Ingredient List for AARP CO Cooking for a Healthier Lifestyle – Holiday Dessert Trio

Snickerdoodle Dates

Ingredients:

3 tablespoons 1:1 Gluten Free All Purpose Flour

1 ½ tablespoons cashew butter

1 tablespoon unsweetened coconut yogurt

1 tablespoon coconut sugar

¼ teaspoon vanilla

¼ teaspoon cinnamon

Pinch of salt

12 Medjool dates, halved

For rolling: 1 tablespoon coconut sugar + 1 teaspoon cinnamon

Gingerbread Chia Pudding

Ingredients:

1 cup dairy or unsweetened non-dairy milk of choice

¼ cup chia seeds

½ teaspoon molasses

¾ teaspoon ground ginger

½ teaspoon cinnamon

½ teaspoon vanilla extract

⅛ teaspoon salt

2 tablespoons agave syrup, maple, or honey

Optional to serve: Pear or orange slices, for garnish

4 gingersnaps, crumbled

¼ cup whipped cream

Seared Pears with Chantilly and Cookie Crumble

Ingredients:

2 ripe pears

2 tablespoons unsalted butter

8 tablespoons whipped cream

4 shortbread cookies, crumbled