

PALEO DESSERTS

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Introduction

More than a little into running and paleo recipes (yoga now too!) but I’m not here to rain on your grains (or anything else) so come along for the ride! I do a little too much of everything (except cleaning), and I enjoy laughing at myself. As long as I’m the one making the jokes, that is. Just kidding. So bring me your angst, your appetite and your frying pan and climb aboard!

When I changed my diet in 2013, I started searching the internet for tips, recipes, and other people’s stories that resonated with my own. The amount of resources and incredible people I found inspired me to create my blog. It was time for me to give back and share experiences, mistakes, successes and failures as I learned to cook and eat real, whole, delicious food and make it work for me as a runner, too.

I have been testing recipes and sharing on my blog for a years now, all of my recipes are paleo and healthy. I love sharing my recipes with everyone and hearing thier feedback, this cookbook is focused solely on desserts , all of which are paleo and gluten free and some are also vegan, I hope you have fun trying these recipes and making it for your familiy and friends, enjoy!

Vegan Pumpkin Cheesecake



Ingredients:

- **Crust:**
- 4 medjool dates softened, if needed
- 1 1/4 cups raw pecans
- 1/2 cup blanched almond flour
- 3/4 cup coconut flakes unsweetened
- 1 1/2 Tbsp organic coconut oil
- 1/2 tsp pure vanilla extract
- 2 tsp pumpkin pie spice
- 1/2 tsp cinnamon
- **Filling:**
- 2 1/4 cups raw cashews soaked in warm water for 2 hours
- 1 cup pumpkin puree
- 1/2 cup coconut cream or full fat coconut milk
- 1/3 cup organic coconut oil refined, to avoid coconut flavor
- 3/4 cup pure maple syrup
- 2 Tbsp lemon juice
- 2 tsp pure vanilla extract
- 1 Tbsp pumpkin pie spice
- 1 tsp cinnamon
- Coconut whipped cream for garnish

Instructions:

1. You will need an 8" springform pan for this recipe. You can also make it in an 8" square pan, lined on the bottom and up the sides with parchment paper. If using a springform pan, there is no need for parchment paper.
2. Prepare the crust first. In a food processor, add the dates, pecans, almond flour, coconut flakes, coconut oil, vanilla and spices. Process until the mixture begins to stick together - but not so much that it becomes a paste. Press the crust into the prepared pan evenly so it's packed in. Place it in the freezer while you make the filling.
3. For the filling, you can use a high speed blender or food processor. I like to use a Vitamix to make cashew based cheesecakes and sauces.
4. Place all ingredients in the bowl of the blender or processor. Blend or process until very smooth, stopping to scrape down the sides to fully incorporate.
5. Once the mixture is smooth and creamy (you should be able to pour it out of the blender) spread the filling over the chilled crust, using a silicone spatula to scrape it out of the blender to use it all. Cover and return to the freezer to chill for at least 4 hours or until firm.



Raspberry Crumb Cake

Ingredients:

- **Topping:**
- 2/3 cup blanched almond flour
- 1/4 cup ghee refined coconut oil, or grass fed butter, solid
- 6 Tbsp maple sugar
- **Batter:**
- 3 eggs room temperature
- 2 Tbsp almond milk
- Grated zest of one medium lemon
- 2 Tbsp fresh lemon juice
- 1/4 cup melted refined coconut oil or melted ghee, cooled a bit (not hot)
- 1 tsp pure vanilla extract
- 1 tsp pure almond extract
- 2/3 cup pure maple sugar, coconut sugar will work too, the color will be much darker
- 2 1/4 cups blanched almond flour
- 1/4 cup tapioca flour
- 3/4 tsp baking soda
- 1/4 tsp salt
- 1 cup fresh raspberries about 4.5 oz
- **Glaze:**
- 2/3 cup organic powdered sugar or powdered maple sugar for a Paleo option
- 2-3 tsp almond milk
- 1/2 tsp pure vanilla extract or almond extract

Instructions:

