



PCOS Treats

ASHLENE KORCEK



Pumpkin Pie Tarts with Coconut Whipped Cream

12 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

1 cup Almonds
1 cup Cashews
1 Egg
1/4 cup Coconut Oil (melted and divided)
1/3 cup Maple Syrup (divided)
1 tsp Vanilla Extract
1 tsp Cinnamon
1/2 tsp Sea Salt
2 1/4 cups Pureed Pumpkin
1/3 cup Unsweetened Almond Milk
2 1/2 tbsps Arrowroot Powder
2 tsps Pumpkin Pie Spice
1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

NUTRITION

AMOUNT PER SERVING

Calories	281	Cholesterol	16mg
Fat	22g	Sodium	122mg
Carbs	18g	Vitamin A	7187IU
Fiber	3g	Vitamin C	2mg
Sugar	8g	Calcium	78mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 02 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 03 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 04 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 05 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 06 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 07 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
- 08 In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 09 Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 10 When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!



NOTES

NO ARROWROOT POWDER

Use tapioca flour instead.

HOMEMADE PUMPKIN PIE SPICE

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

PUMPKIN PIE SQUARES

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.



Dark Chocolate Almond Mousse

5 SERVINGS 3 HOURS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/2 cup Cocoa Powder
1/4 cup Almond Butter
3 tbsps Monk Fruit Sweetener
1 tsp Vanilla Extract
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	0mg
Fat	16g	Sodium	303mg
Carbs	23g	Vitamin A	200IU
Fiber	10g	Vitamin C	0mg
Sugar	1g	Calcium	342mg
Protein	8g	Iron	3mg

DIRECTIONS

- 01 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 02 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Stir well before serving.

SERVING SIZE

One serving is roughly 1/2 cup.

ADDITIONAL TOPPINGS

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

NO ALMOND BUTTER

Use another nut or seed butter instead.



Chocolate Dipped Figs with Flaky Sea Salt

4 SERVINGS 25 MINUTES



INGREDIENTS

3 1/2 ozs Dark Organic Chocolate
8 Fig (cut in half)
1/8 tsp Sea Salt (flaky)

NUTRITION

AMOUNT PER SERVING

Calories	215	Cholesterol	0mg
Fat	10g	Sodium	87mg
Carbs	30g	Vitamin A	142IU
Fiber	5g	Vitamin C	2mg
Sugar	23g	Calcium	35mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 In a microwave-safe dish, melt the chocolate, working in 30-second intervals until the chocolate is smooth and melted.
- 03 Dip each fig into the chocolate and place on the parchment-lined pan. Top with sea salt. Place in the fridge for 20 minutes. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to four chocolate-dipped figs.



Sticky Ginger Pudding with Coconut Ice Cream

6 SERVINGS 1 HOUR



INGREDIENTS

2 Egg
1 cup Unsweetened Applesauce
1/2 cup Coconut Oil (melted)
1/3 cup Maple Syrup
1 tbsp Ground Ginger
1 tsp Baking Soda
1 tbsp Apple Cider Vinegar
1/2 cup Coconut Flour
1 1/2 cups Organic Coconut Ice Cream

NUTRITION

AMOUNT PER SERVING

Calories	426	Cholesterol	62mg
Fat	29g	Sodium	266mg
Carbs	30g	Vitamin A	102IU
Fiber	4g	Vitamin C	0mg
Sugar	21g	Calcium	30mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Lightly grease a pie pan.
- 02 In a separate mixing bowl, whisk together the applesauce, melted coconut oil, maple syrup, ginger and baking soda.
- 03 Stir in the eggs and apple cider vinegar. Then gently fold in the coconut flour until evenly combined.
- 04 Transfer to the pie pan and bake for 45 to 50 minutes or until golden brown and firm to the touch. The center should remain gooey.
- 05 Let cool slightly before serving. Scoop into bowls and top with ice cream. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

SERVING SIZE

One serving equals approximately 1/4 to 1/3 cup of sticky pudding.

