



Herby Indulgences
**& SWEET
TREATS**

 HERB GIRLS 



Amy & Eileen

THE HERB GIRLS

As herbalists and nutritional thereapists, we love our bodies and health... but let's be real, we also love dessert. Luckily you **CAN** have health and treats with our original recipes!



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Raspberry Rose Chocolate



INGREDIENT LIST

Chocolate

- o 3/4 c Coconut Butter
- o 1/4 c Coconut Oil
- o 1/4 c Grass-Fed Butter
- o 2 Tbsp Cacao Powder
- o 1 Tsp Vanilla
- o Sea Salt

Rose Raspberry Filling

- o 1/2 c Coconut Butter
- o 1/2 c Frozen Raspberries
- o 2 Tbsp Coconut Cream
- o 1 Tbsp Rosehip Powder
- o 2 pinches Licorice
- o 2 tsp Maple Syrup
- o Sea Salt
- o 1 c shredded coconut

Directions:

Chocolate - In a small pan, add $\frac{3}{4}$ c coconut butter, $\frac{1}{4}$ c grassfed butter, $\frac{1}{4}$ coconut oil, 1 tsp vanilla, and 4 tbsp cacao powder, and a pinch of sea salt and heat on medium low until everything is melted. Stir until everything is combined. Remove from heat. Set aside.

Filling - In a small saucepan mix together $\frac{1}{2}$ c coconut butter, $\frac{1}{2}$ c raspberries, 2 tbsp coconut cream/milk, 1 tbsp rose hip powder, 2 tsp maple syrup, and a pinch of salt on med-low. Heat until coconut butter is melted and incorporating into the raspberries. Pour ingredients into a blender or use an immersion blender to blend well. Set aside.

Using a silicon ice cube tray, pour the bottom $\frac{1}{2}$ of each cube with the chocolate mixture. Put this in the freezer so it is resting evenly and the chocolate sauce doesn't cool crookedly in the ice cube molds. Let freeze for at least 10 minutes until the chocolate is set. Remove from the freeze and spoon \sim 1 tsp of the raspberry filling into each cube mold. Press \sim $\frac{1}{2}$ -1 tsp of toasted coconut flakes into the raspberry filling. Pour the remaining chocolate sauce over each mold so that the raspberry and shredded coconut filling is covered. Return to the freeze for another 10 minute at least to let that set. Remove from freezer and dust in a combination of cacao and rose-hip powder or toasted coconut.



INGREDIENTS

- 2 sticks Grass-Fed butter
- 8 oz bittersweet/unsweetened chocolate
- 1/4 c raw sugar or coconut sugar
- 3/4 c cacao
- 6 farm fresh eggs
- 1 Tbs Ancho chile powder
- Pinch or 2 of cayenne
- 2 Tbs cinnamon
- 4 Tbs Reishi/multi-mushroom powder
- 1 tsp vanilla
- pinch of sea salt

DIRECTIONS:

1. Preheat oven to 325
2. Melt butter in a double boiler with chocolate squares. Remove from heat when silky and let cool.
3. Stir in sugar and cacao:
4. Whisk in eggs, add vanilla, and a good pinch of salt, then add reishi powder, cayenne, ancho powder, and cinnamon.
5. Pour into a buttered and cocoa powdered 9" cake pan.
6. Bake for 18-23 min *

DO NOT OVER BAKE!* You want it to seemingly be raw in the middle. When it cools, it will be a gooey, silky, spicy heaven. Serve with whipped cream or ice cream!