1. Blend all ingredients with a fork or pastry blender until the texture is crumbly. Chill in the refrigerator while you prepare the cake batter.
2. Preheat your oven to 350° F and place an oven rack in the middle of the oven. Line an 8 x 8" square baking pan with parchment paper on the bottom and sides, for easy removal.
3. In a large bowl, whisk together the eggs, lemon juice and zest, coconut oil or ghee, vanilla and almond extract, and sugar. In a separate bowl, combine the almond flour, baking soda and salt.
4. Stir the dry mixture into the wet until well combined and smooth. Fold in half the raspberries.
5. Using a silicone spatula, transfer cake batter into the parchment lined cake pan and smooth out evenly. Sprinkle the remaining raspberries on top, then sprinkle all the crumb topping over the raspberries to evenly cover.
6. Bake on the middle rack in the preheated oven for 30-35 minutes or until golden brown and a toothpick inserted near the center of the cake comes out with a few crumbs.
7. While the cake cools, make the glaze. Combine the powdered sugar of choice with 1 1/2 Tbsp of almond milk and the vanilla, adding drop by drop more almond milk if needed to get a drizzly consistency. Hint - replace the almond milk with lemon and omit the vanilla for a lemon glaze.
8. Drizzle the glaze over the partially cooled or cooled cake as desired. Serve cake either slightly warm or at room temperature. Enjoy!



No-Bake Lemon Strawberry Cheesecake



Ingredients:

- **Crust:**
- 3/4 cup medjool dates pitted, softened
- 3/4 cup pecans or walnuts
- 2/3 cup shredded coconut unsweetened
- zest of one large lemon
- **Lemon Layer:**
- 2 cups raw cashews soaked for 4 hours or overnight rinsed, and gently dried
- 1 cup coconut cream
- 1/4 cup refined coconut oil solid but soft
- 1/2 cup pure maple syrup
- 3-4 tbsp lemon zest
- 1/4 cup fresh lemon juice
- large pinch sea salt
- **Strawberry Layer:**
- 1 cup sliced fresh strawberries excess water gently squeezed out
- 2 Tbsp coconut cream
- 1/3 cup soaked and gently dried raw cashews ([see note](#))
- 2 Tbsp pure maple syrup

Instructions:

1. Add all the crust ingredients to a high speed blender or food processor, and process on high for 2 minutes until a crumbly/pasty mixture forms. Press in the bottom and just barely up the sides of your chosen cake pan.
2. Clean out your food processor/blender to make the lemon layer. Add all ingredients and puree in food processor until smooth. This might take several minutes depending on your food processor, you will need to scrape the sides several times to get a nice, creamy, evenly blended puree. Once smooth, pour over crust and spread evenly, chill while you make the strawberry layer.
3. For the strawberry layer, once again add all the ingredients to your blender (no need to clean it out first since you're working with the same ingredients) and puree until you get a nice smooth consistency. Gently pour/spread over lemon layer evenly.
4. Cover tightly with plastic wrap and chill in the freezer until solid. Before serving, move the cheesecake to the refrigerator to thaw for several hours. I personally found the consistency the best after being frozen, and then thawed overnight in the refrigerator - nice and creamy! You can also simply store it in the freezer and cut individual pieces to thaw as you wish. Enjoy!
5. Cover with plastic wrap and freeze, serve cold, thawed for about 20 minutes and store leftovers in the freezer.

Pumpkin Skillet Cookie with Chocolate Chips



Ingredients:

- 1 large egg at room temperature
- 6 Tbsp smooth almond butter or other nut butter
- 3/4 cup organic pumpkin puree drained on paper towels
- 1/2 cup organic coconut sugar
- 1/4 cup pure maple syrup
- 2 Tbsp melted coconut oil refined
- 2 tsp pure vanilla extract
- 1 3/4 cups blanched almond flour
- 2 tsp pumpkin pie spice
- 1 1/2 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp fine sea salt
- 1 cup dark chocolate chips or chopped dark chocolate
- Candied Pecans
- Coconut Vanilla Ice cream
- More chocolate chips

Instructions:

