



Virtual Learning Series: Healthy Eating

About the Session: During the discussion we'll be learning about eating healthy, Stef's cancer experience and we'll be making some super simple healthy desserts!

Meet Stef: Stef Scrivens is a partner and the Director of Sales at Transparent Kitchen ([@transparentkitchen](https://www.transparentkitchen.com)), a Michelin starred pastry chef and a brain tumour survivor. She's bringing to the forefront how to celebrate the culture of dining, eating locally and changing the way people see food.

Connect with Stef: stef@transparentkitchen.ca

THE RECIPIES

No Bake Chocolate Peanut Butter Cookies

Ingredients

- ½ cup creamy peanut butter
- ¼ cup honey (or maple syrup for vegan)
- ¼ cup coconut oil measured in solid state.
- 2 tbsp unsweetened cocoa powder
- ¼ tsp sea salt
- 1 tsp vanilla
- 1 cup quick cooking oats
- ¼ cup shredded unsweetened coconut

Instructions

- Line a cookie sheet with waxed paper, set aside.
- Combine peanut butter, honey salt and coconut oil in a saucepan and heat, stirring continuously, until melted and well-combined.
- Stir in vanilla and cocoa powder.
- Add quick-cooking oats and mix well.
- Add coconut and stir until completely combined.
- Drop 1 tbsp portions of mixture onto your prepared baking sheet. Continue until you've used all your cookie mixture.
- Let cool in the refrigerator or freezer until hardened.
- Serve cold or frozen.
- Store in an airtight container in the refrigerator.

Coconut Tart Shells

Tart shell:

1 ½ cups roasted, salted cashews
1 cup unsweetened, raw, coconut flakes
1 cup Medjool dates, pitted (roughly 16)
¼ tsp salt

To make the crust. Have 12 1-2" tart shells ready to go on a tray or 1 8" pie pan. In a food processor, combine the cashews, coconut, dates, and salt. Pulse until finely ground and the mix forms a ball, about 2-3 minutes. Press the mixture into the bottom of the tart shells, making sure to pack it in tightly. Chill in the fridge

Filling:

2 pints of blueberries (or any berry filling you'd like)
2 tbsp of honey (or maple syrup for vegan)
½ lemon juice
¼ cup water

Cook the blueberries in the water and honey, over low heat, until jam-like consistency. Add in lemon juice and let cool.