For the banoffee cream, mix the mashed bananas and peanut butter together until smooth. This alone is so yum haha! You can also use a blender for this step but don't over blend it.
4. Add a big 2-3cm banoffee layer to the base and put the tray back in freezer for 30 min.
5. Melt the chocolate bar (I love the brand ichoc) and pour it over the banoffee squares. Freeze for another 15 min. Add a scoop of caramel sauce on top before serving for that little extra something!
6. You can store these in the freezer for a couple of weeks. I let them defrost for 5-10min before eating. I love it when the banoffee cream is about to melt.

*Creamy and  
so delicious*



makes 8

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# Banoffee Squares

*white chocolate*

## Ingredients

### BASE

1 cup oat flour (blend oats to get oat flour)  
1 cup caramel sauce (blend 12 dates, 1 tsp vanilla extract powder + 1 cup water)  
1 cup dried mulberries, finely chopped

### FILLING

4 large ripe bananas, mashed  
2 tablespoons crunchy or smooth peanut butter

### TOPPING

1 white vegan chocolate bar  
1/2 cup white almonds, chopped

## Directions

Follow the exact same steps as in the recipe above. The only difference is here I used white chocolate instead and added chopped white almonds for an extra crunch. :)







# Banoffee Cake

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## Prep

10 min

## Freeze

60 min

## Ready in

70 min

## Ingredients

### BASE

1/2 cup oat flour (blend oats)  
1/2 cup cashew flour (blend cashews)  
1 tablespoon peanut butter  
1 tablespoon caramel sauce

### CARAMEL LAYER

8 big medjool dates  
1/2 cup water  
1tsp vanilla powder extract

### BANOFFEE LAYER

2 ripe bananas  
1/2 cup cashews, soaked and rinsed  
4 medjool dates  
1 teaspoon vanilla  
1/4 cup water

### TOPPING

banana slices  
caramel sauce  
almonds, roasted and chopped

## Directions

- 1 Add all base ingredients to a mixing bowl and form a sticky dough with your hands. Transfer the mixture to your cake form (lined with parchment paper) and create a 1cm thick base layer. Place in the freezer while you make the caramel.
- 2 To make the caramel layer, add all ingredients into a high speed blender and blend until creamy. Pour the caramel cream over the cake base and put it back in the freezer for 30min. This cake requires a bit of patience but it's so worth it. :-)
- 3 In the meantime make the banoffee layer by adding all ingredients to your blender and blend until creamy. Soaking the cashews in water will make this even healthier but it's totally just an option. Add a big banoffee layer to the cake and freeze it one more time for 30min.
- 4 Take it out of the freezer 10min before serving and add some fresh banana slices, caramel sauce and chopped roasted almonds on top. You can store this cake in the freezer for a couple of weeks. Great to prep in advance for when you have friends over.





Makes 12

# Cookie Dough Dates

## Ingredients

12-15 Medjool Dates

### COOKIE DOUGH

2 tablespoons peanut butter  
1/2 cup caramel sauce  
(blend 7 medjool dates, 1/2  
teaspoon vanilla extract powder and  
1/2 cup water)  
1 apple, peeled and grated  
1,5 cups ground cashews  
1/2 cup chopped walnuts  
1/2 cup dry- roasted almonds,  
chopped (roasting is optional but  
adds that extra crunch)  
1/2 cup cacao nibs

### TOPPINGS

extra peanut butter and some  
chopped vegan chocolate pieces

## Directions

- 1** Start by peeling and grating the apple, this will add such a nice crunch and makes the recipe lighter. .
- 2** In a bowl, add grated apple, peanut butter, date caramel sauce and cashew flour. Mix it all together well until you have a creamy thick consistency.
- 3** Add chopped walnuts and almonds (I roast them in a non stick pan on medium heat for 5 minutes), cacao nibs (or chocolate chips) and stir well.
- 4** Pit your medjool dates, stuff each with a heaping teaspoon or more of the raw cookie dough, drizzle some more peanut butter and chocolate on top and voila, **READY TO ENJOY** .

**I LOVE** this recipe, because it is so easy and quick to make, beyond delicious, looks like a praline most importantly makes you feel good as well :) Hope you love it too!



# Vanilla Power Balls

The perfect 5 minute snack for every day!



## Ready in

5 min

## Ingredients

1 cup walnuts  
8 medjool dates  
3 tbsp desiccated coconut + a bit more to add as a topping  
1/2 cup dried mulberries  
1 tsp vanilla extract powder  
1 tsp cinnamon

## Steps

1. Add all ingredients into a food processor or blender and pulse until you have a chunky consistency.
2. Use one tablespoon of the mixture to form a ball with your hands, repeat this step for the rest of the dough.
3. Roll the balls in more desiccated coconut.
4. Enjoy right away or place in the fridge for a few hours to get a firmer consistency. :-)

## Note

I LOVE to make these because it takes literally 5 minutes and you have a super yummy snack!! You could also dip them in peanut butter and cacao nibs :)) ENJOY!





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**Ready in**  
5 min

# Raw Tiramisu

## Ingredients

### PUDDING

2 ripe bananas  
1/2 cup cashews  
4 medjool dates  
1 tsp vanilla extract powder  
1/4 cup water

### TOPPINGS

sliced banana  
cacao powder

## Directions

- 1 This recipe is so easy and SO DELICIOUS!!  
Add all pudding ingredients to a high speed blender and blend until creamy. Transfer the creamy mixture to a glass jar and place in the fridge for 1 hour.
- 2 Top with lots of cacao powder and sliced bananas before serving. Love this recipe!!



