



ALOHA recipe

HEALTHY DESSERT RECIPES

Indulgent • Clean • Inspiring

ALOHA

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Dessert often feels like a bad relationship: We love it, but we know it isn't good for us. So we try to stay away and "behave ourselves," until an inevitable slip up happens and we are left guilt-ridden.

However, a sweet indulgence doesn't have to be dramatic. For these recipes, we swapped out refined sugars and flours for diverse, whole food ingredients. Then we added unique, delicious superfoods for even more nutritional benefits.

Our collection of recipes meets our stringent health standards and passes the ALOHA taste test. Our treats are every bit as amazing as their unhealthy predecessors, but with no strings attached. You won't regret these desserts the day after — in fact, you can even go for a healthy second serving!

The calorie counts for the following recipes are approximate. Exact calculations vary based on the size of the chosen ingredients, in addition to other variables.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.





BENEFITS

- + Be Powerful: Protein helps to build strong muscles, giving us strength to enjoy our favorite workout.*
- + Be Happy: This portion-controlled treat is the perfect way to enjoy a moment of bliss.*

GLUTEN-FREE • VEGAN • HIGH-PROTEIN • HIGH-FIBER • NO-BAKE

Easy Vegan Chocolate Cake for One

PREPARATION

Mash banana in a microwave-safe mug. Mix in remaining ingredients thoroughly; add a splash of almond milk if necessary. Let sit for five minutes for the chia to gel, then microwave for one and a half to two minutes on high. You can also bake it at 350°F for about 12 to 15 minutes in an oven-safe ramekin.

INGREDIENTS

- ½ ripe banana
- 1 to 2 teaspoons maple syrup
- ½ tablespoon unsweetened cocoa powder
- 1 teaspoon chia seeds
- 1 scoop ALOHA Chocolate Protein
- ¼ teaspoon baking powder (optional, but without it, cake will be more like a brownie)
- 1 tablespoon milk of choice (we used unsweetened almond milk)
- 1 teaspoon coconut oil
- Pinch of salt

*Yield: 1 small cake

NUTRITION INFO: 1 serving

236	Calories	20g	Sugar
9g	Fat	7g	Dietary Fiber
5g	Sat Fat	11g	Protein



BENEFITS

- + **Be Regular:** Chia seeds are an incredible source of dietary fiber, which helps to keep everything moving along.*
- + **Be Sweet:** Local honey can help ward off seasonal allergies.*

GLUTEN-FREE • GRAIN-FREE • PALEO • HIGH-PROTEIN • HIGH-FIBER • VEGAN • NO-BAKE

10-Minute Matcha Chia Seed Pudding

PREPARATION

Add all ingredients except for the Superfood Chocolate into a bowl. Combine together well using a fork. Let it sit for ten minutes. Sprinkle fresh fruit, Superfood Chocolate, or any of your favorite toppings into the bowl.

INGREDIENTS

- 3 tablespoons chia seeds
- ½ cup almond milk
- 1 teaspoon matcha powder
- ½ teaspoon vanilla extract
- 1-2 tablespoons honey (or sweeten to your liking)
- 1 section of an ALOHA Superfood Chocolate Bar

*Yield: 1 small bowl

NUTRITION INFO: 1 serving

389	Calories	30g	Sugar
21g	Fat	20g	Dietary Fiber
5g	Sat Fat	10g	Protein



BENEFITS

- + Be Bold: Dates are a great plant-based source of iron.*
- + Be Delighted: The double dose of chocolate will get your happy hormones flowing.*

VEGAN • GLUTEN-FREE • NO-BAKE • GRAIN-FREE • PALEO • SUPERFOODS

Five Ingredient “Candy Bars”

PREPARATION

Slice your dates lengthwise and remove pits. In a small bowl, mix together the Daily Good Chocolate and nut butter until smooth. Scoop one teaspoon into each date. Break off three sections of the ALOHA Superfood Chocolate Bar and slice each in half. Stuff each half into the date and sprinkle with sea salt. Enjoy!