1. Preheat your oven to 350° F and lightly grease a 9 or 10" oven proof skillet with coconut oil. You can also use 2 6" skillets instead, or a 9" baking pan. If using a baking pan, I recommend lining it with parchment paper.
2. In a large bowl, whisk together the egg, nut butter, pumpkin puree, coconut sugar, maple syrup, coconut oil and vanilla. In a separate bowl, combine the almond flour, spices, baking soda and salt. Stir the dry ingredients into the wet to fully combine, then stir in the chocolate chips.
3. Bake in the preheated oven for 25-27 minutes or until set in the center and the top is golden brown. Allow the pan to cool long enough to handle, then top with your favorite toppings and serve right away, with spoons! Enjoy!

Fruit Pizza with “Cream Cheese” Frosting

Ingredients:

- **Frosting:**
- 1 1/2 cups cashews soaked 2 hours
- 1/3 cup coconut cream - this is the thick part of a chilled can of full fat coconut milk
- 2 Tbsp fresh lemon juice
- 1/4 cup raw honey
- 1 tsp pure vanilla extract
- 1/8 tsp fine grain sea salt
- **Crust:**
- 6 Tbsp ghee room temperature
- 6 Tbsp pure maple sugar
- 1 tsp pure vanilla extract
- 1 large egg room temperature
- 2 cups blanched almond flour
- 1/4 cup tapioca flour
- 1/4 tsp baking soda
- 1/4 tsp salt
- Sliced fruit of choice to top

Instructions:

1. Make the frosting first. Place all ingredients in a food processor or high powered blender and blend until smooth, or relatively smooth. Chill until ready to top the crust.
2. Use an electric hand whisk to cream together the ghee and maple sugar until smooth. Add in the vanilla and egg and continue to beat until smooth. Stir in the almond flour, tapioca, baking soda, and salt until a dough forms. Chill the dough in the refrigerator for 20-30 minutes. At this time, preheat your oven to 350° F.
3. Line a 12” round pizza pan with parchment paper. Press chilled cookie dough evenly over the parchment to form a round crust.
4. Bake the crust for 10-12 minutes or until set and beginning to turn light brown. Remove and cool completely on wire racks. While the crust cools, slice your fruit to top.
5. Once crust is room temperature, spread the chilled frosting all over starting in the middle and working your way out, leaving a 1” border on the outside. Top frosting with sliced fruit and either serve right away, or refrigerate until ready to serve. Enjoy!



Strawberry Shortcake

Ingredients:

- **Bisquits:**
- 3/4 cup blanched almond flour
- 3/4 cup arrowroot flour or tapioca
- 1/3 cup coconut flour
- 1 1/2 tsp baking powder aluminum free
- 3/4 tsp baking soda
- 1/4 tsp salt
- 1 tsp maple sugar
- 6 Tbsp grass fed butter or ghee, palm oil shortening or coconut oil, cold, broken or cut into pieces
- 1/2 cup coconut milk full fat
- 1 tsp fresh lemon juice
- 1 large egg whisked
- **Strawberries:**
- 2 lbs fresh strawberries but in halves or quarters
- 1/4 cup pure maple sugar or coconut sugar
- **Whipped Cream:**
- 1 1/2 cups coconut cream or the thick part from 2 cans chilled coconut milk
- 2-3 Tbsp organic confectioner sugar OR 1-2 Tbsp raw honey as per preference
- 1/2 tsp pure vanilla extract



Instructions:

1. Place strawberries and maple sugar in a bowl and toss to coat, allow them to sit that way in the refrigerator while you prepare the biscuits.
2. Preheat your oven to 400 degrees and line a large baking sheet with parchment paper.
3. Mix all dry ingredients in a large bowl, then add the fat (butter, ghee, etc.) and blend with a fork or pastry blender until an evenly crumbly mixture forms. This can also be done by pulsing a few times in a food processor.
4. Make a well in the center of the crumbly mixture and the egg, coconut milk and lemon juice. Stir well until no flour spots show, you should have a sticky dough. Allow dough to sit 2 minutes or so to thicken, chilling shouldn't be necessary.
5. Lightly wet your hands and divide mixture into 8 biscuits, lightly roll each into a disk shape, or you can use a 1/4 cup dry measuring cup to shape them before baking. You can also use more tapioca or arrowroot to handle them if the dough is sticky.
6. Bake in the preheated oven for about 13-15 minutes or until lightly golden brown. Remove from oven and place baking sheet on a wire rack to cool.
7. Discard any excess water from the cans of coconut cream and place the chilled coconut cream in a large bowl. Beat on low/med with an electric hand mixer until smooth and creamy.
8. Add your sweetener of choice plus the vanilla, and continue to beat on medium speed until fully combined and creamy. Cover and chill until ready to use (it will firm up after being chilled). The whipped cream can also be used right away.
9. Carefully slice each biscuit in half as if you were slicing a sandwich roll. Spoon some whipped cream on the bottom half, then strawberries, and cover with the top half of the biscuit and more whipped cream and strawberries, if desired.

Lemon Blueberry Donuts

Ingredients:

- 3 large eggs
- 1/3 cup coconut milk full fat, canned
- 1/3 cup pure maple syrup
- Grated Zest of 1 medium lemon
- 1/4 cup fresh lemon juice
- 2 tbsp coconut oil melted and cooled
- 1 tsp pure vanilla extract
- 2/3 cup coconut flour
- 1/4 cup tapioca flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2/3 cup fresh blueberries
- 1/2 cup powdered maple sugar or organic powdered sugar
- 2-3 tsp fresh lemon juice

Instructions:

1. Preheat your oven to 350 degrees° F and prepare your donut pan by lightly greasing with coconut oil or spraying with cooking spray (I highly recommend using a silicone donut pan for easy removal!)
2. In a large bowl using an electric hand mixer, beat together the eggs, coconut milk, maple syrup, lemon zest and juice, coconut oil and vanilla. In a separate bowl, mix together the coconut flour, tapioca flour, baking soda and salt.
3. Mix the dry mixture into the wet until fully combined and a thick batter forms. Fold in the blueberries, then spoon the batter into the donut molds. You should make 9 full size donuts.
4. Bake in the preheated oven for 23-25 minutes, then remove and cool in the pan for 15 minutes. Carefully remove from the donut molds and transfer to wire racks to cool completely.
5. While the donuts cool, whisk together the glaze ingredients until smooth and drizzly. Using a spoon or small whisk, drizzle the glaze over the mostly cooled donuts and allow them to cool for another 15 minutes until the glaze hardens. Store leftovers covered in the refrigerator for up to 4 days. Enjoy!



Zucchini Banana Bread



Ingredients:

- 1 cup mashed bananas 2 large or 3 small
- 3 large eggs at room temperature
- 1/3 cup maple sugar
- 2 Tbsp coconut oil refined, melted
- 2 tsp pure vanilla extract
- 2 1/4 cups blanched almond flour
- 1/2 cup tapioca flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine grain sea salt
- 1 cup shredded zucchini squeezed between two paper towels to remove excess water (drain before measuring)

Instructions:

1. Preheat your oven to 350° F and line an 8.5” x 4.5” (or similar sizloaf pan with parchment paper, leaving some overhang on each side for easy removal.
2. Make sure your zucchini is shredded and drained before beginning. In a large bowl, whisk together the mashed banana with the eggs, maple sugar, coconut oil, and vanilla.
3. In a separate bowl, combine the almond flour, tapioca flour, cinnamon, baking powder (see notbaking soda, and salt. Stir the dry mixture into the wet until fully combined. Fold in the drained zucchini to evenly distribute.
4. Transfer the mixture to the prepared loaf pan and bake in the preheated oven on the middle rack for 50 minutes, or until deep golden brown and a toothpick inserted near the center of the loaf comes out clean or with a few crumbs.
5. Cool the bread in the pan on a wire rack for 20 minutes, then use the parchment paper to remove the loaf from the pan and continue to cool to room temp on a wire rack. Store loosely covered for the first day, then cover and refrigerate to keep longer. Enjoy!

