

PERFECT POOPS

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# DESSERTS

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EDITION

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# Why This Cookbook Was Created

It's not fun having gut issues. I know this from personal experience.

I dealt with stomach issues for my first 30+ years of my life.

One day I'd have IBS, giving me just 10-20 seconds before my bowels unleashed themselves onto the world (resulting in many public accidents)...

Then I'd suffer from 3-5 days of constipation, where I couldn't go to the bathroom, regardless of what I tried.

Certain foods would trigger me, others wouldn't. On top of that, I'd suffer from "room-clearing" farts several dozen times a day. Thankfully, my angel of a wife (Katie) was very understanding. It was frustrating, embarrassing, and literally sickening.

I'm sure you can relate. And if so, I have good news for you...

Because there IS hope. I've discovered that if you simply educate yourself and make small tweaks to your diet, you can eliminate at least 80-90% of the problems you're facing now. Again, I know from experience. IBS and stomach issues are NOT a life sentence. They're simply ImBalanceS in your microbiome.

And that's why I put together this Perfect Poops: Desserts Edition cookbook.

Because when it comes to gut health, dessert is a BIG no-no.

Most desserts contain a LOT of sugar... a LOT of unhealthy fats... a LOT of gluten... and a LOT of dairy. These are what I called the "Forbidden Four". They not only destroy your microbiome, but make it nearly impossible to lose weight. They create the imbalance which causes the symptoms you're facing right now.

- **Sugar** is food for "bad" bacteria. Those "bad" bacteria not only create dysbiosis (an imbalance in your microbiome) but they create more sugar cravings, which damages your gut even further.
- **Unhealthy** fats, such as regular butter, vegetable oil/shortening, and lard, cause inflammation. Inflammation eats away at your intestinal lining which separates your intestines from your bloodstream. This allows undigested food particles and pathogenic bacteria into your bloodstream. This is called "leaky gut syndrome" which is known to cause many of the symptoms you're facing today.

- **Dairy** also causes inflammation. Plus many people are sensitive to it, causing many different stomach issues from undigested proteins.
- **Gluten** is another high risk category. It also promotes inflammation, leaky gut syndrome, and several other negative health factors which make you feel sick.

### **Perfect Poops gives you the healthier, gut-friendly versions of your favorite desserts.**

We've replaced these "high risk" ingredients with healthy, healing ingredients which make you feel better. They still taste AMAZING, but don't cause stomach problems or make you sprint to the bathroom. Plus they're much lower in calories than most traditional desserts.

On top of all that, many of the recipes also contain higher-than-average amounts of dietary fiber. This further strengthens your gut by giving your friendly bacteria food to eat, helping them flourish even more.

By doing this, you don't need to completely give up your favorite desserts. You don't need to worry about stomach issues after eating your favorite desserts. You're able to REDUCE the symptom-causing triggers, and ADD more gut-strengthening fiber. And when you do that, you too can enjoy "perfect poops".

In other words, you can have your cake and eat it too :)

I truly believe you can enjoy delicious, satisfying desserts several times per week without worrying about stomach issues or gaining weight.

That's what these recipes will allow you to do, and it's why I'm so excited for you to try them out.

Let me know how it goes!

Jeremy Reeves  
Founder, Peak Biome Inc.

# How To Use This Recipe Book

Like most recipe books, every recipe inside will be different for each person. While each ingredient used is healthier than “traditional” desserts, some may still react poorly with your body.

If you are sensitive to certain ingredients, feel free to use a substitute or skip that recipe. For example if you know cacao gives you heartburn, don't do the chocolate-based recipes. If your stomach doesn't agree with bananas, don't use recipes with bananas. If you flare up from certain types of sugar, look up substitutions for that particular sugar.

**If you think you can add or change an ingredient for better results, feel free to experiment!** Better yet, tell us what you did and we can try it. We LOVE your feedback and will update the book based on it. This is a team effort!

The important part is to use your judgement. This is baking, so things might come out a little differently based on your location, what ingredients you use, and even what equipment you use.

**Next, remember that even though these are healthier than traditional recipes, you should always use portion control.** Especially with recipes like brownies, which use more sugar than others. Just because we're using healthier versions of sugar doesn't mean you can eat an entire cake with no consequences :)

**But most of all, have fun.** Use these desserts as a TREAT you can enjoy when you're craving unhealthy foods. When enjoyed occasionally and in normal portions, they can help maintain a healthy microbiome and even assist in weight loss.

**Finally, please send us your pictures!** I'd love to hear which recipes you're trying and how they're coming out for you. Please email us at [support@peakbiome.com](mailto:support@peakbiome.com) so we can check out your masterpiece!

# A Special Thanks To Our Contributors...

This book contains some of our own recipes, mixed with some of my favorite gut-friendly recipes from various contributors. Each of them share similar values of helping people achieve healthier bodies. Our contributors include...

## **Danette May**

Danette May is a dear friend of mine. She specializes in healing foods, healing movements, and a healing mindset. Her superfood raw cacao powder, Cacao Bliss, is something I highly recommend and personally use several times per week. To learn more about it please visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao)

## **Paleo Sweets**

Some recipes were taken from “Paleo Sweets” and used as-is or with slight variations. If you follow a Paleo diet, please visit [www.PeakBiome.com/paleo](http://www.PeakBiome.com/paleo). There you’ll enjoy a special offer to get 70 more Paleo dessert recipes absolutely FREE!

## **Keto Sweets**

Some recipes were taken from “Keto Sweets” and used as-is or with slight variations. If you follow the Keto diet, visit [www.PeakBiome.com/keto](http://www.PeakBiome.com/keto). There you’ll enjoy a special offer to get 70 more Keto dessert recipes absolutely FREE!

## **Sane Solution**

Sane Solution is endorsed by top doctors at The Harvard Medical School, Johns Hopkins, the Mayo Clinic, the Cleveland Clinic, and UCLA, and clinically proven in over 100,000 success stories to “unclog” your hormones, brain, and digestion. To enjoy 99 delicious, easy, gut-friendly, fat-burning smoothies, visit [www.PeakBiome.com/sane](http://www.PeakBiome.com/sane)

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A stack of four rich, dark brownies is the central focus, resting on a piece of light-colored parchment paper. The brownies have a moist, fudgy texture. In the foreground, a silver butter knife lies horizontally, its tip pointing towards the left. The background is dark and out of focus, showing more brownies and a wooden surface. A bright green rectangular banner is overlaid on the middle of the stack, containing the word 'BROWNIES' in white, bold, uppercase letters.

# BROWNIES

# WALNUT BROWNIES



Prep Time  
**20 minutes**



Cook Time  
**30 minutes**



Servings  
**12-16**

## INGREDIENTS:

- 1/4 cup melted ghee
- 1/4 cup coconut milk
- 2/3 cup raw cacao or Cacao Bliss\*
- 3 eggs
- 1 tsp vanilla
- 1/3 cup granulated xylitol
- 1 cup almond flour
- 2 scoops Peak BioBoost (optional)\*\*
- 1/2 tsp sea salt
- 2 tsp pure monk fruit powder
- 1/3 cup chopped toasted walnuts + 2 Tbsp (to garnish)

## DIRECTIONS:

1. Preheat the oven to 350°F. Line an 8-inch x 8-inch baking dish with parchment paper and set aside.
2. In a medium bowl, mix the coconut oil, coconut milk, cacao powder, eggs, vanilla, and xylitol until completely combined.
3. In a small bowl, mix the almond flour, Peak BioBoost (optional) salt, and monk fruit powder.
4. Combine the egg mixture and the almond flour mixture. Mix to form a smooth batter. Fold in the walnuts until evenly incorporated.
5. Transfer batter to the prepared baking dish. Smooth it out to fill the baking dish evenly. Sprinkle the remaining walnuts over the batter, and lightly press them in.
6. Bake for 30-35 minutes, until the brownies are set and a toothpick inserted in the center comes out clean.
7. Allow the brownies to cool completely in the pan before cutting and serving.

\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.

\*\*Visit [www.PeakBiome.com/prebio](http://www.PeakBiome.com/prebio) to learn more about Peak BioBoost.



# BITTERSWEET BROWNIE DROPS



Prep Time  
**15 minutes**



Cook Time  
**10 minutes**



Servings  
**12**

## INGREDIENTS:

- 4 Tablespoons Almond Flour
- 1/2 Teaspoon Baking Powder
- 3 Oz Unsweetened Baking Chocolate Squares
- 2 Tablespoons Unsalted Butter
- 1/2 - 3/4 Cup Xylitol (Adjust For Personal Sweetness)
- 2 Large Eggs (Whole)
- 1/2 Teaspoon Coconut Flour
- 1/4 Teaspoon Vanilla Extract
- 1/4 Teaspoon Baking Soda

## DIRECTIONS:

1. Preheat oven to 375°F. Line a baking sheet with parchment paper lightly greased with coconut oil or aluminum foil.
2. In a small bowl whisk almond flour, baking powder, baking soda and coconut flour.
3. In a microwave-safe bowl, melt chocolate and butter for 1 to 2 minutes, until butter is melted and chocolate has softened. (You can also do this step on the stovetop.)
4. Let stand 2 minutes and vanilla and stir until smooth.
5. With an electric mixer on medium speed, beat eggs and sugar substitute until light and fluffy, about 3 minutes.
6. Gradually beat the slightly warm chocolate mixture into the egg mixture until well-blended, about 1 minute.
7. Turn mixer speed down to low and mix in flour mixture just combined.
8. Drop slightly rounded teaspoonfuls of dough onto prepared sheet. Bake 5 to 6 minutes, until just set but still soft on top.
9. Gently remove pan from oven, let cookies cool for 5 minutes on pan (very important or cookies will go flat as they deflate when moved too early)
10. Transfer to a wire rack to cool completely.



