

Seriously Delicious Treats You Deserve!



Sugar, Dairy, Gluten
Free

RAE FAULKNER

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Introduction

Hello, my name is Rae Faulkner and I am a self-confessed dessert and treat lover. Life just isn't worth living if there is no dessert in the house! I have suffered to bring this resource to you, I had to taste and test all the recipes, it was such a hardship but you're welcome!

In saying that I love treats I am also into healthy foods, so my choices in treats are nutrient dense and cater to those with digestive and allergy issues with no sugar, gluten or dairy. Originally, I began with having to adapt recipes, so they didn't contain any of these three ingredients due to health issues. That was nearly 18 years ago now and I have healed my digestive system, but I still tend to stay away from irritants. Obviously, refined sugar is no good for anyone, and I find if I stay away from it, I feel sooo much better.

NOTE: When I talk about stevia powder, I am referring to home grown stevia I have ground myself. When I first eliminated sugar nearly 18 years ago there weren't a lot of alternatives around, but now you can buy stevia in the supermarket that even looks like sugar that you can use cup for cup for any sugared recipe.

Of course, you can substitute various ingredients to suit yourself.

I hope you love these recipes as much as I do. BON APETIT



Rae Faulkner

Seriously Delicious Desserts

Raw Chocolate Orange Ganache

The Base;

300g pecans or almonds 1 tsp Himalayan or sea salt
300g medjool dates or 350g dates

In a food processor blend the nuts till crumbly. Add the salt and dates and blend until it forms a dough or ball.

Press into the bottom of a 23-24cm spring form cake tin. Cover with cling film or plastic bag and leave to harden in the freezer while you prepare the filling.

Filling;

4 avocados 150g coconut oil
200g raw cacao powder 2 tsp vanilla essence or 1 tsp vanilla beans
½ cup honey Grated rind of 1 orange
Pinch of salt

Blend filling ingredients until smooth, then spoon onto the base.

Set in the freezer for 1 hour. It should be firm enough to slice up.

Top with fresh berries and a little plain coconut yoghurt. A small slice is enough...maybe!



Raw Chocolate Orange Ganache

Choc-coconut Raw Mousse

Ingredients

2 ½ avocados	400 ml coconut cream
¾ cup cacao powder	½ cup maple syrup
1 tbsp rice malt syrup or honey	pinch of salt
1 tsp vanilla paste	

Place all ingredients in a food processor and pulse until smooth and creamy. Spoon into individual serving glasses and transfer to the fridge to cool for 2 hours before serving, then decorate with your favourite toppings. Serves 4-5

Topping Suggestions;

- Blueberries and coconut yoghurt
- Grated chocolate and edible flowers
- Coconut flakes and strawberries
- Banana and toasted seeds



Choc-coconut Raw Mousse

Pumpkin Pie

Ingredients

The Base

½ cup almond meal

1/3 cup coconut

½ cup coconut flour

Coconut oil (enough to bind slightly, around 1-2 tbsp)

Preheat oven to 180 C (355 F)

Mix all ingredients in a mixing bowl. Press into a 22-23 cm pie dish and bake until brown, around 10-15 minutes.

The Filling

¼ tsp stevia powder

1 tsp vanilla essence

1/3 tsp ground cloves

1/3 cup honey, melted

1 cup coconut cream

1 tsp cinnamon

½ tsp ginger

1/3 tsp salt

3 eggs

1 ½ cups pumpkin puree

Preheat oven to 190 C (370 F)

Steam and mash the pumpkin, put aside and allow to cool.

Mix stevia, spices and honey together in large mixing bowl

Beat eggs, add coconut cream and beat till blended. Add to spice and honey mixture and stir till blended.

Add mashed pumpkin, mix well with beater

Pour onto baked crust

Bake for 20-25 mins or until knife comes out clean

This delicious pie can be eaten warm or cold. I like it with sliced mango and coconut ice cream or yoghurt.

