



The Dessert Angel



Heavenly Recipes Guide

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Welcome!

You're about to discover a world of delicious, decadent, creamy, crunchy, zesty, chocolate-y, mouth-watering, crumbly, tasty and DIVINE recipes that will surprise you when you remember the fact that they're all so good for you and will help you burn fat, not gain it.

You may be tempted to dive right in and totally forget about the Nutrition Guide, but I urge you to put that on your reading list ASAP because there is a lot of info in there that will help you in your quest to be lean, fit and healthy.

The recipes included here have all been tested and tweaked by me – nothing made it into this book without first passing my lips. My hubby also tasted each and every one of these recipes so they're all guy-approved too. But most guys are probably like my hubby and will eat anything as long as it doesn't make them sick. :P

Oh and a few of the recipes were even tested by Mr. Chico, our little Chihuahua. Eating is his second favourite activity, after sleeping of course. I keep telling him he's never going to improve his flexibility if that's all he does on the yoga mat!

If you have any questions or comments about the recipes, email me at helen@thedessertangel.com or better yet, connect with me on The Dessert Angel Facebook Page at www.facebook.com/TheDessertAngel.

OK – I'm off to the kitchen to whip up some more Heavenly Recipes, enjoy the treats in this book and please take the time to let me know how they turn out for you!

Helen aka "The Dessert Angel"



Ingredient Substitutions

Because people from around the world will be making these recipes, I've received emails saying that some ingredients aren't available. Or some ingredients go by different names than what's found locally. So I've done some digging and put this section together to help you find the right ingredients in your local area.

Sweeteners: Stevia, Honey and Maple Syrup

Stevia comes in many different forms at the store. The one I use most of the time is pure stevia powder, and when I mention stevia in the ingredients, it is pure stevia powder I'm using.

But, you can also buy stevia as a powder blend and as a liquid concentrate (which is sometimes flavoured, like vanilla flavoured, etc.). All of these are "divine" so feel free to choose a form that is easy for you to find at your local store or that you prefer to bake with.

Now, with regards to substituting one stevia form for another...

Pure stevia is very sweet. You will only need a few pinches for each dessert. This is what I refer to as a pinch, as pictured to the right. 5 pinches equals 1/8 tsp.

Here is how I would make the substitutions:

1 pinch pure stevia = 1 tsp stevia blend = 3 drops stevia liquid concentrate
= 1 1/2 tsp honey = 1 1/2 tsp maple syrup

These are APPROXIMATE equivalencies. Stevia is made from many different companies, and therefore, the sweetness and flavour will differ from brand to brand. You may need to try a few brands or forms before you find one that you really like. The one other thing I recommend is using stevia to taste. Yes, that means tasting the batter of whatever you're making to see if you need a little more stevia! I've found this to be the most reliable method.



Milk and Milk Substitutes



All of the following are “divine” and can be used interchangeably (i.e. 1 cup almond milk = 1 cup coconut milk = 1 cup organic soymilk). My personal favourite is coconut milk.

- Almond milk
- Coconut milk
- Rice milk
- Organic soymilk

However, I wouldn't use too much soy milk, regardless of organic or not, because of problems with nutrient absorption. See the Nutrition Guide for more info about soy. But a carton once a month is OK and it is nice creamy.

Cow's milk can also be used interchangeably, but I do not recommend this very often either unless you don't have anything else on hand.

Often times people are intolerant to the lactose and/or the casein protein in cow's milk and don't even know it. Better to be safe than sorry (and/or gassy and bloaty).

Beans

The beans I use in my desserts are canned and cooked black beans, navy beans, and garbanzo beans (chickpeas). Some of you have let me know that it's difficult to find these beans in your area. With a little research, I found out that these beans may be under a different name. If you still cannot find them, you can try using the substitutions.

Navy Beans

Navy Bean, Yankee Bean, White Pea Bean, Pearl Haricot, Boston Bean, Boston Navy Bean, Pea Bean, Haricot Blanc Bean, Small White Bean, Haricot Bean, Fagioli

Substitutes: great Northern bean (larger), lima, cannellini, flageolets

Black Beans

Black Bean, Turtle Bean, Black Turtle Bean, Turtle Soup Bean, Mexican Black Bean, Spanish Black Bean, Frijole Negro

Substitutes: appaloosa bean OR calypso bean (these are less flavorful than black beans, but they cook faster), black soybeans (unlike black beans, these won't darken the sauce they're cooked in) or azuku bean

Garbanzo Beans (Chickpeas)

Chickpea, Garbanzo Bean, Garbanzo Pea, Garbanzo Bean, White Chickpea, Ceci Bean, Cici Bean, Egyptian Pea, Kabuli Channa, Kabuli Channa, Kabli Chana, Kabli Channa, Pois Chiches, Chole

Using Dried Beans

If you're using dried beans instead of canned beans, you have to soak them, then cook them. I recommend doing a bunch at a time then freezing them because it is a lengthy process! Simply soak the beans in water for 6 hours (or overnight), then cook them for 1 to 1.5 hours until soft.