# ALMOND BUTTER BROWNIE BITES



Prep Time  
**10 minutes**



Cool Time  
**30 minutes**



Servings  
**16**

## INGREDIENTS:

- 1 cup creamy almond ghee
- 3/4 cup coconut milk
- 4 scoops Peak BioBoost (optional)
- 1 teaspoon monk fruit
- 1/4 cup xylitol
- 1 tablespoon vanilla
- 1/4 teaspoon salt
- 1 teaspoon baking powder

## DIRECTIONS:

1. Preheat the oven to 325°F.
2. Line an 8-inch x 8-inch glass baking dish with parchment paper, and set it aside.
3. Combine the almond ghee, coconut milk, Peak BioBoost (optional), monk fruit, xylitol, vanilla, and salt in a medium mixing bowl. Mix until a smooth batter is formed.
4. Add the baking powder, and mix well to evenly distribute it throughout the batter.
5. Spread the batter into the prepared baking dish.
6. Bake for 30-35 minutes, until the center is set and a toothpick inserted in the middle comes out mostly clean.
7. Allow the brownies to cool completely before slicing.



# CONGO BAR BLONDIE BROWNIES



Prep Time  
**10 minutes**



Cook Time  
**30 minutes**



Servings  
**16**

## INGREDIENTS:

- 1 cup creamy almond butter
- 1/2 cup coconut milk
- 1 teaspoon xylitol
- 1/3 cup granulated
- 1 tablespoon vanilla
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoons coconut flour
- 1/3 cup coconut flakes +  
2 tablespoons (to garnish)
- 2 tablespoons cacao nibs +  
1 tablespoon (to garnish)
- (optional) 2 scoops Peak  
BioBoost

## DIRECTIONS:

1. Preheat the oven to 325°F.
2. Line an 8-inch x 8-inch glass baking dish with parchment paper, and set it aside.
3. Combine the almond butter, coconut milk, monk fruit, xylitol, vanilla, and salt in a medium mixing bowl. Mix until a smooth batter is formed.
4. Add the baking powder and coconut flour, Peak BioBoost (optional), and mix well to evenly distribute it throughout the batter.
5. Fold in 1/3 cup coconut flakes and 2 tablespoons cacao nibs until evenly distributed throughout the batter.
6. Spread the batter into the prepared baking dish.
7. Sprinkle with remaining coconut and cacao nibs.
8. Bake for 30-35 minutes, until the center is set and a toothpick inserted in the middle comes out mostly clean.
9. Allow the brownies to cool completely before slicing.







# CAKES

# FIVE-MINUTE CHOCOLATE MUG CAKE



Prep Time  
**5 minutes**



Cook Time  
**1 minute 15 sec**



Servings  
**1-2**

## INGREDIENTS:

- 3 tablespoons almond flour
- 2 tablespoons honey
- 1 1/2 tablespoons cacao powder or Cacao Bliss\*
- 1 scoop Peak BioBoost (optional)\*\*
- 1 teaspoon vanilla
- 1/2 teaspoon baking powder
- 1 egg, beaten until light and fluffy
- 1/8 - 1/4 cup water
- 1/4 tablespoon unsweetened chocolate chips

## DIRECTIONS:

1. Beat egg in an oversized soup mug.
2. Add almond flour, Peak BioBoost (optional), honey, cacao powder, vanilla, and baking powder. Lightly mix.
3. Add enough water and mix until you have a smooth, pourable batter. Do not make it too thin.
4. Add cacao chips, but DO NOT stir.
5. Microwave 60 seconds. If it pulls away from the mug, it's done. If it's not, microwave in 15 second increments until it does.
6. FLIP the mug. When cooking, the chocolate chips will melt and create a gooey fudge, which will now be on top.

\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.

\*\*Visit [www.PeakBiome.com/prebio](http://www.PeakBiome.com/prebio) to learn more about Peak BioBoost.



# STRAWBERRY SHORTCAKES



Prep Time  
**20 minutes**



Cook Time  
**12-15 minutes**



Servings  
**6**

## INGREDIENTS:

- 4 cups (about 1 qt or 2 lbs) fresh strawberries, sliced
- 1/2 cup xylitol, divided
- 2<sup>1/3</sup> cups [Gluten-free Bisquick](#) (Search your local grocery store or amazon)
- 2 scoops Peak BioBoost (optional)
- 1/3 cup ghee
- 3/4 cup almond milk
- 3 eggs
- 1/2 teaspoon vanilla
- 3/4 cup dairy-free whipped cream
- Coconut oil spray

## DIRECTIONS:

1. Preheat oven to 425 F and spray baking sheet with coconut oil spray (or use a silicone liner or parchment).
2. In a medium bowl, mix strawberries and 1/4 cup xylitol. Set aside and place in refrigerator.
3. In a separate small bowl, whisk together the 3 eggs.
4. Add almond milk and vanilla and whisk lightly. Set aside.
5. Using a second medium bowl, combine Bisquick mix, Peak BioBoost (optional) and remaining 1/4 cup xylitol.
6. Add ghee with pastry blender or spoon
7. Add the egg/milk mixture to the Bisquick mixture and stir to combine.
8. Using a large cookie scoop or spoon, drop 6 large spoonfuls onto baking sheet. Each one will be an individual shortcake.
9. Bake in center of oven for 10 to 12 minutes  
NOTE: Gluten-free flour doesn't turn brown like regular flour. Don't be alarmed if they're light in color.
10. Cool 5 minutes and transfer to cooling rack.
11. Top with strawberry/sugar mixture and whipped cream.

Note: You can cut each shortcake horizontally to create a shortcake "sandwich".



# MINI CHOCOLATE LAVA CAKES



Prep Time  
**10 minutes**



Cook Time  
**10 minutes**



Servings  
**8**

## INGREDIENTS:

### Graham crust layer:

- 1/2 cup cacao powder or Cacao Bliss
- 2 scoops Peak BioBoost (optional)
- 1/4 cup xylitol
- 1 teaspoon monk fruit powder
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 4 eggs
- 1/4 cup full-fat coconut milk
- 1 teaspoon vanilla

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Line a muffin tin with parchment paper. Alternatively, you can use an oiled silicone muffin tin. Set aside.
3. In a medium bowl, add the cacao powder, Peak BioBoost (optional), xylitol, monk fruit, salt, and baking powder. Mix to combine.
4. In a separate small bowl, combine the eggs, coconut milk, and vanilla. Mix well.
5. Add the egg mixture to the cacao powder mixture, and mix until a smooth batter is formed.
6. Pour into the prepared muffin tins.
7. Bake for 10-15 minutes, until the top is barely set and still jiggly.
8. Allow the cakes to cool until they can be handled, then turn them out of the tins.
9. Serve warm, and enjoy!



# NO-BAKE CHERRY CHEESECAKE BARS



Prep Time  
**10 minutes**



Cool Time  
**4 hours**



Servings  
**10**

## INGREDIENTS:

### Crust:

- 1 cup pitted medjool dates
- 3/4 cup raw almonds
- 3 tablespoons raw cacao powder or Cacao Bliss
- 1 tablespoon melted coconut oil

### Filling:

- 1 1/2 cups raw cashews
- 1/3 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup coconut milk
- 1 1/2 cups frozen dark sweet cherries, divided
- 2 tablespoons fresh lemon juice

### Topping:

- 2 tablespoons dark chocolate chips
- 1 teaspoon coconut oil

## DIRECTIONS:

1. Place cashews in a large bowl and add 3 cups boiling water. Let the cashews soak in the hot water for about 1 hour. Or soak your cashews overnight in room temperature water so they are already ready to go. Be sure to drain the cashews once you are ready to use them.
2. Line a 9x5 inch loaf pan with parchment paper.

### For the crust:

1. Add the dates and almonds to a food processor and process until chunky, then add in raw cacao powder or Cacao Bliss, and coconut oil. Blend again until mixture slightly clumps together into a ball.
2. Add the mixture to the prepared pan pressing evenly towards the sides.

### For the filling:

1. Add cashews, maple syrup, vanilla, coconut milk, lemon juice and 1 cup frozen cherries to a high powered blender; blend until smooth and creamy.
2. Add a few tablespoons of coconut milk to help thin out the consistency if needed.
3. Pour half of the filling mixture over the crust.
4. Add remaining 1/2 cup frozen cherries over the filling layer.
5. Top with remaining filling and smooth out the top.

6. Make the chocolate sauce topping by adding chocolate chips and coconut oil to a small saucepan and place over low heat; stir frequently until chocolate chips are completely melted, be careful not to burn.
7. Pour chocolate sauce into a plastic baggie, push towards one corner and snip a small piece of the corner off for a more controlled drizzle.
8. Place in freezer for 4-6 hours to harden. Once ready to serve cut into 10 bars. Bars will keep in freezer for up to 1 month if stored in an air-tight container.



# WALNUT CAKE WITH COFFEE FROSTING



Prep Time  
**15 minutes**



Cook Time  
**30 minutes**



Servings  
**12-16**

## INGREDIENTS:

### Walnut cake:

- 1/4 cup arrowroot starch, plus extra for flouring the cake pan
- 5 eggs
- 1/4 cup coconut oil
- 1/2 cup honey
- 3 tablespoons almond milk
- 1 tablespoon vanilla
- 1/2 cup walnut butter (Substitute with almond butter if you don't have any on hand)
- 1 tablespoon apple cider vinegar
- 1/2 cup coconut flour
- 3 scoops Peak BioBoost (optional)
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup chopped walnuts, toasted

## DIRECTIONS:

### To create the cake:

1. Preheat the oven to 350°F.
2. Oil an 8-inch round cake pan, dust it with arrowroot and line the bottom with parchment paper. Set aside.
3. In a large bowl, combine the eggs, oil, honey, almond milk, vanilla, walnut butter, and apple cider vinegar.
4. Whisk the mixture until smooth and completely combined.
5. In a small bowl, combine the coconut flour, Peak BioBoost (optional), arrowroot, baking soda, baking powder, and salt. Mix to completely combine.
6. Add the dry ingredients to the wet ingredients and mix to incorporate. The mixture will be lumpy - let it sit for 2-3 minutes, then mix again until smooth.
7. Fold in the walnuts.
8. Pour the batter into the dusted and lined cake pan.
9. Bake for 25-30 minutes, until a toothpick inserted in the center of the cake comes out clean.
10. Remove from the oven and allow to cool in the pan for 5-10 minutes.
11. Turn the cake out of the pan to cool completely on a wire rack.

