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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.