



**Truffles, Brownies and Tarts, Oh
My! 5 Holiday Desserts That
Won't Leave You Feeling Bah
Humbug**



TOTAL LIFE CONCEPT
food · focus · fitness

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Happy Holidays!

Thank you so much for downloading our Total Life Concept recipe guide, Truffles, Brownies and Tarts, Oh My! 5 Holiday Desserts that Won't Leave You Feeling Bah Humbug ."

We are Total Life Concept, an integrative health care team, that empowers people like you to optimize your health through simple everyday habits around food, focus and fitness so you can rid yourself of disease and confusing symptoms so that you can start enjoying life with a healthy body and mind.

Our team:

- Dr. Soma Grotefend, MD, Wellness Physician, Preventative Medicine Consultant & Meditation Teacher
- Chris Grotefend, Master Fitness Trainer & Meditation Teacher
- Lauren Hoogs, NBC-HWC, National Board Certified Health & Wellness Coach

What we eat can have a big impact on how we show up for our family and friends during the holidays. Unfortunately, the holidays tend to be associated with desserts high in sugar that make us crash, give us mood swings, lead us to eat more and leave us feeling guilty come January 1.

Now, we LOVE dessert, just like you, and we get how treats can help one feel like they are in the holiday spirit. We are here to tell you that it is totally possible to create delicious treats that are made with ingredients that can HELP your health versus harm it AND your whole family will enjoy them too.

This is exactly why we have created this recipe guide. This guide will inspire you with delicious dessert recipes to help you enjoy the holidays while keeping your health a priority. Forget willpower and let our TLC-approved ingredients do the work.

SUGAR

Sugar is one of the most demonized ingredients out there. Sometimes this is warranted, but other times it's not. First, we want you to give yourself permission to enjoy something sweet. Second, look for naturally occurring sugars found in their natural packaging (i.e. fruit, dates, apple sauce, etc). Our body metabolizes this differently than cane sugar, brown sugar, powdered sugar and other sweeteners that are typically found in our favorite holiday treats.

FLOUR

You will notice there are no enriched flours in any of our recipes. We replace flours with nut flours and similar more nutrient-dense substitutes so you get more fiber which will make you feel fuller faster, so make sure you really enjoy that first brownie because you won't want a second one.

FAT

Fat doesn't make you fat. All the fats we include in our recipes are fats that are naturally occurring and fats that your great-grandma has cooked with. If these ingredients take you by surprise, please trust us. Notice how you will eat just one or two versus having an insatiable desire for more, more, more.

NO ARTIFICIAL INGREDIENTS

Give yourself a pat on the back. Just by making your holiday treats on your own, you eliminate so many sneaky, mysterious and sabotaging ingredients found in processed foods. Know that this itself makes a HUGE difference.

And these recipes are just the start! If you love this guide, then you will absolutely love some of our upcoming events:

- [Healthy Holiday Baking Workshop on December 9 @ 5 PM \(MST\)](#)
- [Free 5-Day Building a Holiday Wellness Plan Challenge from December 14 to 18](#)

If you are interested in either of these events, click the links above or let us know by emailing lauren@tlcdurango.com.

Additionally, through our memberships, we can also work with you one-on-one to optimize your lifestyle habits to prevent disease, manage unpleasant and confusing symptoms and optimize your life experience.

[Click here](#) to learn more about that. We would be so honored to be a part of your journey.

And hey, when you make these recipes, be sure to snap a pic and tag us on Instagram! We are [@totallifeconcept](#). We love seeing what you are up to in the kitchen.

Yours in Wellness,

The Total Life Concept Team
(970) 633-0635



Pumpkin Pie Tarts with Coconut Whipped Cream

12 servings
1 hour 30 minutes

Ingredients

1 cup Almonds
1 cup Cashews
1 Egg
1/4 cup Coconut Oil (melted and divided)
1/3 cup Maple Syrup (divided)
1 tsp Vanilla Extract
1 tsp Cinnamon
1/2 tsp Sea Salt
2 1/4 cups Pureed Pumpkin
1/3 cup Unsweetened Almond Milk
2 1/2 tbsps Arrowroot Powder
2 tsps Pumpkin Pie Spice
1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

Directions

- 1 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 2 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 3 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 4 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 5 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 6 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 7 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
- 8 In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 9 Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)

10

When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder: Use tapioca flour instead.

Homemade Pumpkin Pie Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares: Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.



Gingerbread Brownies

9 servings

35 minutes

Ingredients

1/2 cup Pitted Dates
3 Egg
2 2/3 tbsps Fancy Molasses
1/2 cup Coconut Oil
2 tpsps Vanilla Extract
1 cup Unsweetened Almond Milk
1/2 cup Coconut Flour
1/4 cup Cocoa Powder
2 tpsps Ground Ginger
1/4 tsp Ground Cloves
1 tsp Baking Soda
3/4 tsp Baking Powder
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place dates in a food processor and pulse until pureed, or chop the dates finely.
- 3 In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
- 4 Combine the remaining dry ingredients in a separate bowl.
- 5 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 6 Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
- 7 Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

Make it as a Cake: Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.



Coconut Chickpea Blondies

16 servings
45 minutes

Ingredients

3/4 tsp Coconut Oil
2 cups Chickpeas (cooked)
1/2 cup Almond Butter
1/4 cup Maple Syrup
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1/4 tsp Baking Powder
1/4 tsp Baking Soda
1/3 cup Unsweetened Shredded Coconut (plus extra for garnish)

Directions

- 1 Preheat oven to 350°F (177°C) and brush a baking dish with coconut oil (use an 8x8 pan for 16 blondies).
- 2 Add all ingredients to a food processor and process until smooth.
- 3 Spread the batter evenly into the pan. (The batter will be very sticky, so brushing a spatula with coconut oil first will help.) Sprinkle extra coconut over the top and press in gently.
- 4 Bake for 20 to 25 minutes or until toothpick comes out clean and edges are slightly browned. Let cool for 20 minutes, then cut into squares. Enjoy!

Notes

Leftovers: Store in the fridge for 5 days or freeze in an airtight container.

No Maple Syrup: Use honey instead.

Nut-Free: Use sunflower seed butter instead of almond butter.



Easy Peach Crumble

3 servings

30 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 cup Oats (rolled, divided)
- 1/4 cup Unsweetened Applesauce
- 2 tbsps Maple Syrup
- 2 Peach (pit removed, sliced)

Directions

- 1 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 2 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 3 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving equals approximately 1 cup.

More Flavor: Add cinnamon, nutmeg, lemon juice and/or lemon zest.

Additional Toppings: Ice cream, yogurt, whipped coconut cream or crushed nuts.

No Oat Flour: Use any flour on hand.

No Applesauce: Use mashed banana instead with a few tablespoons of water as needed.



Decadent Chocolate Peppermint Truffles

10 servings

20 minutes

Ingredients

1 cup Pitted Dates (packed)
3 cups Water (just boiled)
1/3 cup Cocoa Powder
1/2 tsp Peppermint Extract
3 tbsps Coconut Oil
1/3 cup Organic Dark Chocolate Chips
1/4 tsp Sea Salt (large flakes, for topping)

Directions

- 1 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 2 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 3 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days.

Serving Size: One serving is equal to approximately two truffles.

Additional Toppings: Top with crushed up candy cane or shredded coconut flakes.

More Flavor: For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.