Chili Chocolate Cake

Goosey Gluten-Free Brownies

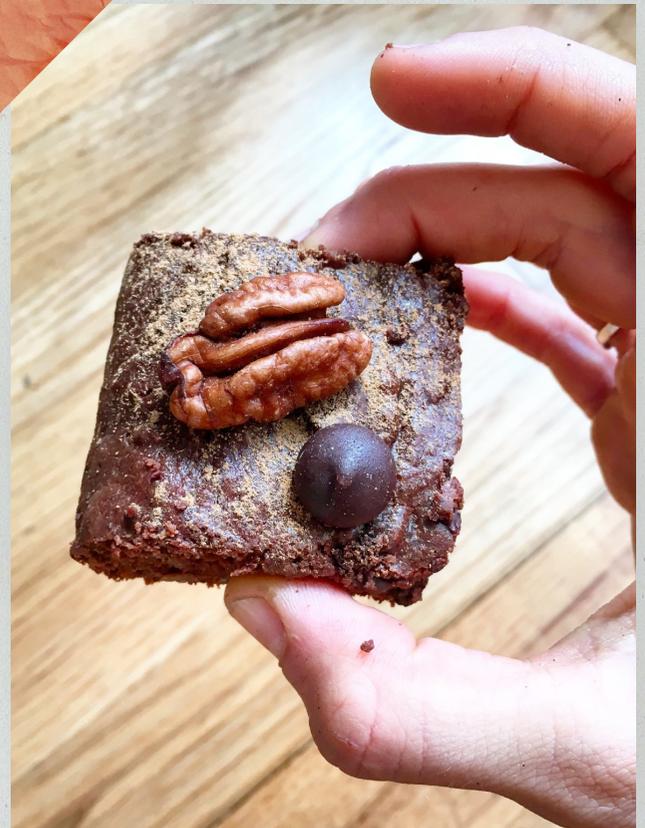


INGREDIENTS

- 1/2 c butter
- 3 tbsp coconut oil
- 1/2 c coconut sugar
- 1/3 c maple syrup
- 2 eggs
- 2 tsp vanilla
- 1/2 c cocoa powder
- 1/3 c oat flour
- 1/4 c coconut flour
- 1 tsp baking powder
- Hefty pinch sea salt
- 2 tsp ceylon cinnamon
- 3/4 c bittersweet chocolate chips
- 1/2 c soaked, toasted, and chopped pecans, optional



1. Preheat oven to 350 F. Grease bread loaf pan with butter and dust with cocoa powder (instead of flour)
2. Melt butter, coconut oil, sugar and syrup in large saucepan.
3. In another bowl, beat eggs until fluffy.
4. Temper eggs by slowly adding melted butter-sugar mixture to eggs. Beat until incorporated.
5. Add vanilla, stir in cocoa powder, flours, baking powder, salt, and cinnamon.
6. Mix in chocolate chips and nuts. Pour into loaf pan evenly.
7. Bake for 15 minutes. DO NOT OVER BAKE. I like to turn oven off at 13 minutes, open the oven door and let the brownies continue to bake a bit while they slowly cool off, about 5 minutes
8. Let brownies cool on countertop. When completely cool, slice into squares with a butter knife.



Snickerdoodle

INGREDIENTS

- 1 egg
- 1/2 c coconut sugar
- 1 tsp vanilla
- 1/4 c soften ghee
- 1/2 c arrowroot starch
- 1 c pumpkin seed flour
- 3 tsp + 2 tbsp
cinnamon
- 2 tsp ginger
- 1/2 tsp cardamom
- 1/2 tsp baking soda
- Big pinch of salt



1. Mix egg, coconut sugar, and vanilla together and set aside.
2. In another bowl, mix arrow root starch, pumpkin seed flour, 3 tsp of cinnamon, ginger, cardamom, baking soda, and salt together.
3. Combine dry ingredients to wet ingredients and mix well.
4. Add ghee to mixture and combine evenly. The dough will be quite moist.
5. Spread the rest of the cinnamon on a plate
6. Use wet hands to roll 12 ~1" balls, and roll them in the cinnamon - coating evenly.
7. Line sheet pan with parchment paper and place the dough balls every 2".
8. Bake for 13 min, until golden brown and fragrant.
9. Let cool for best texture!



Soats

The night prior to baking, place 1 cup organic oats in a sieve and rinse with water. Next, add the rinsed oats and 2 1/2 cups filtered water to a jar or bowl. Add a hefty pinch of sea salt, cover, and leave on the counter to soak over night.

DIRECTIONS

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Use a cheese-cloth or mesh bag to strain out the soaking liquid. Use your muscles to really squeeze out all the oat juice you possibly can.
3. Next, add soats, coconut sugar, olive oil/ghee, egg, vanilla, and flax to a blender or food processor and blend well.
4. Meanwhile in a large bowl mix coconut shreds, nut flour, baking soda, salt, and spices.
5. Combine the blended wet ingredients into dry and add the chocolate chips and/or nuts.
6. Roll the dough into 1 inch balls with lightly wet hands, and press into 1/2" thick cookies.
7. Bake for 15 minutes until just beginning to turn golden brown.
8. Remove from oven, let cool, and enjoy!

