




fitnessunlimited
HEALTH CLUB FOR WOMEN

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NUTRITION

43rd Anniversary Recipe Collection

Fitness Unlimited Nutrition Team

<http://www.fitnessunlimited.com>

Fitness Unlimited is 43 and we wouldn't be here without amazing members like you! As a thank you, we have created a recipe book full of our favorite dessert recipes with a healthier spin on them.

How to Use

Get started by adding a couple of new recipes from this collection into your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Most of these recipes can be made in bulk and will last for 7 days.

Thank you for being a valued member of our Fitness Unlimited community. We hope you enjoy the recipes!

Interested in having us create a custom recipe book just for you? Contact Jillian at jillianboston24@gmail.com to schedule your recipe book consult now!

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Key Lime Mousse

4 servings

10 minutes

Ingredients

2 Avocado (peeled and pitted)
2 Lime (zested and juiced)
2 tbsps Maple Syrup
2 tbsps Canned Coconut Milk
1 tsp Vanilla Extract

Directions

1

In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings: Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk: Use almond milk or cashew milk instead.



Chocolate Cupcakes

12 servings

3 hours

Ingredients

- 2 Sweet Potato (large)
- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Baking Soda
- 1/4 cup Maple Syrup
- 1/4 cup Coconut Sugar
- 1/2 tsp Sea Salt
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Almond Flour
- 1/2 cup Oat Flour
- 3/4 cup All Purpose Gluten-Free Flour
- 1 cup Cocoa Powder (divided)
- 1 1/2 cups Dark Chocolate Chips

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin pan with liners. Brush the liners with coconut oil to prevent the cupcakes from sticking.
- 2 Peel the sweet potato and dice into small cubes. Fill a saucepan with two inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl. Mash with a fork to make a smooth puree. Divide the sweet potato puree. For 12 cupcakes 1 cup will be used for the batter and 1.5 cups for the frosting.
- 3 In a large mixing bowl, combine the portioned out sweet potato for the batter, ground flax, water, almond milk, apple cider vinegar and baking soda. Whisk and let stand for 5 minutes to thicken slightly. Add the maple syrup, coconut sugar, sea salt, coconut oil, almond flour, oat flour, all-purpose gluten-free flour, and half of the cocoa powder. Mix the batter until thoroughly combined.
- 4 Divide the batter between cupcake liners and bake for 35 to 40 minutes or until a toothpick comes out clean. Remove from the oven. Let sit in the pan for 20 minutes before transferring to a rack to cool completely.
- 5 Make the frosting by adding the remaining sweet potato puree to a small saucepan with the chocolate chips. Heat over medium heat until the chocolate chips are completely melted. Transfer to a food processor, add the remaining cocoa powder and process until very smooth.
- 6 Let the frosting and cupcakes completely cool to room temperature before frosting. Frost using a piping bag or a spatula then let chill for an hour in the fridge. Enjoy!

Notes

Save Time: Purchase canned sweet potato puree instead of making your own.

Leftovers: Store leftover cupcakes in an airtight container in the fridge. Try to eat within a day or two for best texture.



Chocolate Chip Cookie Pie

12 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 cups White Navy Beans (cooked, from the can)
- 1 cup Oats (quick or rolled)
- 1/2 cup Unsweetened Applesauce
- 2 tsps Vanilla Extract
- 1/2 tsp Baking Soda
- 1 1/2 tsps Baking Powder
- 1/2 cup Pitted Dates
- 1 cup Dark Chocolate Chips (divided)
- 1/2 tsp Sea Salt (coarse, optional)

Directions

- 1 Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
- 2 Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
- 3 Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
- 4 Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

Notes

No White Beans: Use chickpeas instead.

Storage: Refrigerate up to 5 days or freeze in individual servings.



Carrot Cake Breakfast Bars

10 servings

40 minutes

Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1/4 Navel Orange (zested)

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
- 2 In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
- 3 In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 4 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 5 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Baking Pan Size: Use an 8x8 baking pan if making the standard 10 servings.