Perfect Paleo Sugar Cookies

Ingredients:

- 6 tbsp (73 g) ghee, at room temperature
- 6 tbsp (59 g) pure maple sugar
- 1 tsp pure vanilla extract
- 1 large egg at room temperature
- 2 cups (192 g) blanched almond flour
- 1/4 cup (28 g) tapioca flour
- 1/4 tsp baking soda
- 1/4 tsp fine sea salt
- 3/4 cup (117 g) powdered maple sugar
- 1 tbsp (15 ml) coconut or almond milk
- 1/2 tsp pure vanilla extract

Instructions:

1. In a large bowl, cream together the ghee and maple sugar, using an electric hand mixer. Add the vanilla and egg and continue to mix until smooth. Stir or mix in the almond and tapioca flours, baking soda and salt until a dough forms. Gather the dough into a ball and flatten into a disk. Wrap in plastic wrap, then chill in the refrigerator for 2 hours or overnight.
2. Preheat your oven to 350°F (177°C) and line a large baking sheet with parchment paper.
3. Place the dough on a separate sheet of parchment paper and roll out to 1/2-inch (1.3-cm) thickness. Use cookie cutters to cut your preferred shapes, then place about 1 inch (2.5 cm) apart on the prepared baking sheet.
4. Bake for 8 to 10 minutes, or until the cookies just begin to turn light brown. Remove from the oven and allow to cool for 5 minutes on the baking sheet, then transfer to wire racks to cool completely.
5. Repeat the steps with remaining cookie dough, chilling the dough in between batches if it becomes too sticky.
6. While the cookies cool, prepare the icing: In a small bowl. whisk all the icing ingredients together and drizzle over the cooled cookies, or decorate as desired. Place back on parchment paper for the icing to set - it will harden after 20 minutes or so.
7. Store loosely covered at room temperature for the first day, then cover and refrigerate for up to 5 additional days.



Orange Poppy Seed Bread



Ingredients:

- 2 1/3 cups blanched almond flour
- 1/3 cup tapioca flour or arrowroot
- 1 tsp baking soda
- 1/2 tsp cardamom or cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp sea salt
- 4 large eggs
- 1/3 cup raw honey melted
- 1/3 cup fresh squeezed orange juice
- 2 tbsp orange zest zest from one large orange
- 1/4 cup coconut oil melted and cooled
- 1/2 tsp pure almond extract
- 1 tsp pure vanilla extract
- 2 Tbsp poppy seeds
- 1/2 cup powdered maple sugar OR organic powdered sugar
- 3-4 tsp fresh orange juice

Instructions:

1. Preheat your oven to 350° F and line a medium loaf pan with parchment paper on the bottom and up the sides for easy removal.
2. In a large bowl, combine almond flour, tapioca or arrowroot, baking soda and spices, set aside.
3. In a separate large bowl, whisk together the eggs, honey, orange juice, zest, coconut oil and extracts until smooth. Stir the dry ingredients into the wet, then fold in the poppy seeds to evenly distribute.
4. Transfer the batter to the prepared loaf pan and bake on the middle rack in the preheated oven for 45 minutes. Transfer the loaf to a wire rack and cool in the pan for 20 minutes, then remove from pan (using the parchment overhang) to continue cooling on the wire rack.
5. While the loaf cools, whisk together the powdered sugar (organic store bought or homemade) and orange juice until you get a smooth, drizzly consistency. You might have to add a drop more of orange juice, or a bit less, so add slowly.
6. Drizzle the glaze over the partially cooled bread and continue to cool. This bread is best served at room temperature or just slightly warm. Store leftovers loosely covered at room temperature for the first 24 hours, then cover and store in the refrigerator to keep longer. Enjoy!