### Coffee frosting:

- 2 tablespoons maple syrup
- 1/2 teaspoon vanilla
- 4 tablespoons arrowroot starch
- 1 tablespoon collagen powder
- 1/2 cup coconut cream
- 1 teaspoon decaf coffee crystals

### To create the frosting:

1. In a medium bowl, combine the maple syrup, vanilla, arrowroot, and collagen, and whisk to combine completely.
2. In a small bowl, whisk the coconut cream with the coffee.
3. Add to the maple syrup mixture and whip with an electric mixer or a whisk until completely combined.
4. Spread the frosting over the top of the cooled walnut cake, and decorate with extra walnut pieces if desired.



# BLUEBERRY NO-BAKE CHEESECAKE



Prep Time  
**15 minutes**



Cool Time  
**5 hours**



Servings  
**12-16**

## INGREDIENTS:

### No-bake crust:

- 1 cup macadamia nuts or almonds
- 1 cup shredded coconut
- 1/4 teaspoon salt
- 1 cup dates
- 2 tablespoons coconut oil

### Cheesecake filling:

- 2 cups cashews, soaked overnight
- 1<sup>1/2</sup> cups fresh blueberries
- 1/2 cup coconut oil
- 1/2 cup honey
- 1/2 cup coconut cream
- 4 scoops Peak BioBoost (optional)
- 3 tablespoons lemon juice
- 1 tablespoon vanilla

## DIRECTIONS:

### To create the crust:

1. Line an 8-inch springform pan with parchment paper and set aside.
2. Process the nuts into a flour in a food processor fitted with an “S” blade. Add the coconut and salt and process again. Set aside.
3. Process the dates and oil into a paste, then add the nut mixture and coconut oil to the date paste and process to form a crumbly but sticky dough.
4. Press the dough into an even layer on the bottom of the prepared 8-inch springform pan.
5. Place the crust in the fridge to set, 30 minutes (or overnight).

### To create the filling:

1. Combine all ingredients in a high powered blender and blend until smooth.
2. Pour the filling over the prepared crust. Transfer the cake to the fridge to set, 4 hours (or overnight).

### To create the topping:

1. Combine all ingredients in a blender and blend until smooth.
2. Remove the cake from the pan and pour the topping over the cake before serving.



# CARROT CAKE



Prep Time  
**20 minutes**



Cook Time  
**45 minutes**



Servings  
**12-16**

## INGREDIENTS:

### Cashew cream cheese frosting:

- 1/2 cup water + 1/4 cup boiling water
- 1 1/2 tablespoons gelatin
- 3 cups cashews, soaked overnight
- 3/4 cup coconut cream
- 1 tablespoon apple cider vinegar
- 4 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1/2 cup honey

### Carrot cake:

- 1/4 cup arrowroot starch, plus extra for flouring the cake pans
- 8 eggs
- 1/2 cup coconut oil
- 2/3 cup honey
- 1/4 cup applesauce

## DIRECTIONS:

Note: The cashew cream cheese frosting can be made the day before or at least 4 hours before the carrot cake.

### To create the frosting:

1. Add the 1/2 cup water to a small bowl. Sprinkle the gelatin over the water to allow it to hydrate, and set it aside.
2. While the gelatin is hydrating, combine the remaining ingredients in a high-powered blender.
3. When the gelatin is hydrated, add the 1/4 cup boiling water to the bowl and stir to dissolve the gelatin.
4. Add the gelatin to the blender and blend until everything is smooth and creamy.
5. Pour the frosting into a bowl, cover, and place it in the fridge for 4 hours (or overnight) to set.

### To create the cake:

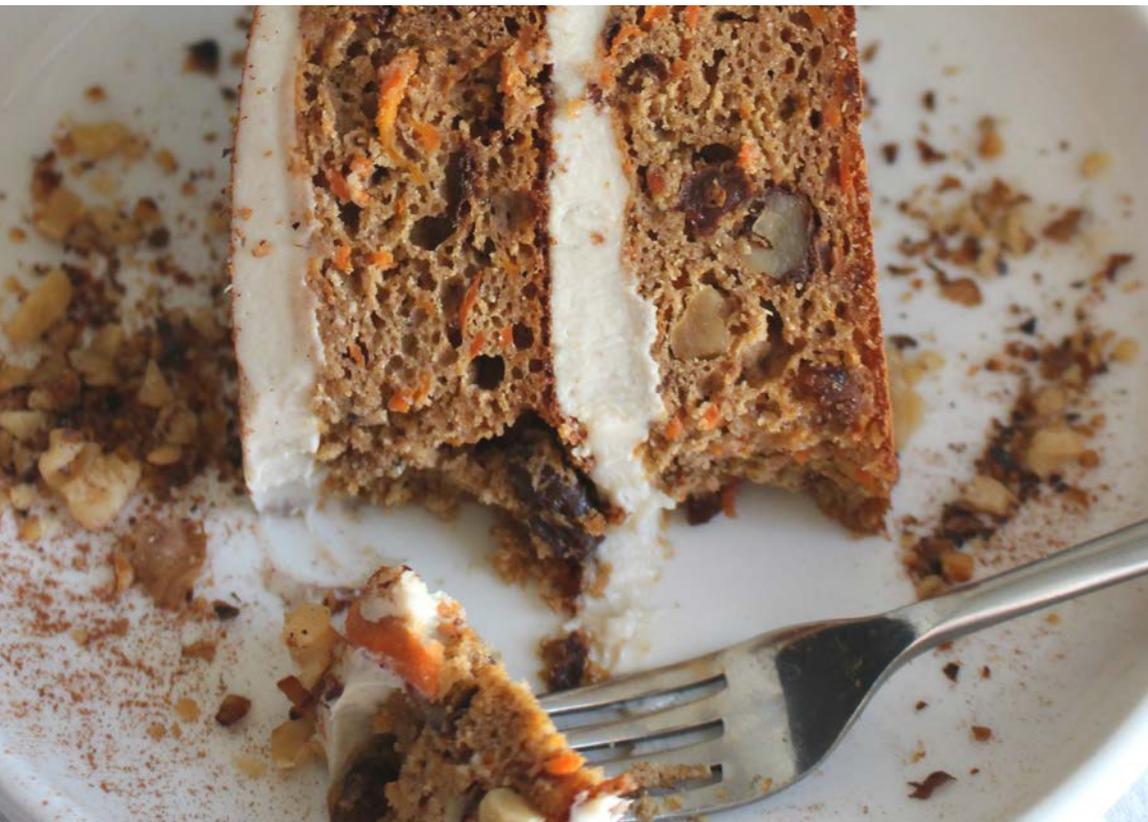
1. Preheat the oven to 350°F.
2. Oil two 8-inch round cake pans, dust them with arrowroot, and line the bottom with parchment paper. Set aside.
3. In a large bowl, combine the eggs, oil, honey, applesauce, orange zest, ginger, vanilla, and apple cider vinegar.
4. Whisk the mixture until it's smooth and completely combined.
5. In a small bowl, combine the coconut flour, Peak BioBoost (optional), arrowroot, spices, baking soda, baking powder, and salt. Mix to completely combine.

- 1 teaspoon orange zest
- 1 tablespoon fresh grated ginger
- 1 tablespoon vanilla
- ¾ cup coconut flour
- 4 scoops Peak BioBoost (optional)
- 2 teaspoons cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon cardamom
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups shredded carrots
- ½ cup walnuts
- ½ cup raisins

6. Add the dry ingredients to the wet ingredients and mix to incorporate. The mixture will be lumpy—let it sit for 2–3 minutes, then mix again until smooth.
7. Fold in the carrots, walnuts, and raisins.
8. Pour the batter into the oiled and lined cake pans.
9. Bake for 40–45 minutes, until a toothpick inserted in the center of the cake comes out clean.
10. Remove from the oven and allow to cool in the pans, about 5–10 minutes. Turn the cakes out of the pans to cool completely on a wire rack.

**To assemble the cake with frosting:**

1. Whip the frosting with an electric mixer before icing the cake.
2. Once the cake is iced, place it in the fridge to set for about 1 hour before serving.



# VANILLA BIRTHDAY CAKE



Prep Time  
**10 minutes**



Cook Time  
**45 minutes**



Servings  
**16**

## INGREDIENTS:

- 5 eggs
- 1<sup>1/4</sup> cups melted ghee
- 2 cups coconut milk
- 1/2 cup xylitol
- 1 tablespoon vanilla
- 2<sup>1/4</sup> cups almond flour
- 3/4 cup coconut flour
- 2 teaspoons baking soda
- 2 teaspoons monk fruit powder
- 1/2 teaspoon salt
- 4 scoops Peak BioBoost (optional)

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Oil two 8-inch cake pans, line the bottom with parchment paper, and set aside.
3. In a large mixing bowl, combine the eggs, ghee, coconut milk, xylitol, and vanilla. Whisk until completely combined.
4. In a medium bowl, combine the almond flour, coconut flour, Peak BioBoost (optional), baking soda, monk fruit, and salt. Whisk to combine.
5. Add the flour mixture to the egg mixture and mix until a smooth batter is formed.
6. Evenly distribute the batter between the two prepared cake pans.
7. Bake 45-50 minutes, until the cake is set in the middle and a toothpick inserted in the middle comes out clean.
8. When the cakes are done baking, remove them from the oven, and allow them to cool five minutes in the pan. Then remove them from the pan, and allow them to cool completely on a wire cooling rack.
9. Frost the cake as you wish (the chocolate buttercream is delicious with the vanilla cake), and enjoy!