Optional Icing Drizzle: For the standard serving size of 10: Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

Leftovers: Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Flour: This recipe was developed and tested using almond flour only. We have not tested other flours with this recipe, but if you try a different flour combination, let us know how it turns out!



Strawberry Pavlova

6 servings

1 hour 45 minutes

Ingredients

- 1/4 cup Egg Whites (resting at room temperature for at least 30 minutes)
- 1/2 cup Cane Sugar
- 1/2 tsp Arrowroot Powder
- 1/2 tsp Lemon Juice
- 1 tsp Vanilla Extract (divided)
- 1 cup Frozen Strawberries (sliced)
- 1 tbs Water

Directions

- 1 Preheat the oven to 225°F (107°C) and line a baking sheet with parchment paper.
- 2 Combine the egg whites and sugar in a mixing bowl. Using a hand mixer, beat the egg whites on high until stiff peaks form, about 5 minutes.
- 3 In a small bowl combine the arrowroot powder, lemon juice and half of the vanilla. With the mixer on low, pour the arrowroot mixture into the egg whites then adjust speed to high for 2 to 3 minutes more until the egg whites are glossy.
- 4 Gently transfer the egg whites to the prepared baking sheet and shape into a flat circle approximately 1-inch tall. Bake until the outside is firm to the touch, about 1 hour. Turn the oven off and leave the oven door ajar. Allow the pavlova to cool in the oven for 20 to 30 minutes until cool enough to handle. Let cool completely at room temperature before serving.
- 5 Meanwhile, add the strawberries, water and remaining vanilla to a pot over medium heat. Bring to a gentle boil and allow strawberries to bubble for 8 to 10 minutes until the sauce has thickened. Remove from heat and allow the sauce to cool.
- 6 To serve, slice the pavlova into wedges and top with the strawberry sauce. Enjoy!

Notes

Leftovers: Keep in an airtight container at room temperature for up to two days. For best results consume same day. Keep pavlova and strawberry sauce separate until just before serving.

Additional Toppings: Whipped cream and fresh berries.

No Strawberries: Use another berry instead.



Chocolate Avocado Pudding

3 servings

10 minutes

Ingredients

- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup
- 1/2 cup Plain Coconut Milk (from the carton)
- 1/3 cup Cocoa Powder

Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of pudding.

More Flavor: Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings: Fresh berries or toasted coconut.

Dates: Medjool dates were used to create this recipe.

No Coconut Milk: Use another non-dairy or dairy milk instead.

No Food Processor: Use a blender instead.



Spiced Apple Walnut Cake

8 servings

40 minutes

Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 1 tsp Baking Powder
- 1/2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/8 tsp Ground Allspice
- 3/4 cup Unsweetened Applesauce
- 1/4 cup Maple Syrup
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Walnuts (chopped)
- 1/4 cup Raisins
- 1 tsp Arrowroot Powder (optional)

Directions

- 1 Preheat the oven to 350°F (175°C) and line a cake pan with parchment paper.
- 2 In a large mixing bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and allspice. Then add the applesauce, maple syrup, and coconut oil.
- 3 Fold in the walnuts and raisins. Transfer the batter to the cake pan and bake for 30 to 40 minutes or until a toothpick comes out clean. Dust with arrowroot powder (optional) and enjoy!

Notes

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

Serving Size: A 9-inch cake pan was used to make 8 servings.

Nut-Free: Omit the walnuts.

More Flavor: Add a pinch of salt and ground cloves.

Additional Toppings: Top with whipped coconut cream, cream cheese, or coconut ice cream.

All Purpose Gluten-Free Flour: This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.



