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Healthy Treat Recipes for Kath
Temple's Session

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Chocolate Layered Chia Pudding

2 servings

25 minutes

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 cup Strawberries (cut in half)

Nutrition

Amount per serving	
Calories	214
Fat	13g
Carbs	23g
Fiber	9g
Protein	5g
Calcium	503mg

Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

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

Likes it Sweet: Add a drizzle of maple syrup or honey.

Additional Toppings: Add granola or cacao nibs on top for crunch.

No Coconut Yogurt: Use another type of yogurt instead.



Cranberry Apple Oat Crisp

8 servings
50 minutes

Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

Nutrition

Amount per serving	
Calories	305
Fat	10g
Carbs	53g
Fiber	6g
Protein	3g
Calcium	34mg

Directions

- 1 Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
- 2 Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
- 3 In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
- 4 Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

More Flavor: Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

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

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.



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	285
Fat	19g
Carbs	30g
Fiber	12g
Protein	3g
Calcium	40mg

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

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

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.



Strawberry Ice Cream

2 servings

5 minutes

Ingredients

- 2 Banana (sliced and frozen)
- 1 cup Frozen Strawberries

Nutrition

Amount per serving	
Calories	144
Fat	1g
Carbs	37g
Fiber	5g
Protein	2g
Calcium	24mg

Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy: Add 2 tbsp coconut milk.

More Scoopable: Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky: Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.



Cardamom & Lime Rice Pudding

4 servings

25 minutes

Ingredients

- 2 cups Canned Coconut Milk
- 1/2 cup Water
- 1/2 cup Basmati Rice
- 1/2 Lime (juiced and zested)
- 3/4 tsp Cardamom
- 1/4 tsp Cinnamon
- 1/2 tsp Vanilla Extract
- 2 tbsps Coconut Sugar
- 2 tbsps Pistachios (shelled, chopped)

Nutrition

Amount per serving	
Calories	343
Fat	23g
Carbs	29g
Fiber	1g
Protein	4g
Calcium	16mg

Directions

- 1 In a medium pot, add the coconut milk, water, rice, lime juice, lime zest, cardamom, cinnamon, and vanilla extract.
- 2 Bring to a boil, stirring frequently. Simmer on low heat, stirring occasionally, for twenty minutes, or until the liquid is absorbed and the rice is cooked through.
- 3 Add the coconut sugar, stir to combine, and remove from heat. Allow it to sit for five minutes. Divide evenly between bowls, top with chopped pistachios and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with additional coconut milk.

Serving Size: One serving is equal to approximately 1/2 cup.

Nut-Free: Use fresh fruit or raisins instead of pistachios.

More Flavor: Omit the water and use milk instead for an extra creamy pudding.