

The Flare-Friendly Dessert Collection:

7 Desserts for Endo & IBS

Created by: Orisha Boychuk (NNCP)



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One Tree Nutrition

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Orisha Boychuk, NNCP (Natural Nutrition Clinical Practitioner), provides nutrition education and wellness support within the scope of natural nutrition practice. This product does not establish a practitioner–client relationship and does not constitute medical or diagnostic care.

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Whipped Coconut Raspberry Fool

4 ingredients · 10 minutes · 1 serving



Directions

1. Add the chilled coconut cream, maple syrup, and vanilla to a bowl. Using a hand mixer, whip on medium speed for two to three minutes or until light and fluffy.
2. Use a fork and smash the raspberries in a bowl.
3. Layer the coconut cream and smashed raspberries into small bowls, jars, or a glass. Use a spoon and gently swirl the layers.
4. Enjoy!

Ingredients

- ½ cup Coconut Cream (chilled in the fridge overnight)
- 1 ½ tsp Maple Syrup
- ½ tsp Vanilla Extract
- ½ cup raspberries

Notes

This is best enjoyed immediately. You can refrigerate in an airtight container for up to two days.

One serving size is approximately one cup.

You can add additional toppings such as granola, hazelnuts, or almonds

Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 10 servings



Directions

1. Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
2. Drain the dates and add to a blender or food processor along with the cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
3. Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
4. In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet.
6. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Ingredients

- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

Notes

Leftovers: refrigerate in an airtight container for up to seven days

Serving size: one serving is equal to approximately two truffles

Additional toppings: top with crushed-up candy cane or shredded coconut flakes

More flavour: for a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil



Chocolate Almond Bars

10 ingredients · 6 hours · 24 servings



Directions

1. Line an 8 x 8-inch pan with parchment paper going both directions.
2. In a food processor, pour in the almond flour, cocoa powder, coconut sugar, vanilla, half the almond butter, and salt. Process until the mixture comes together. Add the milk and pulse to combine. The mixture should hold together when pressed between your fingers. Pour the mixture into the lined pan and press down firmly to create a smooth surface.
3. Place in the freezer while you make the filling.
4. In a medium-sized microwave-safe bowl, combine the remaining almond butter, maple syrup, and coconut oil. Microwave on high for 30 to 45 seconds until the mixture is smooth. Whisk well to combine. Remove the pan from the freezer and pour the caramel mixture over top. Place in the freezer for six hours (or overnight) to harden.
5. In a large bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
6. Remove the pan from the freezer and slice into even bars. Carefully dip each bar into the chocolate and place on a parchment-lined plate. Place in the fridge for 30 minutes to harden. When ready to eat, remove from the fridge and enjoy!

Ingredients

- 1 $\frac{3}{4}$ cups Almond Flour
- 2 tbsps Cocoa Powder
- $\frac{1}{4}$ cup Coconut Sugar
- 2 tsps Vanilla Extract
- 1 cup Almond Butter (smooth and drippy, divided)
- $\frac{1}{4}$ tsp Sea Salt
- $\frac{1}{4}$ cup Unsweetened Almond Milk
- $\frac{1}{2}$ cup Maple Syrup
- $\frac{1}{3}$ cup Coconut Oil
- 2 $\frac{1}{4}$ cups Dark Chocolate Chips

Notes

Leftovers: refrigerate in a sealed container for up to two weeks, or freeze for longer

Serving size: one serving is an approximately two-inch chocolate bar

Almond butter: works best with a very smooth and drippy almond butter



Lemon Oat Bars

8 ingredients · 2 hours · 16 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a pan with parchment paper and set aside. In a large bowl, combine the oat flour, coconut oil, half of the honey, and half of the salt.
2. Mix well until a wet, but firm consistency is formed.
3. Press the dough into the lined pan, making sure to press it out evenly and into the corners. Bake for 15 minutes, until lightly browned and set. Let cool.
4. While the crust is baking, in a mixer add the eggs, coconut flour, lemon zest, lemon juice, the remaining honey, and remaining salt. Mix for about four minutes or until well combined. Pour the mixture on top of the crust and bake for 30 minutes, or until set and cooked through. Cool completely then chill for one to two hours before serving.
5. When ready to serve, remove from the pan, cut into squares, and enjoy!

Notes

Leftovers: refrigerate in an airtight container for up to three days

No honey: use maple syrup instead

Ingredients

- 1 cup Oat Flour
- ⅓ cup Coconut Oil (melted)
- ½ cup Raw Honey (divided)
- ½ tsp Sea Salt (divided)
- 6 Eggs (large)
- 2 tbsps Coconut Flour
- 1 tbsp Lemon Zest
- ½ cup Lemon Juice

Cookie Dough Freezer Fudge

5 ingredients · 4 hours 15 minutes · 8 servings



Directions

1. Line a loaf pan with parchment paper going in both directions. In a large bowl combine the nut/seed butter coconut oil, honey, vanilla, and salt. Mix until very smooth.
2. Stir in the chocolate chips and then pour into the prepared loaf pan. Transfer to the freezer for four hours (or overnight).
3. Remove the fudge and slice into squares. Enjoy!

Ingredients

- 1 cup Nut/Seed Butter of Choice
- 3 tbsp Coconut Oil (melted)
- ¼ cup Raw Honey
- 2 tsp Vanilla Extract
- ¼ tsp Sea Salt
- ⅓ cup Dark Chocolate Chips

Notes

Leftovers store in the freezer for best results. Let them soften for a few minutes out of the freezer before enjoying.