INGREDIENTS

- 1 c organic* soats (soaked oats)
- 1 c almond or pumpkin seed flour
- 1 c shredded coconut
- 6 tbsp coconut sugar
- 1 tsp baking soda
- 1 hefty pinch sea salt
- 1 tsp cinnamon
- 2 tbsp olive oil or melted Ghee
- 1 egg
- 2 tsp vanilla
- 3 tsp flaxseed meal
- 3/4 c chocolate chips
- 1/2 cup crushed walnuts or pumpkin seeds

Oatmeal Chocolate Chip Cookie



INGREDIENTS

- ½ cup of nut butter
- ¼ cup unrefined coconut oil, room temp
- ⅓ cup coconut sugar
- 1 tsp vanilla extract
- 1 egg, room temp
- 1 c nut flour (We like a combo of pumpkin and sunflower seeds.)*
- 1 c finely shredded coconut flakes*
- ⅓ c cocoa powder
- ½ tsp baking powder
- Hefty pinch sea salt
- Optional: ⅓ cup chocolate chips

*depending on how runny the nut butter is, you might need up to 1/2 c more dry ingredients,

DIRECTIONS

1. Preheat oven to 350F line sheet with parchment paper
2. Mix together the first 4 ingredients until well incorporated (much easier when the coconut oil and nut butter are room temp!).
3. Next, mix in the egg (room temp or it will cause the coconut oil to clump).
4. Add the remaining 5 ingredients to the wet until a slightly sticky batter has formed. You want it to come off together if flicked off the spoon. If needed, add more dry ingredients to achieve texture.
5. Spoon rough balls onto paper with about 2" to spread.
6. Bake for 10-12 minutes until firm and slightly golden brown
7. Let cool a bit before transferring from Silpat to a wire rack with a spatula.



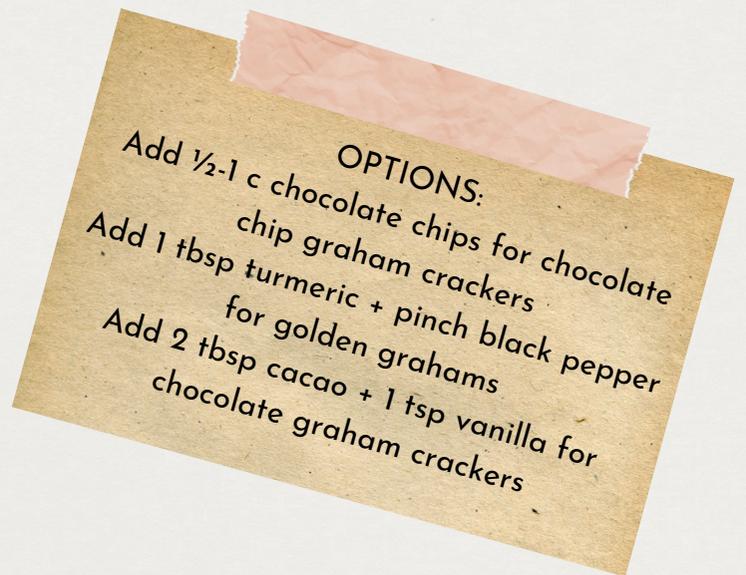
Paleo Graham Crackers



Topped with oats here

INGREDIENTS

- $\frac{3}{4}$ c almond flour
- $\frac{1}{2}$ c arrowroot starch
- 1 tbsp coconut flour
- $\frac{1}{2}$ tsp baking powder
- 1 tsp cinnamon
- Hefty pinch sea salt
- $\frac{1}{4}$ c melted unrefined coconut oil
- 2 tbsp maple syrup
- 2 tbsp molasses



1. Preheat oven to 350
2. Mix molasses, syrup, and melted coconut oil until evenly incorporated.
3. In another bowl, mix all the dry ingredients.
4. Slowly add the dry ingredients into the oil blend. The dough should come together quite nicely.
5. Transfer the dough onto parchment paper about 8 in. long
6. Wet your fingers or rolling pin and gently press out the dough until it's about $\frac{1}{4}$ - $\frac{1}{8}$ in thick in a giant rectangle shape.
7. Use a fork to pierce the dough like you see on store-bought graham crackers evenly throughout (this keeps the crackers especially flat and uniform).
8. Bake for 10-12 min until fragrant and golden brown.
9. Remove from oven and let cool just a bit before using a knife to slice into graham cracker shapes.



