

arwaأرwa

Healthy Eid Desserts

Delicious dessert recipes that prove you don't need gluten, dairy or refined sugar to satisfy your sweet tooth. Make them for Eid, special occasions or just because.



Contents

Page



04 Introduction



06 Section 01: Morning



20 Section 02: Afternoon



30 About the Author



32 Disclaimer

Introduction

Celebrating Eid is synonymous with dessert in most of the Muslim world. From honey raghayif in Morocco, to mamoul in Palestine and nastar in Indonesia, Eid is just not complete without these special nostalgic treats.

I'm all for enjoying these delicious traditional indulgences on special occasions, be it Eid Al-Fitr, Eid AlAdha or your birthday. But what if you have celiac? Or have an extreme dairy intolerance? What if you are on an elimination diet and don't want to break it?

I hear you, I get it, and I'm here to help! There are ways to make healthy desserts that are gluten-free, dairy-free and refined sugar-free that you and your family can enjoy without sabotaging your health goals.

These treats are better for you, however they are not a meal, so please treat them as a treat! Enjoy every bite, savor it...all in moderation.

All the recipes in this ebook are made with wholesome foods - whole gluten-free grains such as oats, grain-free flour such as ground almonds, healthy fats from coconuts and tahini, and protein from nuts and seeds, all sweetened with natural ingredients such as honey and dates. When these wholesome elements containing fat, protein and fibre are united, the undesirable effect of raising blood sugar levels is mitigated. Additionally, you are more satisfied from this craving crushing combo that you instinctively eat less.

I'm excited for you to make these desserts, enjoy them and share them with your loved ones. If you have any questions about any of the recipes I'm just an email or DM away.

Wishing you health and happiness always,

arwa

SECTION 01

Morning

SERVES: 16 - 20

New Age Date Maamoul

🕒 PREP TIME: 60 MIN 🕒 BAKE TIME: 15 MIN

Date mamoul, or anything that combines pastry with dates, is my absolute favorite dessert. And that is probably why I have so many variations for this delicious and classic Middle Eastern combo on anaarwa.com that does not contain any gluten, dairy or guilt! Although I must admit, I can still enjoy a traditional mamoul without feeling guilty as my philosophy is to enjoy everything in moderation. Even healthy desserts should be enjoyed mindfully and in moderation.

A FEW NOTES ABOUT THE RECIPE

If you don't have psyllium, you can still make it without, however the dough might be a little crumbly. Feel free to change the nuts in the filling to the one you prefer. The coconut oil needs to be soft, the consistency of yogurt. If your coconut oil is melted, place it in the fridge for about 10-15 minutes to help it reach the proper consistency.



Ingredients:

BISCUIT DOUGH

- 1 ¼ cup (140g) oat flour
- ½ cup (55g) blanched almond flour
- ¼ cup (40g) millet flour (or buckwheat flour)
- 2 tablespoons arrowroot starch
- 1 teaspoon ground psyllium husk or 1 ½ teaspoons whole psyllium husk
- ½ teaspoon baking powder
- ½ teaspoon sea salt
- ⅓ cup (80g) coconut oil, softened (see intro)
- ¼ cup + 1 tablespoon (105g) honey
- 1 teaspoon vanilla extract
- 2 teaspoons lemon juice
- ¼ cup (60ml) dairy-free milk

DATE FILLING

- ¾ cup packed (150g) pitted dates
- 1 teaspoon ground cinnamon
- ¾ teaspoon ground cardamom
- 2 tablespoons (20g) roasted pine nuts, chopped small

TO GARNISH

- 1 teaspoon white sesame seeds
- 1 teaspoon black seeds

Directions:

1. Place the oat flour, almond and millet or buckwheat flour, arrowroot, psyllium, baking powder and salt in a medium bowl. Mix just to combine.
2. In another medium bowl, mix the coconut oil with the honey, vanilla and lemon juice, and just 2 tablespoons of the milk. Add the dry mixture to the wet, and mix until you get a soft but firm dough, adding the remaining milk as needed. You want the dough to come together without crumbling, but not wet. Give the flour time to absorb all the liquid. Cover the bowl and place in the fridge for 30 minutes while you prepare the date filling. This dough can be made ahead and kept in the fridge for 3 days before rolling out.
3. While the dough is in the fridge, it's time to make the date filling. Soak the dates in a little hot water to soften. Then drain and mash the dates by hand or in a food processor for a smoother texture, adding the cinnamon and cardamom. Lastly add the pine nuts and stir to combine.
4. Take the dough out of the fridge and place between two sheets of parchment paper. Roll the dough into a rectangle 23cm x 28cm, and less than 0.5cm thick, trimming the edges if needed and using it to make chocolate chip cookies (see intro). With the longer side facing you, still on the parchment paper, carefully spread the date filling all over, leaving 0.5 cm from the border empty. If the dough is too soft, and your kitchen is too warm, place it in the freezer for 5 minutes until it firms up. From the long side facing you, using the parchment paper to help you, carefully roll the dough over the filling all the way up and seal by pressing the dough together. You should now have a long log of dough that's about 5cm wide and still on the parchment paper. Scatter the sesame seeds over the dough and on the parchment and roll the dough up and down until the seeds stick to the dough.

5. Using the parchment to wrap the dough, like a giant candy, twisting the ends of parchment. At this point you can refrigerate the mamoul logs to bake fresh in the next 3 days, or freeze for a month.
6. When you are ready to bake the mamoul, make sure to preheat the oven to 350°F or 160°C. Line a baking sheet with parchment paper.
7. Slice the mamoul logs about 1.5cm width, and place on the baking sheet. Bake for about 12-15 minutes until golden brown. Place on a wire rack until cool enough to enjoy warm or cold.
8. Store in an airtight container for 3 days. However, it's best to bake the amount you expect to consume that day and keep the rest in the fridge or freezer.



SERVES: 9

Halwa Cardamom Oat Bars

🕒 PREP TIME: 10 MINS 🕒 BAKE TIME: 25 MINS

Delicious granola bars that are perfect with a coffee on Eid morning. Be sure to save some for once you're back at work or school to have for breakfast when you are short on time.



Ingredients:

- 3 tablespoons olive oil
- Scant ½ cup (120ml/100g) melted coconut oil
- ¼ cup (60g) tahini
- ½ cup (80g) date or coconut sugar
- ¼ cup (60ml) honey or date molasses
- ½ teaspoon salt
- ½ teaspoon toasted sesame oil (optional)
- 2 cups (200g) rolled oats
- 2 tablespoons sesame seeds
- ½ tablespoon black sesame seeds (optional)
- 1 teaspoon cardamom powder
- 3 tablespoons (30g) roasted pistachios, chopped

Directions:

1. Preheat the oven to 350°F or 160°C. Line an 8 or 9inch square baking pan, or the equivalent, with parchment paper. Place the pan on a baking sheet and set aside.
2. Combine the coconut oil, tahini, sugar, honey, salt and sesame oil, if using, in a small bowl and mix well.
3. In a medium bowl, stir together the oats, seeds, cardamom and pistachios. Pour the wet ingredients over the dry and mix well.
4. Transfer the mixture to the prepared pan and spread out evenly, using the back of a spoon to pack it in well.
5. Bake for 20-25 minutes, then let it cool completely before slicing. Store in an airtight container at room temperature for up to 5 days.



SERVES: 4 - 6

Sweet Cinnamon Crackers

🕒 PREP TIME: 5 MIN 🕒 BAKE TIME: 30 MIN

I can just imagine these crackers dunked into your morning coffee after Eid prayer...pure joy! These are so good you will probably finish half of them while they are still cooling on the tray. I love them on their own, dunked into coffee or tea, and smothered with nut butter...and this is just for breakfast. For dessert, serve with Salted Date Caramel and thank me later.

I must admit, for the photo I used a tablespoon of raw sugar to sprinkle on top. It looks better thanks to the bigger sugar crystals. You can also do that if you are not too strict about using refined sugars.



