



PERMAFIT™

DESSERTS



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SESAME BERRY SQUARES

► MAKES 16 SQUARES

- Non-stick cooking spray
- ¾ cup (240 g) (8.5oz) all natural raspberry or strawberry jam
- 2 tbsp (24 g) (0.85oz) chia seeds
- 1⅓ cups (160 g) (5.6oz) whole wheat pastry flour
- ¼ cup (40 g) (1.4oz) hulled hemp seeds
- ¼ tsp fine sea salt
- ½ cup plus 1½ tsp (136 g) (4.8oz) tahini
- ¼ cup plus 2 tbsp (120 g) (4.2oz) pure maple syrup
- 1 tsp pure vanilla extract
- Plain or vanilla vegan milk, as needed

NUTRITIONAL VALUES

- Calories: 58kcal
- Fat: 2.3g (1.7g S.Fat)
- Carbs: 9.1g
- Protein: 0.7g
- Sugar: 3g
- Sodium: 65mg

DIRECTIONS

Preheat oven to 350°F (180°C, or gas mark 4). Lightly coat an 8-inch (20 cm) square baking pan with cooking spray.

In a small bowl, combine the jam with the chia seeds and set aside. The seeds will expand a little and thicken up the jam while you prepare the crust.

Combine the flour, hemp seeds, and salt in a large bowl. Add the tahini, maple syrup, and vanilla on top, using a pastry cutter to stir them in. The dough must be moist without being too wet. It should stick together easily when pinched. If it is too dry, add 1 tbsp (15 ml) of milk at a time until it is sufficiently moist.

Set aside a packed ½ cup (120 g) of the resulting dough.

Sprinkle the dough evenly in the prepared pan. Press it down evenly all over the bottom of the pan.

Cover with the jam mixture, spreading it all over with an angled spatula. Crumble the reserved dough on top, pressing slightly on top of the jam.

Bake for 24 minutes or until the crumbs on top are golden brown.

Place on a wire rack and cool for at least 30 minutes before slicing and serving.

Store leftovers in an airtight container at room temperature for up to 2 days.



ALMOND OR CASHEW BISCUITS

► MAKES 9 BISCUITS

- 1¼ cups (150 g) (5.3oz) whole wheat pastry flour or (156 g) (5.5oz) all-purpose flour
- ⅓ cup (47 g) (1.7oz) toasted whole cashews or (48 g) (1.7oz) almonds (Use unsalted.)
- ½ tsp fine sea salt
- 1½ tsp baking powder
- 3 tbsp (42 g) (1.5oz) semi-solid coconut oil (the texture of softened butter)
- 3 tbsp (48 g) (1.7oz) natural smooth cashew butter or almond butter
- ½ cup (120 g) (4.2oz) blended soft silken tofu or unsweetened plain vegan yogurt

DIRECTIONS

Preheat the oven to 425°F (220°C, or gas mark 7). Line a baking sheet with parchment paper.

Place the flour and nuts in a food processor. Pulse until the nuts are chopped: A few larger pieces are okay. Add the salt and baking powder and pulse a couple of times.

Add the oil and nut butter and pulse just to combine. Add the blended tofu or yogurt, and pulse until a crumbly (but not dry) dough forms. Gather the dough on a piece of parchment and pat it together to shape into a 6-inch (15 cm) square.

Cut into nine 2-inch (5 cm) square biscuits. Transfer the biscuits to the prepared baking sheet. Bake for 12 to 14 minutes, or until golden brown at the edges. Cool on a wire rack and serve.

NUTRITIONAL VALUES

- Calories: 86kcal
- Fat: 5.1g (1.4g S.Fat)
- Carbs: 9.1g
- Protein: 2.3g
- Sugar: 4.9g
- Sodium: 4mg



PEANUT BUTTER SNACK SQUARES

► MAKES 8 SERVINGS

- ½ cup coconut sugar
- 1 cup creamy peanut butter
- 1 tsp vanilla extract
- ¾ cup whole wheat flour
- ¼ cup garbanzo flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 cup old-fashioned oats
- ½ cup dairy-free milk
- ½ cup peanuts
- ½ cup dates, pitted and chopped small

NUTRITIONAL VALUES

- Calories: 56kcal
- Fat: 2.9g (2g S.Fat)
- Carbs: 5.2g
- Protein: 4.1g
- Sugar: 2.6g
- Sodium: 138mg

DIRECTIONS

Preheat the oven to 350°F. Lightly grease an 8-inch square baking dish.