Double Chocolate Mug Cake

1 serving

5 minutes

Ingredients

- 2 tbsps Oat Flour
- 2 tbsps Cocoa Powder
- 1/4 tsp Baking Powder
- 1 tbsp Dark Chocolate Chips
- 3 tbsps Unsweetened Almond Milk
- 1 1/2 tbsps Maple Syrup
- 1 tbsp Avocado Oil

Directions

- 1 In a mug combine the oat flour, cocoa powder, baking powder, and chocolate chips. Add the unsweetened almond milk, maple syrup, and oil. Stir well to combine.
- 2 Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Nut-Free: Use oat milk or coconut milk instead.

More Flavor: Add vanilla extract or a pinch of salt.

Additional Toppings: Top with more chocolate chips before cooking.

No Avocado Oil: Use melted coconut oil instead.

No Maple Syrup: Use another liquid sweetener instead.



Peanut Butter Banana Muffin Brownie Bites

9 servings

25 minutes

Ingredients

- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1/2 cup All Natural Peanut Butter
- 2 tbsps Unsweetened Almond Milk
- 1/2 cup Cocoa Powder
- 1/2 tsp Baking Powder
- 1/4 cup Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups.
- 2 In a mixing bowl, combine the mashed banana, maple syrup, peanut butter, and almond milk. Stir in the cocoa powder and baking powder then fold in the chocolate chips. The batter should be thick and fudgy.
- 3 Divide the batter between the baking cups and bake for 17 to 20 minutes or until the brownies are spongy to the touch.
- 4 Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely. Enjoy!

Notes

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

Serving Size: One serving is one brownie.

More Flavor: Add vanilla extract or a pinch of salt.

Additional Toppings: Top with more chocolate chips before baking.

Banana: A ripe, just speckled banana works best for this recipe.



Cookie Caramel Chocolate Cups

10 servings

1 hour

Ingredients

- 1 cup Almond Flour
- 2 tbsps Maple Syrup
- 1/4 cup Coconut Oil (divided)
- 3/4 cup Pitted Dates (soaked in hot water for at least 10 minutes)
- 2 tbsps All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 2 tbsps Water (reserved from soaking the dates; plus more if needed)
- 4 1/3 ozs Dark Chocolate

Directions

- 1 Line a muffin tray with paper baking cups and set aside.
- 2 Add the almond flour, maple syrup, and 3/4 of the coconut oil to a food processor. Blend until a soft, cookie dough-like texture forms. Divide the dough evenly between baking cups and press it into an even layer at the bottom of each baking cup. (Use damp fingers if the dough is too sticky.) Transfer to the freezer for at least 15 minutes or until firm.
- 3 Meanwhile, rinse out the bowl of the food processor. Add the soaked dates, peanut butter, salt, and reserved date water and blend until mostly smooth, scraping down the sides of the food processor when needed. Add one to two additional tablespoons of the date water if needed. The consistency of the date caramel sauce should be thick, mostly smooth, and not liquidy.
- 4 Using a spoon or damp fingers, add the date caramel sauce in an even layer to the top of the almond cookie layer. Place in the freezer for at least 15 minutes or until chilled.
- 5 Meanwhile, melt the chocolate and the remaining coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
- 6 Spoon the melted chocolate over the top of the caramel layer. Place in the freezer for at least 15 minutes or until the chocolate has set then transfer to an airtight container in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size: One serving is equal to one cup.

Peanut-Free: Use another nut or seed butter instead.

More Flavor: Add vanilla extract or top with flakey sea salt. Use almond or coconut milk instead of water for the date caramel.

No Dark Chocolate: Use milk chocolate instead.

No Maple Syrup: Use honey or another liquid sweetener instead.