INGREDIENTS

- 6 Medjool dates
- 6 teaspoons almond butter
- ½ of an ALOHA Superfood Chocolate Bar
- ¼ packet of ALOHA Daily Good Chocolate
- Sea salt, for sprinkling

*Yield: 6 date-sized "candy bars"

NUTRITION INFO: 1 serving

133	Calories	18g	Sugar
5g	Fat	3g	Dietary Fiber
2g	Sat Fat	2g	Protein



BENEFITS

- + Be Light: 100% grain-free means you won't be weighed down.*
- + Be Protected: Coconut oil and coconut milk both have antimicrobial properties.*

GLUTEN-FREE • GRAIN-FREE • PALEO

Paleo Strawberry Chocolate Cupcakes

PREPARATION

Preheat oven to 350°F. Line a muffin tin with baking cups. For the cupcakes, mix the dry ingredients, then add the wet ingredients. Once the batter is smooth, fold in the chocolate chips and strawberries. Bake for about 15 to 20 minutes. For the frosting, blend the strawberries in a food processor until smooth. Add the hardened cream from your coconut milk can, the Daily Good, and the strawberry jam, and blend on low. Once the mixture is smooth, refrigerate for an hour to thicken up. If it seems too thin, add one teaspoon of cornstarch or agar agar powder. Frost your cupcakes and serve for a tasty treat.

