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COOKING WITH PLEASURE

5 Desserts, Free.

Five complete recipes — one from each of five chapters of *100 Guilt-Free Desserts*. No sign-up tricks, no stripped-down samples: these are the real pages.

COOKING WITH PLEASURE · SAMPLE

Start with these five

Chosen because the five of them cover the whole range: a baked bar, a cake, a no-bake, a cookie and something frozen.

1 Fudgy Date Brownies

16 squares

Time: 20 min prep + 30 min bake

Oven: 170°C (340°F)

Tin: 20 cm (8 in) square

blended dates bake into a dense, fudgy centre with no added sugar.

INGREDIENTS

- 250 g (1⅓ cups) soft pitted dates
- 120 ml (½ cup) hot water
- 3 large eggs
- 120 g (½ cup plus 1 tbsp) butter, melted
- 1 tsp vanilla extract
- 60 g (½ cup) unsweetened cocoa powder
- 60 g (⅔ cup) ground almonds
- 60 g (½ cup) plain flour
- 1 tsp baking powder
- ¼ tsp fine salt
- 80 g (½ cup) dark chocolate (85% cocoa), chopped

METHOD

1. Heat the oven and line the tin with baking paper.
2. Soak the dates in the hot water for 10 minutes, then blend dates and water to a thick paste.
3. Whisk in the eggs one at a time, then the melted butter and vanilla.
4. Sift in the cocoa, flour, baking powder and salt, add the ground almonds and fold until smooth. Fold in the chocolate.
5. Scrape into the tin and bake 28–30 minutes until the edges are set and the centre just wobbles. Cool fully before slicing.

Storage: keep airtight at room temperature 5 days; freezes 3 months.

Swap: use ground walnuts instead of almonds, or swap the chocolate for toasted hazelnuts.

2 Lemon Yoghurt Cake

8 slices

Time: 20 min prep + 45 min bake

Oven: 175°C (350°F)

Tin: 20 cm (8 in) round

Greek yoghurt gives a soft, tangy crumb that stays light and moist for days.

INGREDIENTS

- 250 g (2 cups) plain flour
- 2 tsp baking powder
- ¼ tsp fine salt
- 3 large eggs
- 150 g (scant ½ cup) honey
- 100 ml (⅓ cup plus 1 tbsp) olive oil
- 200 g (¾ cup plus 1 tbsp) Greek yoghurt
- zest and juice of 1 lemon
- 1 tsp vanilla extract

METHOD

1. Heat the oven and grease the tin.
2. Whisk the eggs and honey until light, then whisk in the olive oil, yoghurt, lemon zest, lemon juice and vanilla.
3. Sift in the flour, baking powder and salt and fold gently until no streaks remain.
4. Pour into the tin and bake 40–45 minutes until golden and springy.
5. Cool in the tin 10 minutes, then turn out.

Storage: keeps airtight 4 days at room temperature. Freezes 2 months.

Swap: swap lemon for orange, or fold in 80 g (⅔ cup) blueberries before baking.

2 Dark Chocolate Avocado Mousse

4 servings

Time: 10 min prep + 1 hr chill

Chill: 1 hour

Serve in: 4 glasses or ramekins

ripe avocado whips into a silky, rich mousse where cocoa and maple do all the sweetening.

INGREDIENTS

- 2 ripe avocados
- 50 g (½ cup) unsweetened cocoa powder
- 80 ml (⅓ cup) maple syrup
- 60 ml (¼ cup) milk
- 1 tsp vanilla extract
- pinch of fine salt
- fresh raspberries, to serve

METHOD

1. Halve and stone the avocados and scoop the flesh into a blender.
2. Add the cocoa, maple syrup, milk, vanilla and salt.
3. Blitz until completely smooth and thick, scraping down the sides as needed.
4. Spoon into glasses and chill for at least 1 hour. Top with raspberries.

Storage: keeps covered in the fridge 2 days; press plastic wrap onto the surface to stop browning.

Swap: swap maple syrup for honey, or add 1 tsp orange zest for a citrus note.

1 Chewy Oat & Date Cookies

14 cookies

Time: 10 min prep + 12 min bake

Oven: 180°C (350°F)

Blended dates keep the middles soft and chewy while the oat edges turn golden and toasty.

INGREDIENTS

- 150 g (about 9) soft dates, pitted
- 80 ml (⅓ cup) light olive oil
- 1 large egg
- 1 tsp vanilla extract
- 100 g (1 cup) rolled oats
- 120 g (1 cup) plain flour
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- 60 g (½ cup) chopped walnuts

METHOD

1. Heat the oven to 180°C (350°F) and line a large baking tray with baking paper.
2. Blitz the dates with 3 tablespoons of warm water in a small food processor until you have a smooth, thick paste.
3. Whisk the date paste, olive oil, egg and vanilla together in a bowl.
4. Stir in the oats, flour, bicarbonate of soda, salt and walnuts until no dry streaks remain.
5. Scoop tablespoon-sized mounds onto the tray, spacing them well apart, and bake for 12 minutes until the edges are golden but the centres still feel soft.

Storage: Keep in an airtight tin for up to 5 days, or freeze the raw dough balls for 3 months.

Swap: Swap the walnuts for dark chocolate chips for a sweeter bite; the cookies will spread slightly less.

1 Banana Peanut Nice-Cream

4 servings

Time: 10 min prep + 4 h freeze

Chill: freezer

Frozen banana whips into a thick, creamy soft-serve with no churning and no eggs.

INGREDIENTS

- 4 ripe bananas (about 450 g), peeled and sliced
- 3 tbsp smooth peanut butter
- 2 tbsp honey
- 1 tsp vanilla extract
- 2–3 tbsp milk, if needed
- pinch of sea salt

METHOD

1. Spread the banana slices on a tray and freeze at least 4 hours, until solid.
2. Blitz the frozen banana, peanut butter, honey, vanilla and salt in a food processor for 1–2 minutes, scraping the sides, until thick and creamy.
3. Add the milk a spoonful at a time only if the mix refuses to blend.
4. Serve immediately as soft-serve, or pack into a container and freeze 30 minutes for a scoop.

Storage: Best fresh; keeps frozen up to 1 month. Honey-sweetened, it freezes softer than sugar-sweetened — rest 5 minutes before scooping.

Swap: Almond butter for the peanut butter; the flavour turns toastier.

What the full book adds

100 recipes in ten chapters. Everything below is in the book you can download today.

Brownies & Bars	10 recipes
Fruit-Forward Cakes	10 recipes
Chilled & No-Bake	10 recipes
Cookies	10 recipes
Spoon Desserts & Puddings	10 recipes
Small-Batch for Two	10 recipes
Five-Ingredient Desserts	10 recipes
Thick & Creamy	10 recipes
Frozen & Iced	10 recipes
Everyday Classics, Simplified	10 recipes

All 100 recipes use grams and cups, with a storage note and a swap on every page.

From Mary's kitchen



"If it needs a shop across town, it isn't dinner."

Mary is the cook this book is written for: one oven, a tin that never measures the same twice, and no patience for an ingredient you can only find in a specialist shop.

- **Trust your nose, not the clock** Honey and dates brown faster than sugar, so pull it when it smells done and trust the time in the recipe over the colour in a photograph.
 - **Freeze it soft** Honey-sweetened desserts freeze softer than sugar ones. That is why the frozen chapter prints it on every page — and why you eat them a little sooner.
 - **Swap before you shop** Every recipe has a swap box. Use it before you put your shoes on, not after you come home without the thing.
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The other 95 recipes

The full book is the same pages you just read — 100 recipes, ten chapters, on your phone in the kitchen two minutes from now.

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