Green Tea Shortbread Cookies

12 servings

1 hour 30 minutes

Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 2 tsps Green Tea Powder
- 1/4 tsp Sea Salt
- 1/2 cup Butter (room temperature)
- 1/4 cup Cane Sugar
- 1 tsp Vanilla Extract
- 3/4 cup Dark Chocolate Chips

Directions

- 1 In a medium-sized bowl, whisk together the flour, green tea powder, and salt. Set aside.
- 2 In a stand mixer, cream together the butter and sugar until very well combined, about four to five minutes. Add the vanilla and beat to incorporate.
- 3 With the stand mixer running on low, slowly add the flour mixture and beat until just combined.
- 4 Remove the dough. Place it on a cutting board and divide it in half. Place each half on plastic wrap and shape into 1 1/2-inch thick logs. Wrap and place in the fridge for at least one hour.
- 5 Preheat the oven to 350°F (175°C) and line two baking sheets with parchment paper.
- 6 Remove the dough from the fridge and slice it into 1/4-inch thick cookies. Place the cookies on the baking sheets, keeping about two inches of space from each other. Bake for eight to nine minutes, until the edges are just barely set. Let cool on the baking sheet before moving to a wire rack. Let them cool completely.
- 7 In a large bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 8 Carefully dip the cookies in the melted chocolate and set them on parchment-lined baking sheets until set. To speed up the process, transfer to the fridge to firm up. Enjoy!

Notes

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

Serving Size: One serving is approximately two cookies.

Gluten-Free Flour: This recipe was tested with Bob's Red Mill 1-to-1 Gluten-Free All-Purpose flour. Results may vary with other brands.

How to Measure Flour: Fluff the flour first and then spoon it into your measuring cup and use the back of a knife to level off the flour. Do not scoop the flour directly into your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your cookies dry, puffy, and crumbly.



Peanut Butter Mocha Chia Pudding

4 servings

3 hours 10 minutes

Ingredients

1 3/4 cups Canned Coconut Milk
1/2 cup Coffee (brewed drip or espresso)
2 tbsps Cacao Powder
1/3 cup Chia Seeds
2 tbsps All Natural Peanut Butter
2/3 oz Collagen Powder
1/4 tsp Stevia Powder (to taste)

Directions

- 1 Add all ingredients to a blender and blend for at least one minute, until completely smooth. Scoop into bowls or jars and refrigerate overnight or for a minimum of three hours. Enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add cinnamon and/or banana.

Additional Toppings: Cacao nibs, hemp hearts, fresh or dried fruit, nuts, seeds.

Make it Vegan: Omit the collagen powder.

No Stevia: Use maple syrup, raw honey, dates, or coconut sugar to taste.



Mini Raw Blueberry Cheesecakes

8 servings

1 hour 30 minutes

Ingredients

- 1/2 cup Almond Flour
- 1/2 cup Pitted Dates
- 1 cup Cashews (soaked for at least two hours)
- 1/2 cup Frozen Blueberries
- 2 tsps Lemon Juice
- 1/4 cup Canned Coconut Milk
- 1/2 Banana

Directions

- 1 Prepare a muffin tray with muffin liners or use a silicone muffin tray.
- 2 Pulse the almond flour and dates in a food processor until you create a crumbly, somewhat sticky mixture. Divide the mixture into your prepared muffin tray. Press the mixture down firmly to create a crust and set aside in the freezer.
- 3 Wipe clean the food processor and add the cashews, blueberries, lemon juice, coconut milk, and banana. Blend the mixture until you get a smooth, creamy texture. Remove the muffin tray from the freezer and spread approximately two tablespoons of the cashew mixture on top of the crusts, being sure to evenly distribute the mixture.
- 4 Put the muffin tray back in the freezer for at least one hour to set. When you are ready to enjoy the cheesecakes, remove them from the freezer five to ten minutes before to soften the cheesecake slightly. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one week.

Serving Size: One serving is one cheesecake.

More Flavor: Add maple syrup or honey to the cashew mixture for more sweetness.

Additional Toppings: Fresh or frozen blueberries and/or coconut whipped cream.

Short on Time: Soak the cashews in boiled water for 10 minutes.



