

30 Paleo Dessert Recipes for the Modern Food Lover

# BARE ROOT Sweets

*Grain-free, Low-carb, Sugar-free, and Gluten-free Recipes*



Recipes & Photography by Angela Gallardo

# Bare Root Sweets

---

## *30 Paleo Desserts for the Modern Food Lover*

By: Angela Gallardo

Text & Photographs Copyright © 2013 by Angela Gallardo

All rights reserved. No part of this book may be reproduced by any means whatsoever without written permission from the publisher, except brief portions for purpose of review.

First Edition 2013

ISBN (paperback) 978-1-4928-5827-0



---

## Testimonials

---

“This is a magnificent book and greatly needed. We should all avoid sugar, flour, gluten and trans fatty acids, which is the typical pro-inflammatory dessert. To create a recipe book that allows for the consumption of desserts that are non-inflammatory is so important and a great accomplishment. Thank you. *This is a DeFlame-approved book.*”

**David R. Seaman, DC, MS** -- [www.deflame.com](http://www.deflame.com)

“A great addition to the kitchen for anyone striving to live the Paleo lifestyle. The recipes are well thought out and there are a ton of fun and useful choices for any occasion.”

**Dr. David Crosson, Chiropractic Physician & Owner at [ChiroFit](#) - Barrington, IL**

This cookbook rocks! These sweet yet healthy recipes contain many of the ingredients I recommend my patients consume when they are trying to reach their health goals to burn fat and reverse disease. The carrot cake, pumpkin cheesecake, and lemon angel food cake are all incredible and use ingredients like coconut flour, almond flour and all natural sweeteners that are good options for anyone following a Paleo or vegetarian diet.

If you want to improve your health and to satisfy your sweet tooth I highly recommend you buy this cookbook.

**Dr. Josh Axe DC, CNS, Founder of [DrAxe.com](#)**

*Author The Real Food Diet Cookbook*

“As a mother, I am always looking for ways to incorporate healthy traditions. This book is an excellent resource for nutrient dense comfort foods. I was impressed by the Spice Peach Buckle, which was not only easy to make but was also a warm and delicious treat. This book has helped me to realize that I do not have to sacrifice familiar flavors and sweet indulgences entirely in order to be true to healthier food options.”

**Michelle - Tempe, AZ**

Although not a strict paleo follower, I am always on the look out for ways to create desserts with little or no sugar, and, as a relative newcomer to the gluten free and grain free lifestyle, I find the recipes in this book to be extremely useful in allowing me to create delicious and healthful desserts which I can enjoy guilt-free. I love these recipes, and I know that I can make them for my family and friends, as they taste just as decadent as regular desserts yet are full of health-giving nutrients. I can honestly say the browned butter pumpkin ice cream is addictive, especially with the candied pecans on top, and ha

now become my favorite ice cream flavor (move over mint choc chip!). The mint sandwich cookies are tastier than their sugar-laden, processed cousins and the chocolate citrus truffles just melt in the mouth. Angela's mix of her own creations and her healthful reworking of well-known favorites provides a book bursting with recipes you will want to make again and again.

**Jacqueline, Tempe, AZ**



# Table of Contents

---

[About Bare Root](#)

[Introduction to Bare Root Sweets](#)

Cakes

[No-Bake Pumpkin Cheesecake](#)

[Lemony Angel Food Cake](#)

[Spiced Peach Buckle](#)

[Banana Caraway Pound Cake](#)

[Chai-Spiced Carrot Cake](#)

[Chocolatey Cacao Cupcakes](#)

Pies & Tarts

[Cool Strawberry Pecan Tart](#)

[Smore's Pie](#)

[Apple & Sage Hand Pies](#)

[Banana Cream Pie](#)

[Caramelized Coconut Flan](#)

[Blueberry Galette](#)

Candy & Chocolate

["ShNickers"](#)

[Dark Citrus Punch Truffles](#)

[Lavender Dark Drinking Chocolate](#)

[Coconut Crispy Treats](#)

[Maple Bacon Caramel Apples](#)

[Maca Super Bark](#)

Cookies & Bars

[Mexican Hot Chocolate Brownies](#)

[Coconut Caramel Cookies](#)

