

Really different, really delicious recipes—and really good for you, too!

Danny Seo is back, and he's tackling your favorite meal of the day: desserts. With unique, nutritional recipes and all the expertise you know and love from his magazine, *Naturally, Danny Seo*, Danny delivers sweet treats that will revolutionize the way you think about indulgence. These 100 healthy cookies, cakes, chocolates, and more aren't just mouthwatering, they're made from healthy ingredients and nutrition-packed superfoods.

You'll feel better than ever snacking on Parsnip Brown Butter Sugar Cookies, Root Vegetable Fun-fetti Cookies, Paleo Sweet Potato Monkey Bread, Crunchy-Good Cardamom Granola, Oversized Blue Spirulina Marshmallows, and Orange Quinoa Olive Oil Cake. With *Naturally, Delicious Desserts*, you'll see that healthy eating doesn't mean you have to skip out on indulgence, richness, and deliciousness.



DANNY SEO is the editor-in-chief of *Naturally, Danny Seo*, a national print magazine that celebrates the idea that style and sustainability don't need to be mutually exclusive from each other. *Naturally, Delicious Desserts* is his 11th book and his second cookbook, following the hit success *Naturally, Delicious*. Danny was the host of the Emmy Award-winning TV show *Naturally, Danny Seo* on NBC, which brought all of the ideas for cooking, home decorating, beauty, wellness, and travel to life that you see in the pages of his magazine. His line of eco-friendly products is sold in stores across the United States, Canada, and Europe, including retailers like TJ Maxx, Marshalls, and HomeGoods. He lives in Bucks County, Pennsylvania.

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Naturally, DELICIOUS

DESSERTS

Danny Seo



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DESSERTS

100 SWEET BUT NOT SINFUL TREATS

Danny Seo

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Turmeric and Maple Golden Gelato

MAKES 4 SERVINGS

This recipe was inspired by a trip we took up north to visit maple growers in Canada. We spent a lot of time in sugar shacks, and thought if we just used pure, whole ingredients, what could a delicious frozen treat look like? This is what we came up with.

It's on the heavier side, so a little taste goes a long way.

GATHER

- 3 cups organic milk
- 1 cup organic heavy cream
- ½ cup maple syrup
- 2 teaspoons turmeric powder
- 1 tablespoon vanilla extract
- 1 vanilla bean, scraped
- Pinch of sea salt
- ½ cup maple sugar
- 6 large egg yolks

MAKE IT

1. In a small pot, slightly warm the milk, cream, maple syrup, turmeric powder, vanilla extract, scraped vanilla bean, and salt. Set up a double boiler, using a separate pot.
2. In a medium bowl, whisk together the maple sugar and egg yolks for 3 minutes, or until light and fluffy.
3. Place bowl with egg mixture over double boiler and slowly stream in lightly warm milk mixture, stirring vigorously until mixture thickens.
4. Pour into a shallow baking dish and freeze, stirring every 20–30 minutes until frozen. Transfer to freezer in an airtight container.

Mini Paleo Cinnamon-Walnut Sticky Buns

MAKES 10 PIECES

Yes, psyllium husks are a laxative. But they are also a great binder to use in lieu of eggs when you're baking with it. It may seem weird to shop the local pharmacy for ingredients to bake with, but you'll be pleasantly surprised what a wonderful job it does to make these extraordinary walnut sticky buns.

GATHER

FOR THE DOUGH

- 3 tablespoons psyllium husks
- 1½ cups almond flour
- 1 teaspoon baking powder
- Pinch of sea salt
- ½ cup coconut cream
- 1 tablespoon vanilla extract

FOR THE FILLING

- ½ cup walnuts
- ¼ cup pitted dates
- 1 tablespoon ground cinnamon
- Pinch of sea salt

