

MEDICAL MEDIUM® ANTHONY WILLIAM

DESSERTS



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Strawberry Shortcake

This Strawberry Shortcake recipe is the perfect decadent treat for a social gathering, birthday or holiday celebration, or for a weekend baking adventure with your children!

Ingredients:

- 2 1/2-3 cups almond flour + more for dusting
- 1 cup tapioca flour
- 2 tsp baking powder
- 1/4 cup solid coconut oil
- 1/2 cup unsweetened almond milk
- 1 tsp alcohol-free vanilla extract
- 2 tbsp maple syrup or raw honey

For the whipped cream:

- 1 14-ounce can coconut cream or full fat coconut milk, chilled in the fridge overnight
- 2-3 tbsp raw honey
- 1 lb strawberries, halved, for topping

Directions:

Preheat oven to 400F. Place the almond flour, tapioca flour and baking powder in a bowl and mix with a whisk until there are no lumps. Cut the coconut oil into small pieces and place in the flour mixture. Using your fingertips, rub the oil into the flour until the mixture resembles breadcrumbs. In a small bowl, combine the almond milk, vanilla and maple syrup/honey. Mix until uniform, then add to the flour. Mix until the dough comes together (you may need to add a bit more almond flour). Flour a surface and roll out the dough until 1 cm thick. Using a rough cookie cutter, cut disks out of the dough and place on a baking sheet covered with parchment paper. Place in the oven and bake for 12-15 minutes, until the biscuits have browned. Take out of the oven and let cool for 15-20 minutes. While the biscuits are cooling, make your whipped cream. Chill your mixing bowl in the freezer for 10 minutes. When the bowl is chilled, remove the thick cream from the top of the can, leaving the coconut water behind. Using an electric whisk, beat the cream for 2-3 minutes until you get soft peaks. Add the honey and beat for another 2 minutes. Set aside. Assemble the shortcakes by placing a tablespoon of whipped cream on a biscuit, followed by the strawberries. Repeat with another layer of each or leave as it is. Serve immediately.

Serves: 14-16 single layer shortcakes and 6-8 double



Apple Crisp

This Apple Crisp recipe is a wonderful recipe to serve up at your next gathering with family or friends. Warm, comforting, sweet, and delicious, it's delicious all on its own or served up with the banana or coconut ice cream recipes on my blog.

Filling:

- 4 red apples, chopped
- 1 tsp cinnamon
- 2 tbsp lemon juice
- 1/2 tsp lemon zest

Topping:

- 1 1/2 cup gluten free rolled oats (optional: sub 1/2 cup oats for 1/2 cup almond meal for a more biscuity texture)
- 1 cup chopped pecans or walnuts
- 1/2 cup shredded coconut
- 1 tsp cinnamon
- 1/2 tsp ground ginger (optional)
- 1/4 tsp ground nutmeg
- 1/3 cup maple syrup
- 1/2 cup coconut oil

Directions:

Preheat oven to 325F. Place the diced apples in a 11x7 baking dish (or similar). Add the cinnamon, lemon juice and zest and mix well.

In a medium-sized bowl, combine the oats, pecans, coconut, cinnamon, ginger, nutmeg, maple syrup and coconut oil. Mix well, then place on top of the diced apples.

Place in the oven and bake for 40-45 minutes, until the top is browned and the apples cooked through. Let sit for 10 minutes at room temperature before serving.

Serves: 6-8 people



Strawberry Lemon Bars

These Strawberry Lemon Bars are incredibly delicious and make such a convenient grab and go snack for children and adults. As you bite through the walnut crumb topping, the strawberry lemon jam gives a wonderful pop of flavor in the center of the bars.

For the jam:

- 2 1/2 cups fresh strawberries, hulled and quartered
- 3 tbsp lemon juice
- 1 tsp zest
- 1/4 cup maple syrup
- 3 tbsp chia seeds

For the base:

- 2 cups almond flour
- 2 tbsp coconut oil
- 1/4 tsp salt
- 1-2 tbsp water

For the crumb:

- 1 cup walnuts
- 1/2 cup shredded coconut
- 2 tbsp maple syrup
- 1 tsp coconut oil
- 1/4 tsp salt

Directions:

Place the strawberries, lemon juice, zest and maple syrup in a saucepan over medium-high heat and bring to a simmer. Cook for 10-15 minutes, until the strawberries are soft. Mash gently with the back of a wooden spoon and take off heat. Stir in the chia seeds and leave aside to cool. Preheat the oven to 350F/180C. In a food processor, combine the almond flour, coconut oil and salt and process until the texture resembles breadcrumbs. With the motor running, pour in the water and process until the mixture comes together into a dough. Line a 9x9 inch baking tin with parchment paper and spread the mixture on top, pressing down firmly and evenly. Place in the oven and cook for 10-12 minutes, until the base is a golden color. Let cool. Make the crumb by combining the walnuts, coconut, maple syrup, coconut oil and salt in a food processor and blitzing until you get a fine mixture. When the base has cooled, spread the jam mixture on top and cover with the crumb. Place in the oven and cook for 12-15 minutes, until it is golden on top. Let cool completely before cutting.

Serves 9-12 bars



Apple Nachos

If it's decadence without the drawbacks you're looking for, this recipe is for you. These Apple Nachos satisfy the desire for sweet, crunchy, chewy, and buttery. Easy to make, fun to decorate and present, and even more enjoyable to eat, these nachos will be a hit for adults and children.

Ingredients:

- 4 red apples, sliced
- 1 tsp cinnamon
- 1/4 cup dried cranberries (or golden raisins)
- 1/4 cup walnuts (or pecans), finely chopped (optional)
- 2 tbsp tahini or almond butter (optional)

Date caramel:

- 8 medjool dates
- 1/4 cup unsweetened almond or coconut milk
- 1/2 cup water
- 1/2 tsp alcohol free vanilla extract

Directions:

Make the date caramel by blending the dates, almond milk, water and vanilla until smooth. Add a bit more water if needed to blend. Set aside.

Arrange the apple slices on a serving plate. Top with cinnamon, date caramel, walnuts, cranberries and tahini. Serve immediately.

Serves: 3-4 people



Raspberry Jam Bites

Filled with a delicious, gooey, raspberry center, these Raspberry Jam Bites are packed full of both flavor and nutrients. They are made from only the healthiest ingredients and are the perfect snack for anytime of day. Pop a few in your children's lunchboxes, serve them with herbal tea for an afternoon snack, or enjoy a few after dinner.

For the bites:

- 2 cups raspberries
- 1 tbsp raw honey
- 1 1/2 cups raisins
- 15-20 medjool dates
- 1/2 cup shredded coconut

For the coating:

- 1/3 cup shredded coconut
- 1/3 cup freeze-dried raspberry powder

Directions:

Mash the raspberries with raw honey and set aside. In a food processor, combine the raisins, dates and coconut. Process until the mixture is uniform and sticks together.

To make the balls, wet your hands, take a large tablespoon worth of the mixture and spread it out on your palm. Lift up the sides to make a cup and place half a teaspoon worth of raspberry mixture inside, trying not to get any raspberry juices in (they will seep out). Close the ball gently and shape it between your hands. Roll it in coconut or raspberry powder. Repeat with rest of the mixture. These bites are best stored in the fridge.

Serves: 10-12 bites



Lemon Sorbet

Without lemons, the world would be a completely different place. Imagine childhood without lemonade, a sore throat without lemon-honey tea, or summer without lemony baked goods.

It doesn't get any more refreshing than a lemon sorbet with a hint of honey and sage. This sorbet is so easy to bring together and keeps well in the freezer for up to three weeks. Enjoy it as an after-dinner treat or a sweet palate cleanser any time of day.

Ingredients:

- 3/4 cup honey
- 3 sage leaves
- 1 1/2 cups water
- 1 cup fresh-squeezed lemon juice (from about 6 lemons)
- 1 tablespoon lemon zest

Directions:

Combine the honey, sage leaves, and 1 1/2 cups water in a small saucepan. Warm over medium heat until the honey dissolves completely. Add the lemon juice and zest. Stir well and cool in the refrigerator. Remove the sage leaves and discard. Place the remaining mixture in an ice cream machine and process according to the manufacturer's instructions. If you don't have an ice cream machine, place the mixture in a bowl and set in the freezer; stir well every 30 minutes until the desired consistency is reached.