Enjoy



Chia Seed Pudding

Ingredients

2 cups coconut milk

½ cup chia seeds

½ tsp vanilla extract

½ cup blueberries

¼ cup maple syrup or honey

¼ tsp cinnamon

1 tbsp cacao powder

For blended or smooth version: Place all ingredients in blender and blend on high for 1-2 minutes until completely smooth.

For whole chia seed version: Blend all ingredients except the chia seeds in a blender until smooth. Then whisk in chia seeds.

Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to allow to gel. Shake or whisk a few times within the first hour to help gel evenly, (optional).



Chia Seed Pudding

Coconut Apple Betty

Ingredients

4 large apples (tart is best)

1 cup desiccated coconut

1 cup dates, chopped

Cinnamon

$\frac{3}{4}$ cup LSA or ground linseed (flaxseed)

$\frac{1}{2}$ cup sesame seeds

$\frac{1}{2}$ cup walnuts or almonds, chopped

$\frac{1}{2}$ cup olive oil

Preheat oven to 180C (350 F).

Peel and core the apples. Slice thinly and arrange a layer over the bottom of a greased (24-26cm or 9 1/2 -10 inch) pie dish.

Next put a layer of half the coconut, half the sesame seeds, then half the LSA, followed by the dates and nuts (half of each).

Sprinkle with cinnamon and repeat the layers until all the ingredients are used.

Drizzle over olive oil.

Bake for 40 minutes or until apple is soft.

Serve with coconut cream and yoghurt

Note: This can also be made with rhubarb instead of apples.



Coconut Apple Betty

Cornmeal Banana Custard

Ingredients

1 cup cornmeal	3 eggs, beaten
1 cup coconut cream	3 cups water
2 bananas, mashed	½ cup olive oil
1 tsp cinnamon	½ tsp ginger
Pinch of cloves	½ tsp stevia powder
8 crushed cardamoms	

Preheat oven to 160 C or 320 F

In a pot mix the cornmeal with the water, stir and bring to the boil. Simmer gently for one minute stirring all the while.

Remove from heat and add beaten eggs and all other ingredients.

Pour into an oven-proof dish and bake for one hour or until set.

Serve with berries and a little coconut yoghurt



Cornmeal Banana Custard

Seriously Delicious Slices & Cookies

Yummy Paleo Brownies

Ingredients

2-3 cups grated sweet potato	2 eggs
½ cup melted coconut oil	1/3 cup honey
2 tsps vanilla extract	½ cup cacao powder, sifted
1 tsp gluten free baking powder	1 tsp baking soda
2 ½ tblsp coconut flour	

Preheat the oven to 185 C (365 F), make sure the oven is hot before you put the brownies in. Line a 23cm square baking dish with greased baking paper, I use coconut oil.

Combine grated sweet potato, eggs, vanilla, honey and coconut oil in a large mixing bowl and stir until well combined. Add cacao powder, baking powder and baking soda and stir. Finally add the coconut flour and mix thoroughly. Avoid adding too much coconut flour as it will absorb too much moisture resulting in drier brownies.

Pour the mixture into the prepared baking tin.

Cook for 25-30 minutes. Remove the tin and cool for 5-10 minutes before carefully removing the brownie cake from the tin. Cut into squares, usually 16. You can eat them as they are, or if you want a real treat melt some dark chocolate in a bowl over boiling water and drizzle it over the top. You can also serve with fresh berries and some fresh cream or coconut yoghurt for extra decadence!



Yummy Paleo Brownies

Chocolate Apricot Brownies

Ingredients

½ cup gluten free flour	1/3 cup amaranth flour
2 tbsp cacao powder	1 ½ tsp gluten free baking powder
1 ½ tsp stevia powder	¼ tsp salt
1/3 cup coconut oil	1/3 cup water
2 eggs, lightly beaten	1 tbsp vanilla essence
½ cup desiccated coconut	½ cup chopped nuts
½ cup chopped dried apricots (chemical free)	

Preheat the oven to 190 C (375 F)

Combine flour, cacao powder, baking powder, stevia and salt.
Stir in the oil, eggs and vanilla, then fold in the remaining ingredients.
Pour into a greased 20 x 20cm baking tin.
Bake for 20 minutes. When cool cut into squares.



