

Almond-Coconut Biscotti

Makes 8 to 10

Time required: 1 hour, plus 12 hours for resting if desired

When you allow these biscotti to dry completely, they are great dunkers in an afternoon cup of tea. They can also be made without the stevia; they won't be sweet, but they will still be very satisfying.

- 2 cups raw unsalted organic almonds
- ¼ cup unsweetened organic coconut flakes
- 3 tablespoons organic cocoa powder
- 2 tablespoons organic chia seeds
- 1 large organic egg from a pasture-raised chicken, at room temperature
- ¼ cup organic coconut oil
- 1 tablespoon granulated organic stevia
- 1 teaspoon baking soda

The Brain Wash Recipes

2 cups Ricotta Cheese (page 198)

¼ cup organic heavy cream from grass-fed cows

2 tablespoons granulated organic stevia, or more to taste

¾ cup organic blueberries or raspberries

1 teaspoon freshly grated organic orange zest

Organic cocoa powder for dusting

Combine the Ricotta Cheese, cream, and stevia in the bowl of a food processor fitted with a metal blade and process until very light and smooth.

Scrape the mixture into a medium mixing bowl. Gently stir in the berries and the orange zest. Spoon an equal portion into each of four small dessert bowls. Dust with cocoa powder and serve.

May be stored, covered, and refrigerated, for a day or two.