Mix the sugar and peanut butter with a hand or stand mixer on medium speed for 5 minutes. Mix in the vanilla. Add the flours, baking soda, and baking powder and mix on medium speed. Add the oats and mix for a few seconds. This will be stiff. Add the milk and mix on medium until just combined.

Fold in the peanuts and dates and make sure everything is well incorporated.

You can use your hands to press the dough lightly into the prepared dish. Bake for 15 to 20 minutes or until lightly golden brown.

Place on a wire rack to cool. Cut into sixteen squares and store in the refrigerator.



PACKED PEANUT OATMEAL COOKIES

► MAKES 12 SERVINGS

- 1 tbsp chia seeds or ground chia seeds
- 1 cups whole wheat flour
- 1 tsp baking powder
- 1½ cups old-fashioned oats
- 2 tbsp vanilla protein powder
- ½ cup dairy-free butter
- 1 cup coconut sugar
- ½ cup dairy-free cream cheese, softened
- 1 tsp vanilla extract
- 1 banana
- 1 cup peanuts, chopped

NUTRITIONAL VALUES

- Calories: 334kcal
- Fat: 12.3g (2.7g S.Fat)
- Carbs: 43.9g
- Protein: 13.7g
- Sugar: 4.5g
- Sodium: 77mg

DIRECTIONS

Preheat the oven to 400°F. Cut parchment paper to fit on a baking sheet. Set aside.

Mix the chia seeds with 3 tbsp water and set aside.

Add the flour, baking powder, oats, and protein powder to a large bowl. Set aside.

Add the butter and sugar to the bowl of a stand mixer. Cream on medium-low speed for 5 minutes. Add the cream cheese and mix well. Turn off the beater and add the prepared chia seed mixture, vanilla, and banana. Mix well on medium speed. Add the dry ingredients and peanuts and keep mixing until just combined.

Spoon dollops on a cookie sheet 2 inches apart and flatten with the bottom of a glass to about ½-inch thick. Bake for 11minutes.

Cool on a wire rack.



CHOCOLATE CAKE MUNCH COOKIES

► MAKES 12 SERVINGS

- ½ cup dairy-free butter, softened
- 1 cup coconut sugar
- 1 tbsp chia seeds or ground chia seeds
- ¾ cup soy milk
- 1 tsp vanilla
- 2 cups whole wheat flour
- ¼ cup protein powder
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup cocoa powder
- 1 cup walnuts, chopped

NUTRITIONAL VALUES

- Calories: 193kcal
- Fat: 8.4g (0.9g S.Fat)
- Carbs: 24.6g
- Protein: 6.9g
- Sugar: 1.9g
- Sodium: 171mg

DIRECTIONS

Add butter and sugar to the bowl of a stand mixer. Mix on medium speed for 5 minutes.

Meanwhile, mix the chia seeds with 3 tbsp water.

Add the chia mixture, milk, and vanilla to the butter and mix well at medium speed.

Add the flour, protein powder, baking powder, baking soda, salt, and cocoa to a medium bowl. Mix well.

Turn mixer on medium and slowly add the dry mixture. Add the walnuts and mix at low speed until combined. Place the mixture in the refrigerator from one hour to overnight.

About 15 minutes before you're ready to bake the cookies, preheat the oven to 400°F. Cut parchment paper to fit on a baking sheet. Set aside.

Drop heaping tbsp onto prepared cookie sheet, 2 inches apart. Roll into balls and then flatten by about half with the bottom of a measuring cup or some other strong material. They bake up thick. Bake for 8 minutes.

Cool on a wire rack.