Ingredients:

- ¾ cup (85g) almond flour
- ½ cup (70g) oat flour
- ¼ cup (30g) arrowroot starch
- ¼ cup (40g) + 1 tablespoon coconut sugar
- 2 tablespoons flaxseed meal
- 1 tablespoon baking powder
- 1 ½ teaspoons cinnamon, divided
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup (60ml/50g) coconut oil, melted
- ¼ cup (60ml) dairy-free milk
- 1 tablespoon maple syrup (optional)

Directions:

1. In a medium bowl, sift together the flour, arrowroot, 1/4 cup (40g) coconut sugar, flax meal, baking powder, 1 teaspoon of cinnamon, baking soda and salt, mixing well to combine. Add the coconut oil, dairy-free milk, and maple syrup, if using, and mix until you get a moist but firm dough. Cover the bowl and transfer to the fridge for about 30 minutes to make it easier to roll out.
2. Preheat the oven to 350°F or 160°C, and prepare a baking sheet and 2 sheets of parchment paper.
3. After it had time to chill and firm up, take the dough out of the fridge and roll out between two sheets of parchment paper, until about 0.25 cm thin. You should have a rough rectangle of about 25cm by 30cm. Transfer the sheet of parchment with the dough on top to the baking sheet.
4. Mix the remaining 1 tablespoon coconut sugar and ½ teaspoon cinnamon together and sprinkle evenly all over the top. Score the cracker dough using a sharp knife or pizza cutter to make the shapes you like and to make it easier to break once baked.
5. Place in the heated oven for about 25 minutes, rotating the baking sheet half way through. Let the crackers sit on a rack for about 3 minutes, then go over the gaps between the crackers that have now closed up, using a knife before they are completely cooled down.
6. Once they have cooled, break apart and store in an airtight container at room temperature for up to 5 days. If you have kids, there is no way they will last that long.



SERVES: 6 - 8

Salted Date Caramel

🕒 PREP TIME: 15 MIN

What would we do without dates? And God bless the person that realized that blending dates results in an amazing and addictive (you've been warned) caramel sauce.

This sauce is so versatile you can use it in many ways. I just love it with the Sweet Cinnamon Crackers. But you can also use it as a sauce for the Banana Cake to replace the tahini ganache. It's also great as a dip for sliced apples or strawberries. And, of course, there is always eating it straight from the jar with a spoon!

Almond butter gives a milder flavor, but tahini is a classic combo with dates. The addition of maple syrup is optional or can be replaced with another liquid sweetener if you prefer.



Ingredients:

- ¾ cup (100g) pitted soft dates
- ¼ cup (60g) smooth almond butter or tahini
- 2 tablespoons coconut oil, melted
- 1 tablespoon maple syrup
- ¼ teaspoon salt
- 2-3 tablespoons reserved date soaking water

Directions:

1. Soak the dates in boiling water for about 5-10 minutes until soft. Strain the dates reserving the soaking water and add the dates to a blender or food processor. Add the almond butter or tahini, 1 tablespoon maple syrup, coconut oil and salt. Blend until smooth, adding 1 tablespoon at a time of reserved soaking water until you achieve the consistency you like. It should be thick but pourable.
2. Transfer to a jar or sealable container and store in the fridge for up to 5 days.



SERVES: 6

Sesame Tahini Granola

🕒 PREP TIME: 5 MIN 🕒 BAKE TIME: 60 MIN

A delicious granola to enjoy on Eid morning with your favorite drink, be it coffee, tea or green juice. It's lovely to make a large batch and share with family, loved ones and neighbors in pretty jars to wish them Eid Mubarak.

The granola is not too sweet, leaving room for the addition of chopped dates after it has been baked and cooled. I like my granola on the salty side but if you prefer less salt, only use ½ a teaspoon.



