

Blueberry Apple Crisp



MAKES 4 SERVINGS

- 1 tablespoon butter or coconut butter
- 2 cups blueberries, fresh or frozen
- ½ cup diced apples, fresh or dried
- 2 tablespoons honey or agave nectar
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Sea salt, to taste
- 1 cup Grain-Free Granola or other granola

Enjoying dessert while camping is not to be missed. Blueberries are full of antioxidants, fiber, and healthy carbs. The Grain-Free Granola can be made ahead of time at home for a no-fuss approach (see chapter 16, Snacks on the Go). If you're in the backcountry in berry season, use whatever berries you can forage. Mercedes loves huckleberries or blackberries.

TIP: Double the batch and make this crisp in a Dutch oven when you're feeding a crowd or want leftovers. Use butter powder if you don't have access to refrigeration.

In a cast iron skillet or lightweight pan, melt the butter over medium heat. Add all of the ingredients except the granola. Stir frequently until the berries burst and the mixture starts to thicken and coat the back of a spoon, about 15 minutes.

When the berries are cooked through and thickened, sprinkle granola over the top and serve.

NUTRITION FACTS (PER SERVING) Calories: 220, Calories from fat: 48, Total fat: 5 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 11 mg, Potassium: 197 mg, Total carbohydrates: 41 g, Fiber: 4 g, Sugar: 24 g, Protein: 4 g

No-Bake Cashew Cheesecake



MAKES 16 SERVINGS

- 8 fresh dates, pitted
- 2 cups hazelnuts
- 2 tablespoons coconut oil, plus more for greasing the pan
- 2 pinches of sea salt, divided
- 3 cups raw cashews, soaked in hot water for at least 15 minutes
- ¾ cup maple syrup or honey
- ½ cup coconut cream
- ¼ cup fresh lemon juice
- 1 tablespoon grated lemon zest
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cardamom

You won't believe this dessert is gluten free and vegan. Even if you live on meat and gluten, this treat will blow your mind! It is silky, lemony, and cheesy, without any cheese. It's one of those sleeper recipes that you might overlook—but don't. We guarantee you won't regret making this one.

TIP: We like to make this in silicone muffin pans, but you can also use a traditional 8-inch cake pan. In muffin form, the cakes can be individually wrapped to take with you in the mountains or left in your freezer for dessert in a pinch. Fresh fruit compote or berry preserves spooned over the top is an elegant touch.

To make the crust, in the bowl of a food processor, add the dates, hazelnuts, coconut oil, and a pinch of salt, and pulse until the mixture partially binds together. It will be chunky and pastelike. Set aside.

To make the cheesecake, drain the water from the cashews and place them in a blender. Add the maple syrup, coconut cream, lemon juice and zest, vanilla, cinnamon, and cardamom, along with another pinch of salt, and blend on high until very smooth, 4 to 5 minutes.