# RAW MARS BARS



## Ready in

20 min + 1 hour freezer

## Ingredients

### BASE

1/2 cup almonds  
1/2 cup walnuts  
1/4 cup cacao nibs  
1/4 cup raw cacao powder  
2 tablespoons almond butter (or hazelnut butter)  
2 tablespoons date caramel sauce

### CARAMEL LAYER

1,5 cups water  
1 tsp vanilla extract powder  
15 medjool dates  
2 tbsp crunchy peanut butter

### TOP LAYER

1 cup date caramel sauce (blend 12 dates, 1 cup water, 1 tsp vanilla)  
2 tablespoons raw cacao powder  
1/4 cup cacao nibs

### TOP TOP LAYER

cacao nibs  
crushed raw mulberries

## Directions

1. Start by adding the almonds and walnuts into a food processor or blender and pulse until flour.
2. Wash out the blender quickly and make the date caramel sauce next: add in total 30 dates, 2tsp vanilla and 2,5 cups water to the blender and blend until smooth.
3. In a mixing bowl, add all BASE ingredients and stir well.
4. Take your baking tray (lined with parchment paper) and add the base layer using wet hands. You want to have a 1cm thick base layer.
5. In a separate bowl, add 3/4 of the caramel sauce and mix with 2 tablespoons crunchy peanut butter. Add the caramel layer to the bars. (twice as thick as the base layer)
6. Sprinkle cacao nibs over the caramel layer.
7. Mix the leftover 1/4 date caramel sauce with 2 tablespoons cacao powder until you have a chocolate sauce and add a layer to the bars..
8. Sprinkle cacao nibs and crushed mulberries on top and place in the freezer for at least 1 hour (ideally 3 hours or overnight)
9. Store in the freezer and take out 10 minutes prior to serving. ENJOY!!









# PROTEIN BALLS



## Ready in

10 min

## Ingredients

makes 10 balls

### BASE

9 large medjool dates  
1/2 cup walnuts, chopped  
3 tablespoons cacao powder  
3 tablespoons almond butter  
1 teaspoon vanilla extract powder

### FILLING

1 tsp almond butter for each ball

### TOPPING

1/2 cup almonds, roasted and  
chopped



## Directions

1. Add dates, walnuts, cacao powder, almond butter and vanilla to your food processor or blender and pulse until you have a sticky dough consistency, (No need to overblend)
2. Form little half balls with your hands, add a mini teaspoon almond butter to the middle and add the other half ball on top. Then roll the balls in the roasted and chopped almonds for a crunchy outside. Repeat this step for all 10 balls.
3. They are super yummy served right away but you can also store them in the fridge for a couple of days.









# Blueberry Cheese Cake



## Ingredients

### COOKIE CRUST

1 cup walnuts  
6 medjool dates  
1/2 cup desiccated coconut

### CHEESECAKE LAYER

1 cup cashews, soaked and rinsed  
1/2 cup coconut milk  
1 cup blueberries  
3 medjool dates

### JAM LAYER

1 cup blueberries  
2 tablespoons coconut sugar  
more blueberries to top

## Directions

- 1** Add all ingredients for the cookie crust to a blender or food processor and pulse until you have a crumbly, creamy consistency. Add the mixture to your jars for the base layer.
- 2** To make the blueberry cream, add all ingredients to a high speed blender and blend until creamy. Add the mixture on top of the cookie crust. Place the jar in the fridge while you make the blueberry jam.
- 3** To make the blueberry jam, add the blueberries and coconut sugar to a pot and let it simmer for 15min on low/ medium heat. Add a tiny bit of water if needed. You can also use frozen bananas for the jam. Let the jam cool down and add a thick layer to your jar. Top with more blueberries and store in the fridge. I find it tastes even better the next day. SO YUM!!



# Caramel Cheesecake

So yum, quick & delicious. Perfect for friends & family!

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## Ready in

45 min

## Ingredients

### PEANUT BUTTER CRUST

1 cup oat flour (blend oats)  
1/2 cup caramel sauce  
2 tablespoons smooth peanut butter

### CHEESECAKE LAYER

400gr nush vegan soft cheese  
3 heaping tablespoons smooth peanut butter  
3 heaping tablespoons caramel sauce

### TOPPING

vegan chocolate, melted  
Top with crushed peanuts

## Steps

1. Start by making the caramel sauce for the crust and cheese cake layer. Add in total 13 medjool dates, 1 cup water and 1 tsp vanilla powder extract to your blender and blend until creamy. Set caramel aside.
2. Make the crust by adding all ingredients to a mixing bowl and combine well.
3. Transfer the mixture to your cake form (lined with parchment paper) and form a 1cm crust. Place in the freezer for 30 minutes.
4. Make the cheese cake layer by mixing all ingredients together in a separate bowl.
5. Pour the entire mixture over your crust and place in the freezer while melting the chocolate.
6. Once the chocolate is melted, add on top of the cheesecake layer and leave the cake in the fridge to settle for at least 30 minutes.
7. Serve with a spoon of extra caramel sauce and your indulgent treat is ready to be devoured. YUM!!