INGREDIENTS

- 2/3 cup applesauce
- 2 eggs
- 1/3 cup coconut sugar*
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla
- 2 teaspoons apple cider vinegar
- 1 c almond flour
- 1/2 c finely shredded coconut
- 1 teaspoon baking soda
- Hefty pinch sea salt
- 1-2 tsp turmeric powder
- 1 tsp cinnamon
- 1 tsp ginger
- Pinch nutmeg
- Pinch black pepper

DIRECTIONS:

1. Preheat your oven to 350 F.
2. Grease a 9" square cake pan & "flour" with coconut sugar (you can also use a muffin tin!)
3. In a medium bowl, mix together applesauce, eggs, coconut sugar, coconut oil, vanilla, and ACV.
4. In a separate bowl, add the flour, coconut, baking powder, salt, and spices, making sure you evenly mix all the dry ingredients before folding them into the wet.
5. Using a spatula, add to cake pan
6. Bake for 30 minutes if using a cake pan or 15-18 if using muffin tins.
7. Remove from the oven and let cool completely - best with a dab of butter!



Paleo, Low-Glycemic, Gluten-free



Golden Applesauce Bars

Zucchini Bread

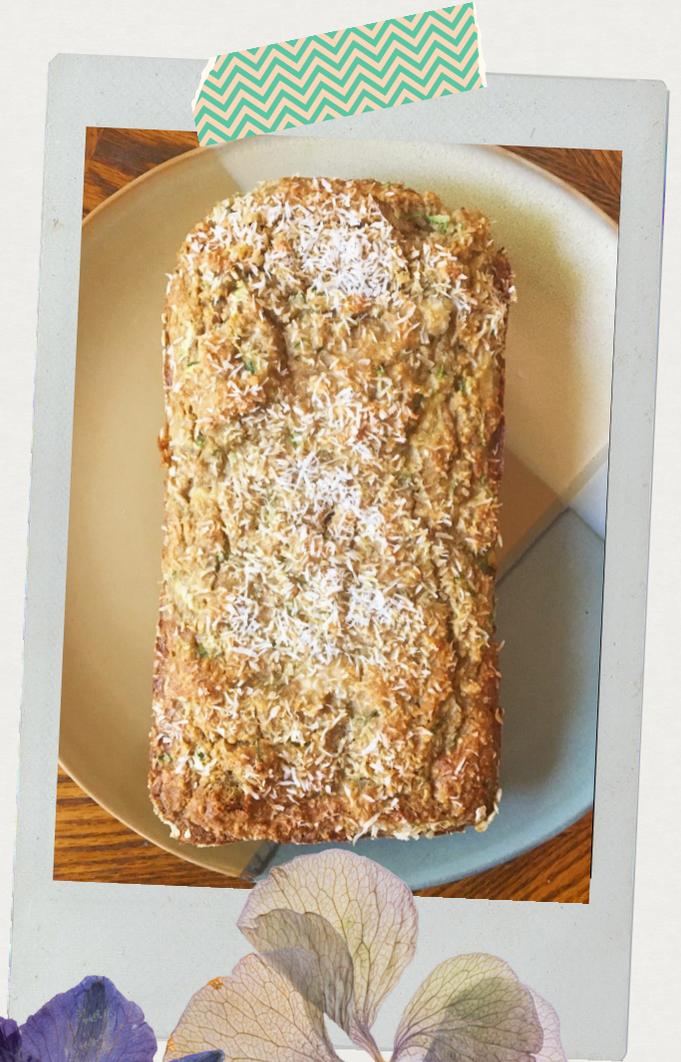
INGREDIENTS

- 1 c almond flour
- ½ c oat flour*
- ¼ c cassava flour
- 1/4 cup shredded coconut
- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp cinnamon
- Hefty pinch sea salt (~1 tsp)
- 3 eggs
- ¼ c maple syrup
- 1 ripe banana, mashed
- 1/4 cup coconut oil, melted
- 1 cup zucchini, grated and excess moisture squeezed out

*Substiute with 1/2 c almond or cashew flour to make paleo

DIRECTIONS:

1. Preheat the oven to 350 degrees F & grease a loaf pan with a bit of coconut oil and dust completely with oats and/or coconut shreds. Set aside.
2. Mix first 8 ingredients together well in a medium bowl.
3. In another bowl, combine eggs, syrup, and banana.
4. Slowly pour in melted coconut oil while stirring so you don't scramble the eggs with the oil.
5. Mix the dry ingredients into the wet with a large spoon or spatula.
6. Fold in the zucchini.
7. Pour the batter into the prepared loaf pan. Sprinkle with extra coconut shreds and/or oats.
8. Bake for 35-40 minutes or until the top is golden and the loaf is set (stick a knife in the center and it should come out clean).
9. Remove from the oven and let cool completely before serving.