ADDITIONAL TOPPINGS

Top with coconut whipped cream, cinnamon, cacao nibs, chia jam or fruit (fresh, poached or broiled).

NO APPLESAUCE

Use mashed banana, pear puree or pumpkin puree instead.

NO COCONUT OIL

Use ghee or butter instead.

NO GELATIN

Make a chia or flax egg instead, or use real eggs in place of the gelatin and water.

MORE FLAVOR

Substitute some of the ground ginger with fresh grated ginger.



Raspberry Apple Crisp

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Raspberries
- 1 Apple (chopped)
- 2 tsps Cinnamon (divided)
- 1 tbsp Coconut Oil
- 1/4 cup Cashews (chopped)
- 1/4 cup Almonds (chopped)
- 3 tsps Almond Flour
- 1 tbsp Maple Syrup
- 1 tbsp Mint Leaves (optional)

NUTRITION

AMOUNT PER SERVING

Calories	419	Cholesterol	0mg
Fat	29g	Sodium	6mg
Carbs	37g	Vitamin A	101IU
Fiber	10g	Vitamin C	13mg
Sugar	19g	Calcium	130mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Add the raspberries and apple to a small baking dish.
- 02 Mix half of the cinnamon into the raspberries and apples and top with coconut oil.
- 03 In a small bowl add the cashews, almonds, almond flour, maple syrup and the remaining cinnamon. Mix together until evenly combined. Add this crumble over the raspberries and apples and place in the oven.
- 04 Bake for 25 to 30 minutes or until golden brown. Remove from the oven and cool slightly.
- 05 Once cooled, top with mint leaves, if using. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use oats, oat flour and seeds instead of almonds, cashews and almond flour.

ADDITIONAL TOPPING

Coconut yogurt or coconut whip.



Apple Spice Oatmeal Cookies

12 SERVINGS 30 MINUTES



INGREDIENTS

1 cup All Purpose Gluten-Free Flour
1 1/2 cups Oats (rolled)
2 tsp Baking Powder
1 tbsp Cinnamon
1/4 tsp Sea Salt
1/4 cup Walnuts (chopped)
2 tbsps Ground Flax Seed
1 Egg
1/2 cup Coconut Sugar
1/2 cup Coconut Oil (melted)
1 Apple (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	224	Cholesterol	16mg
Fat	12g	Sodium	137mg
Carbs	27g	Vitamin A	33IU
Fiber	4g	Vitamin C	1mg
Sugar	8g	Calcium	64mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, combine the flour, oats, baking powder, cinnamon, sea salt, and walnuts. Mix well.
- 03 In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
- 04 Add the wet mixture to the dry and mix well to form a dough.
- 05 Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes. Let cool and enjoy!

NOTES

APPLE SIZE

For this recipe, one apple is equal to approximately one cup of finely diced apple.

LEFTOVERS

Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

NUT-FREE

Use pumpkin or sunflower seeds instead of walnuts.

SERVING SIZE

One serving is equal to one cookie.



Campfire Baked Apples

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Apple
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	26g	Vitamin A	102IU
Fiber	5g	Vitamin C	8mg
Sugar	19g	Calcium	24mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Slice apples and cut out the cores. Place onto a double layer of aluminum foil lined with parchment paper. Sprinkle with cinnamon.
- 02 Fold into a foil packet and place onto the coals of a campfire for 10 minutes, flipping halfway.
- 03 Carefully open foil packet and let cool slightly. Enjoy!

NOTES

PARCHMENT PAPER TRICK

Lining the inside of your foil packet with parchment paper will keep the apples from sticking to the foil and makes it easier to eat out of. The parchment paper also makes the foil less likely to tear, and therefore potentially reusable for other meals.

SERVE IT WITH

Yogurt or a scoop of coconut ice cream.

NO CAMPFIRE

Use a grill with medium heat instead.

LIKES IT SWEET

Drizzle with a bit of honey or maple syrup.