## Note

If you ever have friends or family over who are not vegan, this is the cake to make! :) Everyone is going to love it, no matter if vegan or not!











makes 6

# XXL Peanut Butter Cups

## Ingredients

### BASE

1/2 cup oat flour (blend oats)  
1/2 cup grind cashews  
4 tablespoon caramel sauce  
1 tablespoons smooth peanut butter

### FILLING

1/2 cup smooth peanut butter  
1 cup caramel sauce  
pinch of salt

### TOPPING

vegan milk chocolate

## Directions

- 1** Start by making the caramel sauce. Blend 18 medjool dates, 2 teaspoons vanilla powder extract and 1,5 cups water. Set caramel aside.
- 2** Add all base ingredients to your mixing bowl and combine well. Get your silicone muffin tray, evenly spread the mixture between the muffin holes. Form a 1/2-1cm thick base layer and also cover the sides. Place in the freezer for 30min.
- 3** Make the peanut butter filling by mixing the smooth peanut butter and caramel sauce together. Add a pinch of pink Himalayan salt.
- 4** Pour the filling into each cup and put the tray back in the freezer while you melt the chocolate.
- 5** Melt your chocolate (add a splash of almond milk in case melted chocolate is too dry) and pour over each cup. Freeze again for 30min and ENJOY. :-)



makes 12

# Raffaello Balls

**Ready in**  
10 min

## Ingredients

1/2 cup coconut butter  
1/2 cup cashews  
1,5 tbsp white almond butter  
2 tbsp caramel sauce  
4 tbsp shredded coconut

### FILLING

12 almonds, raw or roasted

## Directions

- 1** Add all ingredients into a high speed blender or food processor and pulse until you have a creamy thick consistency.
- 2** Form little half balls using a teaspoon of the mixture for each, place an almond in the middle and add another half ball on top. Dip the Raffaello Balls in more desiccated coconut and voila, ready to enjoy! Such an easy and delicious 5 min snack! :-)







# Skinny Chocolate Milkshake

My latest obsession!! So delicious and refreshing!

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## Ready in

5 min

## Ingredients

2 frozen bananas  
1 cup almond milk  
3 tablespoons raw cacao powder  
1/2 teaspoon vanilla powder extract  
3 medjool dates  
1 tablespoon smooth peanut butter

## Directions

Add all ingredients to a high speed blender and blend until creamy. Add some sliced banana, cacao nibs and a few pieces of vegan chocolate for that extra something. :-)

## Note

This recipe is totally boyfriend approved haha :-)) Peer LOVED it!!



# Baked Goods

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# Feel Good Brownies

The best gooey salted caramel brownies for any day

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## Ready in

40 min

## Ingredients

2/3 cup ground almonds (don't grind them too finely, it's nice to have a bit of a crunch)  
1/2 cup buckwheat flour  
3 heaping tablespoons cacao powder  
1 cup baked pumpkin, peeled (I like to bake it the day before and store in the fridge overnight)  
1 cup almond milk  
1 cup caramel sauce (blend 12 dates, 1 tsp vanilla powder extract and 1 cup water)  
2 heaping tablespoons cashew butter

### FILLING

1 cup caramel sauce (blend 12 dates, 1 tsp vanilla and a bit of water)

## Directions

1. Preheat the oven to 180 degrees Celsius.
2. Mix all base ingredients well together using your hands or a food processor until you have a creamy thick texture.
3. Transfer half of the mixture onto your baking square (lined with parchment paper).
4. Add the caramel for a middle layer, this will make them suuuper gooey and moist.
5. Add the rest of the brownie mixture on top.
6. Bake the brownies for 30min and let them cool down completely.
7. Sprinkle cacao powder on top before serving & enjoy!
8. Store in an airtight container in the fridge for up to 7 days.

*makes 12*





# PINK DONUTS

Nothing better than delicious pink donuts

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## Ready in

40 min

## Ingredients

1 cup oat flour (blend oats)  
1/2 cup white almond meal  
1 cup coconut sugar  
1 tbsp cinnamon  
1 tsp vanilla extract powder  
1/2 cup ground hazelnuts  
2 flax eggs (2 tablespoons ground flaxseeds, 4 tablespoons water)  
1 cup almond milk (or oat milk)

## ICING

1 cup cashews, soaked & rinsed  
3 tbsp xylitol  
1 tsp vanilla powder extract  
1/2 cup almond milk  
1-2 tbsp beetroot powder or 1/2 cup freeze dried raspberries to make the icing pink (optional)

## Directions

1. Preheat the oven to 175 degrees Celsius.
2. Add all dry ingredients to a bowl and mix well.
3. Pour in the almond milk and add the flax eggs, mix well.
4. Place the dough in the fridge to thicken for 10 minutes
5. Spread the mix evenly into your silicone donut moulds and bake for 20 minutes.
6. While the donuts bake, make the icing. Place all ingredients to a high speed blender and put in the fridge for 20 minutes until the donuts are ready.
7. Let the donuts cool down completely before removing from the mold, add the cashew icing on top and sprinkle some desiccated coconut and freeze dried raspberries on top.







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# Fitness Pancakes

## Ingredients

1 cup oats  
1/2 cup almond milk  
1 tbsp smooth peanut butter  
1 tbsp coconut sugar  
1/2 tsp vanilla extract powder  
2 ripe bananas, mashed

TOPPINGS:  
caramel sauce  
(or maple syrup)  
blueberries  
banana slices  
cinnamon

## Directions

- 1** Add the oats to a high speed blender and blend until you have oat flour. Transfer to a bowl, add coconut sugar, vanilla extract and mashed bananas. Mix all well together.
- 2** slowly add in the almond milk and peanut butter.
- 3** In a non stick pan, add a big scoop of the pancake mix and cook both sides for a couple of minutes.
- 4** Serve right away or enjoy cold. Add your favourite toppings. I love blueberries, banana slices, cinnamon and more caramel sauce because whyyy not!!!)