Amount of Dried Beans	Equivalent to Cooked Beans
1/3 cup	1 cup
1/2 cup	1 1/2 cup
2/3 cup	2 cups
1 cup	2 cups
2 cups (1 pund)	6 cups



The Dessert Angel Symbols

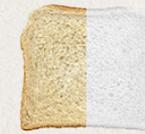
Each recipe has the following symbols to give you a quick way to see the nutrition information. Remember Delicious Dieting Tip #4: Rotate Through the Desserts. The symbols will allow you to quickly find a recipe with or without certain ingredients or nutrition content for your next treat!

Gluten is a protein in wheat, barley, rye, spelt, oats and other grain products that many people have trouble digesting. Most people have no problem with the type of gluten in oats. Oats and spelt flour are the only forms of gluten you'll find in my recipes. But most of the desserts you'll find are gluten-free – just look for the symbol to be sure.

Vegan recipes contain NO: dairy, eggs or honey. They are 100% animal (and insect) free. So for all of you who are vegans or like to enjoy vegan recipes once in a while, you'll find a bunch to satisfy your cravings without sabotaging your diet.

Low Carb recipes have 12 grams or less of NET carbs. NET carbs = Total Carbs – Carbs from Fiber. You do not digest fiber, so it has no impact on calories or blood sugar, which is why it's such a good idea to eat lots of fiber – it helps fill you up, clean you out and doesn't add any calories to your diet.

Nut Free recipes are just that – free of nuts like almonds, peanuts, nut butters, etc. However, we do not consider COCONUT a traditional nut, so nut free recipes may have coconut. If you're allergic to coconuts, please be aware of this, but most people don't have a problem with them.



LOW CARB





Cookies

"Sexy in White" Cookies

Servings: 12 cookies (2 cookies per serving)

Ingredients

- 1 cup rolled oats
- 3 pinches stevia (or more if you like sweeter)
- 1/4 cup cocoa powder
- 2 pinches sea salt
- 1 1/2 tsp pure vanilla extract
- 1/4 cup olive oil
- 2 egg whites
- Optional: 2 tbsp chocolate chips

Directions

1. Preheat oven to 350F
2. Combine rolled oats, stevia, cocoa powder, salt in a mixing bowl
3. In a separate bowl, whisk together vanilla extract, olive oil, and egg whites
4. Pour wet ingredients into dry ingredients and mix together with a fork until cocoa powder is dissolved and ingredients are well combined; stir in chocolate chips if desired
5. Line baking sheet with parchment paper and drop balls of batter onto sheet
6. Press down onto cookies slightly with a fork to make cookies about 1/2 inch thick
7. Bake for 10-12 minutes, or until cookies are firm but not hard – they will harden a little more when cooling

Tasty Tip: This recipe works well with protein powder added as well. Chocolate chips and/or peanut butter would also be a great addition.

NUTRITION INFO (per serving)

Calories (kcal)	140
Protein (g)	3.6
Carbs (g)	11.4
Fiber (g)	2.5
Sugar (g)	0
Fat (g)	9.8



LOW CARB



I love these cookies so much I made several batches of them and had them as part of a cookie buffet at my wedding!

Crazy Choco Chip Cookie Dough

Servings: 8

Ingredients

- 1 ½ cups chickpeas (I used one 14 oz can of chickpeas, drained)
- 1/8 tsp sea salt
- 1/8 tsp baking soda
- 1 tbsp pure vanilla extract
- 3 tbsp peanut butter
- 1 ¼ cup pitted dates
- 1/3 cup dark chocolate chips
- 1/2 cup water

Directions

1. Combine dates and water in a bowl and let sit overnight
2. Add all ingredients (including dates and date water), except chocolate chips to a blender and puree until very smooth
3. Add in chocolate chips and mix with a spoon

Tasty Variation:

Substitute the peanut butter with 3 tbsp coconut oil (liquefied) for a non-peanut butter cookie dough

NUTRITION INFO (per serving)

Calories (kcal)	278
Protein (g)	9.8
Carbs (g)	48.3
Fiber (g)	9.1
Sugar (g)	25.1
Fat (g)	6.7



Raw and delicious! Dip your cookies and other treats into this yummy dough or eat it with a spoon!