Chocolate Apricot Brownie

Cranberry & Pistachio Slice

Ingredients

Base

1 cup raw almonds
¼ cup cacao powder

1 cup pitted dates
2 tbsp coconut oil, melted and cooled

Pulse almonds and cacao powder in a food processor until it resembles fine crumbs
While in the processor and running add dates one at a time and coconut oil until well combined
Pour mixture into a small, (18cm or 7 inch) slice tin lined with baking paper and press down to form the base.

Place in the freezer until set

Filling

1 cup dried cranberries
2 tbsp coconut oil, melted and cooled
¼ cup coconut cream

¾ cup desiccated coconut
½ cup raw pistachio nuts

Pulse cranberries, nuts, and desiccated coconut in food processor until finely chopped
Add coconut oil and cream and mix until combined
Pour on top of the base and set in the freezer (about half an hour)

Top Layer

¼ cup coconut oil, melted and cooled
¼ cup cacao powder

¼ cup maple syrup

Mix all ingredients until it resembles chocolate sauce.
Spread on top of set filling

Place back into the freezer for 1 hour. Remove from tin, cut into small squares (around 25) and store in refrigerator.



Cranberry & Pistachio Slice

Tahini Cacao Bars

Ingredients

Base

1 cup raw almonds

1 cup pitted dates

Middle Layer

½ cup tahini (unhulled)

½ cup coconut oil

1 cup pitted dates

¼ tsp sea salt

1 tsp vanilla extract

½ cup desiccated coconut

Top Layer

1/3 cup coconut oil

2 tbsp cacao

¼ cup maple syrup or honey

Line a 20cm (8 inch) baking tin with baking paper.

In a food processor pulse the almonds into a flour

Add the dates and process until the mixture begins to stick together.

Transfer into lined tin and press down to form the base

Refrigerate while you prepare the filling

In the food processor, blend all the middle layer ingredients until smooth

Spread this mixture evenly over the base and return to refrigerator

For the top layer, blend all ingredients together until smooth

Spread evenly over the other layers

Cover and set in the refrigerator until firm – at least 8 hours

Once set, remove from the pan by gently lifting the paper onto a cutting board

Cut into square size of your choice, makes 16 – 25 small bars



Tahini Cacao Bars

Seriously Delicious Muffins & Cakes

Choco Berry Muffins

Ingredients

¾ cups buckwheat flour	¾ cup almond meal
2 tsp gluten free baking powder	3 mashed bananas
1 tsp cinnamon	½ cup cacao or carob powder
300g berries, fresh or frozen	½ cup olive or grape seed oil
¾ cup coconut milk	2 eggs

Preheat the oven to 180 C (355 F)

Mix all dry ingredients together in large mixing bowl

Add berries

In another bowl combine oil, banana, coconut milk and eggs. Beat well

Add the liquid to the dry ingredients and mix thoroughly.

Spoon into well-greased muffin trays

Bake for 20-25 minutes

Remove from muffin trays immediately and cool on wire trays



Choco Berry Muffins

Pumpkin and Date Cake

Ingredients

450g pumpkin, peeled and diced

Finely grated zest of 2 oranges

2 eggs

½ cup desiccated coconut

½ cup olive oil

1 tsp stevia powder

150g or ¾ cup chopped dates

2 cups almond meal

Preheat oven at 180 C (355 F)

Steam pumpkin until tender, mash until smooth and set aside to cool.

Grease and line the base of an 18cm square cake tin.

Cream oil with stevia and orange zest.

Beat in eggs one at a time, and stir in dates, coconut and pumpkin mash.

Add almond meal and fold into mixture.