*Love these*  
♡

MY LITTLE BROTHER IS A NON VEGAN  
PANCAKE LOVER & HE LOVED THESE TOO :)!







# Chocolate Chip Cookies

*The perfect healthy treat and high in protein*

@CarolineDeisler



**Prep**   **Bake**   **Ready in**

10 min

12 min

30 min

## Ingredients

1/3 cup coconut sugar  
2 heaping tablespoons almond butter  
2/3 cup oat flour or buckwheat flour (150gr)  
2 tablespoons almond milk (add 1 more if mixture is too dry)  
1/2 cup vegan chocolate chips

## Directions

- 1 Preheat the oven to 170 degrees Celsius.
2. Add coconut sugar, almond butter, buckwheat flour and almond milk to a mixing bowl and stir well. Add in the chocolate chips.
3. Form little balls with your hand and press down the middle to get the cookie shape.
4. Place the cookies on a tray (lined with parchment paper) and bake for 12 minutes.
5. They are still quite soft when you take them out of the oven, let them cool down completely and ENJOY! :-)
6. You can store them in an airtight container for a couple of days but I'm sure they'll be gone in a second.







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# Be Happy Muffins

## Ingredients

1 cup ground almonds  
2 tablespoons buckwheat flour  
5 tablespoons caramel sauce  
2 tablespoons coconut sugar  
3 tablespoons cashew butter  
200ml almond milk  
pinch of salt

### FUDGE CENTER

10 medjool dates  
2 tablespoons cashew butter  
1 teaspoon vanilla extract  
10gr cacao powder (optional)

### TOPPINGS

jumbo oats  
white almonds, chopped

## Directions

- 1** Preheat the oven to 180 degrees Celsius.
- 2** In a bowl, add all base ingredients together and mix well.. You can use your hands or a food processor. Set aside while making the caramel filling.
- 3** Add dates, cashew butter, vanilla extract, cacao powder and a tiny bit of water to a high speed blender and blend until creamy.
- 4** Get your silicone muffin tray and fill each hole with the muffin mixture until it's half full. Add about 1 teaspoon of the fudge to each muffin and then top with the rest of the muffin mixture.
- 5** Sprinkle some oats and chopped almonds on top and bake for 30min. The muffins are still feel quite soft when coming out of the oven, let them cool down completely before removing from the silicone tray and ENJOYYYY!



# Chocolate Granola *Bars*

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*makes 6*

## Ingredients

2 cups jumbo oats  
1/2 cup almonds  
1/2 cup pecans  
1/2 cup walnuts  
6 medjool dates, pitted and diced  
1 cup dried mulberries  
1 tsp cinnamon  
1 tsp vanilla extract powder  
2-3 tbsp coconut sugar  
1/2 cup caramel sauce  
3 big tbsp smooth peanut butter

### TOPPING

caramel sauce  
vegan chocolate bar

## Directions

- 1** Preheat the oven to 180 degrees Celsius.
- 2** Start by making the caramel sauce. Add 12 dates, 1 teaspoon vanilla extract powder and 1 cup water to a high speed blender and blend until creamy.
- 3** Add all base ingredients to a bowl and mix well. Transfer the mixture to your silicone bar molds and bake for 10 minutes. Let them cool down for 20 minutes afterwards.
- 4** Add a layer of caramel sauce on top of the bars. Melt the chocolate and pour over the caramel layer. Place in the fridge for 15 minutes until the chocolate is firm. You can store the granola bars in an airtight container in the fridge for a couple of days.







# Banana Bread

## Muffins

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*makes 6*

## Ingredients

2 cups oats, blend  
3 ripe bananas, mashed  
1/2 tsp vanilla powder extract  
1,5 tbsp almond butter  
2 tbsp date caramel sauce

### TOPPING

1 banana, sliced  
1 vegan chocolate bar  
3 tbsp jumbo oats

## Directions

- 1** Preheat the oven to 180 degrees Celsius.
- 2** For the caramel sauce, blend 4 dates, 1/2 tsp vanilla extract and 1/4 cup water. Add all ingredients to a bowl and mix well. Pour the mixture into your muffin holes (I use a silicone muffin tray) and top with banana slices, chocolate pieces and jumbo oats.
- 3** Bake for 50 min, let them cool down afterwards and ENJOY! The perfect breakfast or snack! Also great to take to work or school. :-)



# Crunchy Granola Bars

*OMG these are soooo satisfying and delicious*

@CarolineDeisler



*makes 10*

## Ready in

30 min

## Ingredients

1/2 cup smooth almond butter  
1/2 cup maple syrup  
2,5 cups jumbo oats  
1/2 cup shredded coconut  
1/3 cup buckwheat (or puffed rice)  
1/2 cup chopped almonds  
1/2 cup chopped pecans  
1/2 cup cacao nibs  
1/2 cup chopped peanuts  
2 tsp cinnamon

