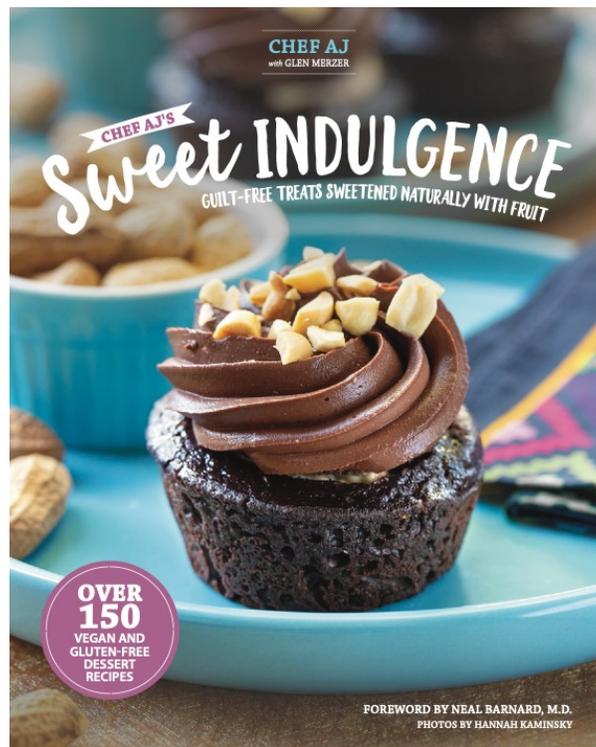




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RECIPES FROM THE RAW FOOD AND PLANT-BASED MASTERY SUMMIT

- SWEET CORNBREAD MUFFINS
- BLACK BEAN MUSHROOM CHILI
- FAUX PARMESAN
- DATE PASTE
- ORANGE CHOCOLATE MOUSSE TORTE
- BASIC HEALTHY PIE CRUST
- BANANA CHIA PUDDING
- CINNAMON CRISPS WITH STRAWBERRY SALSA

SWEET CORNBREAD MUFFINS

Makes 12 Muffins

Cornbread muffins are not just for chili anymore! Are these sweet enough to be called a dessert? That depends on your taste, but you could always make them sweeter with a schmear of fruit-sweetened jam or Date Paste. They're perfect for a breakfast-on-the-go.

INGREDIENTS:

- 2 cups cornmeal
- 1 cup gluten-free rolled oats
- 1 cup unsweetened apple juice
- ½ cup unsweetened applesauce
- ½ cup date syrup
- 1 tsp aluminum-free and sodium-free baking powder
- 1 tsp aluminum-free and sodium-free baking soda
- 2 teaspoons apple cider vinegar

PREPARATION:

Preheat oven to 350 degrees F. Place all ingredients in a high-powered blender and blend until smooth. Evenly distribute the batter (a retractable ice cream scoop works well), using a 12-cavity silicone muffin pan or 12-cavity muffin tin lined with cupcake liners, and bake for 20-22 minutes until tops are golden-brown. Let cool completely before removing from muffin pan.

CHEF'S TIP:

These will appear golden brown, not yellow like traditional cornbread muffins, because date syrup is so much darker in color than sugar or even maple syrup. Store in an airtight container after cooling.

BLACK BEAN MUSHROOM CHILI

Adapted from and inspired by a recipe by Jocelyn Graef of the Low-Fat Herbivore

INGREDIENTS:

10 ounces of chopped onions (about 3 cups)
8 cloves garlic, minced or pressed through a garlic press
2 pounds of mushrooms, sliced (I just use 3 - 10-ounce bags of pre-sliced mushrooms from Trader Joe's)
2 - 14.5-ounce cans Muir Glen Salt-Free Fire Roasted Tomatoes
3 - 15-ounce cans of salt-free black beans (or 4.5 cups of cooked beans)
One-pound frozen corn, defrosted
1 Tablespoon ground cumin
1 Tablespoon dried oregano
½ Tablespoon SMOKED paprika (different than regular paprika)
¼ - ½ teaspoon chipotle powder

PREPARATION:

Place all ingredients except for corn in an electric pressure cooker and cook on high pressure for 6 minutes. Release pressure and stir in corn. If you have the eight-quart Instant Pot, you can put all of the ingredients in at once. Sprinkle with Enlightened Faux Parmesan. If you like, you can use the sauté function and sauté the onion, garlic, and mushrooms first.

CHEF'S NOTE:

One can of beans is approximately 1 and ½ cups. If you use cooked beans instead of canned beans, you need to add 2 cups of water. You can substitute another bean like kidney, pinto or even garbanzo beans for some or all of the black beans.

This is delicious over a baked Yukon Gold potato or brown rice and sprinkled with the Enlightened Faux Parmesan.

If you don't have a pressure cooker, you can make this in a slow cooker, but it will take 6-8 hours instead of 5 minutes.

You could also cook all the ingredients in a pot on the stove for 15-20 minutes.

ENLIGHTENED FAUX PARMESAN

INGREDIENTS:

- 1 cup of gluten-free oats
- 1 cup of nutritional yeast
- 1 Tablespoon of Benson's Table Tasty (or your favorite salt-free seasoning)

PREPARATION:

Place all ingredients in a blender or food processor fitted with the "S" blade and process into a powder. Store in the refrigerator.