FOR THE GLAZE

- ¼ cup coconut cream
- Pinch of ground cinnamon

MAKE IT

1. Preheat oven to 350°F. Line baking sheet with parchment paper.
2. In a medium bowl, add psyllium, almond flour, baking powder, and salt. Stir to combine. Incorporate coconut cream and vanilla extract until smooth dough forms. Allow to rest for 10 minutes.
3. Roll out dough into a ¼-inch-thick, roughly 6 x 12-inch rectangle on top of a piece of parchment paper.
4. To make the filling, chop walnuts and dates and mix with cinnamon and salt. Sprinkle mixture on top of dough.
5. Roll up and, using a sharp knife, cut roll into approximate 1-inch buns. If dough crumbles, use hands to gently press it back together into a bun form.
6. Lay onto baking sheet, leaving space between buns.
7. Bake for 15 minutes or until golden and cooked through. Carefully transfer to wire rack to cool for 10 minutes.
8. Mix coconut cream with cinnamon for the glaze.
9. Drizzle buns with glaze before serving and top with more cinnamon, if desired.

Coffee Smoothie

SERVES 1

I love this smoothie because sometimes all you realistically have time for is a coffee, and it can be difficult to have coffee on an empty stomach.

The coconut milk and chia seeds will actually help fill you up. If you aren't a fan of caffeine, you can easily swap it out for decaf.

GATHER

- 1/2 cup iced coffee
- 1/2 cup hemp milk
- 1/2 unripe banana, frozen (optional)
- 2 teaspoons chia seeds
- 1 teaspoon coconut oil
- 1 teaspoon cocoa powder
- 1/2 teaspoon vanilla extract
- Handful of ice cubes

MAKE IT

Combine ingredients in blender and blend until smooth.



Dark Chocolate Avocado Bread

MAKES 1 MEDIUM LOAF

Believe it or not, this is a chocolate bread that is totally keto-friendly. The combination of good fats from the avocados, protein from the eggs, and the low-carb flour from almonds magically all comes together to make a dense, chocolatey bread.

Note: bread can be left unsweetened and served with savory items, too.

GATHER

- 3 tablespoons avocado oil, more for pan
- 2 ripe avocados
- 3 organic eggs
- 6 pitted dates
- 2¼ cups almond flour
- ¼ cup cocoa powder, extra for dusting
- 1½ teaspoons baking powder
- ¾ cup maple syrup

MAKE IT

1. Preheat oven to 350°F. Line a loaf pan with parchment paper. Brush lightly with avocado oil.
2. Add avocado oil, avocados, eggs, and dates to blender. Process until smooth.
3. Add almond flour, cocoa powder, and baking powder to a bowl.
4. Stir in puréed avocado mixture until evenly combined.
5. Pour mixture into loaf pan and bake for 30–40 minutes, or until cooked through. Use a toothpick to test for doneness; if it comes out clean, it's cooked through.

Sticky Toffee Baked Oatmeal

MAKES 12 BARS

A magical thing happens when you use coconut sugar and coconut milk together and let them simmer in a pan: it turns into the most wonderful toffee with a caramel-like consistency. Who thought oatmeal could be transformed into an ooey, gooey dessert?

GATHER

- 4 cups filtered water
- 4 cups rolled oats
- 1/2 cup ground flax seeds
- 1 cup coconut sugar
- 2 (14-ounce) cans coconut milk
- 2 tablespoons vanilla extract
- 1 cup pecans, extra for garnish
- 1 teaspoon flaky sea salt

MAKE IT

1. Preheat oven to 350°F, line inside of an 8 x 8-inch baking dish, or equivalent, with parchment paper, and grease sides lightly with oil of choice.
2. Bring water to a boil. Add oats, reduce to a simmer, and cook for 5 minutes, stirring occasionally, until oats are cooked through and have absorbed the water. Remove from heat and stir in ground flax seeds.
3. In a separate pan, add coconut sugar and coconut milk. Bring mixture to a boil and cook over medium heat for 15 minutes or mixture thickens to a caramel consistency. Remove from heat and add vanilla extract. This should yield 2 cups.
4. Chop pecans slightly and add to oats. Fold in half of the toffee mixture (approximately 1 cup) to oats and stir to combine.
5. Press oat mixture firmly into lined baking dish and bake for 20 minutes, or until firm to the touch.
6. Cool before cutting into bars and drizzle with remaining toffee mixture. Top with pecans and salt.