NUTRITION INFO: 1 cupcake

365	Calories	17g	Sugar
29g	Fat	4g	Dietary Fiber
13g	Sat Fat	8g	Protein

INGREDIENTS

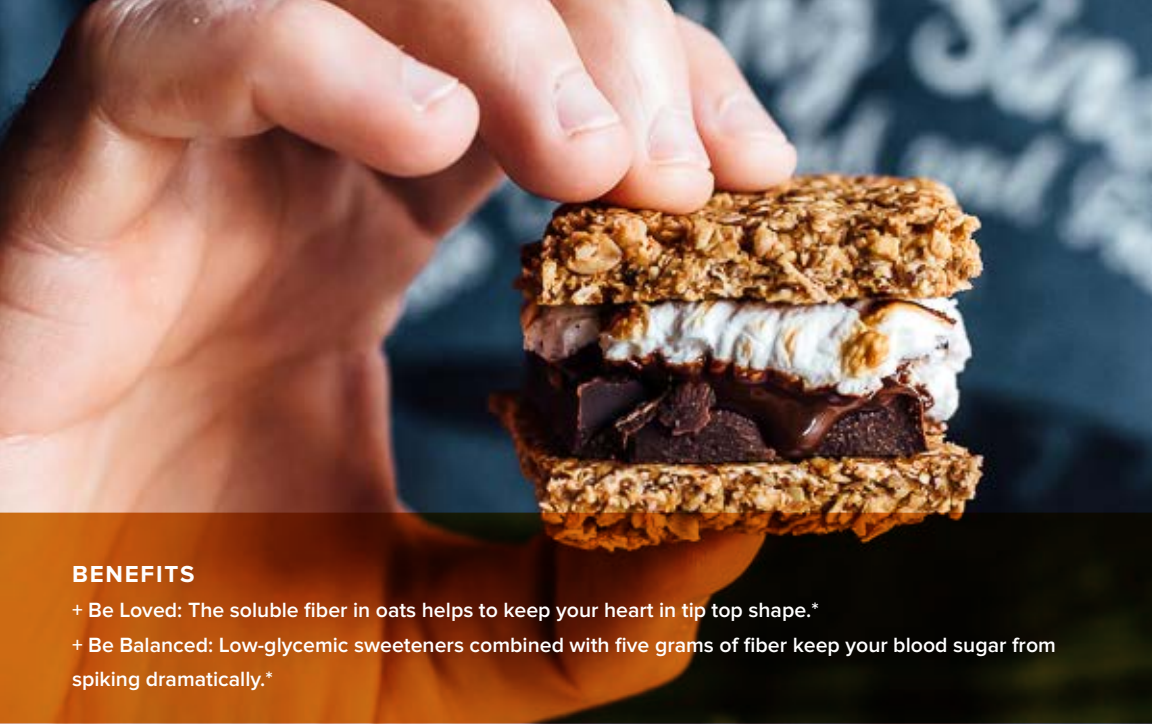
Cupcakes

- 3 cups almond flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup maple syrup
- ¼ cup coconut oil
- ¼ cup coconut sugar
- 3 large organic eggs
- 2 teaspoons vanilla extract
- ½ cup dark chocolate chips
- 5-6 large strawberries diced (if your strawberry slices are too big, then the cupcakes will fall apart)

Frosting

- 1 15-ounce can full fat coconut milk, refrigerated overnight (I used Thai Kitchen's organic version)
- 1 packet ALOHA Daily Good Berry
- 1 tablespoon strawberry jam
- 2 strawberries

*Yield: 12 cupcakes



BENEFITS

- + Be Loved: The soluble fiber in oats helps to keep your heart in tip top shape.*
- + Be Balanced: Low-glycemic sweeteners combined with five grams of fiber keep your blood sugar from spiking dramatically.*

VEGAN • SUPERFOODS

Clean Vegan S'Mores

PREPARATION

Preheat the oven to 350°F. Combine the dry ingredients, mix well. Add in the wet ingredients and mix until fully incorporated. Press into a parchment-lined 9x5 loaf pan. Bake for 20 minutes. Remove and slice while in pan and still hot. Let the squares fully cool in the pan. Remove the cooled squares from the pan by lifting out the parchment paper, and break into squares. Roast your marshmallow and assemble the s'more using two granola grahams and half a bar of ALOHA Superfood Chocolate!

INGREDIENTS

- 2 ALOHA Superfood Chocolate bars, broken in half
- 4 marshmallows (We like to use Dandies, a natural, vegan version!)
- 1 batch of granola "grahams" (below)

Granola Grahams

- 1 cup quick cooking oats
- 2 tablespoons oat flour
- ¼ teaspoon cinnamon
- Pinch of salt
- 1 tablespoon coconut oil, solid
- 1 tablespoon raw honey
- 2 tablespoons maple syrup
- 1 teaspoon molasses

NUTRITION INFO: 1 S'more			
415	Calories	38g	Sugar
18g	Fat	5g	Dietary Fiber
13g	Sat Fat	5g	Protein

*Yield: 4 S'mores



BENEFITS

- + Be Soothed: Cinnamon lowers your blood sugar, is anti-inflammatory, and is loaded with disease-fighting antioxidants.*
- + Be Comforted: The warmth and flavors of this cocoa transport you to childhood.*

PALEO • GLUTEN-FREE • VEGAN • LOW CALORIE

Superfood Hot Chocolate

PREPARATION

Heat almond milk and cacao powder in a saucepan over medium heat. Watch closely, don't let it boil! When heated, add the maple syrup, Daily Good Chocolate, vanilla extract, and cinnamon.

INGREDIENTS

- ½ tablespoon raw cacao powder
- ½ tablespoon ALOHA Daily Good Chocolate
- 1 cup almond milk
- 1 teaspoon pure vanilla extract
- 1 tablespoon pure maple syrup
- Hint of cinnamon (to sprinkle on top)

**Yield: 1 cup

NUTRITION INFO: 1 serving

137	Calories	18g	Sugar
5g	Fat	4g	Dietary Fiber
0g	Sat Fat	4g	Protein



BENEFITS

- + **Be Alert:** Pumpkin seeds are one of nature’s best sources of zinc, a mineral that’s vital to thyroid health.*
- + **Be Calmed:** Sunflower seeds contain a hefty dose of magnesium, which we need to calm our nerves, muscles, and blood vessels.*