Spoon into greased tin and bake for 45 minutes

Leave the cake in the tin for 5 minutes then transfer to wire rack to cool

Cut into small squares, approximately sixteen

Serve with coconut ice cream or yoghurt



Pumpkin and Date Cake

Carrot Cake

Ingredients

2 cups blanched almond flour	4 large eggs
½ cup coconut flour (do not pack)	¾ cup pure maple syrup or honey
½ cup unsweetened finely shredded coconut	1/3 cup runny tahini (hulled)
1 tsp baking soda	1/4 cup unsweetened coconut milk
1 tbsp ground cinnamon	1 tsp vanilla extract
¼ tsp ground nutmeg	1/3 cup melted and cooled coconut oil
½ tsp salt	3 cups grated carrots (medium grate)
½ cup raisins (optional)	½ cup chopped walnuts (optional)

Icing

125g Vegan Cream cheese	2 dstspn Lemon juice
1 tsp Maple Syrup or honey	

This is to cover the top of one cake, double if you are making two cakes and want to ice between them.

Preheat oven to 180C (350 degrees F). Line the bottom of two 20cm (8-inch) round springform cake tins (if you want to make a double layer cake) or a 30cm (inch) tin for one cake, with baking paper rounds. Grease baking paper and sides of pan with a little oil.

In a large bowl, mix the almond flour, coconut flour, unsweetened shredded coconut, baking soda, cinnamon, nutmeg and salt together. Set aside.

In another large bowl, whisk together the eggs, maple syrup, tahini, almond milk and vanilla extract until smooth. Slowly whisk in the melted and cooled coconut oil until smooth, then stir in the carrots.

Note: It is important that your eggs are at room temperature otherwise the coconut oil will coagulate. The coconut oil should be melted but not HOT, closer to room temperature.

Add dry ingredients to wet ingredients and fold together with a spoon until well combined. Stir in raisins and nuts, if using.

Divide batter evenly between tins (if using 2) and spread out with a spatula to smooth the tops. Bake for 22-32 minutes in the two 20cm (8-inch) tins or if you are just making one cake (30cm or 11-inch), bake for 40-45 minutes.



Apple Coconut Torte

Ingredients

4 eggs, separated
1 cup dates, chopped
1/3 cup olive oil
½ cup desiccated coconut

1 cup of nuts of your choice, chopped (I like walnuts)
1 cup stewed apple, mashed
½ cup buckwheat or rice flour

Preheat oven to 180C or 350 F

Grease a 22cm or 9inch springform cake tin

Beat the egg whites till stiff and set aside

Mix the egg yolks with all other ingredients, then fold egg whites gently into the mixture.

Pour mixture into the greased cake tin and bake for 20 minutes, until golden on top and firm to touch. Allow to cool slightly in the tin before removing.

Serve with coconut cream and yoghurt.

NOTE: You can substitute the apple with 1 banana if you prefer



Apple Coconut Torte

Tahini Chocolate Chunk Cookies

Ingredients

1 egg	3/4 cup fine packed almond flour
1/2 cup Stevia granules	1/4 cup coconut flour
1/4 cup tahini	1/4 tsp baking soda
2 tbsp melted and cooled coconut oil	1/4 tsp salt
1 tsp vanilla extract	Sea salt to sprinkle
85-gram dark sugar free chocolate bar, roughly chopped	

Preheat oven to 180C (350 degrees F). Line a large baking sheet with baking paper. Set aside.

In a large bowl, mix the following: egg, stevia, tahini, coconut oil and vanilla extract until smooth.

Next add the dry ingredients: almond flour, coconut flour, baking soda and salt. Mix until a cookie dough consistency forms, then fold in the chocolate chunks.

Grab about 1 heaping tablespoon of dough with your hands and roll into a ball. Place ball on cookie sheet and flatten the top of dough a bit with the palm of your hand.