NO-BAKE CHOCO CASHEW CHEESECAKE

► MAKES 8 to 12 SERVINGS

- 2 cups (280 g) (9.9oz) raw cashews (covered with water, soaked 8 hours, drained, and rinsed)
- ¼ cup (60 ml) coconut cream (scooped from the top of an unshaken, chilled can of full-fat coconut milk stored in the refrigerator for 24 hours before use)
- ¼ cup (20 g) (0.71oz) unsweetened cocoa powder
- ½ cup (160 g) (5.6oz) pure maple syrup
- 1 tsp vanilla extract
- 1¼ cups (125 g) (4.4oz) walnut halves
- ½ cup (89 g) (3.1oz) chopped dates
- ½ tsp ground cinnamon
- ¼ cup (30 g) (1.1oz) almond meal, as needed

NUTRITIONAL VALUES

- Calories: 311kcal
- Fat: 23.6g (4.2g S.Fat)
- Carbs: 21.2g
- Protein: 9g
- Sugar: 13g
- Sodium: 3mg

DIRECTIONS

Line the bottom of four 4-inch (10 cm) spring-form pans with a parchment paper circle.

Place the cashews, coconut cream, cocoa powder, maple syrup, and vanilla in a food processor or high-speed blender. Process until completely smooth, occasionally stopping to scrape the sides of the machine with a rubber spatula. Depending on the efficiency of your machine, this could take up to 10 minutes. Transfer the mixture into a medium bowl and set aside. Wipe the food processor or blender clean with a piece of paper towel.

Place the walnuts, dates, and cinnamon in the same food processor or high-speed blender. Process to chop finely and combine until the mixture sticks together when pressed. Be careful not to overprocess or the mixture will become too sticky. If it's too late and the mixture is too sticky, pulse the almond meal into the mixture. Press down into the prepared pans.

Place the cashew mixture in the crust and smooth out the top. Place the pans in an airtight container in the freezer for 3 hours until set (this will make what follows less messy), remove the cheesecakes from the pans, and transfer back into the refrigerator until ready to eat.



CHOCOLATE CHIP BANANA BREAD PROTEIN COOKIES

► MAKES 12 SERVINGS

- 2 tbsp chia seeds or ground chia seeds
- 1 cup whole wheat flour
- ½ cup almond flour
- ½ cup flaxseed meal
- 2 tbsp protein powder
- ½ tsp baking soda
- ½ tsp salt
- ¾ cup dairy-free butter
- ⅔ cup coconut sugar
- ⅓ cup organic light brown sugar, packed
- 1 tsp vanilla extract
- ½ cup banana, mashed (1 medium banana)
- 1 cup dairy-free chocolate chips

NUTRITIONAL VALUES

- Calories: 47kcal
- Fat: 2.9g (1.9g S.Fat)
- Carbs: 3.7g
- Protein: 1.8g
- Sugar: 0.8g
- Sodium: 272mg

DIRECTIONS

Preheat the oven to 350°F. Cut parchment paper to fit on a baking sheet. Set aside.

Mix the chia seeds with 6 tbsp water and set aside.

Add both flours, the flaxseed, protein powder, baking soda, and salt to a large bowl. Set aside.

Add butter and both sugars to the bowl of a stand mixer. Mix on medium speed for 5 minutes. Turn off beater and add the prepared chia seed mixture, vanilla, and banana. Mix well on medium speed. Add the dry ingredients and keep mixing until just combined. Remove the mixing bowl and fold in the chocolate chips.

Place heaping tbsp on a cookie sheet 2 inches apart and flatten with the bottom of a glass to about ½ inch thick. Bake for 12 minutes.

Cool on a wire rack.



ORANGE CRANBERRY POWER COOKIES

► MAKES 12 SERVINGS

- 1 cup dairy-free butter, softened
- 1 cup coconut sugar
- 1/3 cup orange juice
- 2 tsp organic vanilla extract
- 1 1/2 cups whole wheat flour
- 2 tbsp protein powder
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 cup old-fashioned oats
- 1 cup dairy-free chocolate chips
- 1 cup walnuts, chopped
- 1 cup dried cranberries

NUTRITIONAL VALUES

- Calories: 376kcal
- Fat: 9.4g (1.2g S.Fat)
- Carbs: 58.7g
- Protein: 13.5g
- Sugar: 4.5g
- Sodium: 66mg

DIRECTIONS

Preheat the oven to 375°F.