GLUTEN-FREE • VEGAN

Granola “Edi-Bowls”

PREPARATION

Preheat oven to 350°F. Combine chia seeds and water in a small bowl and let sit for 5 minutes. Using a fork, mash bananas in a large bowl. Next, melt coconut oil and add into the mashed bananas. Then, stir in vanilla, honey, and the chia-water mixture. Add in the remaining ingredients and mix together. Coat a muffin tin with coconut oil. With two spoonfuls of granola mixture, form cups in the tins. Bake for 20-25 minutes. Remove the granola bowls and set aside to cool. For the filling: mix the Daily Good in with the yogurt and fresh berries, and then fill your freshly baked bowls with the mixture.

NUTRITION INFO: 14 servings

205	Calories	11g	Sugar
11g	Fat	5g	Dietary Fiber
7g	Sat Fat	4g	Protein

*Yield: 12-14 bowls

INGREDIENTS

Granola

- 1 ½ cups gluten-free rolled oats
- ¼ cup almond flour
- ¼ cup raw almonds (or raw nut of choice), chopped
- ¼ cup raw pumpkin seeds
- ¼ cup raw sunflower seeds
- ¼ cup dates, chopped
- ½ cup mixed dried fruit of your choice (I used blueberries and cherries)
- 1 cup unsweetened coconut flakes
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 2 teaspoons vanilla extract
- 3 ripe bananas
- ¼ cup coconut oil
- 2 tablespoons honey
- 2 tablespoons chia seeds
- 6 tablespoons water

Filling

- 1 packet ALOHA Daily Good Chocolate or Berry
- ½ cup yogurt of choice
- ½ cup fresh fruit of choice



BENEFITS

- + Be Luminous: Peanuts are an excellent source of biotin, a B vitamin that imparts a healthy glow and strong hair.*
- + Be Bright: The flavonoids in chocolate have been shown to improve cognitive function.*

VEGAN • HIGH-PROTEIN • RICH IN SUPERFOODS

Vegan No-Bake Peanut Butter Pie

PREPARATION

Brown your pie crust according to the directions on the package (Generally about 10 to 15 minutes at 350°F). Meanwhile, add the dates and yogurt to the food processor and blend until smooth. Add in the banana, peanut butter, vanilla extract, salt, and maple syrup if using and continue to blend until everything is incorporated and smooth. Pour the mixture into the pie crust and smooth. Melt the Superfood Chocolate bar in the microwave in 30-second intervals or over a low heat on the stove. Pour the chocolate on top of the peanut butter, one bar makes a thin shell across the top (You can always use two bars for a thicker chocolate layer!) Refrigerate until you are ready to serve. You can serve it immediately, but it will be soft.

INGREDIENTS

- 1 ¼ cups peanut butter
- 1 ripe banana
- 1 6-ounce container of plain or vanilla yogurt (We used coconut, but any type will work)
- 4 dates
- 2 teaspoons vanilla extract
- ¼ teaspoon salt (1/8 teaspoon if you have salted peanut butter)
- Optional 1-2 tablespoons maple syrup for a sweeter taste
- 1 ALOHA Superfood Chocolate bar
- 1 Pre-made vegan pie crust, or make your own

*Yield: one 9-inch pie

NUTRITION INFO: ⅛ slice

474	Calories	24g	Sugar
29g	Fat	5g	Dietary Fiber
10g	Sat Fat	11g	Protein



BENEFITS

- + **Be Healthy:** Cranberries are nutritional superheroes, containing preventative benefits against colon, lung, breast, and prostate cancer.*
- + **Be Lowered:** Almonds are proven to lower LDL cholesterol, which reduces the risk of heart disease.*

PALEO • GRAIN-FREE • GLUTEN-FREE

Grain-Free Cranberry Shortcake

PREPARATION

For the cakes, mix the dry ingredients together, and then add the coconut nectar and eggs. Mix until thoroughly incorporated and pour into greased cupcake tins. Bake at 350°F for 12-15 minutes, until the tops have risen and the cakes are golden brown. While the cakes are baking, add all of your cranberry sauce ingredients except for the Daily Good to a pot and cook on medium for approximately 15 minutes, stirring frequently until the cranberries have dissolved. Take off the stove to cool, mix in the Daily Good, and pour over the cakes. The Daily Good adds a bit of sweetness so wait until it is incorporated before adding more maple syrup. Top with whipped cream of your choice and serve!

