

# *Kosterina* **KITCHEN**

*the dessert edition*

**Antioxidant-Rich  
Indulgences You Can Whip Up  
This Weekend**









## FROM THE MEDITERRANEAN WITH LOVE

My family is from a small fishing village called Koroni, the origin of Greece's beloved Koreneiki olive, where people tend to live beyond 100 years—with a holistic, nurtured lifestyle similar to those found in the world's illustrious blue zones.

These Greeks who live long, prosperous lives don't follow any special diets or exercise regimens—they celebrate life's daily moments, and enjoy mealtime as a social activity. EVOO flows freely as they cook, bake, and finish dishes, both for its taste and health benefits.

Greek hospitality is unparalleled, with hosts rolling out a red carpet for all guests who arrive— from the dearest of friends to new acquaintances. They demonstrate a generosity of spirit and give comfort in knowing that the meal you were invited to is a marathon, not a sprint. The conversations are lively and meaningful and show the deep emphasis on personal connections that Greeks are known for.

With this dessert cookbook, I invite you into our Kosterina Kitchen to celebrate the Greek tradition of savoring life's indulgences and the company that surrounds you. The antioxidants are just an added bonus.

*Katerina Mountanos*

Katerina (Katina) Mountanos, *Kosterina Founder*







*Kosterina*

ORIGINAL  
EXTRA VIRGIN  
OLIVE OIL



Product of Greece.  
16.9 FL. OZ (500ML)



# Kosterina KITCHEN

## *the dessert edition*

**Antioxidant-Rich Indulgences  
You Can Whip Up This Weekend**

To make Kosterina Original Extra Virgin Olive Oil (EVOO), we harvest our olives early, maximizing polyphenol content—and delivering the radical health benefits that come with these powerful antioxidants. Our balsamic vinegars are sourced from the protected region of Modena, Italy. Both our flavored olive oils and vinegars are infused with the authentic taste of the Mediterranean.

Studies conducted around the world have proven that eating foods rich in polyphenols has multiple health benefits and also reduces the risk of chronic disease. The following recipes in Kosterina Kitchen: The Dessert Edition make this possible, even when enjoying a treat or two.



### **YOGURT BOWLS**

Kosterina Dark Chocolate bars can be added to compliment many dishes – not just desserts! Add them to an appetizer board, or even break them up and add on top of a bowl of your favorite yogurt or ice cream. Find a recipe for **Yogurt Bowls** on **page 22**.



try  
this!

Drizzle a bit of Kosterina Dark Chocolate Balsamic Vinegar over your favorite vanilla ice cream. Add a handful of berries and enjoy!



**One of the best** ways to enjoy Kosterina products while baking is to experiment with different flavors and allow yourself to become creative in the kitchen! The benefits are not only in the antioxidant-rich ingredients but also in spending time being creative.



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*Kosterina*

AND BUTTER & VANILLA  
DARK CHOCOLATE





# almond butter truffles

**Prep Time:** 25 min. | **Cook Time:** 30 min. (freeze time) | **Servings:** 6

*These protein-packed truffles are a delightful way to spend an afternoon with one of our favorite flavor combinations, almond butter and dark chocolate. They are quick to assemble and make for impressive gifts for teachers and neighbors, or to indulge in a midday treat.*

## INGREDIENTS

- ¼ cup butter, softened
- ½ cup brown sugar
- ½ cup almond butter
- 1 tsp. vanilla
- 1 cup all-purpose flour
- 1 - 2.1oz. Kosterina Almond Butter & Vanilla Dark Chocolate bar, chopped into small pieces
- 3-4 tbsp. milk of your choice
- 1 ½ cup dark chocolate chips
- 1 tsp. coconut oil

## DIRECTIONS

1. Using a hand mixer, beat together butter, brown sugar, almond butter, and vanilla.
2. Gently combine flour and Kosterina chocolate pieces in a small bowl. Fold the dry mixture into the butter and sugar, gradually adding milk as needed (the consistency should be similar to cookie dough).
3. Using a mini ice cream scoop or tablespoon (the truffles should be about 1"-1½" in diameter), create evenly sized balls of dough and roll to smooth.
4. Freeze for 30 minutes.
5. Melt the dark chocolate and coconut oil together until smooth, in either a double-boiler or microwave, stirring constantly.
6. Remove truffles from freezer and dip into melted chocolate to coat. Allow excess chocolate to drip off and set on a baking sheet covered with parchment paper.
7. Refrigerate for 10 minutes.
8. Once the chocolate has set, use the extra melted chocolate to drizzle over the truffles.
9. Garnish with chopped almonds or sea salt.