[Creamy Lemon Bars](#)

[Cranberry Ginger Cookies](#)

[Blackberry Crumble Bars](#)

[Mint Chocolate Sandwich Cookies](#)

Other Stuff

[Almond Panna Cotta with Raspberry Rhubarb Jam](#)

[Baked Churros with Chocolate Hazelnut Sauce](#)

[Swiss Snack Rolls](#)

[Bavarian Cream Puffs](#)

---

[Chocolate Crunch Popsicles](#)

[Browned-Butter Pumpkin Ice Cream](#)

[Appendix](#)

[Share](#)





---

## About Bare Root

---

[BareRootGirl.com](http://BareRootGirl.com) and the Bare Root cookbooks are an endeavor to unite the modern food lover in me with my primally passionate side.

I'd built my cooking knowledge base via a Food Network addiction and struggled for years to reconcile my love of good food with my desire to be health conscious. I'd come to believe it was an impossible feat.

My awareness of the Paleo/Primal lifestyle came about slowly. Naturally, at first, I felt it was far too limiting to really let my passion for flavor flourish and I brushed it aside. But I was pulled toward the natural foundations of the diet, the modern application of an ancestral way of life. Eliminating all the processed junk and adapting a more simplistic approach toward eating felt instinctual to me. And it ultimately overruled my desire for what I considered at the time to be 'fine foods.'

Like many others, a number of life circumstances regarding my own suffering health gradually pushed me further down the Paleo/Primal path. I learned that ultimately this lifestyle is really about replacing nutrient poor foods with nutrient dense foods. It's not about subscribing religiously to a Paleo dogma or creating lists of 'ok' and 'not ok' foods. It's about eliminating those foods that research now tells us are harmful to our bodies (like grains, legumes, and sugar) and incorporating foods that our bodies respond well to based on personal experience. I believe whole-heartedly that every individual can find a Paleo model that works for themselves and that it can cure many of the ailments plaguing our society today.

I started BareRootGirl.com to challenge myself to create recipes that were not just delicious but nutrient dense, as well. At times, it can be frustrating to work without so many of the staples I was used to growing up. But it's exhilarating, and very rewarding to create nutritious meals free of disease-causing anti-nutrients.



---

## Introduction to Bare Root Sweets

---

The positive response I've received on BareRootGirl.com motivated me to begin a collection of cookbooks (available in both e-copy and paperback) that will serve as inspiration for others to unite a Paleo/Primal diet with modern 'fine food' eating.

Quality ingredients promote maximum flavor in every recipe included here. Everything from investigating the proper handling of raw ingredients to the precisely lowest amount of sweetener a recipe needs to be appealing were given a great deal of consideration. And because food is truly lovely, I tried to let the finished products shine in their natural beauty as much as possible.

It should be addressed that we know our ancestors weren't munching on dark chocolate truffles or coconut milk cheesecakes. But the approach I've taken with these recipes (and the ingredients they contain) reflects back to my personal approach to the lifestyle, which is focusing on the nutrient density of the ingredients.

Truth be told, desserts should not be a daily occurrence in a Paleo/Primal diet. For many, not even a weekly occurrence. But an essential part of moving over to this way of eating has been affording myself the occasional treat. And over time, my tastes have changed and I've learned that I don't need nearly the amount of sweetness I used to think was a requirement in desserts.

I've made an effort to include many sugar-free dessert options that will still satiate your sweet tooth. My go-to Date Paste recipe works as a great sweetener and is noted in the recipes where it works well as a replacement. Additionally, there are a few recipes that can be made without any sweetener at all if you're on a 21DSD or simply wanting a guilt-free treat!

All recipes are 100% my original creations. And as many of them took quite a number of attempts to perfect, I'm extremely excited for you to try them.