NUTRITION INFO: 1 mini cake

249	Calories	33g	Sugar
9g	Fat	3g	Dietary Fiber
1g	Sat Fat	6g	Protein

*Yield: 12 cakes

INGREDIENTS

Shortcakes

- 2 scoops ALOHA Vanilla Protein
- 1 ½ cups almond meal
- ⅔ cup coconut nectar or honey
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 3 eggs beaten

Cranberry Sauce

- 18-ounce bag fresh cranberries
- 1 teaspoon vanilla extract
- ⅔ cup coconut nectar, honey, or maple syrup
- ⅓ cup maple syrup, or to taste for sweetness
- 1 packet ALOHA Daily Good Berry



BENEFITS

- + Be Fierce: Matcha tea contains the antioxidant EGCG, the most widely recognized cancer-fighting antioxidant.*
- + Be Cooled: Dates are loaded with anti-inflammatory properties.*

PALEO • GRAIN-FREE • NO-BAKE • GLUTEN-FREE • HIGH-FIBER

Raw Matcha Cacao Truffles

PREPARATION

Use a blender to grind almonds into a finely ground powder. Pit the dates and add to the blender. Add all remaining ingredients except for matcha powder and blend until the mixture becomes dough-like. Remove the mixture from blender and spoon small amount into your hand (about one tablespoon), then roll into balls approximately one-inch in diameter. Freeze in a large container for one hour. Last but not least, remove the truffles from the freezer and roll them in the bowl of matcha powder.

INGREDIENTS

- 1 cup almonds
- ¼ cup raw cacao nibs
- 7 Medjool dates
- 3 tablespoons coconut butter
- 1 tablespoon vanilla
- ½ cup unsweetened cocoa powder
- ¼ cup honey
- 1 packet ALOHA Daily Good Chocolate
- 2 tablespoons matcha powder

*Yield: 20 truffles

NUTRITION INFO: 2 truffles

201	Calories	19g	Sugar
11g	Fat	6g	Dietary Fiber
4g	Sat Fat	4g	Protein



CONTRIBUTORS

We hope you enjoy these recipes as much as we have!
A special thanks to our creators and to our ALOHA family!



JESSIE SYNDER

Creator of Faring-Well.com. Jessie's recipes reflect a balanced, whole foods lifestyle. She never compromises on organic, non-GMO ingredients to support our health and environment.



JILLIAN TUCHMAN

Jillian Tuchman, MS, RD, is ALOHA's in-house nutritionist/dietitian with a passion for merging integrative and holistic disciplines with nutritional science. She holds a Master's degree in nutrition from NYU, is a Registered Dietitian and has studied Ayurveda extensively since 2008. Jillian also maintains a private practice in New York City.



ALOHA TEAM

When we aren't developing new products, researching, or writing and producing The ALOHA Way, you can find us in the ALOHA kitchen crafting concoctions with our whole food products. We have a passion for healthy living and delicious food and love sharing our recipes with our community.

PHOTO CREDIT: MIMI MCCORMICK

For more healthy recipe inspiration
visit [ALOHA.com/shop/recipes](https://aloha.com/shop/recipes).

Share your ALOHA recipes with #myaloha.

📱 Follow our journey to health & happiness at @alohamoment!

CAUTION: As with any other dietary supplement, consult your physician before using this product if you are pregnant, nursing, trying to conceive, taking any medications, or have a medical condition.