Ingredients:

DRY

- 2 cups (200g) rolled oats
- ½ cup (55g) sliced almonds
- ½ cup (30g) coconut flakes
- ¼ cup (40g) pumpkin seeds
- 1 tablespoon white sesame seeds
- 1 tablespoon black sesame seeds
- 1 teaspoon ground cardamom
- ½ teaspoon ground toasted coriander seeds (optional)
- ½-1 teaspoon salt

WET

- ⅓ cup (110g/90ml) honey
- 3 tablespoons (45g/45ml) coconut oil
- 3 tablespoons (45g/30ml) tahini
- ½ teaspoon toasted sesame oil (optional)

Directions:

1. Preheat your oven to 300°F or 150°C. Line a large baking sheet with parchment paper.
2. Mix all the dry ingredients together in a medium bowl. In a small bowl or glass measuring cup, mix together the wet ingredients. Pour over the dry ingredients and mix well.
3. Transfer the mixture to the prepared baking sheet. Spread evenly and press down firmly to get chunks after baking, making sure the edges and the middle are even, otherwise the edges will brown much faster than the centre.
4. Bake for 50-60 minutes. Place on a rack until it completely cools down. Break into chunks and store in an airtight container at room temperature for 5 days or in the fridge for 2 weeks (or longer).



Love at
first bite.

SERVES: 1-2

Ice-Blended Arabic Coffee Latte

🕒 PREP TIME: 5 MIN

What's the best thing to have with Arabic coffee? Dates. What's the best thing to have with dates? Tahini. How can you enjoy them all at once on a hot summer day? With this dairy-free, naturally sweetened Iced Arabic Coffee Latte.

Please ensure you make your Arabic coffee in advance and let it cool to room temperature. Or even better - refrigerate it for a couple of hours. It's best consumed right after making it when it's still frosty. How about serving this at a family Eid brunch in mini glasses?



Ingredients:

- 3 tablespoons avocado or olive oil
- $\frac{1}{3}$ - $\frac{1}{2}$ cup dairy-free milk
- 6 dairy-free milk ice cubes (the equivalent of $\frac{1}{2}$ cup)
- 2 tablespoons date paste
- 1 tablespoon tahini
- $\frac{1}{4}$ cup Arabic coffee
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla

Directions:

1. Place all the ingredients in a blender, starting with less milk and adding more later. Blend until smooth. Pour into the prettiest glass you have and enjoy!

Sometimes I go hours
without drinking coffee.
It's called sleeping.

I like using almond milk, as whenever I make almond milk at home, I freeze about two-thirds of it anyway. Almond milk doesn't last more than 3 days in the fridge...and I never get through it in time. Oat milk would also taste great. I wouldn't use canned coconut milk, it will be too thick and the flavor too strong. But the coconut milk that comes in a carton should be fine to use.



SECTION 02

Afternoon

SERVES: 8-10

Baklava Ice Cream

🕒 PREP TIME: 15 MIN 🕒 FREEZE TIME: 3 HR

A recipe inspired by my favorite cookbook of 2020, *Falastin* by Sami Tamimi and Tara Wigley. The book was my companion during the lockdown and Ramadan. I love the mild sweetness of this dessert that solely relies on honey, and that it can be made ahead and taken out of the freezer 10 minutes before serving.

Roasting the cashews gives the ice cream more flavor. All you need is to roast the raw cashews in the oven for about 10 minutes until golden, and then let cool before using. It's important to use cold canned coconut milk to ensure the cream is separated from the water, giving a richer texture to the ice cream. Also try to use a thicker almond or oat milk, such as barista or homemade almond milk. As for the arrowroot, it helps give a creamy less icy texture. If you don't have it, just leave it out, the end result will still be delicious.