# CLASSIC CHOCOLATE CAKE



Prep Time  
**10 minutes**



Cook Time  
**45 minutes**



Servings  
**16**

## INGREDIENTS:

- 5 eggs
- 1<sup>1/4</sup> cups melted ghee
- 2 cups full-fat coconut milk
- 1/2 cup xylitol
- 1 tablespoon vanilla
- 2<sup>1/4</sup> cups almond flour
- 3/4 cup coconut flour
- 4 scoops Peak BioBoost (optional)
- 1/2 cup raw cacao or Cacao Bliss
- 2 teaspoons baking soda or Cacao Bliss
- 2 teaspoons monk fruit powder
- 1/2 teaspoon salt

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Oil two 8-inch cake pans, line the bottom with parchment paper, and set aside.
3. In a large mixing bowl, combine the eggs, ghee, coconut milk, xylitol, and vanilla. Whisk until completely combined.
4. In a medium bowl, combine the almond flour, Peak BioBoost (optional), coconut flour, cacao powder, baking soda, monk fruit, and salt. Whisk to combine.
5. Add the flour mixture to the egg mixture and mix until a smooth batter is formed.
6. Evenly distribute the batter between the two prepared cake pans.
7. Bake 45-50 minutes, until the cake is set in the middle and a toothpick inserted in the middle comes out clean.
8. When the cakes are done baking, remove them from the oven, and allow them to cool five minutes in the pan. Then remove them from the pan, and allow them to cool completely on a wire cooling rack.
9. Frost the cake as you wish (the vanilla whipped frosting is yummy), and enjoy!



# MATCHA GREEN TEA CAKE



Prep Time  
**10 minutes**



Cook Time  
**45 minutes**



Servings  
**16**

## INGREDIENTS:

- 5 eggs
- 1<sup>1/4</sup> cups melted ghee
- 2 cups coconut milk
- 1/2 cup xylitol
- 1 tablespoon vanilla
- 2<sup>1/4</sup> cups almond flour
- 3/4 cup coconut flour
- 4 scoops Peak BioBoost (optional)
- 2<sup>1/2</sup> tablespoons matcha green tea powder
- 2 teaspoons baking soda
- 2 teaspoons monk fruit powder
- 1/2 teaspoon salt

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Oil two 8-inch cake pans, line the bottom with parchment paper, and set aside.
3. In a large mixing bowl, combine the eggs, ghee, coconut milk, xylitol, and vanilla. Whisk until completely combined.
4. In a medium bowl, combine the almond flour, Peak BioBoost (optional), coconut flour, matcha green tea powder, baking soda, monk fruit, and salt. Whisk to combine.
5. Add the flour mixture to the egg mixture and mix until a smooth batter is formed.
6. Evenly distribute the batter between the two prepared cake pans.
7. Bake 45-50 minutes, until the cake is set in the middle and a toothpick inserted in the middle comes out clean.
8. When the cakes are done baking, remove them from the oven, and allow them to cool five minutes in the pan. Then remove them from the pan, and allow them to cool completely on a wire cooling rack.
9. Frost the cake as you wish (the lemon whipped frosting works well with this cake), and enjoy!



# MINI LEMON RASPBERRY CHEESECAKES



Prep Time  
**20 minutes**



Cook Time  
**10 minutes**



Servings  
**6**

## INGREDIENTS:

### Oat Pecan Crust:

- 1 cup rolled oats
- 1/3 cup raw pecan halves
- 1 pinch sea salt
- 2 tablespoons melted coconut oil

### Filling:

- 1 cup raw, soaked cashews
- 1/2 cup coconut milk
- 2 tablespoons water
- 1 tablespoon melted coconut oil
- 1/4 cup lemon juice (from ~2 medium lemons)
- 1 teaspoon lemon zest (from ~2 medium lemons)
- 1/2 teaspoon pure vanilla extract
- 1/4 cup xylitol
- 2 scoops Peak BioBoost (optional)

## DIRECTIONS:

1. Preheat oven to 375 degrees Fahrenheit.
2. Soak cashews. To soak, place nuts in a bowl, then pour boiling water until they're fully submerged. Let soak for at least 4 hours (longer is fine). Drain.

### Oat & Pecan Crust:

1. Add oats, pecans, and sea salt to a food processor and blend until fine. Add coconut oil and pulse until well combined. The consistency should hold together when pressed into muffin tins. If it's too dry, add more coconut oil or pecans. If it's too oily, add more oats.
2. Add 6 parchment liners to a standard muffin tin. Scoop about 1 heaping tablespoon per tin. Then use your fingers to press down on the dough firmly until well packed. The dough should fill each muffin tin about 1/3 full.
3. Bake for 7-10 minutes or until lightly golden brown around the edges. Remove from oven and set aside.

### Filling:

1. Add all filling ingredients to a blender. Blend until smooth and creamy, scraping down sides of blender as needed.
2. Pour filling mixture into cooked crust. Set aside. Any extra filling can be added to a small bowl and enjoyed with a spoon once thickened in the refrigerator.

### Raspberry Swirl (optional):

- 1/2 cup fresh or frozen raspberries
- 2 tablespoons water

### Raspberry Swirl (optional):

1. Add raspberries and water to a small saucepan. Bring to a boil, then reduce heat and allow to cook until most of the water is absorbed. Stir and mash the raspberries with a spoon as it cooks.
2. Pour 1 heaping teaspoon of raspberries into each muffin tin.
3. Transfer cheesecakes to the fridge and allow to cool for at least two hour (for a custard-like texture) or overnight (for a cheesecake-like texture).
4. For longer-term storage, place in an airtight container and store in the freezer up to 1 month. Allow to sit at room temperature for at least 30 minutes prior to serving.







# COOKIES & BITES

# CHOCOLATE THIN MINT COOKIES



Prep Time  
**10 minutes**



Cook Time  
**10 minutes**



Servings  
**24**

## INGREDIENTS:

- 5 oz. dark chocolate, melted (70% cacao or higher)
- 1/3 cup coconut oil
- 1<sup>3/4</sup> cup almond flour
- 3 scoops Peak BioBoost (optional)\*
- 1/4 cup raw cacao or Cacao Bliss\*\*
- 1<sup>1/2</sup> teaspoons baking soda
- 1<sup>1/2</sup> teaspoons baking powder
- 1/4 teaspoon sea salt
- 1/2 teaspoon vanilla extract
- 1/2 - 3/4 teaspoon peppermint extract
- 1 tablespoon raw honey
- 2 eggs
- 1/4 cup mini dark chocolate chips (optional)

## DIRECTIONS:

1. Preheat oven to 350°F (175°C).
2. In a double boiler, melt the dark chocolate over a low heat. Add the coconut oil and mix until fully liquefied. Set aside to cool.
3. In a medium sized bowl, combine the almond flour, Peak BioBoost (optional), Cacao Bliss, baking soda, baking powder, and salt. Add the vanilla and peppermint extracts and honey to the melted chocolate mixture. Mix well and then add to the dry ingredients.
4. Add the eggs, stir until fully combined, then mix in the chocolate chips.
5. Using a tablespoon, form cookie dough balls and place an inch apart on a prepared baking sheet. Bake for 10 minutes.
6. Allow to cool for 10-15 minutes on the pan before moving to a cooling rack. Enjoy!

\*Visit [www.PeakBiome.com/prebio](http://www.PeakBiome.com/prebio) to learn more about Peak BioBoost.

\*\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.



# CHOCOLATE CHIP COOKIE DOUGH BITES



Prep Time  
**10 minutes**



Cool Time  
**1 hours 15 minutes**



Servings  
**24-30**

## INGREDIENTS:

- 2 cups raw cashews
- 1 teaspoon monk fruit powder
- 3 tablespoons melted coconut oil
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2 tablespoons cacao nibs

## Chocolate Coating:

- 2 oz unsweetened baking chocolate
- 2 oz cacao butter
- 1/4 + 1/8 teaspoon monk fruit powder

## DIRECTIONS:

### To Prepare the Cookie Dough Bites:

1. Process the cashews and the monk fruit powder in a food processor fitted with an “S” blade until a fine powder forms.
2. Add the coconut oil, vanilla extract, and salt, and process until a dough forms.
3. Transfer the cookie dough to a bowl, and mix in the cacao nibs.
4. Scoop the cookie dough by the tablespoonful, and form into balls with your hands.
5. Place the cookie dough balls on a parchment-lined baking sheet, and pop them in the fridge for 30 minutes to set.

### While the Cookie Dough Sets, Prepare the Chocolate Coating:

1. Combine all coating ingredients in the bowl of a double boiler.
2. Heat over medium until the mixture is mostly melted.
3. Remove it from the heat, and allow it to continue melting, mixing occasionally.
4. Allow the chocolate to cool a bit so it thickens slightly (this will create a thicker chocolate coat on the cookie dough balls).
5. When you're ready to coat the cookie dough balls, remove them from the fridge. Drop them one at a time into the chocolate.
6. Use a fork to roll them around to coat them, then transfer them back to the parchment-lined baking sheet.
7. Return them to the fridge to set the chocolate coating, 30 minutes to 1 hour.
8. Store in an airtight container in the fridge for 5-7 days.



# SNICKERDOODLES



Prep Time  
**10 minutes**



Cook Time  
**20 minutes**



Servings  
**12**

## INGREDIENTS:

- 2 tablespoon cinnamon
- 1 egg
- 1/2 cup coconut sugar
- 1 cup almond flour
- 3 scoops Peak BioBoost (optional)
- 1 teaspoon cream of tartar
- 1/2 cup arrowroot starch
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup palm shortening, softened to room temperature

## DIRECTIONS:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or Silpat and set aside.
2. Place the cinnamon in a small bowl and set aside.
3. Combine the egg and sugar in a small bowl, and mix to dissolve the sugar.
4. In a medium bowl, combine the almond flour, Peak BioBoost (optional) cream of tartar, arrowroot, baking soda, and salt, and mix to completely combine.
5. Add the egg-sugar mixture to the almond flour mixture and stir well until a thick batter is formed.
6. Mix in the shortening until completely combined.
7. Using a tablespoon or medium/#40 cookie scoop, scoop the dough and drop it into the bowl of cinnamon. Using a fork, flip the dough to completely cover it in cinnamon, then transfer it to the prepared baking sheet.
8. Repeat with the remaining dough, leaving 2 inches of space between each portion on the baking sheet (they will spread).
9. Bake for 15–20 minutes until the edges of the cookies are golden brown.
10. When the cookies are finished baking, remove from the oven and allow to cool slightly before transferring to a wire rack to finish cooling.