## Directions

- 1 Preheat the oven to 180 degrees Celsius and grab a silicone bar mold.
2. Mix the almond butter and maple syrup.
3. In a separate bowl, mix all other ingredients together, pour in the almond butter maple cream and combine well. Add a little more maple syrup if the mixture feels too dry.
4. Spread the granola mixture evenly between the silicone bar molds and bake for 15 minutes.
5. Let them cool down for minimum 10 minutes afterwards. Once they are fully cooled down, they get super crunchy which is the best part hehe! ENJOY!! :-)









# Oatmeal Raisin Cookies

Perfect snack or breakfast on the go for busy days

@CarolineDeisler



## Ready in

20 min

## Ingredients

1 cup jumbo oats  
1/4 cup ground almonds  
1 teaspoon cinnamon  
1/4 cup oat flour  
1/2 cup caramel date sauce (6-7 large medjool dates, 1/2 cup water, 1/2 teaspoon vanilla)  
(or alternatively 1/2 cup maple syrup)  
1/3 cup raisins

## Directions

1. Start by making the caramel sauce if you don't have a big batch in your fridge (I always do, it's so convenient!) Add dates, vanilla and water to a high speed blender and blend until creamy. If you don't have dates at home you can also use maple syrup.
2. Preheat the oven to 180 degrees Celsius.
3. Add all cookie ingredients to a mixing bowl and mix well. Form little balls with your hands and place them on your parchment paper baking tray. Press down the middle to create a nice cookie shape.
4. Bake the cookies for 10-15min. They are still quite soft when you take them out of the oven, let them cool down completely. I LOVE these as a breakfast or afternoon snack. They are the perfect mix of sweet but not too sweet and also make a great school or work snack. :-))





**Prep**

10 min

**Bake**

20 min

**Ready in**

30 min

# Chocolate Banana

## *Muffins*

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## Ingredients

1/2 cup oat flour  
1 cup ground almonds  
3 tablespoons jumbo oats  
3 tablespoons coconut sugar  
2 large ripe bananas, mashed  
2 tablespoons crunchy peanut butter  
1/2 cup date caramel sauce  
(blend 7 dates, 1/2 teaspoon vanilla extract powder 1/2 cup water)  
1/2 cup almond milk  
1 vegan chocolate bar

**TOPPINGS**  
jumbo oats  
coconut sugar

## Directions

- 1** Pre-heat the oven to 180 degrees Celsius and grab your silicone muffin tray. The mixture makes 6-8 muffins depending on the size of your tray.
- 2** Mix the oat flour, ground almonds and coconut sugar in a bowl. Add the mashed banana, nut butter and caramel sauce to the mixture and combine well.
- 3** Slowly mix in the almond milk until the mixture is smooth but still thick and creamy. Break the chocolate bar in little bits and pieces and add to the mix. I love to use vegan milk chocolate but dark chocolate works just as good.
- 4** Spoon the mix evenly between each muffin hole. Sprinkle some jumbo oats and coconut sugar on top. That gives them that extra something hehe don't miss that step.
- 5** Bake the muffins for 20 min until golden brown and let them cool down for at least another 15min after baking.





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# Low Sugar Muffins

The perfect breakfast, snack or dessert!



## Ready in

40 min

## Ingredients

2 cups jumbo oats  
2 ripe bananas, mashed  
1 teaspoon cinnamon  
1 apple, grated  
1 teaspoon vanilla  
1/2 cup almond milk

### TOPPINGS

blueberries  
sliced banana  
coconut sugar (optional)

## Directions

1. Preheat the oven to 180 degrees Celsius.
2. Start by mashing the bananas and grating the apple. Add all other ingredients to your mixing bowl and combine well.
3. Get your silicone muffin tray, fill each muffin hole half full, add fresh blueberries and pour the rest of the muffin mixture on top.
4. Top with a few more blueberries, banana slices, jumbo oats and coconut sugar.
5. Bake for 25 minutes and let them cool down completely.
6. Store in an airtight container in the fridge for 3-5 days.

## Note

1. The only sweetener in this recipe are the bananas, if you find it not sweet enough, add 2 tbsp of maple syrup or 2-3 medjool dates to the mixture.
2. You can also easily make this recipe nut free by using oat milk instead of almond milk.



# White Chocolate Bars

*The perfect healthy white chocolate bars*

@CarolineDeisler



## Ready in

10 min + freezer for 2 hours

## Ingredients

1 cup cashews, soaked & rinsed  
1 cup cacao butter, melted  
1 teaspoon vanilla powder extract  
4 tablespoons coconut syrup  
2 tablespoons hemp seeds

### TOPPING

1 cup freeze dried raspberries  
(optional)



## Directions

1. Soak your cashews for 30 minutes, rinse well.
2. Melt the cacao butter over a warm water bath.
3. Add all ingredients into a high speed blender and blend until creamy. Pour the mixture into your silicone chocolate bar molds. To add a pop of color and crunch you can add a layer of freeze dried raspberries or any other topping you like, e.g. roasted pecans, almonds, goji berries...)
4. Place in the freezer for 1-2 hours and ENJOYYYY! You can store these in the freezer for a couple of weeks.









# Peanut Butter Blondies

## Ingredients

1 cup smooth peanut butter  
2/3 cup caramel sauce (blend  
8 dates, 1 tsp vanilla extract ,  
2/3 cup water)  
1 cup almond milk  
1,5 cups ground almonds  
1/2 cup oat flour

## Directions

- 1** Preheat the oven to 180 degrees Celsius.
- 2** Start by making the caramel sauce. I love to have a big batch in my fridge which stays fresh for at least a couple of days. Mix the peanut butter, caramel sauce and almond milk well together.
- 3** Add the ground almonds and oat flour. I make both of these fresh by blending almonds and oats in my Vitamix for a few seconds.
- 4** Transfer the mixture to your baking form (lined with parchment paper) and bake the blondies for 20 min. Let them cool down for min 10min afterwards, sprinkle some almond flakes and peanut butter on top and ENJOYYYY!



