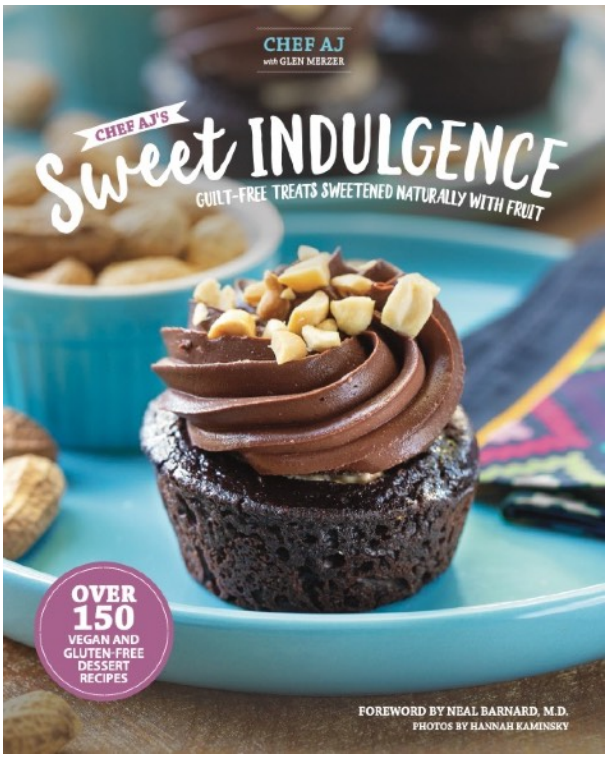


Chef AJ's Healthy Kitchen LLC ©
email: help@ChefAJ.com

Website | ***My Story*** | ***Bestselling Book*** | ***Amazon Store*** | ***Instagram*** | ***Facebook***



To pre-order a SIGNED copy please order the book here: https://www.aseatatthetablebooks.org/item/ZoZQdz5_9KnlUqAhQqoR3A

If you pre-order my book, SAVE THE RECEIPT!!!

As a thank you for pre-ordering, I've put together an exclusive bonus package ($1,000 value) for everyone who pre-orders the book by AUGUST 27. Upload your receipt here: https://sweetindulgence.chefaj.com/redeem-bonus

If you don't want the book signed you can get the book on Amazon here: https://www.amazon.com/Chef-AJs-Sweet-Indulgence-Guilt-Free/dp/1570674248

Or you can get the book at Barnes & Noble here: https://www.barnesandnoble.com/w/book/1144514092?ean=9781570674242

THE RECIPES

CHEF AJ'S SWEET INDULGENCE

GUILT-FREE TREATS SWEETENED NATURALLY WITH FRUIT



THUMBPRINT COOKIES

IT'S FUN TO FILL these cookies with different colored jams and create a rainbow on your plate! You can buy fruit sweetened jam in a variety of flavors just about anywhere now, or easily make your own chia jam with the recipe on this book.

INGREDIENTS:

1 cup gluten-free rolled oats

6 ounces pitted dates (about 1 cup)

1⁄2 teaspoon vanilla bean powder

fruit-sweetened jam in your favorite flavor

PREPARATION:

Preheat oven to 350°F.

Place the oats and vanilla bean powder in a food processor fitted with the "S" blade and process into a flour-like consistency. Add dates and process until a ball forms, adding a few more dates if necessary. Divide into 8 pieces, roll into balls, and flatten with your hand. Using your fingertips, build up the sides of each cookie so you will have an indentation to hold the jam. Fill each cookie with the jam of your choice. Bake for 5 minutes on a cookie sheet lined with parchment paper or with a nonstick silicone baking mat. Let cool completely.



MANGO MOUSSE PARFAIT

THIS IS an easy yet elegant dessert that always impresses company, especially when offered in a beautiful glass. I have served this at the TrueNorth Health Center on New Year's Eve in shot glasses, much to the delight of the guests, except for the ones who were fasting!

MOUSSE: In a high-speed blender, blend all ingredients until very smooth. Chill.

COULIS: Purée defrosted fruit and *Date Paste* in a high-speed blender until smooth. Add more *Date Paste* if needed until desired sweetness is reached.

ASSEMBLY: In beautiful glasses, layer the mousse and coulis and repeat layers, 1-2 times, depending on the size of the glass. Chill well before serving.

2 pounds frozen mango, thawed (about 3 cups)

2 ounces unsweetened dried mango (1/4 cup) soaked in 1/4 cup water until soft

2 cups raw, unsalted cashews (16 ounces)

1/4 cup fresh lime juice and 1 Tablespoon zest

COULIS:

12 ounces frozen raspberries, thawed (about 3 cups)

1⁄4 cup *Date Paste* (page 259), or more to taste

Chef's Tip

Frozen cherries or strawberries can be substituted for the frozen raspberries. If you don't want to make the coulis, you could layer the parfait with fresh berries instead.



CHERRIED TREASURES

A CHERRY TREE can produce fruit for around 100 years, and if you eat these desserts, you may live just as long! If frozen cherries aren't always available where you live, be sure to stock up when you see them.

CRUST

8 ounces raw, unsalted walnuts (about 2 cups)

6 ounces pitted dates (about 1 cup)

1 cup dried unsweetened cherries (about 6 ounces)

FILLING

2 pounds frozen cherries, thawed (about 5 cups)

1 pound pitted dates (about 2 and 1⁄2 cups), soaked in 2 cups orange juice

Juice and zest of two limes (about 1/4 cup juice and 1 Tablespoon zest)

4 Tablespoons chia seeds

STREUSEL TOPPING

4 ounces raw, unsalted pecans (about 1 cup)

1 cup unsweetened, shredded coconut

2 teaspoons cinnamon 1⁄2 teaspoon nutmeg

12 ounces pitted dates (about 2 cups)

CRUST: In a food processor fitted with the "S" blade, process nuts into a flour-like consistency. Do not overprocess them into nut butter. Add dates and dried cherries a few at a time, pulsing until the mixture sticks together so you can easily roll it into a ball. Press crust into the bottom of an 8-inch square springform pan.

FILLING: In a food processor fitted with the "S" blade, purée cherries and dates, along with any excess orange juice, until smooth. Add lime and chia seeds and process again briefly. Pour filling over crust.

STREUSEL TOPPING: In a food processor fitted with the “S” blade, process nuts into a flour-like consistency, being careful not to overprocess into nut butter. Add the coconut, cinnamon, and nutmeg and process again. Add dates, a few at a time, until a streusel-like texture is achieved. Sprinkle over cherry filling. Chill until firm, cut into squares.