# FUDGY CACAO COOKIES



Prep Time  
**7 minutes**



Cook Time  
**20 minutes**



Servings  
**12**

## INGREDIENTS:

- 15 ounce can black beans, rinsed and drained
- 2 tablespoons melted coconut oil
- 2 tablespoons almond flour
- 1/2 teaspoon baking powder
- 3 tablespoons raw cacao or Cacao Bliss
- 2 scoops Peak BioBoost (optional)
- 3 tablespoons xylitol
- 1 tablespoons maple syrup
- 2 tablespoons lite coconut milk
- 2 teaspoons vanilla extract
- 1/4 cup dark chocolate chips for topping

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Put all of the ingredients into a food processor in the order listed (except for the chocolate chips).
3. Process until smooth and well combined (2-3 minutes), scraping down the sides as needed.
4. Using a spoon, scoop the dough out onto a parchment paper lined cookie sheet (I get 12 decent-sized cookies).
5. Top each cookie with a few of the dark chocolate chips.
6. Bake the cookies for 19-21 minutes.
7. Cool completely. This is VERY important. It allows the cookies to set and hold together upon being picked up, as they have no binder or gluten. Enjoy!



# ALMOND COOKIES



Prep Time  
**10 minutes**



Cook Time  
**10 minutes**



Servings  
**24**

## INGREDIENTS:

- 1/2 cup blanched and slivered almonds
- 3/4 cup almond flour
- 3 teaspoons baking powder
- 2 scoops Peak BioBoost (optional)
- 3/4 cup Xylitol
- 1 large egg (whole)
- 1 large egg yolk
- 2 teaspoons vanilla extract
- 1/4 cup unsalted ghee

## DIRECTIONS:

1. Preheat oven to 375°F.
2. In a food processor, finely grind the almonds with the almond flour, baking powder, Peak BioBoost (optional) and xylitol.
3. In a separate bowl, with an electric mixer on medium, beat the whole egg and egg yolk, vanilla and ghee until well incorporated (mixture will not attain a smooth consistency).
4. With a rubber spatula, fold in almond flour just until combined.
5. Form dough into 24 small balls; arrange on an ungreased baking sheet.
6. Lightly flatten them with a fork to silver dollar size.
7. Bake 8-10 minutes, until set. Cool on baking sheets before transferring to a wire rack.



# COCONUT MACAROONS



Prep Time  
**15 minutes**



Cook Time  
**45 minutes**



Servings  
**10-12**

## INGREDIENTS:

- 1 cup coconut cream
- 1 tablespoon xylitol
- 1/4 teaspoon monk fruit powder
- 1 teaspoon vanilla
- 1 1/2 cups shredded coconut
- 1/2 cup almond flour
- 2 scoops Peak BioBoost (optional)

## DIRECTIONS:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper, and set it aside.
2. Combine all the ingredients in a medium mixing bowl, and mix well to completely combine.
3. Using a #40 scoop or a tablespoon measuring spoon, measure the coconut mixture into mounds on the prepared baking sheet.
4. Bake 15-20 minutes, until the edges just become slightly golden.
5. Allow the macaroons to cool completely before eating (or else they will fall apart!). You can transfer them to a cool baking sheet and into the freezer for 30 minutes to speed up this process.
6. Store in a sealed container in the fridge, or freezer up to one week. Enjoy!



# CHOCOLATE CHIP COOKIES



Prep Time  
**45 minutes**



Cook Time  
**15 minutes**



Servings  
**12-16**

## INGREDIENTS:

- 1 1/2 cups almond flour
- 1 tablespoon xylitol
- 1/2 teaspoon monk fruit
- 3 scoops Peak BioBoost (optional)
- 1/4 teaspoon salt
- 3 tablespoons coconut milk
- 1/4 cup melted ghee
- 2 teaspoons vanilla
- 3 tablespoons cacao nibs or 1/4 cup sugar-free chocolate chips

## DIRECTIONS:

1. Combine all ingredients except cacao nibs or chocolate chips in a medium mixing bowl, and mix to combine.
2. Add the cacao nibs or chocolate chips and mix to incorporate.
3. Transfer the dough to a piece of plastic wrap, and shape it into a log.
4. Place the dough in the freezer and chill until completely set, 20-30 minutes.
5. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
6. When the dough is set, remove it from the freezer, unwrap it, and slice into 1/8-inch - 1/4-inch rounds.
7. Transfer them to the prepared baking sheet.
8. Bake the cookies 12-15 minutes, until they are mostly set.
9. Remove them from the oven and transfer them to a wire rack to cool completely.
10. Store in an airtight container on the counter up to two weeks.

Note: You can wrap the dough in a layer of foil and store it in the freezer up to two weeks.



# CACAO COOKIE DOUGH TRUFFLES



Prep Time  
**10 minutes**



Cool Time  
**30 minutes**



Servings  
**8**

## INGREDIENTS:

### For truffles:

- 1 tablespoon unsweetened almond milk
- 2 tablespoons melted coconut oil
- 3 tablespoons xylitol
- 1 teaspoon vanilla extract
- 1/2 cup packed almond flour
- 2 tablespoons coconut flour
- 2 scoops Peak BioBoost (optional)
- 1/8 teaspoon salt
- 1 1/2 tablespoons dark chocolate chips

### For chocolate coating:

- 1/3 cup dark chocolate chips
- 2 tablespoons raw cacao powder or Cacao Bliss
- 2 teaspoons coconut oil

## DIRECTIONS:

1. In a medium bowl, mix together almond milk, melted coconut oil, vanilla and xylitol.
2. In a small bowl mix together almond flour, Peak BioBoost (optional), coconut flour and salt. Slowly add the flour mixture to the wet ingredients. Mix well until a cookie dough consistency forms.
3. Fold chocolate chips into the cookie dough. Roll cookie dough into 1 tablespoon sized balls, place on parchment lined baking sheet and freeze for 10 minutes.
4. After 10 minutes, melt the chocolate chips and coconut oil in a small saucepan over very low heat, stirring frequently.
5. You can also microwave the chocolate in a small microwave safe bowl in 20 second increments until melted.
6. Quickly use a fork to dip each cookie dough ball into chocolate, making sure to coat evenly.
7. Transfer back to parchment lined baking sheet and sprinkle with a little coarse salt if desired.
8. Immediately place baking sheet back in freezer for 20 minutes. Makes 8 cookie dough truffles. Keep in freezer until ready to eat.



# CINNAMON ALMOND BUTTER COOKIES



Prep Time  
**15 minutes**



Cook Time  
**10 minutes**



Servings  
**25**

## INGREDIENTS:

- 1 cup creamy almond butter
- 1/2 cup almond flour
- 4 scoops Peak BioBoost (optional)
- 1/4 cup granulated xylitol
- 3/4 teaspoon monk fruit powder
- 1 tablespoon cinnamon
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 2 eggs

## DIRECTIONS:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper, and set aside.
2. In a medium bowl, combine the almond butter, almond flour, Peak BioBoost (optional), xylitol, monk fruit powder, cinnamon, salt, and vanilla. Mix to completely combine.
3. Add the eggs, and mix to form a smoother dough.
4. Scoop the dough into a heaping tablespoon, and roll it into balls. Flatten the balls with your hands, and place them on the prepared baking sheet.
5. Bake the cookies for 10-12 minutes, until edges are cooked and the cookies are set. Remove the cookies and transfer them to a wire rack to cool fully before serving. Store in an airtight container on the counter up to five days.







# CUPCAKES

# BLACK VELVET CUPCAKES



Prep Time  
**5 minutes**



Cook Time  
**17 minutes**



Servings  
**6**

## INGREDIENTS:

- 3 eggs (whole)
- 1/4 cup coconut milk
- 1/3 cup xylitol, divided
- 2 teaspoons vanilla extract
- 7 tablespoons ghee
- 1/4 cup almond flour
- 1/4 teaspoon baking powder
- 2 tablespoons raw cacao powder or Cacao Bliss\*
- (optional) 2 scoops Peak BioBoost\*\*
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 4 ozs coconut cream

## DIRECTIONS:

1. Preheat oven to 375°F. Prepare a muffin tin with 6 paper cups. Set aside.
2. In a medium bowl whisk the eggs with the coconut milk, 1/4 cup xylitol, vanilla, black food coloring and 3 tablespoons melted ghee. Set aside.
3. In a small bowl whisk together the almond flour, baking powder, raw cacao powder or Cacao Bliss, Peak BioBoost (optional), baking soda and salt.
4. Add to egg mixture whisking to incorporate all ingredients for about a minute.
5. Divide batter into the 6 paper cups, place in the oven and bake until fully set in the center; about 15-18 minutes. When done, set on a wire rack to cool.
6. Make Frosting: In a small bowl, beat the coconut cream with an electric mixer until smooth.
7. Add 4 tablespoons (1/4 cup) softened ghee and continue to beat another minute.
8. Add the remaining xylitol beat 1 minute. Add vanilla + food coloring if desired.
9. Adjust for sweetness by adding a pinch of stevia if desired.
10. Frost cupcakes using a piping bag or by hand.

\*Visit [www.PeakBiome.com/prebio](http://www.PeakBiome.com/prebio) to learn more about Peak BioBoost.

\*\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.