Serves: 4



Raspberry Thumbprint Cookies

Healing doesn't mean that you can't enjoy a sweet treat when you need one! The Raspberry Thumbprint Cookies I am sharing with you today are delicious and have none of the harmful ingredients often found in some store-bought kinds. The bright pop of raspberry jam nestled in a rich, nutty dough makes these gorgeous cookies a wonderful treat for yourself, to share with friends or family, or pack into your children's school lunchboxes.

Ingredients:

- 1 cup plus 2 tablespoons almond flour
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- ½ cup tahini
- ½ cup coconut sugar or maple sugar
- ½ teaspoon alcohol-free vanilla extract
- ½ cup white sesame seeds
- ½ cup raspberry jam (see Tips, below)

Directions:

Preheat the oven to 350°F. Whisk together the almond flour, baking soda, and sea salt in a mixing bowl and set aside.

Process together the tahini, coconut sugar, and vanilla extract in a food processor until smoothly combined. Add the almond flour mixture to the food processor and pulse until well combined. If mixture is still crumbly, add water by the tablespoon as needed until smooth dough forms.

Form the dough into 1-inch balls and roll them in the sesame seeds before placing them onto a baking tray lined with parchment paper. Leave at least 2 inches between the cookies. Press a thumbprint into the center of each cookie and place the cookies into the oven. Bake the cookies for 8 to 10 minutes.

Remove the cookies from the oven and fill each one with 1 teaspoon of raspberry jam. Place the cookies on a wire rack to cool.

Serves: 4-6



Caramel Fudge Squares

Dates are a wondrous food for their health benefits, taste and versatility. Truly nature's candy, dates are an incredible snack alone or with other fruit, celery or cucumber sticks. They are also fantastic additions to smoothies, desserts, trail mix, cereal, as a sweetener in salad dressings, chopped into salads, and more.

Ingredients:

- 2 cups dates
- 1/4 cup tahini
- 1 inch piece of vanilla bean
- 1/2 tsp cinnamon

Directions:

1. In a food processor, combine all ingredients until a large smooth ball is formed.
2. Line a brownie pan with plastic wrap or parchment paper and press fudge batter out until smooth and even. Cover and place in freezer for 2 hours or overnight.
3. To serve, remove from freezer, cut into squares and sprinkle with sea salt. Best served cold and stored in the freezer.

Serves: 4



Raw Honey Miracles

Fair warning: This ice cream recipe is dangerously good. It only takes a few minutes to prep with an ice cream maker, and in under an hour, you can have ice cream that is cleaner and way more delicious than anything available in the store. As a bonus, you'll have some leftover almond milk that you can use in smoothies or enjoy cold from the fridge.

Ingredients:

- 1 cup almonds
- 2 dates, pitted
- 1/4 inch vanilla bean, split lengthwise
- 1 1/2 cups coconut cream (from approximately 2 13.5-ounce cans of refrigerated full-fat coconut milk)
- 1/8 tsp sea salt
- 1/8 cup raw honey
- 1/4 cup chopped almonds (optional)

Directions:

First, make the almond milk by blending the almonds, dates, and scraped seeds from the vanilla bean with 2 cups of water until smooth. Strain the mixture through a nut milk bag or cloth and set aside. Then, open the cans of coconut milk, being careful not to shake them. Separate off the heavy cream from each can. (See the Berries and Cream recipe for guidance.) In a medium bowl, mix the coconut cream with 1 cup of almond milk, sea salt, and raw honey until combined. Pour into the bowl of an ice cream maker and process according to the manufacturer's instructions.* Serve the ice cream topped with chopped almonds, if desired, and a drizzle of raw honey.

*Without an ice cream maker, freeze the mixture in a bowl and stir every 30 minutes until set.

Serves: 2-4



Berries & Cream

Beautiful and enticing, these berries-and-cream bowls are perfect for brunch, entertaining, or dessert. The coconut milk whips into a cloud of light, fluffy whipped cream, and the hint of ginger and lemon zest completes the dish. Enjoy impressing those you love with these beautiful berry bowls.