Serving size: an 8 x 4-inch (20 x 10 cm) loaf pan was used to make eight servings. One serving is one square.

Make it vegan: use maple syrup. Be sure to use room temperature maple syrup so it doesn't cause the coconut oil to harden when stirring.

Tahini and sunflower seed butter work well in this recipe.

Sprinkly flaky sea salt on top of the fudge before putting it in the freezer to set.

Coconut Chocolate Bars

5 ingredients · 1 hour 15 minutes · 12 servings



Directions

1. Line a small baking sheet or plate with parchment paper. Add the shredded coconut, coconut milk, maple syrup, and 2/3 of the coconut oil to a food processor. Blend until a wet, coarse sand-like texture forms.
2. Form the coconut mixture into small bars approximately two inches long. Place the bars on the prepared baking sheet or plate and freeze for at least 30 minutes or until the logs are chilled and firm.
3. Meanwhile, melt the chocolate and the remaining coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
4. Using forks, carefully dip the coconut bars into the melted chocolate until completely covered. Allow any excess chocolate to drip off before placing the chocolate-covered coconut bar back on the baking sheet. Use a spoon to drizzle any remaining melted chocolate over the top of each bar, if desired. Place the bars back in the freezer for at least 15 minutes or until the chocolate has set.
5. Store the bars in an airtight container in the fridge or freezer until ready to enjoy.

Ingredients

- 1 ½ cups Unsweetened Shredded Coconut
- ¼ cup Canned Coconut Milk
- 1 tbsp Maple Syrup
- 3 tbsps Coconut Oil (divided)
- 100 grams Dark Chocolate

Notes

Leftovers: refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving size: One serving is approximately one two-inch chocolate bar.

Add vanilla extract or coconut extract for even more flavour.

Add more maple syrup to the coconut filling for a sweeter bar.

No dark chocolate: Use milk chocolate instead.

Mixture too dry?: If the coconut mixture is too crumbly and won't form into bars, it could be that the coconut used is too dry. Try adding an additional tablespoon of coconut milk at a time and blending again before attempting to form the mixture into bars.



Chocolate Avocado Overnight Fudge

9 ingredients · 8 hours 15 minutes · 8 servings



Directions

1. Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler. Set aside to cool.
2. Line a loaf pan with parchment paper, leaving an overhang on both sides.
3. Place the avocado, maple syrup, and almond butter in a food processor. Process until completely smooth, about one minute.
4. Add the vanilla, cocoa powder, salt, and water and pulse until incorporated. Add the melted chocolate and pulse again to combine.
5. Transfer the fudge to the prepared pan, smoothing the top with a spatula. Top with walnuts. Place in the freezer to set for at least eight hours.
6. Remove the fudge and slice into squares. Keep them stored in the freezer for best results. Enjoy!

Notes

Leftover: Keep stored in an airtight container in the freezer for best results.

Serving size: A 9 x 5-inch loaf pan was used to make eight servings. One serving is one square.

You can toast the walnuts for more flavour.

Top with flaky sea salt if desired.

Texture: These fudge bars are very sticky and need to chill overnight for best results and in order to slice into squares. Keep them stored in the freezer until ready to eat.

Ingredients

- 113 grams Dark Chocolate (chopped, at least 70% cacao)
- ½ Avocado (ripe)
- ⅓ cup Maple Syrup
- ⅓ cup Almond Butter
- ½ tsp Vanilla Extract
- 1 ½ tbsps Cocoa Powder
- ½ tsp Sea Salt
- 2 tbsps Water (cold)
- ¼ cup Walnuts (raw, roughly chopped)

About Me

Hi, I'm Orisha, a Natural Nutrition Clinical Practitioner (NNCP) specializing in **IBS**, **endometriosis**, and **chronic pelvic pain**.

I help women living with pelvic pain, IBS, digestive issues, endometriosis, and recurring flare-ups **reduce pain, calm flares**, and **feel in control of their body again** — through anti-inflammatory nutrition, lifestyle, and mindset support.

If you've been told to "just manage it" or "push through," know this: **chronic pain does not have to control your life**.

I'm so passionate about chronic pain management due to my own lifelong struggles with **digestive issues** (diagnosed IBS) and **chronic pelvic pain** (excision surgery in 2025). I know what it feels like to be dismissed by doctors, gaslighted and not feel seen or heard.

I take a **whole-body approach** to chronic pelvic pain and gut health. This guide is a great starting place for you.

Check out my website for more resources (including my blog!): [click here](#)



Orisha



Did you know?

Dessert isn't the problem.
Your symptoms aren't random.
And you don't have to figure this out alone.

If you loved these flare-friendly desserts, you'll love what I share on my blog – I post recipes and simple strategies to help reduce bloat, calm IBS & Endo flares, and support chronic pelvic pain.

Check out the blog [here](#).

And if you're tired of guessing what to eat...

I also offer **1:1 coaching** where we:

- Identify your personal flare triggers
- Build meals that actually work for your body
- Support digestion, hormones, and inflammation
- Create a plan you can stick to long-term

You deserve to enjoy food without the anxiety.

If you're ready for that next step – start here:

→ [Let's Go!](#)

I'm so glad you're here!

Orisha

PS:

Questions? Send me an email: orisha@onetreenutrition.ca



You deserve to feel calm, confident, and in control of your body again. Let's make it happen.