# CINNAMON APPLE CUPCAKES



Prep Time  
**10 minutes**



Cook Time  
**25 minutes**



Servings  
**4**

## INGREDIENTS:

- 2 apples
- 1/2 cup almond butter
- 1 egg
- 2 tablespoons coconut flour
- 1 scoop Peak BioBoost (optional)
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- (Optional) 1/2 cup of your favorite nuts
- Coconut oil spray

## DIRECTIONS:

1. Preheat oven to 350°F. Peel and blend apples into a sauce.
2. Crack the egg in a bowl and scramble it.
3. Add coconut flour, Peak BioBoost (optional), baking soda, cinnamon, nuts (optional) and mix well with a fork or hand mixer.
4. Add almond butter and mix again until well incorporated.
5. Spray muffin tins with coconut oil. Pour batter into muffin tins.
6. Bake for 25-30 minutes. Insert a toothpick in the middle - if it comes out clean, they're done.



# CHOCOLATE PEPPERMINT CUPCAKES



Prep Time  
**15 minutes**



Cook Time  
**17 minutes**



Servings  
**6**

## INGREDIENTS:

- 3 eggs (whole)
- 1/4 cup coconut milk
- 1/4 cup xylitol
- 1 teaspoon vanilla extract
- 1 teaspoon peppermint extract
- 7 tablespoons ghee
- 4 tablespoons almond flour
- 2 tablespoons raw cacao powder or Cacao Bliss
- 2 scoops Peak BioBoost (optional)
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 4 ozs coconut cream
- 2 tablespoons powdered xylitol
- 1 serving sugar free peppermint candy

## DIRECTIONS:

1. Preheat oven to 375°F. Prepare a muffin tin with 6 paper cups. Set aside.
2. In a medium bowl whisk the eggs with the coconut milk, xylitol, vanilla, peppermint extract and 3 tablespoons melted ghee. Set aside.
3. In a small bowl whisk together the almond flour, Peak BioBoost (optional), raw cacao powder or Cacao Bliss, baking powder and salt.
4. Add to egg mixture whisking to incorporate all ingredients for about a minute.
5. Pour into the 6 paper cups, place in the oven and bake until fully set in the center; about 15-18 minutes. When done, set on a wire rack to cool.

## Make Frosting:

1. In a small bowl, beat the coconut cream with an electric mixer until smooth.
2. Add 1/4 cup softened ghee and continue to beat another minute.
3. Add the powdered xylitol; beat another minute then add peppermint extract and food coloring as desired (optional; red is pretty as pictured and green is festive with the red and white candies).
4. Frost cupcakes using a piping bag or by hand.
5. Sprinkle with crushed peppermint candies.







**ICE CREAM**

# CHOCOLATE BANANA ICE CREAM



Prep Time  
**5 minutes**



Cool Time  
**2 minutes (up to 30 min)**



Servings  
**4**

## DIRECTIONS:

1. Add all ingredients into a blender or food processor, blend until you achieve a soft-serve texture.
2. You can serve immediately, or transfer to a container and freeze an additional 30 minutes. Enjoy!

## INGREDIENTS:

- 1 frozen banana (pre-sliced before freezing)
- 1/4 teaspoon pure vanilla extract
- 1-2 tablespoons raw cacao powder or Cacao Bliss\*
- 1 scoop Peak BioBoost (optional)\*\*
- 1/4 cup unsweetened almond milk

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\*\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.



# AVOCADO ICE CREAM



Prep Time  
**15 minutes**



Cool Time  
**4 hours**



Servings  
**4-6**

## INGREDIENTS:

- 2 avocados
- 1/2 cup raw honey
- 2 cups coconut cream
- 2 tablespoons lime or lemon juice
- 1/4 teaspoon salt

## DIRECTIONS:

1. Combine all ingredients into a blender. Mix until smooth and creamy.
2. Pour mixture into a container and freeze for at least 4 hours (longer is fine).
3. Let ice cream sit and soften for 5 minutes before serving.



# BANANA SPLIT ICE CREAM



Prep Time  
**30 minutes**



Cool Time  
**20 hours (or overnight)**



Servings  
**4-6**

## INGREDIENTS:

- 3 egg yolks
- 3/4 cup mashed banana
- 1/4 cup honey
- 1 (14.5 oz) can coconut milk
- 1 tablespoon coconut oil
- 1 teaspoon vanilla
- 1/8 teaspoon salt
- 2 teaspoons lemon juice
- 1/4 cup chocolate chunks
- 1/4 cup chopped toasted almonds
- 1/4 cup finely minced strawberries

## DIRECTIONS:

1. Place the egg yolks, banana, and honey in a medium mixing bowl and whisk until smooth. Set aside.
2. Heat the milk and oil over medium heat in a small saucepan until just simmering. Slowly pour the hot milk into the egg mixture, whisking constantly to temper the eggs. When all the milk is whisked in, transfer the mixture back to the saucepan and return to low heat.
3. Continue whisking until the mixture thickens into a custard-like consistency, about 15–20 minutes. The mixture may seem thick at first, but continue heating and whisking it for at least 15 minutes.
4. Whisk in the vanilla, salt, and lemon juice.
5. When the mixture is thickened, remove from the heat and pour into a small bowl or desired container. Allow the mixture to cool completely, then transfer to the fridge to chill for 2 hours (or overnight).
6. Once the mixture has cooled, pour into an ice cream maker and process according to the instructions on the machine.
7. Transfer the ice cream back to the container and stir in the chocolate chunks, nuts, and strawberries.
8. Store in the freezer. Allow to freeze for 1 hour (or overnight) before serving.







# MISC CHOCOLATE

# CHOCOLATE CHIP PANCAKES



Prep Time  
**10 minutes**



Cook Time  
**15 minutes**



Servings  
**12-14**

## INGREDIENTS:

- 1 cup almond flour
- 1/3 cup raw cacao powder or Cacao Bliss\*
- 2 scoops Peak BioBoost (optional)\*\*
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1<sup>1/4</sup> cups almond milk
- 1/4 cup pure maple syrup
- 2 eggs
- 2 teaspoons vanilla
- 3/4 cup mini chocolate chips (optional)

## Topping ideas:

- Fresh fruit, mini chocolate chips, pure maple syrup, natural peanut butter

## DIRECTIONS:

1. Mix together the flour, raw cacao powder or Cacao Bliss, Peak BioBoost (optional), baking powder, baking soda and salt in a large bowl.
2. In a separate bowl, whisk together the milk, maple syrup, eggs and vanilla.
3. Add the wet ingredients to the bowl with the dry ingredients and stir to combine. Don't over mix.
4. Add the mini chocolate chips, and stir gently to incorporate them.
5. Heat a griddle or large saute pan over medium heat.
6. Spray with coconut oil and pour about 1/4 cup of the batter at a time. You'll be able to get 4-5 on a two-burner griddle and 3 in a large skillet at a time.
7. Cook for 3-4 minutes on the first side, until the edges are cooked through and the middle of each pancake is bubbling. (If your stove cooks unevenly, you may want to turn your pan during the cooking time.)
8. Carefully flip each pancake (it will release from the pan easily if it's ready to flip) and cook an additional 1-2 minutes on the other side, until cooked through.
9. Remove cooked pancakes and place on an oven-safe plate and cover with a dish towel. Note: I spray the pan/griddle with coconut oil in between each batch. I also find I need to reduce the heat a little as I continue to cook the pancakes so as not to burn them.
10. Serve with you favorite toppings. Enjoy!

\*Visit [www.PeakBiome.com/prebio](http://www.PeakBiome.com/prebio) to learn more about Peak BioBoost.

\*\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.



# CHOCOLATE CREME BRULEE



Prep Time  
**10 minutes**



Cook Time  
**30 minutes**



Servings  
**4 x 4 oz custards**

## INGREDIENTS:

- 2 cups coconut milk
- 4 egg yolks
- 6 tablespoons raw cacao powder or Cacao Bliss\*
- 1 tablespoon arrowroot starch
- 1/2 teaspoon monk fruit
- 2 tablespoons coconut sugar + 1 teaspoon for sprinkling
- 1 teaspoon vanilla

## DIRECTIONS:

1. Preheat the oven to 325°F. Set aside a large baking dish that can fit all four 4-ounce ramekins.
2. In a medium saucepan, heat the coconut milk until just steaming.
3. Add the chopped coffee or espresso beans, and set the milk aside to steep, about 30 minutes.
4. When the milk is done steeping, strain the chopped coffee beans, and reheat it until it is warm and just steaming again.
5. While the milk warms, combine the egg yolks, arrowroot starch, monk fruit, 2 tablespoons coconut sugar, and vanilla.
6. Whisk to completely combine.
7. When the milk is warm, slowly add it to the yolk mixture in a steady stream, stirring constantly to temper the egg yolks.
8. Evenly distribute the milk mixture between four 4-ounce ramekins.
9. Set the ramekins in the baking dish, and pour hot water into the dish around them, so the water goes halfway up the sides of the ramekins.
10. Bake the crème brûlée until it is set but still slightly jiggly, 30-40 minutes.
11. Remove the crème brûlée from the oven and take it out of the baking dish to cool before setting it in the fridge to chill and set completely.

## To Serve:

1. Sprinkle 1 teaspoon of coconut sugar over each crème brûlée.
2. Use a kitchen torch to caramelize the coconut sugar until it is golden (this may take slightly longer than with regular sugar). Serve immediately!

\*Visit [www.PeakBiome.com/prebio](http://www.PeakBiome.com/prebio) to learn more about Peak BioBoost.

\*\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.



# CHOCOLATE CHUNK BARS



Prep Time  
**10 minutes**



Cook Time  
**20 minutes**



Servings  
**16**

## INGREDIENTS:

- 1/4 cup melted extra virgin coconut oil
- 1/3 cup raw honey
- 2 teaspoons vanilla extract
- 2 eggs, slightly beaten
- 1/4 cup unsweetened almond milk
- 1/4 cup coconut flour
- 2 scoops Peak BioBoost (optional)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 oz dark chocolate bar, coarsely chopped
- 1/2 cup coconut flakes, optional

## DIRECTIONS:

1. Preheat oven to 350°F. Spray 8x8 inch baking pan with nonstick cooking spray.
2. In a large bowl, whisk together extra virgin coconut oil, honey, vanilla eggs, and almond milk.
3. In a separate medium bowl whisk together coconut flour, Peak BioBoost (optional), baking soda, and salt. Add dry ingredients to wet ingredients and mix until just combined and batter is smooth.
4. Fold in chopped chocolate, reserved a few tablespoons for sprinkling on top if desired.
5. Bake for 20-22 minutes or until edges are golden brown and knife comes out with a few crumbs attached. The batter may look like it's not all the way cooked but it will be. DO NOT OVERBAKE or it will result in dried out bars and no one likes that! I always bake mine for 20 minutes and don't have any problems.
6. Cool bars on a wire rack for at least 10 minutes so that they settle a bit, then cut into 16 squares. Enjoy!