DATE PASTE

MAKE SURE that you always have some Date Paste on hand to create a healthy dessert in no time. Always squeeze each date because even pitted dates can have the occasionally pit, which could damage your food processor blade.

INGREDIENTS:

1-pound pitted dates (about 2 1/2 cups)
1 cup liquid, such as water, unsweetened plant milk, or unsweetened juice

PREPARATION:

Soak dates in liquid of choice overnight, or for several hours, until much of the liquid is absorbed. In food processor fitted with the "S" blade, process dates and any excess soaking liquid until completely smooth. Store the Date Paste in the refrigerator. This can also be frozen.

IN A HURRY? If you don't have time to soak your dates, my friend Jeni taught me the quickest and easiest way to make Date Paste using an electric pressure cooker. Simply place 1 pound of dates and 2 cups of water in the pressure cooker, cook on high pressure for 1-minute, quick release the pressure, and when cool enough to handle, transfer to a food processor fitted with the "S" blade. Purée until smooth.

CHEF'S TIP:

Date Paste is the basis of many of the desserts in this cookbook. Please use this exact recipe when making recipes from Sweet Indulgence, as commercial date pastes and other recipes may have a different ratio of dates to liquid. I have often used a schmear of Date Paste as a frosting on cakes and muffins.

ORANGE CHOCOLATE MOUSSE TORTE

This is the first recipe that I created after culinary school in 2003 and was very popular at the restaurant where I worked as a pastry chef.

INGREDIENTS:

One recipe of Basic Healthy Pie Crust (recipe follows)
to which 1/4 cup cocoa powder has been added.

FILLING:

16 ounces pitted dates soaked in 16 ounces orange juice
12 ounces walnuts
1/2 cup cocoa powder
1/2 cup unsweetened coconut
1 teaspoon vanilla powder

PREPARATION:

In a food processor fitted with the "S" blade, process the soaked dates, vanilla powder, and extract until very smooth. Add cocoa powder and process again until smooth. Place this in another bowl. Then process the nuts into a nut butter like consistency. Add coconut and process again. Add this to the date mixture and stir well by hand until all the ingredients are completely incorporated. Pour over crust and freeze until firm. Garnish with raw cacao nibs and flaked coconut.

CHEF'S TIP:

I prefer to make this in a springform pan and serve it with Raspberry Coulis.

You can change the flavor of the torte by changing the flavor of the juice you soak your dates in. So far, I have tried it with cherry juice and pomegranate juice.

BASIC HEALTHY PIE CRUST

Super quick and easy to make and the varieties are endless.

INGREDIENTS:

2 cups raw, unsalted walnuts
12 ounces of pitted dates, about 2 packed cups

PREPARATION:

In a food processor fitted with the "S" blade, process the nuts until they are a flour-like consistency. Do not overprocess or you will have nut butter. Add dates, a few at a time, until the mixture clumps together. Stop the machine and if you can easily roll a ball from the mixture and it sticks together, you don't need to add any more dates. Press the crust into a pie plate, tart pan or springform pan.

This pie crust is great simply topped with cut up fresh fruits of any kind. You can even roll the mixture into balls, and you have healthy truffles or flatten them into no-bake cookies. Play around with adding different spices (like cinnamon or nutmeg), different extracts or essential oils (like mint) or the zest and juice of lemons, limes, or oranges.

CHEF'S TIP:

Other raw, unsalted nuts can be substituted for the walnuts. Have fun creating your own unique flavors. Try substituting raw seeds (such as hemp, sesame, pumpkin, or sunflower) for all or some of the nuts. Substitute other dried fruit (such as apricots, cherries, cranberries, currants, figs, goji berries, mulberries, prunes, or raisins) for all or some of the dates.

For a lower-fat option substitute gluten-free rolled oats for the nuts or seeds.

BANANA CHIA PUDDING

I STILL remember my 7th grade Home Economics class where we were taught to thicken puddings with cornstarch. Chia seeds revolutionized the thickening process and, as a great source of Omega-3 fatty acids, are so much healthier than traditional thickening agents. And you don't even have to cook them. I love using them to thicken salad dressings in addition to healthy desserts.

SERVES 6

1 cup unsweetened plant milk

4 large, very ripe bananas (about 2 cups)

1/2 cup white chia seeds

1/4 cup gluten-free rolled oats

Blend all the ingredients together and refrigerate for several hours or overnight until a pudding like texture is achieved.

CINNAMON CRISPS WITH STRAWBERRY SALSA

While this technically could be an appetizer, I have eaten this for dessert when I was out of pie! 😊

INGREDIENTS:

Crisps
Corn tortillas
Cinnamon

PREPARATION:

Crisps
Preheat oven to 350 degrees F.

Lightly spray the tortillas with water or lightly brush water on the tortilla. Sprinkle with cinnamon. Place crisps on a non-stick baking sheet for 10-15 minutes until crisp but not burned. Store in an airtight container.

INGREDIENTS:

Salsa:

3 cups of chopped strawberries
½ cup chopped fresh mint (or more to taste, you can also use fresh basil)
¼ cup finely chopped red onion
¼ cup lime juice
½-1 jalapeno pepper (optional)

PREPARATION:

Mix all ingredients together and enjoy with Cinnamon Crisps.

CHEF'S TIP:

Want it sweeter? Add 1-2 Tablespoons of a reduced balsamic vinegar in a fruity flavor like in strawberry.