Beat the butter and sugar together in the bowl of a stand mixer. Add the orange juice and vanilla extract. Mix well.

Add flour, protein powder, baking powder, and baking soda to a medium bowl. Mix and add to the wet mixture. Mix on medium speed until well blended. Add the oats, chocolate chips, walnuts, and cranberries. Mix on low.

Drop heaping tbsp about 2 inches apart on an ungreased baking sheet. These are big cookies. They spread out to 3 to 4 inches in diameter. Bake for 10 to 11 minutes.

Cool a minute and then transfer to a wire rack to cool completely.



RICH CHOCOLATE ENERGY COOKIES

► MAKES 12 SERVINGS

- ½ cup dairy-free butter, softened
- 1 cup coconut sugar
- 1 tbsp chia seeds or ground chia seeds
- 2 cups (12 ounces) dairy-free chocolate chips, divided
- 1 tbsp instant coffee
- 1¼ cups whole wheat flour
- ½ tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- 2 tbsp raw shelled hempseed
- 1 cup walnuts, chopped

NUTRITIONAL VALUES

- Calories: 92kcal
- Fat: 4.9g (2.5g S.Fat)
- Carbs: 4.8g
- Protein: 8.4g
- Sugar: 2.1g
- Sodium: 343mg

DIRECTIONS

Preheat the oven to 350°F. Cut parchment paper to fit on a baking sheet. Set aside.

Add the butter and sugar to the bowl of a stand mixer. Cream on medium speed for 5 minutes or until light and fluffy.

Mix the chia seeds with 3 tbsp water and set aside.

Melt ½ cup of the chocolate chips in a microwave or in a double boiler. Set aside to cool a bit.

Boil 2 tbsp water and add instant coffee. Set aside to cool.

Add flour, baking soda, baking powder, and salt to a bowl. Mix well by hand.

Add the prepared chia seed mixture and melted chocolate to the bowl of the stand mixer. Mix well on medium speed. Add the flour mixture and keep mixing until just combined. Remove the mixing bowl and fold in the remaining chocolate chips, hempseed, and walnuts. Mix well.

Drop on the prepared cookie sheet by large, heaping tbsp, 2 inches apart, and flatten slightly. Bake for 12 minutes.

Cool on a wire rack.



CHOCOLATE SUNFLOWER PROTEIN COOKIES

► MAKES 12 SERVINGS

- 1 cup dairy-free butter
- ¾ cup plus 2 tbsp coconut sugar
- 2 tbsp ground chia seeds
- 2¼ cups whole wheat pastry flour
- ¼ cup protein powder
- 1 tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 1 tsp vanilla extract
- 1 cup dairy-free chocolate chips
- ¼ cup sunflower seed kernels

NUTRITIONAL VALUES

- Calories: 142kcal
- Fat: 13.1g (1.9g S.Fat)
- Carbs: 5.3g
- Protein: 2.7g
- Sugar: 0.3g
- Sodium: 43mg

DIRECTIONS

Preheat the oven to 375°F. Cut parchment paper to fit on a baking sheet. Set aside.

Add the butter and sugar to the bowl of stand mixer and mix together on medium-low speed for 5 minutes.

Meanwhile, mix ground chia seeds with 6 tbsp water and set aside.

Mix together the flour, protein powder, baking soda, baking powder, and salt in a medium bowl.

Add the vanilla and chia mixture to the butter mixture. Mix until well blended. Mix in the flour mixture a little at a time. On low speed, mix in the chocolate chips and sunflower seeds.

Form into round balls and set on the prepared baking sheet about 2 inches apart. Flatten to about ½ inch thick. Bake for 8 to 9 minutes.

Cool on a wire rack.



NO-BAKE CEREAL DATE BARS

► MAKES 16 BARS

- 2 cups granola cereal
- 2 tbsp flaxseed meal
- 2 tbsp protein powder
- ½ cup peanuts, chopped
- ½ cup dates, chopped small
- ½ cup almond butter
- ½ cup brown rice syrup
- ¼ cup maple syrup

NUTRITIONAL VALUES

- Calories: 140kcal
- Fat: 10.4g (1.7g S.Fat)
- Carbs: 33g
- Protein: 9.1g
- Sugar: 19.1g
- Sodium: 24mg

DIRECTIONS

Line an 8-inch square baking dish with parchment paper and come up about 3 inches on opposite sides. This will act as a handle to remove the bars from the pan.

