

Naturally Sweetened Holiday Desserts

Pumpkin Spice Cake Bites

makes about 16 cake bites

Recipe adapted from minimalistbaker.com

- 1 ½ cups pitted dates (if dry, soak in warm water for 5-10 minutes, drain and pat dry)
- 1 ½ cups walnuts
- ¾ cup rolled oats
- ½ cup almond flour
- 1 ¾ tsp cinnamon
- ¾ tsp nutmeg
- ½ tsp ginger
- ¼ tsp sea salt
- 1 ½ tsp vanilla extract
- 2 Tbsp pumpkin purée (canned pumpkin or homemade)

1. Place the dates in a food processor and process until mostly smooth or a ball forms. Scrape the sides as needed. Remove the date paste from the food processor and set aside.
2. Next, add walnuts, oats, almond flour, cinnamon, nutmeg, ginger, and salt. Pulse until very fine crumbs appear. Add the vanilla and pumpkin purée. Add a spoonful of date paste at a time pulsing to incorporate. Repeat until all of the date paste is used. Taste and adjust the level of spice to your preference.
3. Scoop out 1 rounded Tbsp amounts and roll into balls. Repeat until all of the dough is used. For best texture, place the bites on a parchment-lined baking sheet or plate and put in the refrigerator to chill for at least 30 minutes (or 15 in the freezer).
4. Store in the refrigerator for up to 1 week or in the freezer for up to 1 month.

Dark Chocolate Bark

1 pound dark chocolate
2-3 tablespoons chopped pistachios
2-3 tablespoons chopped dried cherries
1 tablespoons chopped crystalized ginger

1. Melt dark chocolate in a double boiler, place a stainless steel bowl on top of a pot of simmering water, or microwave 30 seconds at a time on high until melted. Stir continuously until the chocolate is melted.
2. Pour onto a baking pan covered with aluminum foil or parchment paper. Spread out the melted chocolate with a spatula to your desired thickness.
3. Top with nuts, dried fruit and ginger.
4. Place in the refrigerator; let cool and harden for at least 30 minutes.
5. Break into bite-sized pieces.



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