Brownie Cupcakes with Cookie Dough Frosting

Ingredients:

- **Cupcake batter:**
- 3 eggs at room temp
- 3/4 cup coconut sugar
- 1/4 cup pure maple syrup
- 1/4 cup + 2 Tbsp coconut oil melted
- 1/4 cup almond milk
- 2 tsp pure vanilla extract
- 1 3/4 cups blanched almond flour
- 2/3 cup raw cacao powder
- 3/4 tsp baking soda
- 1/4 tsp sea salt
- **Cookie Dough Frosting:**
- 1/2 cup grass-fed butter or palm oil shortening or ghee, at room temperature
- 2/3 cup maple sugar
- 1/3 cup maple syrup
- 3/4 cup arrowroot flour or tapioca flour
- 1/2 tsp fine sea salt
- 1 tsp vanilla extract
- 1-2 tsp almond milk if needed
- 1 cup mini chocolate chips or chopped dark chocolate

Instructions:

1. Preheat your oven to 350° F and line a 12 well cupcake pan with parchment liners. In a large bowl, whisk together the eggs, coconut sugar, maple syrup, coconut oil, almond milk and vanilla extract until very smooth. Stir in the almond flour, cacao powder, baking soda and salt and whisk until a thick smooth batter forms.
2. Use a spoon to fill the cupcake liners 3/4 of the way full to make 12 cupcakes. Bake in the preheated oven for 16-19 minutes or until a toothpick inserted near the center of one cupcake comes out clean or with a few crumbs.
3. Cool on wire racks completely until cupcakes are cool to the touch.
4. While the cupcakes cool, make the cookie dough frosting. With an electric hand mixer or stand mixer, beat together the butter or shortening with the maple sugar and maple syrup until smooth. Add in the flour, salt and vanilla and continue to beat. Beat in the milk only if the frosting is too thick. Once smooth and creamy, stir in the mini chocolate chips. Chill the frosting in the refrigerator for at least 20 minutes.
5. Spread or pipe the frosting on the cooled cupcakes before serving. The cupcakes store very well in the refrigerator. The cake part remains moist and the frosting thickens into the texture of cookie dough. Store leftovers in the refrigerator for up to 5 days. You can also freeze these cupcakes for up to 2 weeks. Enjoy!



Cherry Pie Bars



Ingredients:

- **Crust and topping:**
- 1 1/2 cups blanched almond flour
- 1 cup tapioca flour
- 1/3 cup pure maple sugar, or coconut sugar
- 2/3 cup ghee, palm oil shortening, or grass fed butter cold, broken or cut into pieces
- 1 tsp pure vanilla extract
- 1 tsp pure almond extract
- 1/2 tsp fine sea salt
- 2 large eggs
- **Cherry filling:**
- 2 1/2 cups pitted cherries (fresh, frozen, or canned will all work)
- 1/4 cup maple sugar, or coconut sugar
- 2 Tbsp fresh lemon juice
- 1 Tbsp tapioca flour
- Pinch fine sea salt
- 1/4 tsp pure vanilla extract
- **Optional maple sugar glaze:**
- 1/2 cup pure maple sugar blended to a powder
- 1 Tbsp almond milk
- 1/2 tsp pure vanilla extract

Instructions:

1. You can use a food processor for this or a pastry blender or fork. In the bowl of a food processor or large bowl, combine the almond flour, tapioca, maple sugar, ghee, vanilla, almond extract, and salt and blend until coarse crumbs form. Pulse or stir in the eggs to form a sticky dough. Gather the dough into a ball and chill in the bowl for at least 30 minutes (and up to overnight) while you prepare the filling.
2. In a large saucepan, combine the cherries, maple sugar, lemon juice, tapioca flour and salt and place over medium heat. Bring to a boil, stirring, then lower the heat and allow the mixture to simmer until thickened, 2-5 minutes. Remove from heat and stir in the vanilla, then set aside to cool and continue to thicken.
3. Preheat your oven to 350° F. Spread half of the chilled dough on the bottom of an 8 or 9” square metal pan lined with parchment paper. Chill the remaining dough while you bake the bottom crust for 12 minutes in the preheated oven. Top the warm crust with the partially cooled cherry filling, then crumble the remaining chilled dough over the top.
4. Return to the oven for 30-35 minutes or until browned on top and bubbling. Cool completely before cutting into bars.
5. Whisk together the powdered maple sugar, almond milk, and vanilla until smooth and drizzle all over the bars before serving. Store leftovers in the refrigerator for up to 5 days.