Combine the cereal, flaxseed meal, protein powder, peanuts, and dates in a large bowl.

In a small saucepan, add the almond butter and both syrups. Bring to a boil and cook to the hard ball stage, 260°F, on a candy thermometer. Quickly stir into the cereal mixture and then spread into the prepared dish. It will cool quickly, so you can use your fingertips to press down into the dish as evenly as possible. Refrigerate for at least 30 minutes.

Grab the “handles” of the parchment paper and lift out of the dish. Place on a cutting board and slice into sixteen squares.



PEPITA AND ALMOND SQUARES

► MAKES 16 SQUARES

- 1 cup almonds, coarsely chopped
- 1 cup old-fashioned oats
- $\frac{2}{3}$ cup pepitas
- $\frac{2}{3}$ cup dried cranberries
- $\frac{1}{2}$ cup unsweetened shredded coconut
- $\frac{1}{4}$ cup raw shelled hempseed
- $\frac{1}{3}$ cup peanut butter
- $\frac{2}{3}$ cup brown rice syrup
- $\frac{1}{4}$ cup maple syrup
- 2 tsp vanilla extract

NUTRITIONAL VALUES

- Calories: 181kcal
- Fat: 9.6g (2.8g S.Fat)
- Carbs: 21g
- Protein: 4.9g
- Sugar: 12.6g
- Sodium: 37mg

DIRECTIONS

Line an 8-inch square baking dish with parchment paper and come up about 3 inches on opposite sides. This will act as a handle to remove the squares from the dish.

In a large mixing bowl, add the almonds, oats, pepitas, cranberries, coconut, and hempseed. Mix well. Stir in the peanut butter and try to get it evenly combined. You can use your fingers when most of it is worked in.

Add the brown rice syrup, maple syrup, and vanilla to a small saucepan. Bring to a boil and continue boiling until it reaches the hard ball stage, 260°F, on a candy thermometer. When this temperature is reached, quickly pour over the almond mixture and stir well. It will start to harden up quickly. Pour into the prepared dish and press down firmly into the dish and as evenly as possible. Refrigerate for at least 30 minutes.

Grab the “handles” of the parchment paper and lift out of the dish. Place on a cutting sheet and slice into sixteen squares.



CRUNCHY NUTS AND SEEDS PROTEIN BARS

► MAKES 16 BARS

- 2 cups chickpea flour
- 1 cup plus 2 tbsp almond flour
- 2 tbsp flaxseed meal
- 1 cup dairy-free milk
- 1 cup cashew butter
- ½ cup maple syrup
- ½ cup slivered almonds
- ½ cup dried cranberries
- ¼ cup sunflower seed kernels
- ½ cup dairy-free chocolate chips, melted

NUTRITIONAL VALUES

- Calories: 203kcal
- Fat: 18.3g (9g S.Fat)
- Carbs: 7.5g
- Protein: 4g
- Sugar: 3g
- Sodium: 64mg

DIRECTIONS

Line an 8-inch square baking dish with parchment paper and come up about 3 inches on opposite sides. This will act as a handle to remove the bars from the dish.

Combine the flours and flaxseed meal in a large bowl and mix well. With a heavy wooden spoon, mix in the milk, cashew butter, maple syrup, almonds, cranberries, and sunflower seeds. Lastly, mix in the melted chocolate. Add the batter to the prepared dish and press firmly into all corners and as evenly as possible. Refrigerate for at least 30 minutes.

Grab the “handles” of the parchment paper and lift out of the dish. Place on a cutting sheet and slice into sixteen bars.



