

# THE DESSERT EDITION

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I've been a busy girl these last couple of days, after the cookies I've gone on a primal dessert spree.. These desserts are quick and easy to make and sugar free with very little carb content. Oh and these are vegetarian too!

The first one I made is a **chocolate, avocado pudding**.

All I did was cut one avocado in half and scoop it's contents into a blender, put in one banana chopped, 3 Tbsps of cocoa, and 1 tsp of honey.



After the blender mashed it to pulp, what emerged was a smooth textured, delicious chocolate mousse with a really good flavour. 100% real food !



The second dessert I made was **apple pie** (well the end result was an apple crumble).

For the base: 1 1/2 cup almond meal, 1/2 cup coconut oil and 1/4 tsp salt.

Add the coconut oil and salt to the almond meal and mix.



Then keep adding water tsp by tsp till you get a dough like texture.



Chop 3 cooking apples and add 1 tsp of cinnamon and 1/4 tsp of nutmeg. Toss it about till all the apples are coated with the spices. Chop one Tbsp of butter into small pieces and place them on the apples.

Roll out dough and put it on a pie dish. Place chopped apples and butter and lay them out on the pie dish.



Pre heat oven to 190 degrees C and bake for 35 minutes.

The pie has all the flavour and aroma of grandma's apple crumble. Hot and real.

The thing about primal desserts are that they may never taste as gooey and decadent as the real thing, but hey.. it's way worth the 'sacrifice'.

Have you made Primal desserts yet? What do you think? Real food over the 'Real' stuff or the *Asli Maal* as we say?