Apple Crumble Pie

Ingredients:

- **Crust:**
- 1 cup blanched almond flour
- 2 Tbsp coconut flour
- 2/3 cup tapioca flour
- 1/2 cup palm oil shortening or grass-fed butter
- 1 Tbsp maple sugar or coconut sugar
- 1/2 tsp fine grain sea salt
- 1 large egg
- **Filling:**
- 5-6 large apples (a little over 2 lb - I used honey crisp and Granny Smith) peeled, cored, and sliced into 1/4” slices.
- 1/4 tsp salt
- 2 tsp cinnamon
- 1/4 tsp nutmeg

Instructions:

1. In the bowl of a food processor, pulse all ingredients except the egg to create thick crumbs, then pulse/process in the egg until a dough forms. Gather the dough into a ball, wrap in plastic wrap and flatten into a disc, then chill while you prepare the apple filling.
2. Preheat your oven to 400° F and have a 9” glass pie dish ready before rolling out dough. Roll out into a 12” approximate circle between two sheets of parchment paper, dusting with tapioca or arrowroot to prevent sticking.
3. Remove the top piece of parchment paper, then place your pie dish upside-down over the dough. Using the bottom parchment paper, flip the dough into the dish, carefully removing the parchment once flipped. Finish by pressing it into the bottom and sides of the pie dish to fit - this dough will break easily since it lacks gluten, however it also repairs incredibly easily and can withstand a lot of manipulation without affecting the final product!
4. Refrigerate the prepared pie crust while you make the crumb topping and filling.
5. In a large bowl, toss the sliced apples with the lemon juice to coat, then with remaining

- 1/4 tsp ginger
- 1 tbsp lemon juice
- 1/4 cup + 2 Tbsp maple sugar or coconut sugar
- 1 tsp pure vanilla extract
- 1 Tbsp tapioca flour or arrowroot
- **Crumble:**
- 6 Tbsp pure maple sugar or coconut sugar
- 1/2 cup blanched almond flour
- 1 tsp cinnamon
- 1/3 cup ghee or grassfed butter, or coconut oil, solid
- 3/4 cup pecans or walnuts chopped
- 1/8 tsp fine grain sea salt

ingredients to evenly combine. Place in the refrigerator while making the crumb topping.

6. You can use a pastry blender, fork, or food processor to make the topping. Place all ingredients except for the chopped nuts in a large bowl or food processor. Blend by hand or pulse until you get a crumbly mixture, then stir in the chopped nuts. Chill in the freezer for 5 minutes.
7. Meanwhile, remove the crust and filling from the refrigerator. Flute/crimp the edges of the pie crust, then add the apple filling to the crust, leaving excess juice in the bowl. Remove the topping from the freezer and crumble all over the filling.
8. Place the pie dish on a baking sheet and loosely cover the top of the pie with foil. Bake in the preheated oven for 20 minutes, then lower the oven temperature to 375° Continue to bake 30 minutes. Once it has about 10-15 minutes left, you can remove the foil so the topping browns.
9. Allow the pie to cool at room temperature for at least 2-3 hours before serving. Leftovers can be stored covered in the refrigerator for 4-5 days. Enjoy!



Peach Cobbler



Ingredients:

- **Filling:**
- 6 med peaches ripe, peeled pitted and sliced
- 2 tbsp maple sugar or coconut sugar
- 1/2 tsp cinnamon
- 2 tsp arrowroot flour or tapioca flour
- pinch sea salt
- 1 tsp fresh lemon juice
- **Topping:**
- 1 cup blanched almond flour
- 2 Tbsp arrowroot or tapioca starch
- 1/4 cup maple sugar or coconut sugar
- 1/4 tsp sea salt
- 1 tsp ground cinnamon
- 1 tsp baking powder or make your [own paleo baking powder](#)
- 1/4 cup coconut oil melted, and cooled to almost room temp
- 2 1/2 tbsp unsweetened almond milk or preferred dairy free milk