Ingredients:

- 1 cup blueberries
- 1 cup blackberries
- 1 cup raspberries
- 1 cup strawberries
- 2 13.5-ounce cans full-fat coconut milk, refrigerated
- 1/4 teaspoon grated ginger
- 1 teaspoon maple syrup
- Lemon juice (from about 1/4 lemon)
- 1 2-inch piece vanilla bean pod, split lengthwise
- 1 teaspoon lemon zest
- 4 leaves fresh mint, minced

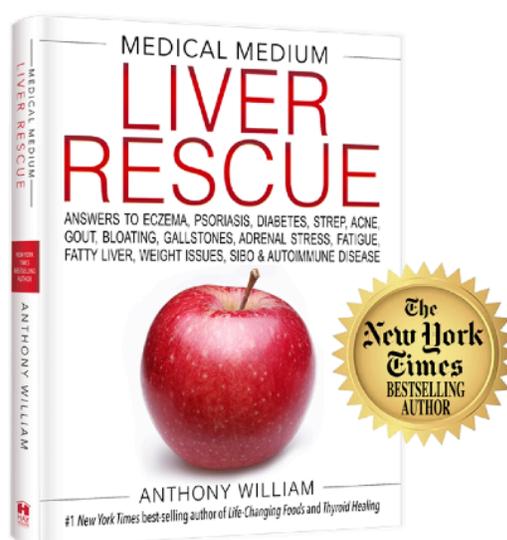
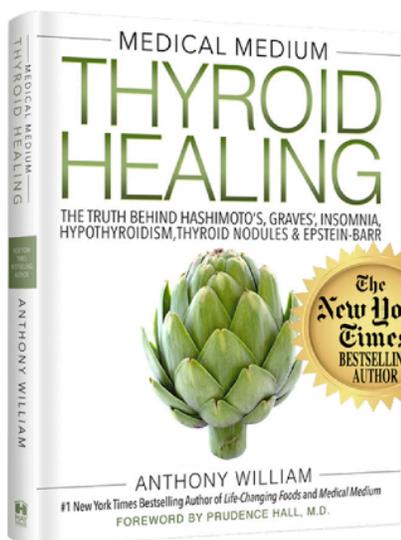
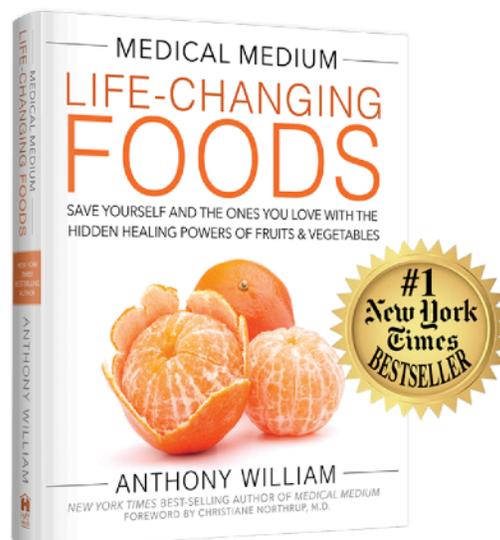
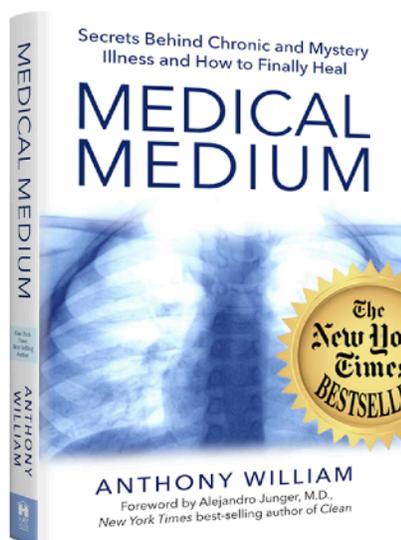
Directions:

Rinse the berries, mix them together, and divide them evenly into 2 bowls. Open the cans of coconut milk, being careful not to shake them. Coconut milk naturally separates in the can, leaving a thick, heavy layer on top. Scoop out the solid cream from each can and place it in a small mixing bowl. (You will need 1/2 cup of cream.) Discard the thin liquid that remains. Using a fork, whisk together the coconut cream, ginger, maple syrup, lemon juice, and the scraped seeds from the vanilla bean pod.* Whisk until the mixture is well combined and smooth. Scoop a generous dollop of cream over the berries in each bowl. Top with the lemon zest and mint.

*Save the exterior of the vanilla bean pod for use blended into a smoothie or dessert. (Note that a high-speed blender will be necessary to break it down thoroughly.)

Servings: 2

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [*Medical Medium*](#), [*Life-Changing Foods*](#), [*Thyroid Healing*](#), and [*Liver Rescue*](#).



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