

Primal Desserts

Grain Free, Sugar Free, Non-Toxic Desserts



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The desserts in this e-book are grain free, sugar free and non-toxic. All ingredients are organic, all dairy is raw and from grass-fed cows (which goes without saying, full-fat!). While these desserts are much more nutrient dense than typical desserts, they are not meant to be eaten frequently. Realistically, sometimes we just need good dessert recipes that will not interfere with digestion; whether it's for a birthday party, a cookout or a graduation. So enjoy these dessert recipes! Just don't go overboard.

*Some of these ingredients may not be familiar to you, I have compiled a list of ingredients I personally used to make these recipes [here](#).



Chocolate Caramel Cheesecake

Crust:

- 1 cup almond flour
- 2 tbsp butter

Directions:

1. Chop the butter into smaller chunks.
2. Add the almond flour and butter to a food processor, process until it forms a dough.
3. Add cold water as needed.
4. Press evenly into a pie pan. Bake for 15 minutes on 325.

Filling Ingredients:

- 2 eight oz packages of cream cheese
- 2 eggs
- 1/4 cup raw milk or coconut milk
- 1 tbsp vanilla
- 1 cup coconut sugar

Directions:

1. Whisk together all ingredients or combine in food processor until smooth.
2. Pour over the cooked pie crust on 325 for 50 minutes.
3. Let cool, bring to room temperature.

Caramel Ingredients:

- 2 tbsp butter
- 2 tbsp honey

Directions:

1. Combine over medium heat, constantly stirring.
2. Let it gently brown and remove from heat.
3. Drizzle over the cooled cheesecake.

Chocolate Ingredients:

- 2 oz dark chocolate
- 1 tbsp milk

Directions:

1. Over medium low heat, combine the chocolate and milk.
2. Let it melt until it is a pourable consistency.
3. Drizzle over the cheesecake.



Fruit Salad Topped with Whipped Cream

Ingredients:

(You can use whatever fruit you like)

- 1/2 cup blueberries
- 2 nectarines
- 1/2 cup watermelon
- 1/2 cup raspberries
- 1.5 cup pastured cream (preferably raw)
- 1/2 honey

Directions:

1. Peel and separate nectarines.
2. Slices watermelon.
3. Combine all fruit.
4. To make the whipped cream, combine the honey and cream in a glass bowl.
5. Using a hand mixer or whisk, combine until thick.
6. Top the fruit with the whipped cream.



Chocolate Pudding

Ingredients:

- 2 small avocados
- 1/2 cup honey
- 1/2 cup cocoa powder
- 1 tsp vanilla
- 3 drops almond extract
- 1 tsp cinnamon (optional)

Directions:

1. Combine all ingredients in a food processor and blend until smooth.
2. Serve as pudding, a dip, or even frosting.



Vanilla Cupcakes with Chocolate Frosting

Ingredients:

- 2 eggs
- 1/2 cup maple syrup or honey
- 2 1/2 cups almond flour
- 1/2 tsp baking soda

Directions:

1. Preheat oven to 350.
2. Combine all ingredients, ensuring there are no lumps.
3. Bake for 15 minutes, or until a toothpick comes out clean.
4. Makes 12 cupcakes.

Frosting:

- 8 oz cream cheese
- 1 cup dark chocolate chips

Directions:

1. Melt the chocolate chips over low heat.
2. Slowly pour into the cream cheese while whisking or using a hand mixer until fluffy.



Caramelized Bananas with Dark Chocolate

Ingredients:

- 2 bananas
- 1 tbsp butter
- 2 oz dark chocolate
- 1 tbsp milk

Directions:

1. Sauté two bananas in butter over medium high heat. You can keep them whole or slice them.
2. Cook on each side until the bananas have a golden brown color.
3. In a separate pan, melt the chocolate in milk.
4. Pour over the bananas.
5. Optional: serve with whipped cream or ice cream.



Chocolate Fudge

Ingredients:

- 3 cups coconut oil
- 1.5 cups cocoa powder
- 1/2 cup raw honey
- nuts of choice (optional)

Directions:

1. Melt the coconut oil and honey over medium heat.
2. Stir in the cocoa powder and nuts, if using.
3. Pour into a 9x9 baking pan and let it cool in the fridge for at least an hour.



Chocolate Cupcakes With Vanilla Frosting

Ingredients:

- 2 eggs
- 1/2 cup maple syrup or honey
- 2 cups almond flour
- 1 cup cocoa powder
- 1/4 cup milk
- 1/2 tsp baking soda

Directions:

1. Preheat oven to 350.
2. Combine all ingredients, ensuring there are no lumps.
3. Bake for 15 minutes, or until a toothpick comes out clean.
4. Makes 12 cupcakes.

Frosting Ingredients:

- 8 oz cream cheese
- 4 tbsp butter
- 1/2 cup honey
- 1 tbsp vanilla

Directions:

1. Combine all ingredients in a large bowl.
2. Whisk until fluffy.

Banana Cake With Maple Frosting

Ingredients:

- 2 bananas
- 2 cups almond flour
- 2 large eggs
- 1/4 cup milk
- 1/4 cup raw honey
- 1 tbsp vanilla
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt



Directions:

1. Preheat oven to 350.
2. Add all ingredients and combine until smooth.
3. Grease a 9x9 baking dish and add batter.
4. Bake for 35 minutes or until toothpick comes out clean.

Frosting

Ingredients:

- 8 oz cream cheese
- 1/2 cup maple syrup

Directions:

1. Beat the cream cheese and maple syrup together with a hand mixer or combine in a blender.
2. Spread evenly on the cake.



Crème Brûlée For One

Ingredients:

- 1/2 cup milk
- 1 egg yolk
- 1 1/2 tbsp raw honey
- 1 teaspoon vanilla
- 1 tbsp coconut sugar (for toping)

Directions:

1. Preheat oven to 325.
2. Heat the milk and honey over medium heat, until it starts to bubble around the edges, but do not boil it.
3. Add the vanilla.
4. Add the egg yolk to a bowl and temper the yolk by adding a spoonful of the milk at a time.
5. Do this 3 times.
6. Add the yolk and milk mixture to the rest of the milk.
7. Add to a ramekin and bake for 40 minutes.
8. Add the coconut sugar on top and put it under the broiler until it caramelizes a bit.



Cinnamon Muffins

Ingredients:

- 2 eggs
- 1/2 cup maple syrup or honey
- 1 tbsp vanilla
- 2.5 cups almond flour
- 1/2 tsp baking soda

Topping:

- 2 tbsp honey
- 2 tbsp butter
- 1 tsp cinnamon

Directions:

1. Heat oven to 350.
2. Combine all ingredients except the topping ingredients in a mixing bowl.
3. Add to 12 muffins tins.
4. Heat the topping ingredients over medium heat then add to the muffins.
5. Bake for 20 minutes.