Bake for 9-11 minutes until edges are just slightly golden. Slightly under bake these so they stay gooey. Once done baking, immediately sprinkle with a little sea salt. Cool on cookie sheet for at least 5 minutes before removing from pan. Makes 10-12 cookies.



Tahini Chocolate Chunk Cookies

Seriously Delicious Loafs, Balls & Chocolates

Chocolate, Zucchini Loaf

Ingredients

½ cup coconut oil, melted	1 tbsp green or maca powder
3 cups grated zucchini	Paste from 1 vanilla pod or 2 tsp vanilla essence
4 eggs, lightly beaten	1 tsp ground cinnamon, plus extra to serve
½ cup maple syrup, plus extra to serve	½ tsp ground nutmeg
½ cup cacao powder	pinch of salt
2 heaped tbsp coconut flour	½ cup almond meal
¼ - ½ cup cacao nibs	½ cup cashew nuts, broken in two

Preheat the oven to 180 C (355 F)

Grease and line a 21 x 11 cm (8 x 4 inch) loaf tin with a little coconut oil

Place the grated zucchini in a sieve and press with your hands to remove any excess liquid. Drain on a clean tea towel and twist to remove the last of the water.

Put the zucchini in a large mixing bowl with the remaining ingredients and mix thoroughly. (The batter should have a nice even consistency and should smell and look chocolatey.) Spoon the batter into the loaf tin. Cook for 20-25 minutes, or until a skewer inserted into the centre of the loaf comes out clean.

Remove from the oven and leave to cool before taking out of the tin.

To Serve:

Cut into slices, (this is delicious just as it is) or drizzle with maple syrup and a sprinkle of cinnamon, with fresh strawberries.

Or topping of your choice,

TIP: This freezes nicely. Just slice it up, and place into zip-lock bags in the freezer until needed.



Carob Goji Balls

Ingredients

¾ cup sunflower seeds

1/2 cup dates

1 egg

2 tbsp carob powder (use cacao if you prefer)

1/3 cup coconut oil, melted

½ cup raisins or cranberries

1/3 cup goji berries

1/3 cup desiccated coconut

¼ cup toasted sesame seeds

Pulse sunflower seeds and dates in food processor until mixed. Place in a bowl and add all other ingredients. Mix well. Roll into small balls and place on a plate in the refrigerator until set (about an hour). Place in a container and keep in the refrigerator until they are all gone!

Hint; to stop mixture sticking to your hands while rolling the balls, wet your hands before you begin.

NOTE: Avoid adding goji berries to your diet if you:

- are using certain medications, such as blood thinners, diabetes drugs, and blood pressure drugs
- you are allergic to fruit



Carob Goji Balls

Nutty Banana Bread

Ingredients

4 eggs	3 ripe bananas, mashed
2 tbsp coconut oil, melted and cooled	
100g almond meal	
30g coconut flour	
60g pecans or walnuts, roughly chopped	45g desiccated coconut
40g dates, sliced	40g sunflower seeds
40g flaxseed (linseed)	1 tsp gluten free baking powder
2 tsps cinnamon	1 x apple, peeled, quartered and sliced
Extra cinnamon	

Preheat oven to 170C (340 F)

Grease and line a loaf tin or preform with baking paper

In a bowl mix together eggs, banana and coconut oil. Set aside

In another bowl mix all dry ingredients together

Fold dry ingredients into the wet ingredients and mix thoroughly

Pour mixture into the lined loaf tin or preform

Place apple slices on top of mixture and sprinkle with a little cinnamon

Bake for 50 minutes or until skewer/knife comes away clean

Cool in tin for 10 minutes then lift out loaf with the paper and allow to fully cool

Slice and eat as is or spread with butter of your choice



Nutty Banana Bread

Coconut Oil Berry Chocolates

Ingredients

4 tbsp coconut oil

Cranberries (or berries of choice)

3 tbsp cacao powder

1-2 tsp honey (optional)

Melt coconut oil over low heat.