Goosey Gluten-Free Brownies

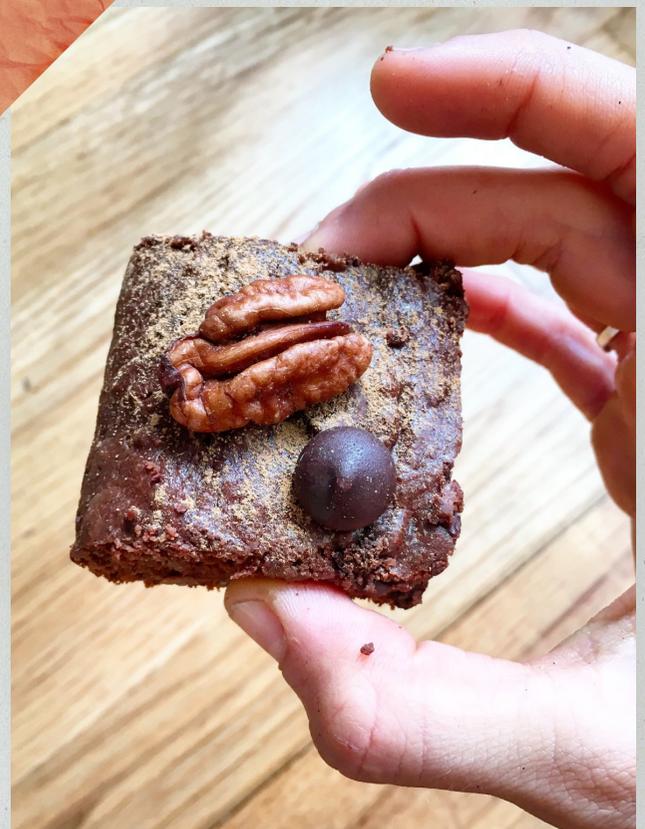


INGREDIENTS

- 1/2 c butter
- 3 tbsp coconut oil
- 1/2 c coconut sugar
- 1/3 c maple syrup
- 2 eggs
- 2 tsp vanilla
- 1/2 c cocoa powder
- 1/3 c oat flour
- 1/4 c coconut flour
- 1 tsp baking powder
- Hefty pinch sea salt
- 2 tsp ceylon cinnamon
- 3/4 c bittersweet chocolate chips
- 1/2 c soaked, toasted, and chopped pecans, optional



1. Preheat oven to 350 F. Grease bread loaf pan with butter and dust with cocoa powder (instead of flour)
2. Melt butter, coconut oil, sugar and syrup in large saucepan.
3. In another bowl, beat eggs until fluffy.
4. Temper eggs by slowly adding melted butter-sugar mixture to eggs. Beat until incorporated.
5. Add vanilla, stir in cocoa powder, flours, baking powder, salt, and cinnamon.
6. Mix in chocolate chips and nuts. Pour into loaf pan evenly.
7. Bake for 15 minutes. DO NOT OVER BAKE. I like to turn oven off at 13 minutes, open the oven door and let the brownies continue to bake a bit while they slowly cool off, about 5 minutes
8. Let brownies cool on countertop. When completely cool, slice into squares with a butter knife.



INGREDIENTS



PUMPKIN SEED CRUST:

- 1 c pumpkin seeds
- 1 c oats
- 1 tsp ginger
- 2 tbsp molasses
- 10 tbsp butter
- pinch sea salt

FILLING:

- 2 c pumpkin puree
- 2 eggs
- 1/3-1/2 c coconut cream
- 1/3 c coconut sugar or maple syrup
- 1 tsp ginger
- 1/2 tsp nutmeg
- 1/2 tsp cloves
- Pinch sea salt
- 1 tbsp cinnamon