Ingredients:

ICE CREAM LAYER:

- 2 cans (400ml) full-fat coconut milk (refrigerated overnight)
- 1 cup (160g) unsalted roasted cashew nuts (see note)
- ½ cup (120ml) almond or oat milk
- ¼ cup (60ml/80g) honey
- ¼ cup (60ml) orange juice
- 1 tablespoon arrowroot starch (optional)
- 1 tablespoon orange blossom water

BAKLAVA FILLING:

- ½ cup (70g) raw pistachios, toasted
- ½ cup (45g) raw walnut halves, toasted
- 1½ teaspoons ground cinnamon
- ¾ teaspoon ground cardamom
- ⅛ teaspoon sea salt
- 2 tablespoons mild runny honey
- 2 teaspoons orange blossom water

GARNISH:

- Fresh pomegranate seeds & mint leaves

Directions:

1. Before you start, make sure your coconut milk is cold. Prepare your chosen pan, either a loaf pan (around 20cm x 11cm) or 8inch springform pan, and line it with parchment paper.
2. In a blender, add only the cream part of the coconut milk (about 1½ cups or 350g) and then the rest of the ice cream ingredients. Blend until smooth. Pour half of the mixture into the prepared pan, place it in the freezer, and refrigerate the rest.
3. For the filling, finely chop the pistachios and walnuts, keeping just a few pieces a little bigger. Add the rest of the filling ingredients and mix to combine.
4. Once the ice cream base has set, about 30 minutes, sprinkle two thirds of the baklava on top and carefully press in, just slightly. Then pour over the rest of the ice cream mixture, making sure it covers the filling, then sprinkle the remaining baklava.
5. Cover and return to the freezer for about 2-3 hours or overnight.
6. Take it out of the freezer about 15 minutes before serving, transfer to a plate and sprinkle with fresh pomegranate seeds, fresh mint leaves and a final drizzle of honey.
7. Leftovers can be stored in the freezer for up to 1 month.



SERVES: 6

Banana Cake with Tahini Ganache

🕒 PREP TIME: 10 MIN 🕒 COOK TIME: 40 MIN

Bananas are a healthy baker's best friend. They add sweetness, resulting in less sugar used, binding power essential for gluten-free and egg-free recipes, and moisture that is essential when using whole-grains or less fat/oil. In this recipe the bananas do all of the above. Just make sure to use ripe bananas.

Think of this recipe as a base for many variations. You can make it without the chocolate ganache and enjoy a slice toasted with nut butter and a cup of tea as a snack or for breakfast. Add some chopped dates or chopped chocolate to the cake batter before baking. Change the ground nuts in the recipe from almonds to walnuts or hazelnuts. Make a streusel topping mixing coconut sugar, chopped nuts and cinnamon and sprinkle it on the cake before baking. The choices are endless, so get creative and share your creations with me!



Ingredients:

BANANA CAKE

- ¾ cup (75g) ground almonds
- ¾ cup (90g) oat flour
- ¾ cup (110g) millet flour
- 1 tablespoon (10g) arrowroot starch
- 1 teaspoon cinnamon
- 1 teaspoon cardamom
- 2 ½ teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 ½ cups (400g) mashed ripe banana
- ⅓ cup (90ml) melted coconut oil
- ½ cup (80g) coconut sugar
- ¼ cup (85g) honey
- 2 teaspoons vanilla extract

TAHINI GANACHE

- 1 cup (100g) chopped dark chocolate
- ⅓ cup (90ml) dairy-free milk
- 2 tablespoons (30ml) tahini
- ½ tablespoon honey or pomegranate molasses
- Pinch of salt

Directions:

1. Preheat the oven to 350°F or 160°C. Well grease and line a 9 inch (23cm) cake pan or 4 x 8 inch (10cm x 20cm) loaf pan with parchment paper. You can also make 12 cupcakes by lining a cupcake pan with paper liners. If you would like to use a bundt pan or individual brioche pans, simply grease it very well without using any parchment. Place the choice of pan on a baking sheet and set aside.
2. In a large bowl, combine the ground almonds, flours, arrowroot, cinnamon, cardamom, baking powder, baking soda, and salt.
3. In a food processor or blender, add the bananas, oil, sugar, honey and vanilla. Process until smooth and creamy, for about 30 seconds. Add the banana mixture to the dry ingredients and fold with a silicone spatula until just combined. Transfer to the prepared pan and smooth the top. Bake until golden brown and a toothpick inserted at the center comes out clean, around 35 minutes for a cake pan, 50 to 55 minutes for a loaf pan and 30 minutes for cupcakes or brioche shape. Cool in the pan on a wire rack for 10 minutes, then lift the cake out of the pan using the parchment. Set the cake(s) directly on the rack and cool completely. Peel away the parchment (if used) and place the cake(s) on a serving plate.
4. When the cake has almost cooled, make the chocolate ganache. Place the chopped dark chocolate in a heatproof small bowl. In a small saucepan, warm up the milk until it's very warm but not yet boiling, then pour it directly over the chocolate. Wait a minute and then stir to create the ganache. It can be used as is, but for more flavor stir in the tahini, your choice of honey or pomegranate molasses and a pinch of salt. Pour over the cake, letting it drip over the sides. And sprinkle with some toasted sesame seeds if you like.
5. Any leftover cake can be stored in the fridge in an air-tight container for up to 3 days.