Instructions:

1. Preheat your oven to 400 degrees F.
2. Toss the peaches with the lemon juice, then remaining filling ingredients. Place the mixture in a 9" pie dish or 2 smaller dishes.
3. Bake (the peach mixture only) in the preheated oven for 10 minutes. While the filling bakes, make the topping. In a medium bowl, combine the almond flour, arrowroot or tapioca, sugar, salt, cinnamon and baking powder. Then, stir in the coconut oil and almond milk until a thick batter forms.
4. After removing the filling, drop the batter by spoon or a small spatula over the peaches.
5. Return to the oven and continue to bake for 15-18 minutes or until the filling is bubbly and the pastry top is browned and set.
6. Sprinkle extra coconut sugar/cinnamon over the top if desired. You can serve warm or at room temperature. I recommend allowing it to cool at least 15 minutes before serving. Serve with coconut vanilla ice cream or coconut whipped cream. Makes about 8 servings. Enjoy!

Lemon Poppy Seed Muffins



Ingredients:

- 4 large eggs room temp
- 1/3 cup fresh lemon juice about 4 lemons
- Grated zest of one med lemon
- 1/3 cup + 1 Tbsp raw honey melted slightly if necessary to soften
- 1/4 cup coconut oil refined, melted and cooled to almost room temp
- 1 tsp pure vanilla extract
- 1/2 tsp pure almond extract
- 2 cups blanched almond flour
- 1/3 cup arrowroot flour or tapioca flour
- 3/4 tsp baking soda
- 1/4 tsp salt
- 2 Tbsp poppy seeds
- 3 Tbsp coconut butter melted (but not hot)
- 2 tsp raw honey melted (but not hot)

Instructions:

1. Preheat your oven to 350 degrees and line a 12 cup muffin pan with parchment liners.
2. In a medium bowl, combine the almond flour, arrowroot, baking soda and salt, set aside.
3. In a large bowl, whisk together the eggs, lemon juice, zest, honey, coconut oil and both extracts until well combined. Gently stir the dry mixture into the wet until just combined, then stir in the poppy seeds to evenly distribute.
4. Divide the muffin batter evenly among the liners, filling 3/4 of the way up to make 12 muffins
5. Bake in the preheated oven for about 16-18 mins or until middles are set and domed and toothpick inserted in the center of one comes out clean
6. Cool muffins on wire racks while you make the drizzle. Stir together the melted coconut butter and honey, then drizzle over muffins. It will harden as it cools. Store leftovers loosely covered at room temperature for the first day, and in the refrigerator thereafter. Enjoy!



My name is Michele and I'm a Paleo eater and recipe creator, runner, mom of 3, and the gal behind [Paleo Running Momma](#)! Over here you'll find real-food, clean eating family favorites that you'll be excited to share with your loved ones. I hope you stay awhile, eat, savor, and enjoy!

When I changed my diet in 2013, I started searching the internet for tips, recipes, and other people's stories that resonated with my own. The amount of resources and incredible people I found inspired me to create my blog. It was time for me to give back and share experiences, mistakes, successes and failures as I learned to cook and eat real, whole, delicious food and make it work for me as a runner, too.

I started eating paleo for some really unoriginal (smirk) reasons – to address longstanding digestive problems (IBS), help myself

heal from a painful running injury that had me sidelined, and kick a disgusting diet coke and cereal habit (believe me, it was time!)

When I started getting serious about healing my body, I began by going “gluten free”, but quickly realized there was more than just gluten that could be in my way. I learned that by eliminating processed foods, grains and added sugars from my diet, I could potentially improve not only my IBS and tendinitis, but my overall health – physical and mental – as well as become a stronger athlete. I started this site 100% as an outlet, not with a business in mind, but when the time rolled around, I realized I felt so much more passion for creating paleo recipes for Paleo Running Momma than for returning to my old career. I gave it a shot and put all my efforts into growing this blog, which meant learning a lot from scratch. The decision did not come easy, but I couldn't be happier with where I am now!