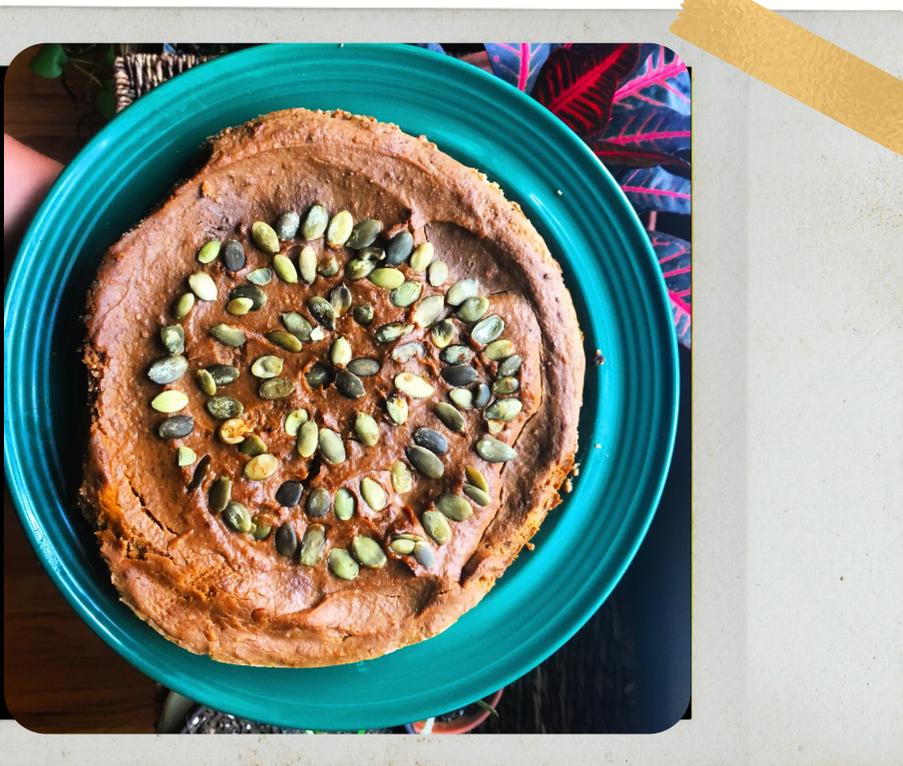
DIRECTIONS:

Crust:

1. Preheat oven to 450
2. Spread the pumpkin seeds and oats evenly on a baking sheet and toast for 5 to 8 minutes, until you smell them.
3. Transfer to processor and pulse until texture of graham cracker crumbs. Pour into a bowl and using your hands, mix in melted butter and molasses and pinch sea salt. Pat this mixture firmly into the bottom and sides of a 10-inch pie pan and refrigerate for 15 minutes.
4. Bake the crust for 15 minutes and remove from oven.

Filling:

1. Reduce heat to 350
2. Mix the pumpkin, eggs, cream, syrup, spices and salt.
3. Pour into the baked graham-crust and bake about 45 min.
4. Cool to room temperature before serving with coconut milk cream cream and



*Double
Pumpkin Pie*



INGREDIENTS

- 1 cup local honey
- 2 tbsp cacao powder
- 3 tsp reishi powdered extract
- 2 tsp ashwagandha root powder
- 1 tsp cinnamon
- several sprinkles of Nutmeg & Cardamom
- A pinch of sea salt



DIRECTIONS

1. Add the honey and powdered herbs to a wide mouth jar and mix well.
2. Cap and let "infuse" for 24 hours.
3. At this point you may add 3 tbsp of coconut oil to make this an energy-rich spread.
4. Stir everything well (the herbs like to separate until they are fully saturated). Store in the fridge for up to 3 months or longer if not adding oil!



*Herbal
Electuary*

Shatavari Chocolate Ganache

INGREDIENTS

- 1 cup coconut butter
- 1 c bittersweet chocolate chips
- 1/2 cup cocoa powder
- 1/2 cup Shatavari root powder
- 1/3 cup Psyllium husk powder (thickens and adds fiber)
- 2 tsp Cinnamon

- Pinch sea salt
- 2 tsp vanilla extract

DIRECTIONS:

1. In a double boiler with water gently simmering, melt chocolate and cocoa butter until relatively smooth.
2. Mix in remaining ingredients and stir until you have a silky consistency.
3. Let cool to room temp. When your cookies have completely cooled, you can dip the cookies into the sauce or put a pretty spoonful on top, possibly topped with a toasted nut to finish it all off. This recipe makes extra sauce that you can store in a mason jar in the fridge for at least a month (it will definitely be gone by then).

This ganache is bitter and only slightly sweet, but the bitterness compliments a dessert and activates the bitter receptors critical for beneficial anti-inflammatory and digestive function.