Chocolate Lava Cakes with Raspberries

2 servings

20 minutes

Ingredients

2 tbsps Coconut Oil (melted and cooled)
1/2 cup Unsweetened Almond Milk
1/2 tsp Apple Cider Vinegar
1/2 tsp Vanilla Extract
1/2 cup All Purpose Gluten-Free Flour
1/4 cup Coconut Sugar
2 tbsps Cocoa Powder
1/2 tsp Baking Powder
1/8 tsp Baking Soda
1/8 tsp Sea Salt
1 1/2 ozs Dark Chocolate (squares)
1/3 cup Raspberries

Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with oil.
- 2 In a large bowl, whisk the coconut oil, milk, vinegar, and vanilla.
- 3 Add the flour, sugar, cocoa powder, baking powder, baking soda, and salt. Whisk until just combined.
- 4 Add half of the batter into each ramekin. Place the chocolate into the center and then fill the ramekins with the remaining batter.
- 5 Place the ramekins on a baking sheet and transfer to the oven. Bake for 14 to 15 minutes, until the sides are cooked through and the top is mostly firm to the touch.
- 6 Let cool a few minutes to continue cooking. Top with raspberries and serve. Enjoy!

Notes

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

Serving Size: This recipe uses two eight ounce (120-mL) ramekin dishes for two servings. One ramekin is one serving.

Additional Toppings: Top with a dusting of cocoa powder or powdered sugar.

Gluten-Free: This recipe was tested using Bob's Red Mill 1-to-1 Gluten-Free Flour. If using another type of flour, results may vary.



Vegan Strawberry Cheesecake

12 servings

8 hours 30 minutes

Ingredients

2 cups Hazelnuts (raw)
1 cup Pitted Dates
1/4 cup Cocoa Powder
1/4 cup Coconut Oil (divided)
1/2 tsp Sea Salt
2 cups Cashews (raw, soaked overnight, rinsed)
1 cup Canned Coconut Milk (full fat)
3 tbsps Lemon Juice
1/3 cup Maple Syrup
2 cups Strawberries (chopped)
1 tsp Vanilla Extract

Directions

- 1 Preheat the oven to 325°F (165°C).
- 2 Add the hazelnuts to a baking sheet and transfer to the oven. Bake for ten to 12 minutes, until toasted and fragrant. Transfer to a clean kitchen towel and shake vigorously to remove the skins.
- 3 Transfer the hazelnuts, dates, cocoa powder, half the coconut oil, and salt to a food processor. Blend on high until the mixture comes together and is finely chopped.
- 4 Add the dough to the bottom of a springform pan. Spread the dough evenly with your hands or with the bottom of a cup. Set aside.
- 5 Add the drained cashews, coconut milk, lemon juice, maple syrup, strawberries, vanilla, and remaining coconut oil into a blender. Blend on high until completely smooth and creamy.
- 6 Pour the cheesecake mixture on top of the crust. Smooth it out with a spatula, then transfer it to the freezer to set overnight, or for about eight hours. Let soften a little before slicing and enjoy!

Notes

Leftovers: Refrigerate covered or in an airtight container for up to five days. Freeze for up to three months.

Serving Size: An eight-inch (20 cm) springform pan was used for 12 servings. One serving is equal to one slice of cheesecake.

Additional Toppings: Top with extra sliced strawberries.

Short on Time: Soak the cashews in boiled water for at least 10 minutes.



Coconut Mug Cake

1 serving

5 minutes

Ingredients

- 1 1/2 tps Coconut Oil (melted)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Monk Fruit Sweetener
- 1 1/2 tbsps Almond Flour
- 1 tbsp Coconut Flour
- 1 tbsp Unsweetened Shredded Coconut
- 1/4 tsp Baking Powder

Directions

- 1 In a mug combine the melted coconut oil and coconut milk then stir in the monk fruit sweetener. Add the almond flour, coconut flour, coconut, and baking powder and stir until a thick batter forms.
- 2 Microwave for 90 seconds until the cake is spongy and cooked through. Allow the cake to cool slightly and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add vanilla extract, coconut extract, or lemon extract.

Additional Toppings: More shredded coconut or coconut whipped cream.

No Monk Fruit Sweetener: Use another granulated sugar or sugar alternative.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.