# Caramel Cookies



## Makes Ready in

9-12 cookies 60min

## Ingredients

### DOUGH

2,5 tablespoons cashew butter  
5 tablespoons caramel sauce  
1 cup ground almonds  
1/2 cup buckwheat flour  
pinch of Himalayan salt

### CARAMELCUBES

12 dates, 1 teaspoon vanilla  
extract powder, 1 cup water



## Steps

1. Make a big batch of caramel sauce. Blend 17 medjool dates, 2 teaspoons vanilla extract powder and 1 1/3 cups water.
2. Put 5 tablespoons of the caramel sauce aside for the dough. Transfer the rest to a silicone ice cube tray and freeze for an hour.
3. Make the dough by adding all ingredients to a mixing bowl and mix well together.
4. Preheat the oven to 180 degrees Celsius.
5. Once you have the frozen caramel cubes, add them to the cookie mixture.
6. Form little cookie balls, place them on your baking tray (lined with parchment paper) and press down the middle to get a thin cookie shape.
7. Bake for 13min, let them cool down afterwards and enjoy. SO GOOEY and DELICIOUS!







# Crumble Bites

## Ingredients

### CRUMBLE

1,5 cups jumbo oats  
1/2 cup ground almonds  
1/2 cup coconut sugar  
1/2 teaspoon cinnamon  
2 tablespoons caramel sauce

### FILLING

16 small plums (Zwetschken)  
1 tablespoon coconut sugar  
1/2 cup water  
1/2 teaspoon cinnamon

## Directions

- 1** Start by removing the pits from the plums, add them to a pot with water, coconut sugar and cinnamon and let them cook for 20min on low medium heat until you have a creamy jam consistency.
- 2** In the meantime, mix all crumble ingredients well together and store the mixture in the fridge until the plums are ready.
- 3** Preheat the oven to 180 degrees Celsius, line your baking tray with parchment paper and spread 2/3 of the crumble mixture evenly. Add the plum jam layer and top with the rest of the crumble mixture.
- 4** Bake for 40min. I love these cold and let mine cool down for an hour afterwards but you can totally enjoy them warm as well. Also great to prep the night before to have a yummy breakfast snack.

**Prep**

30min

**Bake**

40min

**Ready in**

70min





# Christmas Treats







# Vanille Kipferl

My favourite Christmas cookies made healthy!



## Ready in

20 min

## Ingredients

200gr ground hazelnuts  
250gr oat flour (blend oats)  
60gr coconut sugar  
2 tablespoons caramel sauce  
(blend 4 dates, 1/3 cup water)  
3 tablespoons white almond butter  
splash of almond milk  
1,5 teaspoons vanilla extract  
powder

## Directions

1. Add all dry ingredients to a mixing bowl and stir well. Then add almond butter, caramel sauce and almond milk.
2. Cover the bowl with a kitchen towel and place in the fridge for 30min.
3. Preheat the oven to 175 degrees Celsius.
4. Get the dough out of the fridge, form little half moons and place on your parchment paper lined baking tray.
5. Bake for 11-13 min. They are still quite soft after baking, let them cool down completely.
6. Sprinkle some coconut sugar on top before serving. You can store these in an airtight container for a couple of days. I LOVE this recipe!! They used to be my favourite Christmas cookies growing up and this healthy version of it is heaven!!

## Note

Wash your hands with cold water frequently when forming the half moons. The dough can be a bit sticky if your hands get too warm.



# Christmas Granola

*Perfect for a cozy Christmas morning*

@CarolineDeisler



## Ready in

30 min

## Ingredients

2 cups oats  
1/2 cup almonds  
1/2 cup pecans  
1/2 cup walnuts  
6 medjool dates, pitted and chopped  
1 cup dried mulberries  
1 tbsp cinnamon  
1 tsp vanilla  
2-3 tbsp coconut sugar  
1/2 cup maple syrup  
3 tbsp smooth peanut butter (or almond butter)

## Directions

1. Preheat the oven to 180 degrees Celsius and line a baking tray with parchment paper.
2. In a bowl, mix all dry ingredients together, add the chopped dates, banana, peanut butter and maple syrup and combine well.
3. Transfer the granola mixture to the baking tray and bake for 10 minutes, then stir to make sure all sides get crunchy and bake for another 3-5min until golden. Let the tray cool for 20 minutes.
4. Store in an airtight container at room temperature for up to 10 days.
5. I LOVE to eat this on its own, add it to smoothie bowl or make a yummy granola bowl with fresh berries, banana and almond milk. SO YUM!