SERVES: 12

Choc Fig & Biscuits Cake

🕒 PREP TIME: 10 MIN 🕒 CHILL TIME: 2 HOURS

This no-bake dessert is also known as lazy cake. And I would agree if you are lucky enough to get hold of ready made gluten-free biscuits. Or, if gluten-free is not an issue, then I guess high-quality organic digestive biscuits will do well here.

For the biscuits in this cake, I use the biscuit dough in the New Age Mamoul recipe. Follow the instructions until the stage of rolling out the dough. Then, instead of filling it, cut out biscuit shapes using a cookie cutter and bake the biscuits on a parchment lined baking sheet for 10 minutes. Flip the biscuits to the other side and continue baking for about 10 more minutes until golden brown on both sides. Let it cool before using in the recipe below. Feel free to change the figs to the dried fruit of choice, and change the nuts to what you like or have available.



Ingredients:

- $\frac{3}{4}$ cup (75g) ground almonds
- 1 $\frac{3}{4}$ cups (300g) 70% dark chocolate
- $\frac{1}{3}$ cup + 1 tablespoon (100g) coconut oil
- $\frac{1}{4}$ cup (80g) honey
- $\frac{1}{8}$ teaspoon sea salt
- $\frac{2}{3}$ cup (100g) chopped dried figs (or dates)
- 1 $\frac{3}{4}$ cups (170g) gluten-free biscuits, roughly broken into 2cm pieces
- $\frac{1}{2}$ cup (60g) raw pistachios, chopped (or slivered pistachios)
- 2 tablespoons freeze-dried raspberries (optional)

Directions:

1. Line a medium pyrex dish or 22 x 12cm loaf tin with parchment paper.
2. Melt the chocolate, coconut oil and honey together in a double-boiler (or place a medium heatproof bowl over a saucepan of gently simmering water taking care the base doesn't touch the water). Heat for 2-3 minutes, stirring often, until melted and combined. Add the salt and mix.
3. Add the figs, biscuits and three quarters of the pistachios to the chocolate mixture and stir to combine, making sure the add-ins are all coated in the chocolate. Transfer the mixture to the prepared tin or pyrex, smoothing the top so that it's flat and even. Sprinkle the remaining pistachios on top together with the raspberries, if using.
4. Set aside for 10 minutes to cool, then wrap tightly with plastic wrap and refrigerate until completely set, about 1 hour.
5. Take it out of the fridge and let it slightly soften before slicing and serving.
6. Store in an airtight container in the fridge for up to 1 week.



SERVES: 8-10

Vanilla Pudding Scones

🕒 PREP TIME: 40 MIN 🕒 COOK TIME: 20 MIN

Dina and I met at university in London, and having scones with clotted cream was something we would do from time to time. This was in the day when the terms gluten-free and dairy-free were non-existent, but we certainly enjoyed them care-free!

Thankfully, with the recipes below you can invite your guests over for afternoon tea during Eid and enjoy these delicious creations made with no gluten, dairy, eggs or refined sugar. In addition to the vanilla pudding, add some fresh fruit, jam or berry compote for your guests to pick and choose their toppings.

You will need 1 can of full-fat coconut milk for this recipe. Place it in the fridge the night before and scoop out enough cream to use in the scones; the rest can be used to make the pudding.