# Dark chocolate balsamic tart

**Prep Time:** 25 min. | **Cook Time:** 25 min. plus 2.5 hours cooling | **Servings:** 8

*This is one of our favorite—and most requested—tart recipes for entertaining or for making a simple weekday dessert. The balsamic adds hints of elegance and acidity to boost the rich chocolate flavors—no chocoholic will be able to stay away.*

## INGREDIENTS

### CHOCOLATE CRUST

- 1 cup all-purpose flour, spooned and leveled
- ¼ cup granulated sugar
- ¼ cup dutch-process cocoa powder, spooned & leveled
- ¼ tsp. salt
- ¼ tsp. vanilla extract
- ½ cup unsalted butter, melted

### FILLING

- 2 cups dark chocolate
- 1 heavy whipping cream
- ¼ cup Kosterina Dark Chocolate Balsamic Vinegar

## DIRECTIONS

1. Preheat the oven to 350 F (177 C) and lightly grease a 9-inch (23-cm) tart pan with olive oil.
2. In a medium bowl, whisk together flour, sugar, cocoa powder, and salt.
3. Add the vanilla extract to the melted butter in a large bowl and fold in the dry ingredients until just combined (you don't want to overmix).
4. Firmly press the dough into the bottom and sides of the tart pan. Place in freezer for about 20 minutes.
5. Remove pan from the freezer and place a sheet of parchment paper on top of the dough. Fill it with pie weights (or rice).
6. Bake the crust for 15 minutes, remove the parchment paper and pie weights, and place it back into the oven for another 7 minutes. Start the filling as the crust cools to room temperature.
7. For the filling, place the chocolate in a heat-resistant bowl.
8. Heat the cream in a small saucepan over low-medium heat until it's just simmering, not boiling.
9. Pour the hot cream over the chocolate, cover the bowl, and let it stand for 1-2 minutes.
10. Using a fork, slowly mix the chocolate until it's fully incorporated with the cream.
11. Add Kosterina Dark Chocolate Balsamic Vinegar and mix until smooth.
12. Pour the chocolate over the cooled crust and refrigerate for 2 hours or until the chocolate is set.
13. Garnish with nuts and/or chocolate vinegar.









# olive oil brownies

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**Prep Time:** 15 min. | **Cook Time:** 35 min. | **Servings:** 12

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*The stars of this brownie recipe are a perfect pair – our Original EVOO meets our Almond Butter & Vanilla Dark Chocolate. The result is a deliciously chocolatey treat with a dense, fudgy finish!*

## INGREDIENTS

- 1 cup semi-sweet chocolate morsels
- ½ cup Kosterina Extra Virgin Olive Oil
- 1 cup all-purpose flour
- ¼ cup cocoa powder
- ½ tsp. salt
- 1 cup granulated sugar
- ½ cup brown sugar
- 1 tsp. vanilla extract
- 1 – 2.1oz. Kosterina Almond Butter & Vanilla Dark Chocolate bar

## DIRECTIONS

1. Preheat the oven to 325F (163C). Line an 8-inch (20cm) square pan with parchment paper and lightly grease with cooking spray.
2. In a heat-resistant bowl, melt the semi-sweet chocolate with the olive oil in the microwave until smooth. Let cool to room temperature.
3. Combine the flour, cocoa powder, and salt in a medium bowl.
4. Use a whisk to mix the eggs, granulated sugar, brown sugar, and vanilla until they're just barely combined; do not overmix.
5. Slowly pour the chocolate mixture into the sugar mixture, whisking continuously (it helps to set the bowl on a tea towel so it doesn't move as you stir).
6. Sift the dry ingredients into the wet ingredients, fold until they're just barely combined.
7. Fold the Kosterina chocolate pieces into the batter.
8. Evenly spread the batter into the prepared pan and bake for around 35 minutes (less if you like fudgier brownies, more if you want them well set).
9. Remove the brownies from the oven and allow them to cool in the pan for about 30-60 minutes until they can be sliced cleanly.



# olive oil cake

**Prep Time:** 30 min. | **Cook Time:** 30 min. plus cooling | **Servings:** 6

*Olive oil has always been at the center of mealtime for us, and mealtime (most definitely including dessert) at the center of family. With a bright, flavorful crumb—thanks to the olive oil and fresh citrus—and a sweet, luscious topping, this cake evokes memories of home and family, with every bite transporting you to Greece’s sun-dappled hillsides and sun-soaked shorelines.*

## INGREDIENTS

- 1 ½ cups all-purpose flour
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ cup Kosterina Extra Virgin Olive Oil
- ¾ cup granulated sugar
- ¾ cup buttermilk
- ¼ cup orange juice
- Zest from 1 orange, preferably organic
- ¼ cup Grand Marnier

