



*Best Desserts Ever*

# Chocolate Jubilee Pudding Cake

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## Instructions

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- 1:  
Preheat oven to 350 degrees..
- 2:  
Mix flour, baking powder and baking soda in a bowl.
- 3:  
In a blender, blend 3 cups dates, cherries, prunes, banana and applesauce together.
- 4:  
In large bowl, mix beets, carrots, zucchini, water, blended flour mixture, walnuts coconut, currants, sliced dates, cocoa powder and vanilla. .
- 5:  
Mix well and spread in a nonstick 9 x 13 inch cake pan.
- 6:  
Bake for about 1 hour or until a toothpick inserted into the center comes out clean.
- 7:  
Top with the **Chocolate-Cherry Nut Topping**



## Ingredients

- 1 2/3 cups spelt flour
- 3 teaspoons baking soda
- 1 teaspoon baking powder
- 3 cups pitted dates
- 1 cup frozen cherries—thawed
- 1/2 cup prunes
- 1 whole banana
- 2 cups unsweetened applesauce
- 1 cup shredded beets
- 3/4 cup shredded carrots
- 1/2 cup shredded zucchini
- 1 1/2 cup water
- 1 cup chopped walnuts
- 1/2 cup unsweetened coconut
- 1/2 cup currants
- 1/2 cup sliced pitted dates
- 3 tablespoons cocoa powder
- 2 teaspoons vanilla extract

# Chocolate-Cherry Nut Topping

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## Instructions

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1:

In powerful blender or food processor, blend together topping ingredients until smooth and creamy.

2:

Place a dollop over warm cake and serve.

## Ingredients

1 cup raw cashews

1/2 cup frozen cherries—thawed;  
substitute blueberries

3 tablespoons cocoa powder

1 teaspoon vanilla extract

2/3 cup pitted dates

2/3 cup almond milk

## Notes

This topping is good using blueberries or other fruit. Use it as a topping for any dessert.

# Baked Fruit Delight

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## Instructions

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- 1:  
Preheat oven to 350 degrees.
- 2:  
Mix all ingredients. Put in a covered pan and bake for 30 minutes or until soft.



## Notes

Great served warm with Chocolate-Cherry Nut Topping

Recipe from *The Antioxidant Diet* by Robin Jeep.

## Ingredients

- 6 Granny Smith apples
- 8 dates, pitted and chopped
- 1 cup currants
- 1 cup frozen cherries—thawed
- 1 cup blueberries—thawed
- 1 cup crushed pineapple with juice
- 1/4 cup water
- 1/4 cup chopped walnuts or pecans
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Juice of 1 orange
- 2 teaspoons organic lemon zest



# Robin's Very Berry Creamy Ice Cream

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## Instructions

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1:  
Blend thoroughly in a blender and freeze in an ice cream maker.

## Ingredients

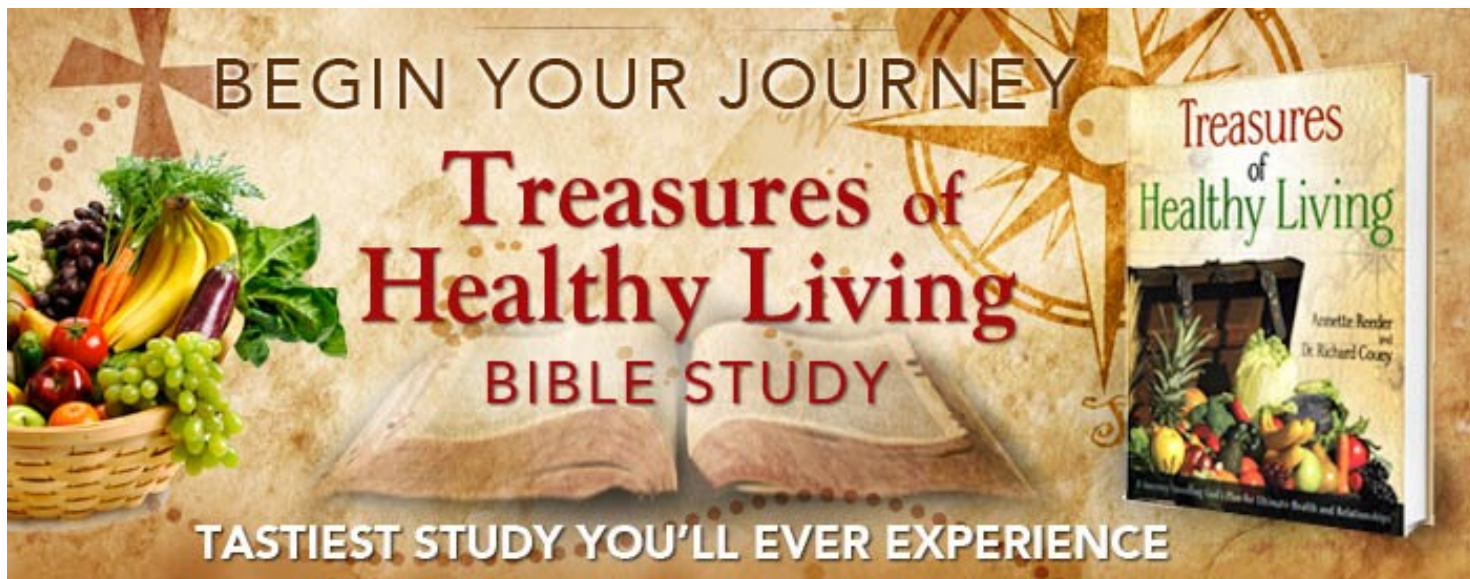
2 cups almond milk  
2/3 cup raw cashews  
12 pitted dates  
1 1/2 cup frozen blueberries  
1 1/2 cup frozen strawberries



## Notes

Other frozen fruits can be substituted.

Recipe from *The Antioxidant Diet* by Robin Jeep.



## Meet Author & Teacher Annette Reeder

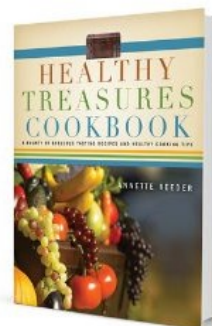
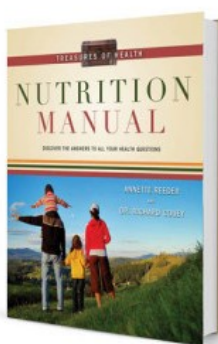
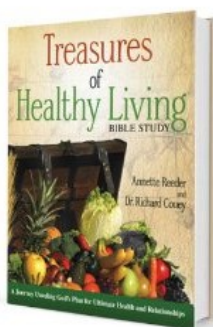
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