

# VEGAN *Dessert*

CONSCIOUS INDULGENCE – WHERE SWEETNESS MEETS SOUL

## RAW CACAO AVOCADO MOUSSE

Silky and rich, made with ripe avocado, raw cacao, coconut cream, and a touch of dates for natural sweetness.

Calories: 280 | Protein: 5g | Fat: 20g

## COCONUT SALTED CARAMEL BLISS BALLS

Chewy and creamy bites made with coconut, dates, and sea-salted caramel drizzle — the perfect energy boost.

Calories: 210 | Protein: 4g | Fat: 14g

## BAKED BANANA CHOCOLATE CHIP CAKE (GF)

Moist and soft gluten-free cake made with mashed bananas, almond flour, and vegan dark chocolate chips.

Calories: 320 | Protein: 7g | Fat: 15g

## LEMON COCONUT TART (GF)

A crisp almond-coconut crust filled with zesty lemon coconut cream — light, tangy, and refreshing.

Calories: 350 | Protein: 6g | Fat: 18g

## CASHEW VANILLA CHEESECAKE (GF)

A creamy cashew-based cheesecake with a date-nut crust, finished with vanilla bean and coconut nectar.

Calories: 410 | Protein: 8g | Fat: 22g

MARA  
THE HOUSE OF CONSCIOUS LIVING





## **CHOCOLATE GANACHE TART (GF)**

Decadent raw cacao ganache on a nutty crust, topped with sea salt flakes and coconut whipped cream.

Calories: 420 | Protein: 7g | Fat: 25g

## **PASSIONFRUIT COCONUT PANNA COTTA**

Light and tropical, crafted from coconut milk, agar-agar, and fresh passionfruit topping.

Calories: 290 | Protein: 3g | Fat: 19g

## **SPICED CHIA SEED PUDDING**

Layers of chia pudding with almond milk, cinnamon, and vanilla — topped with date caramel and toasted coconut.

Calories: 310 | Protein: 6g | Fat: 15g

## **MOCHA ENERGY BARS (GF)**

Cacao, espresso, and tahini combine for a rich, chewy, energizing treat.

Calories: 260 | Protein: 8g | Fat: 12g

## **MANGO LIME CHEESECAKE CUPS**

Zesty and tropical — cashew-mango cream layered with lime zest and coconut crumble base.

Calories: 370 | Protein: 7g | Fat: 18g