## WHIPPED CREAM

- ½ cup heavy whipping cream, very cold
- 1 tbsp. honey

## CARAMELIZED TOPPING

- 1 cup figs, halved
- 3 tbsp. honey
- 2 tbsp. Kosterina Fig Balsamic Vinegar

## DIRECTIONS

1. Preheat the oven to 350F (177C). Line an 8-inch (20cm) round cake pan with parchment paper and lightly grease with olive oil.
2. In a medium bowl, whisk together flour, baking soda, and salt.
3. In a large bowl, whisk together the olive oil and sugar until well combined. Add the buttermilk, orange juice, and zest. Whisk until the mixture is smooth.
4. Fold the dry ingredients in until just combined. Pour the batter evenly into the prepared pan. Bake for 30 minutes—when the cake is fully baked, it should release itself from the edges of the pan and spring back when you press the center. Let cool before removing from the pan.
5. Once the cake has cooled, pour the heavy whipping cream into a deep bowl and use an electric mixer on high to beat. You can also use a stand mixer with the whisk attachment. 6. When the cream has stiff peaks (be careful not to overbeat), add the honey and mix until just combined.
6. Spoon the whipped cream over the cooled cake.
7. In a medium saucepan, caramelize the figs, honey, and balsamic vinegar over medium low heat for 1-2 minutes. The sauce will thicken as it cools, so don't cook it longer. 9. Allow the figs and sauce to cool before drizzling over the cake.
8. Allow the figs and sauce to cool a little and then drizzle over the cake.





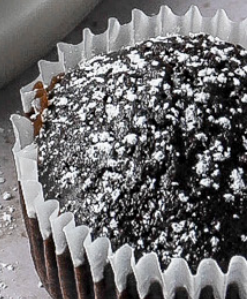


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ORIGINAL  
EXTRA VIRGIN  
OLIVE OIL



PRODUCT OF SPAIN  
100% ALL NATURAL



# olive oil cupcakes

Prep Time: 10 min. | Cook Time: 17 min. | Servings: 14

*A bite-sized treat for any occasion, these cupcakes are the grown-up, sophisticated version of a childhood favorite. The quick drizzle of dark chocolate balsamic at the end instantly elevates the tiny cakes, and pairs wonderfully with a glass of your favorite red wine.*

## INGREDIENTS

- 1 cup all-purpose flour, spooned & leveled
- 1 cup granulated sugar
- ½ cup Dutch-process cocoa powder
- ¼ tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. salt
- 2 large eggs, at room temperature
- ½ cup Kosterina Original Extra Virgin Olive Oil
- 2 tsp. vanilla extract
- ¾ cup water, at room temperature
- Kosterina Dark Chocolate Balsamic Vinegar, for drizzling

## DIRECTIONS

1. Preheat the oven to 350°F and line 14 muffin tins.
2. In a medium bowl, whisk together the flour, granulated sugar, cocoa powder, baking soda, baking powder, and salt. Set the dry ingredients aside. In a large bowl, whisk together the eggs and the Kosterina Extra Virgin Olive Oil until the mixture is smooth. Add in the vanilla extract and water, mixing until well combined.
3. Sift the dry ingredients over the wet and whisk the mixture until fully combined. Distribute the batter evenly among 14 muffin tins; they should be about ¾ full. Bake for 16–17 minutes, until the centers of the cupcakes spring back when you press lightly on them.
4. Allow cupcakes to rest for 5–10 minutes and then move them to a wire rack. Once cooled, sift powdered sugar on top or decorate with frosting and drizzle Kosterina Dark Chocolate Balsamic Vengar. Enjoy!



# pots de crème with balsamic

Prep Time: 15 min. | Cook Time: none | Servings: 6

*Pots de crème often have a finicky reputation in the dessert world, demanding fussy preparation and multiple steps. Lo and behold, these creamy beauties bursting with dark chocolate balsamic are made quickly and easily in a blender—the most difficult part is waiting for them to set before you grab a spoon.*

## INGREDIENTS

- 2 cups dark chocolate, finely chopped
- 1/2 tsp. kosher salt
- 4 tbsp. Kosterina Dark Chocolate Balsamic Vinegar
- 2 tsp. vanilla extract
- 2 large eggs
- 1 cup whole milk
- 1 cup heavy whipping cream

## WHIPPED TOPPING

- 1 cup heavy whipping cream
- 4 tbsp. caramel sauce

## DIRECTIONS

1. In a blender, add the finely chopped chocolate, salt, Kosterina Dark Chocolate Balsamic Vinegar, vanilla extract, and eggs. Pulse a few seconds until the ingredients are somewhat mixed.
2. In a small saucepan, heat the milk and heavy whipping cream together over medium-low heat. Once it begins to simmer (bubbles around the edges), remove the pan from the heat.
3. Place the lid on the blender and remove the pour spout. With the blender on low speed, slowly pour the hot milk in over the rest of the ingredients.
4. Once all of the milk is incorporated, increase the speed to high and blend until the mixture is completely smooth. Make sure to scrape the edge of the blender as needed.
5. Pour the chocolate mixture into 6 small jars or ramekins. Allow them to cool to room temperature, then cover and refrigerate for at least 4 hours.
6. Before serving, beat the heavy whipping cream with an electric or stand mixer on medium-high speed, until stiff peaks form (do not overbeat). Add the caramel sauce and mix just until combined.
7. Place a dollop of whipped cream over the chocolate pots and garnish with chocolate shavings.