Add cacao powder and honey, if using, and stir till blended

Remove from heat

Spoon mix into chocolate moulds till $\frac{3}{4}$ full

Add 1-3 cranberries and add more mix till mould is full

Refrigerate till set (around 15-20 minutes)

Remove from moulds and EAT



Coconut Oil Berry Chocolates

Why you Deserve these Treats

Almonds give you Folic Acid, Vitamin E, Calcium, copper, Iron, Magnesium, Potassium, Selenium and Zinc. This means almonds are full of antioxidants which help to protect the body from infections. They provide protein, fibre and good fats.

Apricots-Dried supply Vitamin A, C & E, Folic Acid, Calcium, Iron, Magnesium and Phosphorous. This means they are high in antioxidants, especially flavonoids, which have been shown to protect against illnesses, including diabetes and heart disease as well as inflammation.

Avocado is high in Vitamin A, C, & E (therefore high in antioxidants), folic acid, B6, Niacin and Potassium, Iron and Magnesium. Plus high in monounsaturated fats, heart-healthy fatty acids, and plenty of fibre.

Apples are high in Vitamin A, C, K, Folic Acid, Phosphorous and Potassium. A rich source of polyphenols (antioxidants) and contain pectin, a type of fibre that acts as a prebiotic. This means it feeds the good bacteria in your gut.

Banana is high in Vitamin A, C, Folic Acid, Magnesium, Phosphorous, Potassium and Selenium. Potassium is a mineral that is essential for heart health — especially blood pressure control.

Berries are high in Vitamin A, C & E (antioxidants), Folic Acid, Potassium and Magnesium. Berries are a good source of fibre, including soluble fibre which slows down the movement of food through your digestive tract, leading to reduced hunger and increased feelings of fullness.

Raw Organic Cacao has over 40 times the antioxidants of blueberries. It is also extremely high in Iron, Magnesium and Calcium.

Carob is high in Calcium, Magnesium, Potassium and Fibre. It is higher in sugars but has virtually no fat and no sodium. Thanks to its tannin content, carob powder has been used as a natural remedy for diarrhea.

Carrots are extremely high in Vitamin A (Beta Carotene), K1, with Calcium, Phosphorous, Potassium, Selenium, Sodium and fibre. They are a weight-loss-friendly food and have been linked to lower cholesterol levels and improved eye health.

Cashews are high in Folic Acid, Magnesium, Potassium, Copper, Manganese, Selenium, Zinc and Phosphorous. They are especially rich in unsaturated fats — a category of fats linked to a lower risk of premature death and heart disease, low in sugar, a source of fibre, and contain almost the same amount of protein as an equivalent quantity of cooked meat.

Chia Seeds contain high amounts of Calcium, Manganese, Magnesium and Phosphorous. Also high in fibre, antioxidants, and an excellent protein source — especially for people who eat little or no animal products.

Coconut Shredded has high amounts of Manganese and Copper as well as Iron, Zinc, Phosphorous and Selenium. While manganese supports enzyme function and fat metabolism, copper assists bone formation and heart health.

Coconut Liquid is high in Vitamin C, E, Folic Acid, Calcium, Iron, Magnesium, Potassium, Manganese, Copper, Selenium and Zinc. Coconut milk contains lauric acid which may reduce the levels of viruses and bacteria that cause infections. This includes those that reside in your mouth.

Coconut Oil - the fatty acids in coconut oil can encourage your body to burn fat, and they provide quick energy to your body and brain. They also raise HDL (good) cholesterol in your blood, which may help reduce heart disease risk. Antibacterial and antifungal.

Cranberries hold a large amount of Vitamin C, an excellent antioxidant. Cranberries contain various antioxidants that may be beneficial for heart health. These include anthocyanins, proanthocyanidins, and quercetin

Dates hold good amounts of Vitamin B6, Potassium, Magnesium, Copper, Manganese, and Iron, along with antioxidants and fibre. The three most potent antioxidants in dates are Flavonoids that may help reduce inflammation, Carotenoids which are proven to promote heart health and Phenolic acid, known for its anti-inflammatory properties, and may help lower the risk of cancer and heart disease.