---

# Cakes



# No-Bake Pumpkin Cheesecake



*A creamy, no-bake dessert with a little fall flavor. Make your own coconut “cream cheese” for the traditional tang or substitute plain coconut cream. Enjoy this cheesecake with a warmed pumpkin topping or chilled overnight for a more set-up presentation.*

## **Ginger Crust**

- 2 c. raw walnuts
- 3 dried medjool dates
- 2 t. ground ginger
- ½ t. sea salt
- 2 T. blackstrap molasses
- ¼ c. grass-fed butter or organic virgin coconut oil, melted

## **Filling**

- 2 lemons, juiced
- 1 T. grass-fed gelatin
- 
- 2 c. Cultured Coconut “Cream Cheese” (recipe below)
- 1 can organic full-fat coconut milk

½ c. organic grade B maple syrup (or 1 c. [Date Paste](#))

---

1 vanilla bean

1 t. vanilla extract

½ t. sea salt

### **Pumpkin Topping**

1 can organic pumpkin puree

¼ c. organic grade B maple syrup (or ½ c. [Date Paste](#))

1 lemon, juiced

1 t. vanilla extract

1 t. ground cinnamon

1/8 t. ground cloves

¼ t. sea salt

2 t. tapioca starch

### **Cultured Coconut “Cream Cheese”**

*Yields: 2 cups*

3 cans organic coconut cream

1 probiotic capsule (Or approx. 30 million active cultures)

#### **Directions:**

*Prepare “Cream Cheese” ahead:* Place coconut cream into a large strainer lined with a tea towel or cheesecloth. Place strainer over a large bowl to catch coconut water and let sit 1-2 hours. Wrap the tea towel around the cream and squeeze out as much remaining water from the cream as possible. (Reserve coconut water in fridge; it’s delicious to drink as-is!) Move coconut cream into a glass pint jar, open the probiotic capsule, and mix in granules well. Place a lid on the jar tightly and place in the oven with the oven light on (the heat from the light will allow the coconut cream to culture). Leave overnight or minimum 12 hours. Leaving for longer will intensify the “cream cheese” sourness. Store in fridge.

*To make the Ginger Crust:* place all crust ingredients into the bowl of a large food processor. Process until mixture is combined well, scraping the sides down occasionally. Press into a 9-inch spring form pan and refrigerate 30+ minutes.

*To prepare the filling:* mix lemon juice and gelatin in a small bowl set in a saucepan of low-simmering water. Heat until the gelatin is dissolved and set aside.

Combine remaining filling ingredients in the bowl of a large food processor and process until smooth about 30-60 seconds. With the food processor running, slowly drizzle in warm lemon juice/gelatin mixture and process to combine, another 30 seconds. Pour filling into chilled Ginger Crust and place in the refrigerator 1-2 hours.

*To prepare the Pumpkin Topping:* combine all topping ingredients in a blender. Blend on high until smooth, about 30-60 seconds. Pour mixture into a small saucepan and heat until mixture is barely beginning to bubble. Pour Pumpkin Topping over chilled crust/filling and place back in the



refrigerator overnight or minimum 8 hours. Serve chilled.

---

---

# Lemony Angel Food Cake with Lemon Cream & Hibiscus Cherries



*A light & fluffy cake with a creamy lemon frosting. This cake gets its airy texture from a batter of egg whites whipped into a stiff meringue. Hibiscus-infused cherries add a tart, but sweetly floral flavor.*

## **Angel Food Cake**

12 pastured egg whites

2/3 c. raw honey

½ lemon, juiced

½ t. sea salt

1 T. vanilla extract

1/3 c. organic coconut flour

¾ c. tapioca starch

1 lemon, zest

### **Directions:**

Preheat oven to 350F.

Combine egg whites, honey, lemon juice, and sea salt in the bowl of a stand mixer. Place the bowl over a bowl of hot water simmering on medium-low heat. Whisk continuously until honey is melted and eggs feel warm to the touch.

Transfer the bowl to a stand mixer fitted with a whisk attachment. Mix on medium speed 30 seconds, increase speed to medium high for another 30 seconds, then move to high speed for 2-3 minutes, or until mixture has doubled in volume and formed a stiff meringue. Add vanilla extract and mix on high another 30 seconds.

In a separate bowl, whisk together coconut flour, tapioca starch, and lemon zest. Sift mixture in thirds into the meringue, gently folding it in with a spatula, careful not to deflate the egg whites too much.

Scoop cake batter into an angel food cake pan. Smooth it out and tap the pan on the counter a couple of times to remove any air bubbles. Bake for 40 minutes, or until golden brown and a skewer comes out clean. Invert to cool 2+ hours before frosting and serving.