# s'mores bars

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**Prep Time:** 20 min. | **Cook Time:** 25 min. | **Servings:** 9

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*These simple, nostalgic treats are the perfect solution when you're craving a cozy campfire on a cold winter's night—and are a great way to elicit help from any tiny aspiring bakers you may have running around.*

## INGREDIENTS

- 1 ½ cups all-purpose flour
- ¼ cup graham cracker crumbs, spooned and leveled
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup unsalted butter, melted
- 1 cup granulated sugar
- 1 tsp. vanilla extract
- 1 large egg, at room temperature
- 1 - 2.1oz. Kosterina Almond Butter & Vanilla EVOO Dark Chocolate bars
- 12 large marshmallows

## DIRECTIONS

1. Preheat oven to 350F (177C). Line an 8-inch (20cm) square pan with parchment paper and lightly grease with cooking spray.
2. In a medium bowl, mix the flour, graham cracker crumbs, baking soda, and salt.
3. In another medium bowl, whisk together the butter and sugar. Add the vanilla and egg, and mix until smooth.
4. Fold the dry ingredients into the butter mixture until combined.
5. Press 2/3 of the dough into the bottom of the pan to cover from edge to edge.
6. Cut the chocolate bar into squares and line on top of the dough. Spread the marshmallows evenly over the chocolate.
7. Sprinkle the remaining dough over the marshmallows in small pieces.
8. Bake for around 25 minutes until the marshmallows are browned on top and allow to cool for at least 30 minutes.
9. Slice into 9 squares and serve, preferably with a starry sky nearby.



# yogurt bowls with chocolate

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**Prep Time:** <5 min. | **Cook Time:** none | **Servings:** 1

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*The beauty of these yogurt bowls is in their versatility—they provide a delicious boost of superfoods (and hello, antioxidants!), are suitable for breakfast or dessert, and can be made quickly with any variety of ingredients you have on hand. Don't be afraid to get creative with your flavor combinations!*

## INGREDIENTS

- 1 cup Greek yogurt
- 2 squares Kosterina Fig & Balsamic EVOO Dark Chocolate
- Fresh blueberries, raspberries, or any other fruit to taste
- Optional toppings: granola, pumpkin seeds, almond butter, honey, peaches, and kumquats

## DIRECTIONS

1. Coarsely chop Fig & Balsamic EVOO Dark Chocolate. Spoon Greek yogurt into a bowl and top with blueberries, raspberries, and chocolate. For an added treat, drizzle dark chocolate balsamic on top. Serve immediately.







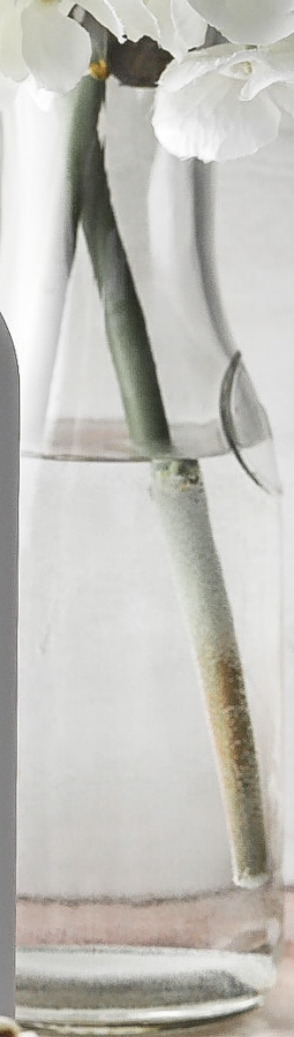
*Kosterina*

DARK  
CHOCOLATE  
BALSAMIC  
VINEGAR



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ORIGINAL  
EXTRA VIRGIN  
OLIVE OIL



## **ACKNOWLEDGMENTS**

The Kosterina family would like to express our sincere gratitude to Bernice from Baran Bakery. She has masterfully turned our delectable, high-antioxidant dessert dreams into a reality, especially for us! Check out Baran Bakery and more of Bernice's beautiful creations on Instagram – @baranbakery.

A big thank you to Jackie Berndt for her creative design and expertise in beautifully crafting Kosterina's Dessert Edition!





## OLIVE OIL CAKE

Kosterina EVOO is always from this year's harvest and made from pure, single-varietal early harvest olives. Find the recipe for this decadent **Olive Oil Cake** on [page 14](#).