Goji Berries are high in vitamins A & C, giving excellent antioxidant protection, Iron and Zinc. Also high in fibre. They also contain all 8 amino acids so are surprisingly high in protein.

NOTE: Avoid adding goji berries to your diet if you:

- are using certain medications, such as blood thinners, diabetes drugs, and blood pressure drugs
- you are allergic to fruit

Honey High-quality honey contains many important antioxidants. These include organic acids and phenolic compounds like flavonoids, linked to reduced risk of heart attacks, strokes and some types of cancer. They may also promote eye health. It is a sugar however so use with caution, depending on your condition.

Maple Syrup When buying maple syrup, make sure to read food labels carefully. This way, you will get real maple syrup — not just maple-flavoured syrup, which can be loaded with refined sugar or high-fructose corn syrup. **NOTE:** Real maple syrup holds plenty of Manganese and Zinc but is high in sugars so intake sparingly.

Extra Virgin Olive Oil The predominant fatty acid in olive oil is a monounsaturated fat called oleic acid. Studies suggest that oleic acid reduces inflammation and may even have beneficial effects on genes linked to cancer. Loaded with powerful antioxidants that are biologically active and may reduce your risk of chronic diseases, fight inflammation and help protect your blood cholesterol from oxidation — two benefits that may lower your risk of heart disease.

Pecans excellent source of Vitamin-E, A, zinc, folate and phosphorous. They also contain monounsaturated fats such as oleic acid along with phenolic antioxidants which help reduce the risk of heart disease. Since pecans are fibre-packed, they promote colon health and facilitate regular bowel movements. Pecans prevent constipation and reduce the risk of haemorrhoids and colitis by cleaning out the gastrointestinal system.

Pistachios are high in Vitamin B6, Thiamine, Copper, Manganese and Potassium. B6 is important for blood sugar regulation and the formation of haemoglobin, a molecule that carries oxygen in red blood cells. Also high in protein, fibre, and antioxidants.

Pumpkin is high in Vitamin A (beta carotene a valuable antioxidant), C, and E, Folic Acid, Calcium, Magnesium, Phosphorous and Potassium. Beta Carotene may be beneficial in reducing the risk of developing certain types of cancer, offering protection against asthma and heart disease and decreasing the risk of age-related macular degeneration.

Rhubarb contains anthocyanins a type of flavonoid which have demonstrated protective effects on blood vessels and blood pressure, and recent research suggests that anthocyanins may offer anti-cancer benefits, too. Also high in Vitamin K₁, which is important for blood clotting and bone health.

Sesame Seeds (Tahini) are high in Calcium (unhulled), Magnesium, Manganese and Zinc, as well as lignans, Vitamin E, and other antioxidants which may help prevent plaque build-up in your arteries, potentially maintaining healthy blood pressure

Sunflower Seeds are high in so many goodies including Vitamin E, B6, Niacin, Pantothenic acid, Folate, Copper, Manganese, Selenium, Zinc and Iron. These nutrients and plant compounds help reduce your risk of inflammation, heart disease and type 2 diabetes.

Sweet Potato is off the charts high in Vitamin A (Beta Carotene). It also has good amounts of Vitamin C, Folic Acid, Magnesium, Phosphorous, Potassium and Sodium. Vitamin A and C are vital for supporting immune function, which is especially important during cold and flu season. Vitamin A is also key for maintaining healthy skin, vision, and organ function.

Zucchini contains zero fat, and is high in water and fibre. It also contains significant amounts of Vitamins B6, Riboflavin, Folate, C, and K, and minerals, like Potassium and Manganese. It also contains significant amounts of electrolytes, and other nutrients that are necessary for a healthy digestive system. Regular consumption of zucchini can also help prevent ulcers, IBS, and colon cancer.