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# German Lebkuchen

Healthy and delicious Christmas here we come

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## Ready in

30 min

## Ingredients

400gr ground hazelnuts  
1 cup caramel sauce (12 medjool dates, 1 cup water, 1 teaspoon vanilla extract powder)  
2 tablespoons grated apple  
2 tablespoons ginger bread spices  
1 orange peel (use organic)  
100gr dried apricots, soaked in hot water for 15min and chopped  
20 mini oblaten

### TOPPING

raw almonds  
vegan chocolate bar (80gr)

## Directions

1. Preheat the oven to 170 degrees Celsius.
2. Start by soaking the dried apricot in hot water and set aside.
3. Make the caramel sauce by adding dates, vanilla and water to your blender and blend until creamy.
4. Grate the apple, chop the soaked apricots and mix together with all other ingredients.
5. Get your oblaten, add a big teaspoon of the Lebkuchen mixture on each and form your mini Lebkuchen. Add them to your baking tray (lined with parchment paper) and bake for 12 minutes.
6. The Lebkuchen are still super soft when they coming out of the oven, let them cool down completely. They will set naturally and you don't want to over bake them.
7. Melt your vegan chocolate (in a steam water bath, add a tiny bit of almond milk to the chocolate mixture if it gets too dry) and pour over the Lebkuchen.
8. Top each with two almonds and let them cool down again.
9. Store your Lebkuchen in an airtight container for up to 7 days. SO YUM! ENJOY :)









# Jam Drop Cookies

Typical German Christmas cookies with a healthy twist



**Prep**   **Bake**   **Ready in**

20 min

13 min

40 min

## Ingredients

1/3 cup almond butter  
80ml (1/3 cup) date caramel sauce  
1 tsp vanilla extract powder  
1 tbsp maple syrup  
1 cup oat flour (blend oats)  
1 cup almond flour. (blend almonds)

### RASPBERRY JAM

1 cup raspberries  
1 tbsp chia seeds  
2 tbsp water  
1 tbsp maple syrup  
1 medjool date, chopped (optional)

## Directions

- 1 Preheat the oven to 180 degrees and prepare a baking tray with parchment paper.
2. Start my making the raspberry jam. Mix the chia seeds with water and set aside to thicken for 10 min. Add the chia seed mix to a small bowl with all other ingredients and combine well. Set the jam aside.
3. In a separate bowl, mix the oat, almond flour and vanilla extract. Add the maple syrup, date caramel sauce and almond butter and mix well.
4. Form 10 little balls, place them on the baking tray and use your thumb and press down the middle to create a hole. Fill each hole with a teaspoon of raspberry jam and bake the cookies for 13 minutes.
5. Let them cool down completely and serve with the leftover jam.
6. You can store the cookies in an airtight container for up to 7 days. :) ENJOY!!  
This is one of my absolute favourite recipe!



# Pumpkin Pie Squares

## Ingredients

### BASE

8 medjool dates  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1 cup dried mulberries

### PUMPKIN FUDGE

2 cups pumpkin, baked and peeled  
7 medjool dates  
1 large ripe banana  
1 teaspoon vanilla extract powder  
1 teaspoon cinnamon  
dash of almond milk  
1 tablespoon pumpkin spices

## Directions

- 1** Start by making the base. Add all ingredients to your blender or food processor and pulse until you have a crumbly consistency. Add a tiny bit of water if needed.
- 2** Spread the base evenly into your baking form and press down with your hands to form a 1-2cm thick base. Place in the freezer while you make the pumpkin fudge
- 3** Add all pumpkin fudge ingredients to your blender and blend until creamy. Pour the mixture over the pie crust. This layer should be around 2-3 times as big as the base.
- 4** Place back in the freezer for 30min. Add a scoop of caramel sauce on each square before serving and ENJOY!

**Prep**

15 min

**Freeze**

30min

**Ready in**

45 min





**Ready in**  
10 min

# Caramelized Pecan Oatmeal

## Ingredients

1 cup oats  
2 cups water  
2 tbsp pecans  
2 tbsp almonds  
2 tbsp coconut sugar  
1 tsp cinnamon  
1/2 cup blueberries  
1 apple, sliced  
2 tbsp cacao nibs  
1 tablespoon maple syrup  
3 medjool dates  
1 tablespoon peanut or almond butter

## Directions

- 1** Start by cooking the oatmeal. Add water and oats to a small pot and cook on medium heat for a couple of minutes until creamy.
- 2** In the meantime, add almonds, pecans and coconut sugar to a non stick pan and roast for a couple of minutes until golden.
- 3** Transfer the oatmeal to a bowl, add the sliced apple, blueberries, roasted pecans and almonds, cinnamon, cacao nibs, dates and peanut butter. Drizzle over a teaspoon of maple syrup and your delicious warming oatmeal is ready.
- 4** I love that it's comforting, packed with healthy fats, protein and carbs and it keeps me full for quite a long time! SO YUM!:-)







# Christmas Cookies

Crispy oat base cookies for a healthy & delicious holiday

*makes 10*



## Ready in

50 min

## Ingredients

1 cup oat flour (blend oats)  
1 cup almond flour (blend almonds)  
1/2 teaspoon vanilla extract  
1/2 cup maple syrup  
1/3 cup cashew butter

### ICING

1 cup cashews, soaked & rinsed  
1 cup almond milk  
3 tbsp xylitol  
1 cup freeze dried raspberries (to make the icing pink)

optional: chocolate, sugar sprinkles, desiccated coconut

## Directions

1. Add oat flour, almond flour and vanilla to a bowl and mix well. Add in the cashew butter and maple syrup.
2. Cover the dough with a kitchen towel and place in the fridge for 30 minutes.
3. In the meantime make the icing. Add all ingredients to a high speed blender and blend until creamy. Place the icing in the fridge as well
4. Preheat the oven to 180 degrees Celsius.
5. Once your dough is ready, get a parchment paper lined baking tray and roll out the dough on the parchment paper and use your favourite cookie cutters. It's important to roll out the dough on parchment paper as it's quite sticky and you will have a hard time transferring the cookies to the baking tray otherwise.
6. Bake for 12 minutes, let them cool down completely, add the pink cashew icing (optional) and your favourite toppings.
7. You can store the cookies in an airtight container for up to 7 days.