# CHOCOLATE ALMOND BUTTER DONUTS



Prep Time  
**5 minutes**



Cook Time  
**13 minutes**



Servings  
**6**

## INGREDIENTS:

- 1 large egg (whole)
- 4 ozs almond butter
- 2 tablespoons raw cacao powder or Cacao Bliss
- 1 scoop Peak BioBoost (optional)
- 2 tablespoons xylitol
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 7 oz coconut cream
- 2 teaspoons vanilla extract

## DIRECTIONS:

1. Preheat oven to 350°F. Prepare a 6-well donut pan with non-stick spray.
2. Place all ingredients in a blender or food processor, pulse a few times, scraping the container between pulses.
3. Pour into donut pan and bake for 13 minutes.
4. Cool in pan for 10 minutes then turn out on a wire rack to cool completely.



# CHOCOLATE COVERED STRAWBERRIES



Prep Time  
**25 minutes**



Cook Time  
**1 Hour**



Servings  
**2**

## INGREDIENTS:

- 10 fresh strawberries (or your favorite fruit)
- 1/4 cup melted dark chocolate (70% or higher)
- 1 tablespoon coconut oil

## DIRECTIONS:

1. Wash the strawberries/fruit.
2. Add dark chocolate and coconut oil to a small pan. Heat over low until melted.
3. Dip strawberries in chocolate and place on a parchment lined baking sheet.
4. Refrigerate chocolate for about an hour or until the chocolate hardens.



# DARK CHOCOLATE RASPBERRY BARK



Prep Time  
**10 minutes**



Cool Time  
**4 Hour**



Servings  
**12**

## INGREDIENTS:

- 3 ounces dark chocolate bar
- 1/4 cup raw cacao powder or Cacao Bliss
- 1 cup coconut cream
- 5 tablespoons xylitol
- 1<sup>1/4</sup> ounce freeze dried raspberries

## DIRECTIONS:

1. Melt the chocolate in a microwavable bowl or on top of a double boiler. Once melted, stir in the coconut cream, coconut sugar and raw cacao powder or Cacao Bliss.
2. Open the bag of freeze dried raspberries to let out the air then put the bag on the counter and lightly squish it to break up any big pieces.
3. Spread chocolate mixture on a parchment paper lined baking sheet.
4. Sprinkle the freeze dried raspberries over the top and refrigerate until firm. This will end up the consistency of a truffle, slightly soft but still firm. You can also freeze overnight for a firmer consistency.
5. Cut it into squares or triangles. Store in the refrigerator.







# MISC TREATS

# CACAO OVERNIGHT OATS



Prep Time  
**5 minutes**



Cook Time  
**overnight**



Servings  
**2**

## INGREDIENTS:

- 1 cup raw oats
- 1/2 cup plain or vanilla greek yogurt
- 1/2 cup unsweetened almond milk
- 1 rounded tablespoon raw cacao powder or Cacao Bliss\*
- 1 scoop Peak BioBoost (optional)\*\*
- 1 teaspoon xylitol
- 1 tablespoon chia seeds
- 1/8 teaspoon vanilla extract

## DIRECTIONS:

1. Mix all ingredients together in a jar or container with a lid and leave overnight (or at least 6 hours) in the fridge.
2. Top with coconut flakes, cacao nibs, or fresh fruit. Enjoy!

Note: Play around with this one! You can create all sorts of combinations. Simply mix raw oats with almond milk as your foundation, and add other healthy ingredients as you see fit.

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\*\*Visit [www.PeakBiome.com/cacao](http://www.PeakBiome.com/cacao) to learn more about Cacao Bliss.



# LEMON SQUARES



Prep Time  
**30 minutes**



Cook Time  
**1 hour 30 minutes**



Servings  
**16**

## INGREDIENTS:

### Perfect pie crust:

- 1/2 cup almond flour
- 1/2 cup arrowroot starch
- 1/2 cup coconut flour
- 4 scoops Peak BioBoost (optional)
- 1/4 teaspoon salt
- 1/2 cup palm shortening
- 1 egg white
- 1/4 cup water

### Lemon squares:

- 1/2 cup lemon juice
- 1/2 cup melted coconut oil
- 1/4 cup xylitol
- Zest of 2 lemons
- 3 eggs
- 1 tablespoon gelatin
- 1 teaspoon monk fruit powder

## DIRECTIONS:

### Create the pie crust:

1. Combine almond flour, arrowroot, coconut flour, Peak BioBoost (optional) and salt in a medium bowl, and mix to completely combine.
2. Cut in the palm shortening to form a crumbly dough.
3. In a small bowl, whisk the egg white and water together.
4. Add the egg white mixture to the dough and mix until smooth.
5. Form the dough into a ball, wrap it in plastic wrap, and refrigerate for 30 minutes (or overnight).

### Create the lemon squares:

1. Preheat the oven to 350°F. Line an 8-inch x 8-inch baking dish with parchment paper.
2. Partially roll out the pie dough, then press it into an even layer in the prepared baking dish.
3. Bake the crust 10-15 minutes until it's set.
4. Remove it from the oven and allow it to cool fully before filling.
5. In a small saucepan, heat the lemon juice, coconut oil, xylitol, and lemon zest until warm.
6. While the lemon mixture is warming, whisk the eggs in a medium mixing bowl. Slowly pour the warm lemon juice mixture into the eggs in a thin stream, whisking constantly to temper the eggs.
7. Whisk in the gelatin.



# APPLE GALETTE



Prep Time  
**25 minutes**



Cook Time  
**55 minutes**



Servings  
**8-12**

## INGREDIENTS:

### Pie dough:

- 1/2 cup almond flour
- 1/2 cup arrowroot starch
- 1/2 cup coconut flour
- 4 scoops Peak BioBoost (optional)
- 1/4 teaspoon salt
- 1/2 cup palm shortening
- 1 egg white
- 1/4 cup water

### Filling:

- 4 golden delicious apples
- 1 tablespoon lemon juice
- 5 tablespoons ghee, divided
- 3 tablespoons honey
- 1 teaspoon cinnamon

## DIRECTIONS:

### Pie dough:

1. Combine almond flour, arrowroot, coconut flour, Peak BioBoost (optional) and salt in a medium bowl, and mix to completely combine.
2. Cut in the palm shortening to form a crumbly dough.
3. In a small bowl, whisk the egg white and water together.
4. Add the egg white mixture to the dough and mix until smooth.
5. Form the dough into a ball, wrap it in plastic wrap, and refrigerate for 30 minutes (or overnight).

### Once pie dough is made:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Peel and halve the apples, then cut out the cores. Slice the apples into 1/4-inch slices. Put the apples in a medium bowl and toss with lemon juice. Set aside.
3. Roll out the pie dough between 2 pieces of parchment paper into a large circle, about 1/4-inch thick.
4. In a small saucepan, melt 3 tablespoons of ghee with honey. Add the cinnamon and mix.
5. Remove the honey ghee from the heat and use a pastry brush or BBQ brush to brush the dough with honey ghee.
6. Arrange half of the apple slices in a single, circular layer over the dough, leaving a 2-inch edge.

7. Brush the apples with the honey ghee. Finish with a second layer of the remaining apple slices, and drizzle the remaining honey ghee over all the apples.
8. Carefully use the edges of the parchment paper to help you fold the edges of the crust just over the edge of the apples.
9. Melt the remaining 2 tablespoons ghee in the small saucepan and brush the top of the apples and crust with the ghee.
10. Bake the galette for 25 minutes, then reduce the heat to 350°F. Again, brush the apples and crust with the ghee, and bake for another 30 minutes, until apples are tender and the crust is golden.
11. Serve warm or at room temperature.



# FROZEN BERRY YOGURT BARK



Prep Time  
**5 minutes**



Cool Time  
**2-3 hours until hard**



Servings  
**10**

## INGREDIENTS:

- 1 - 1.5 cups plain or vanilla Greek yogurt
- 1 teaspoon vanilla extract
- 5 strawberries (fresh or frozen)
- 15 blueberries (fresh or frozen)
- 8 raspberries

## DIRECTIONS:

1. Line a small baking tray with baking paper.
2. Chop the strawberries into small bite sized pieces.
3. Add vanilla extract to the yogurt.
4. Pour yogurt onto the baking tray and spread with a flat knife until it's about 1/3 inch thick. It should be thick enough to push the fresh fruit in.
5. Sprinkle the cut strawberries and whole blueberries. Then add raspberries over the top.
6. Freeze for 2 to 3 hours until hard. Cut using a sharp knife. Store in the freezer in an airtight container.



# MOCHA BANANA POPS



Prep Time  
**5 minutes**



Cool Time  
**overnight**



Servings  
**6**

## INGREDIENTS:

- 1 cup coconut milk
- 2<sup>1</sup>/<sub>2</sub> tablespoons raw cacao powder or Cacao Bliss
- 2 scoops Peak BioBoost (optional)
- 1/2 tablespoon pure maple syrup
- 1/4 cup cold brew organic coffee
- 1/2 banana

## DIRECTIONS:

1. Combine all ingredients in a high-speed blender.
2. Pour the mixture into ice pop molds, leaving about a 1/4-inch space at the top. Place the mold covering on top, and gently slide a wooden stick into each opening. Freeze overnight.
3. To serve, run the molds under hot water just enough to loosen the pops and enjoy.