## **Lemon Cream Frosting**

1 1/3 c. organic coconut cream

2 T. organic virgin coconut oil

1 lemon, juice and zest

1 T. raw honey

2 T. grass-fed gelatin

pinch of sea salt

### **Directions:**

In a double boiler, combine all ingredients. Mix occasionally until fully combined and gelatin is melted. Move to refrigerator and chill for 1 hour.

Transfer chilled mixture to the bowl of a stand mixer fitted with a whisk attachment. Whisk on high speed until mixture doubles in volume, about 2-3 minutes. Spread onto cake immediately.

## **Hibiscus Cherries:**

---

½ c. dried hibiscus flowers

½ lemon, juiced

1 T. raw honey

pinch sea salt

1 c. fresh cherries, halved (about 20 cherries)

### **Directions:**

In a small saucepan, combine hibiscus with 1 cup of water. Cook to a simmer over medium heat. Remove from heat, cover with lid, and let steep for 10 minutes.

Strain out hibiscus flowers and place the liquid back into the saucepan. Mix in honey and lemon juice and bring to a simmer over medium heat. Cook to reduce by half, about 5-10 minutes. Add cherries and a pinch of sea salt. Remove from heat and allow to cool to room temperature before topping the cake.



# Spiced Peach Buckle



*buck·le (bŭk'əl) noun.*

---

*1. a traditional, cake-like batter layered underneath fruit.*

*2. the cake rises around the fruit, which tries its best to sink to the bottom, making the whole thing buckle inwards.*

*Yields: 1 8 x 8" buckle*

3 pastured eggs

½ c. organic full-fat coconut milk

1 T. organic virgin coconut oil

½ c. Date Paste (recipe below)

1 t. vanilla extract

1/3 c. coconut flour

1 T. ground flaxseed

½ t. baking powder

¼ t. baking soda

½ t. sea salt

-----  
2 peaches, sliced

1 lemon, juiced

1 T. cinnamon

¼ t. ground ginger

¼ t. freshly ground nutmeg

-----  
1 T. organic virgin coconut oil, melted

**Directions:**

Preheat the oven to 350F.

In a small bowl, combine peach slices, lemon juice, cinnamon, ginger, and nutmeg. Toss well to coat and set aside.

In the bowl of a stand mixer, mix eggs, coconut milk, coconut oil, date paste, and vanilla on medium speed until combined. Add coconut flour, flax, baking powder, baking soda, and sea salt. Mix on medium high speed until mixture is smooth and no lumps are apparent.

Place the melted coconut oil in the bottom of an 8 x 8" baking pan. Pour the coconut flour batter mixture on top of the oil and gently spread to coat the bottom. Take the peach slices and one by one, arrange them in the batter in 2 rows (as shown in the picture).

Bake for 40-50 minutes, or until center is set and the top is golden brown. Serve warm as-is or topped with coconut milk.

## Date Paste

---

15 dried medjool dates, pitted

$\frac{3}{4}$  c. warm filtered water

### **Directions:**

Combine the dates and filtered water in a high-powered blender. Cover and let soak 10 minutes. Blend on high for 1-2 minutes, or until mixture becomes a thick, smooth paste.



- [The Principles of Political Economy and Taxation pdf](#)
- [A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives book](#)
- [Samurai Invasion: Japan's Korean War 1592 -1598 pdf, azw \(kindle\), epub](#)
- [The Quotable Hitchens: From Alcohol to Zionism--The Very Best of Christopher Hitchens pdf, azw \(kindle\), epub](#)
- [read Whispers](#)
  
- <http://reseauplatoparis.com/library/A-Lion-Among-Men--The-Wicked-Years--Book-3-.pdf>
- <http://unpluggedtv.com/lib/The-Beatles-As-Musicians--Revolver-through-the-Anthology.pdf>
- <http://sidenoter.com/?ebooks/A-Land-More-Kind-Than-Home.pdf>
- <http://qolorea.com/library/The-Quotable-Hitchens--From-Alcohol-to-Zionism--The-Very-Best-of-Christopher-Hitchens.pdf>
- <http://tuscalaural.com/library/Whispers.pdf>