# German Zimtsterne

Delicious cinnamon cookies for the cozy season



## Ready in

50 min

## Ingredients

1 cup ground almonds  
1/3 cup coconut sugar  
1/3 cup coconut butter  
3 tbsp maple syrup  
1 tsp vanilla extract powder  
3 tbsp cinnamon

## ICING

1 cup cashews, soaked & rinsed  
1 heaping tbsp cashew butter  
3 tbsp xylitol  
1/4 cup water (add more if needed)

## Directions

1. Add all ingredients to a bowl and mix well. Cover the dough with a kitchen towel and place in the fridge for 30 minutes.
2. To make the icing add all icing ingredients to a high speed blender and blend until smooth. Leave in the fridge until cookies are ready.
3. Preheat the oven to 180 degrees Celsius and prepare a baking tray with parchment paper.
4. Roll out the cookie dough (use a bit of coconut flour or desiccated coconut underneath if the dough is sticking to the surface).
5. Grab your star cookie cutter to cut out the cookies.
6. Bake for 13 min and let them cool down for 10 min afterwards.
7. Add the icing and ENJOYYYY!
8. You can store the cookies in an airtight container (in the fridge) for 5-7 days.









## THANK YOU!

A big thank you to everyone who purchased this ebook. I am so grateful for this community and truly appreciate every single one of you. Seeing your creations of my recipes always makes my day! I hope this helps to satisfy your sweet tooth :) and inspires you to make more healthy treats.

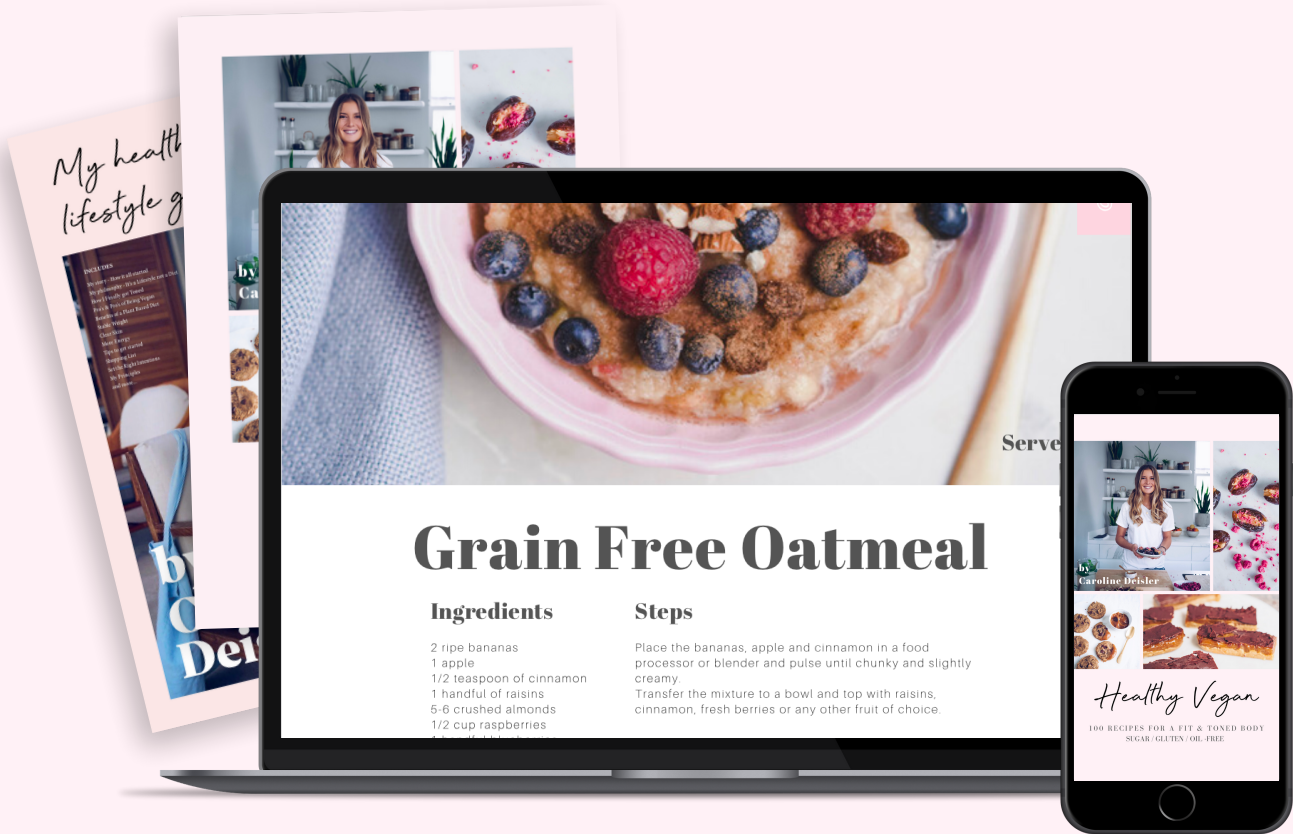
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