# CACAO BLISS MINI PIES



Prep Time  
**25 minutes**



Cook Time  
**3 hours**



Servings  
**8**

## INGREDIENTS:

### **Crust:**

- 2 cups raw pecans
- 1 cup old fashioned rolled oats
- 2 scoops Peak BioBoost (optional)
- 4 tablespoons ghee, melted
- 2 tablespoons xylitol
- 1/2 teaspoon salt

### **Filling:**

- 2 13 oz cans coconut milk
- 1/4 cup maple syrup
- 2/3 cup raw cacao powder or Cacao Bliss
- 1/2 teaspoon vanilla extract

### **Toppings (OPTIONAL):**

- Fresh cherries (shown in photo), shredded coconut flakes, fresh berries, or fruit dark chocolate chips

## **DIRECTIONS:**

1. Preheat oven to 350°F. Toast pecans and oats on a baking sheet until golden, about 10 minutes. Remove from oven and cool.
2. Process pecans, oats, Peak BioBoost (optional), ghee, xylitol and salt in a food processor until finely ground.
3. Divide mixture evenly into 8 mini pie plates. Place in freezer for 15 minutes.
4. Then bake on a baking sheet until set, about 20 minutes.
5. Cool on a rack when finished.

### **For the filling:**

1. Scoop out just the white coconut cream and leave the clear liquid in the can and put into a large mixing bowl. Use a whisk to break up any large chunks.
2. Once coconut cream is mixed and is a thick, creamy consistency, add maple syrup, raw cacao powder or Cacao Bliss and vanilla.
3. Gently mix with the whisk until fully combined.
4. Make sure pie crusts have cooled completely after baking.
5. Then pour chocolate coconut filling into the pie crusts.
6. Spread filling evenly and place in the refrigerator for at least 2 hours to set.
7. Add your favorite toppings before eating and enjoy!



# CACAO SMOOTHIE BOWL



Prep Time  
**5 minutes**



Cook Time  
**2 minutes**



Servings  
**1**

## DIRECTIONS:

1. Place all ingredients into a high powered blender.
2. Blend until smooth or depending on what consistency you want, blend less.
3. Pour into bowl and top with toppings of choice.

## INGREDIENTS:

- 1 frozen sliced banana
- 1 cup ice
- 1 rounded tablespoon raw cacao powder or Cacao Bliss
- 1 cup fresh spinach
- 1-2 tablespoons chia seeds
- 1/2 cup plain or vanilla greek yogurt
- 1 scoop Peak BioBoost (optional)

## Topping Ideas:

- Bananas, Berries, Homemade Granola Coconut Flakes, Cacao Nibs



# APPLE CRISP



Prep Time  
**5 minutes**



Cook Time  
**35 minutes**



Servings  
**8**

## INGREDIENTS:

- 2 pounds apples (skins on for extra fiber)
- 1/2 cup coconut flour
- 1/2 cup almond flour
- 4 scoops Peak BioBoost (optional)
- 1/2 cup gluten-free oats
- 2/3 cup xylitol
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/4 teaspoon salt
- 1/3 cup extra virgin coconut oil
- 2 tablespoons flax seed
- 2 tablespoons egg whites
- 1 teaspoon vanilla extract

## DIRECTIONS:

1. Preheat oven to 375°F. Core and slice apples. Toss apples with a light sprinkle of cinnamon before placing in 8x11 inch glass dish.
2. Separately, mix the egg whites and flaxseed together. Let sit until needed.
3. Add all remaining dry ingredients together in a bowl and mix with a fork.
4. Next, add melted extra virgin coconut oil and vanilla along with the egg white & flaxseed mixture.
5. Mix together with a fork until it creates a nice crumble.
6. Spread evenly across the apples in the dish until completely covered.
7. Bake for 30 minutes.
8. Once finished, let cool for at least 30 minutes. Enjoy!



# BLUEBERRY COBBLER



Prep Time  
**10 minutes**



Cook Time  
**1 hour**



Servings  
**12**

## INGREDIENTS:

- 3 cups washed blueberries
- 2 cups almond flour
- 1/4 cup coconut flour
- 4 scoops Peak BioBoost (optional)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup raw honey
- 1/4 cup ghee, soft
- Drop of almond extract
- 3 tablespoons flax-meal whisked with 9 tablespoons warm water, allowed to plump up for 5 minutes
- 1 tablespoon apple cider vinegar (added last)

## DIRECTIONS:

1. Preheat oven to 350°F. Grease an 8x8 glass dish with extra virgin coconut oil.
2. Pour the blueberries in pan, reserving a few berries for the top if you wish.
3. Whisk the almond flour, Peak BioBoost (optional), salt, and baking soda in a bowl.
4. Separately, whisk together ghee, honey, and extract.
5. Mix wet and dry ingredients together, stirring in the flax.
6. Once well combined, quickly stir in cider vinegar.
7. Pour batter onto berries, spreading up to the edges.
8. Bake for 40 minutes, or until batter is set on top, this happens to vary in my house, sometimes taking 50 minutes.



# CARAMELIZED PEAR CUSTARD



Prep Time  
**10 minutes**



Cook Time  
**20 minutes**



Servings  
**8**

## INGREDIENTS:

- 2 tablespoons ghee
- 2 tablespoons xylitol
- 1/4 teaspoon ground cardamom
- 2 medium pears
- 3 eggs (whole)
- 2 large egg yolks
- 2 cups coconut cream
- 1/8 cup maple syrup
- 1/2 fl oz rum
- 1 teaspoon vanilla extract

## DIRECTIONS:

1. Preheat oven to 375°F. Heat the ghee, xylitol, and cardamom in a large saucepan over medium-high heat.
2. Slice the pears into 1/2-inch wedges.
3. Once the ghee has melted add the pears and allow to caramelize for 4 minutes on each side.
4. Remove from heat and arrange in a pie plate or 3-4 cup casserole dish.
5. Reserve about 2 tablespoons purée of xylitol and pour the remaining over the pears (keep remaining in the sauce pan and set aside).
6. In a small bowl, whisk the eggs, egg yolks, coconut cream, purée of xylitol, rum and vanilla until combined.
7. Pour mixture over pears and bake for 15-20 minutes until golden brown and custard has set.
8. Remove from oven and allow to cool slightly.
9. Using a pastry brush, brush the top with reserved a purée of xylitol.



# CINNAMON-ALMOND MERINGUES



Prep Time  
**2 hours**



Cook Time  
**1 hour 30 minutes**



Servings  
**8**

## INGREDIENTS:

- 1/2 cup whole almonds
- 4 tablespoons xylitol
- 3 large egg whites
- 1/2 teaspoon pure almond extract
- 1/2 teaspoon cinnamon
- 1/8 teaspoon coconut cream

## DIRECTIONS:

1. Heat oven to 200°F. Line a baking sheet with aluminum foil.
2. In a food processor, chop nuts with xylitol until nuts are finely ground.
3. In a large bowl, with an electric mixer at high speed, beat egg whites until soft peaks form.
4. Add the coconut cream, almond extract and cinnamon beating until stiff peaks form. Gently fold in nut mixture.
5. With a spoon, drop 8 evenly spaced mounds onto prepared baking sheet.
6. Make a depression in the center of each with the back of the spoon.
7. Bake meringues on center oven rack 1<sup>1/2</sup> hours, until gold and very dry.
8. Turn off oven and let meringues dry in oven until cool.
9. Carefully peel meringues off foil.



# PUMPKIN PIE MOUSSE



Prep Time  
**5 minutes**



Cool Time  
**3 hours**



Servings  
**2**

## INGREDIENTS:

- 1 banana, sliced
- 1/2 cup canned pumpkin purée
- 1/4 cup light coconut milk
- 2 scoops Peak BioBoost (optional)
- 2 tablespoons almond butter
- 2 tablespoons xylitol
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1 pinch ground cloves or allspice

## DIRECTIONS:

1. Put all the ingredients in a blender or food processor and process until smooth.
2. Spoon the mixture evenly into two small custard cups.
3. Serve the pumpkin pie mousse immediately or cover tightly and chill for up to 3 hours.



# CACAO LEMON BITES



Prep Time  
**8 minutes**



Cook Time  
**10 minutes**



Servings  
**10**

## INGREDIENTS:

- 3/4 cup pecans
- 1/2 cup rolled oats (grind for a less coarse texture)
- 2 tablespoons raw cacao powder or Cacao Bliss
- 2 tablespoons pure maple syrup
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon ground cinnamon
- 1/4 teaspoon pure vanilla extract
- teaspoon salt
- 2 scoops Peak BioBoost (optional)

## DIRECTIONS:

1. Combine all ingredients in a food processor, and process until mixture is sticky and well combined.
2. Shape mixture into about 10 1-inch balls. Place on a tray or plate lined with parchment paper.
3. Eat them immediately or let them set in the freezer for about 10 minutes. Feel free to store leftovers in the freezer!



# CHOCOLATE HAZELNUT BITES



Prep Time  
**20 minutes**



Cool Time  
**20 minutes**



Servings  
**20**

## INGREDIENTS:

- Roughly 20 whole roasted hazelnuts
- 1/2 cup walnuts
- 3 tablespoons raw cacao powder or Cacao Bliss
- 2 tablespoons melted coconut oil
- 2 tablespoons maple syrup
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon salt
- 1/2 cup chopped hazelnuts (to garnish)

## DIRECTIONS:

1. Add 1/2 cup hazelnuts and 1/2 cup walnuts into a food processor. Blend until coarse. Add the cacao and salt and blend again.
2. Add the maple syrup, vanilla extract and coconut oil and blend until the ingredients start to stick together
3. Roll this mixture into small balls. Stick a whole roasted hazelnut into the center of each one.
4. Roll each ball in the chopped hazelnuts.
5. Place balls in freezer for 20-30 minutes to harden, then either enjoy or store in the fridge.



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CHOCOLATE RASPBERRY TRUFFLE BARK



BLUEBERRY COBBLER



CACAO SMOOTHIE BOWL



PUMPKIN PIE MOUSSE



STRAWBERRY SHORTCAKES



MINI LEMON RASPBERRY CHEESECAKES

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