Ingredients:

SCONES:

- 1 cup (110g) almond flour
- $\frac{3}{4}$ cup (80g) oat flour
- $\frac{1}{4}$ cup (30g) arrowroot starch
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 5 tablespoons (65g) coconut oil, cold in chunks
- 3 tablespoons maple syrup
- $\frac{1}{2}$ cup (120ml) dairy-free yogurt (or coconut cream + 1 teaspoon lemon juice)
- $\frac{1}{2}$ teaspoon vanilla extract

VANILLA PUDDING

- $\frac{1}{2}$ cup (70g) raw cashews, soaked for 3 hours
- 1 cup (240ml) full-fat coconut milk
- $\frac{1}{4}$ - $\frac{1}{3}$ cup maple syrup
- 2 teaspoons arrowroot starch
- 1 teaspoon vanilla

Directions:

TO MAKE THE SCONES:

1. Place the flours, baking powder and salt in a food processor. Pulse a few times just to mix. Add the cold coconut oil chunks and pulse for about 10 times until the coconut oil is the size of peas or smaller.
2. Add the maple syrup, yogurt and vanilla. Pulse just to combine and till no dry flour is visible.
3. Transfer the mixture to a piece of parchment paper and bring it together to form a rough ball. Try not to overwork it as the warmth of your hands will start to melt the coconut oil. Flatten down to about $\frac{3}{4}$ inch thick. It will be a little soft. Wrap the dough in plastic and chill it in the fridge for about 30 minutes, or until it firms up. While the dough is in the fridge, make the pudding.

TO MAKE THE VANILLA PUDDING:

1. Drain the cashews and place in a blender with $\frac{3}{4}$ cup of the coconut milk and $\frac{1}{4}$ cup of maple syrup. Whisk the remaining $\frac{1}{4}$ cup of coconut milk with the arrowroot and set aside.
2. Blend the cashews, milk and syrup until completely smooth. Transfer to a small saucepan and warm up over medium heat, stirring occasionally. Once the cashew mixture starts to bubble, quickly add the cornstarch slurry and whisk constantly until the cream is thick like pudding. Remove from the heat and add the vanilla. Taste and add more maple syrup if you think it needs more sweetness. Set aside while you bake the scones. It will thicken as it cools.

TO BAKE THE SCONES:

1. Preheat the oven to 375°F or 180°C. Line a baking sheet with a silicone mat or parchment paper. Use a 2 inch cookie cutter to cut out circles of dough. Transfer the dough circles to your lined baking sheet, spacing them 2 inches apart. Bake for 18-20 minutes until golden brown. Cool slightly on a cooling rack, just until cool enough to eat.
2. Serve with vanilla pudding and fruit or jam.

Good food
is a good
mood.

About the Author



Arwa AlTurkait

Arwa left the finance world to follow her passion for baking back in 2008 opening Crumbs bakery in Kuwait. She struggled with secondary infertility for 6 years, and was able to get pregnant naturally once she became aware of the importance of nutrition to heal one's body. This new found knowledge led to a passion for creating delicious and healthy recipes that she shares on her **blog** and **YouTube channel**.

Arwa is also a **functional medicine certified health coach, culinary nutrition expert**, and is eager to spread the word in the Arab world that healthy food can be delicious and easy with amazing flavor. **To learn more visit anaarwa.com**

Not for Resale

This material is the intellectual property of Arwa AlTurkait of AnaArwa.com. Unauthorized reproduction or distribution of material is prohibited.

Disclaimer

The information in this book is provided for information purposes only. It is in no way intended to substitute the advice provided by your doctor or other health care professionals. The nutrition information contained herein is based on personal experience and not intended to replace professional medical advice. The author of this book is not responsible and will not be held accountable for any adverse effects or consequences from the use or misuse of any information or experiences described herein.

The author of this book is not a medical or health professional and the information in this book is general and does not constitute individualized medical or health advice. If you have any health concerns please seek advice from your doctor when starting any meal plan or major lifestyle change.