



SWEET POTATO BROWNIE

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INSTRUCTIONS

INGREDIENTS

Recipe

(Makes 4-8 Pieces)

Wet Ingredients

200 Grams Sweet Potato

100 Grams Dates

5-10 Grams Coffee

60 Grams Boiling Water

50 Grams Peanut Butter

30 Grams Chocolate

15 Grams Oil

20 Grams Soy Milk (If

Needed)

Dry Ingredients

40 Grams Oat Flour

25 Grams Cocoa Powder

1/2 Tsp Salt

1/2 Tsp Baking Powder

Toppings

25 Grams Chocolate

25 Grams Pecans

The following recipe makes 6-8 pieces or 4 bigger pieces.

1. Line the Baking tin with Baking Paper and Measure all the ingredients and set the oven to preheat at 180C/350F
2. In a Bowl soak dates with coffee and boiling water and set aside to soften for 5-10 mins
3. Peel and cut the sweet potatoes into 1 inch cubes and put in a pot to boil.
4. Put a bowl of Peanut Butter, Chocolate and Oil on the pot to melt
5. Once the sweet potato is extremely soft mash it and add it to the chocolate mixture
6. Put the dates in a blender and make a smooth paste and add to the wet chocolate and sweet Potato Mix
7. Mix the Dry Ingredients well and put it in the wet mixture and fold it until nicely combined. Add the Soy Milk and Mix Well
8. Pour the mixture in the baking tin lined with baking paper and sprinkle Chopped Chocolate and Pecans
9. Bake for 30 Mins at 180C/350F
10. Cool the Brownie in the Tin for 10 Mins and then on the wire Rack for Another 1-2 Hours



BANANA AND OATMEAL MUFFIN

BANANA AND OATMEAL MUFFIN

INGREDIENTS

Recipe

(Makes 6-8 Pieces)

Wet Ingredients

1 Tsp Flax Seeds

(Ground)

3 Tsp Water

2 Bananas (180-200

Grams)

100 Grams Milk

20 Grams Oil

40 Grams Brown Sugar

Dry Ingredients

50 Grams Rice Flour

30 Grams Oat Flour

20 Grams Dessicated

Coconut

70 Grams Almond Flour

1/2 Tsp Cinnamon

1/2 Tsp Baking Soda

1 Tsp Baking Powder

Add Ins

50 Grams Oats

50 Grams Pecans/Nuts

30 Grams Chocolate

INSTRUCTIONS

The following recipe makes 8 small pieces or 6 bigger pieces.

1. Take a 6-8 Muffin Tray and cut Baking Sheets into Approx 9cm/10Cm square. Grease the Muffin Tray and arrange the baking paper roughly
2. Set the Oven to Pre-Heat at 180C/350F for atleast 15 Mins
3. Make the Flax Egg by mixing the ground flax seeds with water and setting it aside for 5-10 mins
4. Mash the Bananas and add the Brown Sugar and the oil and milk and whisk well to combine
5. Measure the Dry Ingredients and Set aside
6. Whisk the Flax egg in the Banana Mixture
7. Add the dry ingredients and fold together well
8. Add the Oats, Nuts and Chocolate and we should get a rough batter
9. Put about 2-3 Tablespoon batter in the muffin tray and sprinkle oats and brown sugar and bake at 180C/350F for 30-40 Mins
10. Check with a skewer or if it comes out clean to check if the muffin is baked. Rest the muffin in the tray for 10 mins and cool for atleast 1-2 Hours on a cooling tray before eating



HEALTHY CHOCOLATE CHIP COOKIES

CHOCOLATE CHIP COOKIES

INSTRUCTIONS

INGREDIENTS

Recipe

(Makes 8-12 Pieces)

Dry Ingredients

80 Grams Almond Flour

60 Grams Oat Flour

1/2 Tsp Baking Powder

25 Grams Sugar

40 Grams Coconut

Dessicated

Fats and Liquids

30 Grams Peanut Butter

15 Grams Oil

80 Grams Aquafaba

(Chickpea Brine)