NO-BAKE CHOCOLATE PEANUT BUTTER COOKIES

► MAKES 24 COOKIES

- ½ cup unsweetened dairy-free milk
- 3 tbsp dairy-free butter
- ⅓ cup coconut sugar
- 1 tbsp unsweetened cocoa powder
- ⅓ cup dairy-free semi-sweet chocolate chips
- 1 tsp vanilla extract
- ⅓ cup creamy peanut butter
- Pinch of salt
- 2½ cups old-fashioned oats or quick cooking oats
- ¼ cup raw shelled hempseed

NUTRITIONAL VALUES

- Calories: 160kcal
- Fat: 8.9g (5.9g S.Fat)
- Carbs: 18.2g
- Protein: 4g
- Sugar: 11.3g
- Sodium: 153mg

DIRECTIONS

Line a baking sheet with wax paper.

Place the milk, butter, sugar, cocoa powder, and chocolate chips in a large saucepan. Bring to a rolling boil and then look at the timer. Let boil for 2 minutes. Stir occasionally so that the chocolate chips don't stick to the bottom of the pan before they melt. Remove from the heat and add the vanilla, peanut butter, and salt and mix until the peanut butter melts. Stir in the oats and hempseed.

With a spoon, drop dollops of the batter onto the prepared baking sheet. Within a minute or less you can handle them and shape into cookies. Let the cookies set for an hour or so. You can speed up the cooling and hardening process by placing them in the refrigerator.



APRICOT PISTACHIO ENERGY SQUARES

► MAKES 16 SQUARES

- 1½ cups pitted dates, chopped
- 1 cup dried apricots, chopped
- 1 cup cashews, chopped
- ½ cup old-fashioned oats
- ½ cup pistachios
- 3 tbsp cashew butter
- 2 tbsp ground ginger
- ⅓ cup brown rice syrup
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- ¼ cup dairy-free chocolate chips (optional)

NUTRITIONAL VALUES

- Calories: 294kcal
- Fat: 7g (1.3g S.Fat)
- Carbs: 60.5g
- Protein: 4.4g
- Sugar: 46.1g
- Sodium: 20mg

DIRECTIONS

Line an 8-inch square baking dish with parchment paper and come up about 3 inches on opposite sides. This will act as a handle to remove the squares from the dish.

Add the dates, apricots, cashews, oats, and pistachios to a large bowl. Mix in the cashew butter and ground ginger and combine as well as you can. You can use your fingers to help blend it all together.

In a small saucepan, add the brown rice syrup, maple syrup, and vanilla. Bring to a boil and continue boiling until it reaches the hard ball stage, 260°F, on a candy thermometer. Quickly add to the date mixture and mix well. Pour into the prepared dish and press firmly and evenly into all edges and corners. Refrigerate at least 30 minutes.

Grab the “handles” of the parchment paper and lift out of the dish. Place on a cutting sheet and slice into sixteen squares.

If desired, melt the chocolate chips in a microwave or in a small saucepan. Drizzle back and forth over the bars.



LAYERED OAT AND CHOCOLATE BARS

► MAKES 16 SQUARES

- 1 cup dairy-free butter
- ½ cup coconut sugar
- 1 tsp vanilla extract
- 3 cups quick-cooking oats
- ¼ cup raw shelled hempseed
- 2 tbsp protein powder
- 1 cup dairy-free chocolate chips
- ½ cup peanut butter

NUTRITIONAL VALUES

- Calories: 168kcal
- Fat: 7.7g (1.7g S.Fat)
- Carbs: 17.4g
- Protein: 7.9g
- Sugar: 3.3g
- Sodium: 64mg

DIRECTIONS

Line an 8-inch square baking dish with parchment paper and come up about 3 inches on opposite sides. This will act as a handle to remove the squares from the dish.

In a medium saucepan, melt the butter over medium-high heat. Add the sugar and vanilla. Mix the in oats and cook for 2 minutes. Add the hempseed and protein powder and mix well. Transfer half of the mixture into the prepared dish and press firmly and evenly into all edges and corners.

Place the chocolate and peanut butter in a small saucepan. Heat over low heat until chocolate is melted and all is well combined. Pour over the bottom layer in the prepared dish and smooth evenly all over the top. Crumble the remaining oat mixture over the top as evenly as possible and lightly press into the chocolate.

Refrigerate for at least 1 hour.

Grab the “handles” of the parchment paper and lift out of the dish. Place on a cutting sheet and slice into sixteen squares.