Add Ins

10 Grams Sesame

20 Grams Pumpkin

Seeds

20 Grams Oats

30 Grams Chocolate

1. Melt the Peanut Butter and Oil together and set aside
2. Mix all the Dry Ingredients together and set aside
3. Whip the aquafaba into a soft meringue for 4-5 Mins on Medium speed
4. Mix the melted peanut butter into the meringue and fold lightly
5. Pour the wet mixture into the dry ingredients and combine into a dough
6. Add the add ins of seeds, oats and chocolate at this stage
7. Cool the dough in the fridge for atleast 30 mins upto overnight for best flavor.
8. Before baking line a tray with baking paper and preheat the oven at 180C/350F for 15 mins
9. Take about 1-2 Tablespoon of the dough and shape it into a ball and flatten it out slightly
10. Bake for 15-20 Mins until crispy and nicely baked
11. Cool down for atleast 20-30 Mins before eating



SALTED CARAMEL CHOCOLATE TART

CHOCOLATE TART

INSTRUCTIONS

INGREDIENTS

Recipe

(Makes 8-12 Pieces)

Tart Dough

150 Grams Dates

200 Grams Nuts

40 Grams Cocoa Powder

1/4 Tsp Salt

Salted Caramel Sauce

7 Grams Cornstarch

150 Grams Coconut Milk

150 Grams Coconut Cream

130 Grams Sugar

1/4 tsp Salt

1 Tsp Vanilla

Chocolate Ganache

200 Grams Coconut Cream

150 Grams Coconut Milk

1 Tbsp Coffee

1. Brush the Tart Tin with Oil or Spray oil so that the tart doesn't stick on the tin
2. Soak the Dates in Boiling water until they are submerged completely. Soak for 5-10 Mins
3. Pulse the nuts, salt and the cocoa powder until its finely mixed
4. Take the soaked dates and sieve them to remove the water. Blitz the dates together with the nuts mixture to form a smooth dough
5. Mix the dough with your hand to make sure it comes together really well
6. Spread half the dough into the Tart Tin . Use a baking paper with a glass to push the dough evenly if needed
6. Spread the remaining dough on the sides and press it well. Put in the freezer for 1 Hour and then trim the edges
7. To make the Caramel, heat the sugar in the pan and keep stirring to caramelise evenly. Add the coconut milk and cook for 30-60 Seconds Until smooth. Then add the coconut cream and mix well.
8. Finish with vanilla paste and sea salt and cool down for atleast 15-20 Mins
9. Pour the Caramel in the Tart (saving about 1/4 cup for final plating)

CHOCOLATE TART

INSTRUCTIONS

INGREDIENTS

Recipe

(Makes 8-12 Pieces)

Tart Dough

150 Grams Dates

200 Grams Nuts

40 Grams Cocoa Powder

1/4 Tsp Salt

Salted Caramel Sauce

7 Grams Cornstarch

150 Grams Coconut Milk

150 Grams Coconut Cream

130 Grams Sugar

1/4 tsp Salt

1 Tsp Vanilla

Chocolate Ganache

200 Grams Coconut Cream

150 Grams Coconut Milk

1 Tbsp Coffee

10. To Make the Ganache chop the chocolate into small pieces

11. Pour the coconut cream and milk with 1 Tablespoon Coffee Powder into a saucepan and get it to a boil

12. Take the pot away from the stove and put the chocolate in the saucepan and let it sit for 30 seconds to temper

13. Mix nicely to make a smooth emulsion and pour in a bowl and let it cool for 15-20 Mins

14. Pour on the tart and put the tart in the freezer for 1 hour. Take the tart out of the freezer and cover nicely with plastic wrap and freeze overnight

15. The Next day take a glass with boiling water and put a knife in the water to warm. Clean the knife and cut the tart nicely

16. Plate with cocoa powder or salted caramel sauce

CONTACT ME



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Thank you!!