Cookie Monster Sandwiches

Servings: 5 sandwiches

(1 cookie sandwich per serving)

Ingredients

- 1 cup rolled oats
- 3 pinches stevia
- Pinch of sea salt
- 1 ½ tsp pure vanilla extract
- 1/4 cup olive oil
- 2 egg whites
- 2 tbsp dark chocolate chips
- 1 cup Homemade Cream Cheese (see recipe on page 90)

Directions

1. Preheat oven to 350F
2. In a blender, grind oats until it is smaller pieces, but not super fine
3. Combine ground oats, stevia, salt in a mixing bowl
4. In a separate bowl, whisk together vanilla extract, olive oil, and egg whites
5. Pour wet ingredients into dry ingredients and mix together with a fork until ingredients are combined
6. Line baking sheet with parchment paper and drop balls of batter onto sheet
7. Press down onto cookies slightly with a fork to make cookies about ½ inch thick
8. Bake at 350F for 15-18 minutes until lightly browned (they may still be bubbling/a bit soft, but they will harden a little more out of the oven)
9. Let cookies cool on a wire rack
10. When cooled, put a spoonful of cream cheese in between two cookies to make cookie sandwiches

NUTRITION INFO (per serving)

Calories (kcal)	263
Protein (g)	9
Carbs (g)	20.3
Fiber (g)	1.6
Sugar (g)	9
Fat (g)	16.9





A little treat that goes great with a cup of Joe.

Mini Dark Choco-Cran Biscotti

Servings: 10 mini biscotti (2 biscotti per serving)

Ingredients

- 3/4 cup spelt flour
- 1/2 tsp pure vanilla extract
- 3 pinches of stevia (or more if you like sweeter)
- Pinch of sea salt
- 1/4 tsp baking soda
- 1 egg
- 1 tbsp butter, melted
- 1-2 tbsp dark chocolate chips
- 1-2 tbsp dried cranberries

Directions

1. Preheat oven to 325F
2. In a large bowl stir together flour, stevia, baking soda, and salt
3. Make a well in the center of flour mixture
4. Add egg and vanilla extract to the well and stir it in
5. Add melted butter to mixture and stir until dough starts to form a ball – add a little more spelt flour by the tablespoon if it is too wet and not forming into a ball
6. Turn dough out onto a lightly floured surface and shape into an 8 inch loaf
7. Flatten loaf until it is about 1 ½ inches wide
8. Bake at 325F for 25-30 minutes on a baking sheet lined with parchment paper, switching position of sheet halfway through
9. Cool loaf for 15 minutes on baking sheet
10. Transfer loaf to a cutting board and with a serrated knife, cut the loaf diagonally into 1/2 inch slices
11. Place slices cut sides down on cookie sheets
12. Bake for 10 minutes, then turn over and bake on other side for 10-15 minutes until light brown, crisp, and dry
13. Transfer to a wire rack and let cool completely before serving

NUTRITION INFO (per serving)

Calories (kcal)	103
Protein (g)	3.7
Carbs (g)	14.3
Fiber (g)	2.3
Sugar (g)	1.0
Fat (g)	3.9



LOW CARB



ChocOrOons!

Servings: 9-10 macaroons
(3 macaroons per serving)

Ingredients

- 3/4 cup unsweetened, shredded coconut
- 2 tbsp honey
- 2 tbsp ground oats (pulverize rolled oats in blender)
- 2 tbsp dark chocolate chips
- 1 ½ egg whites
- 1 tsp pure vanilla extract
- 1/8 tsp sea salt
- 1/2 tsp orange zest

Directions

1. Preheat oven to 325F
2. In a medium bowl, combine coconut, oats, orange zest, and salt
3. Add egg whites, honey, and vanilla and stir until combined
4. Stir in dark chocolate chips
5. Drop small mounds of mixture onto cookie sheets
6. Bake at 325F for 12-15 minutes or until cookies are lightly browned on the bottom
7. Transfer to a wire rack and cool completely

Substitutions

- Low Carb: 1/16 tsp pure stevia powder (about 2 ½ generous pinches) instead of honey
- Gluten Free: 2 tbsp brown rice flour instead of ground oats

NUTRITION INFO (per serving)

Calories (kcal)	135
Protein (g)	3.9
Carbs (g)	20.6
Fiber (g)	2.2
Sugar (g)	15.8
Fat (g)	8.3



The orange zest adds a refreshing citrus taste: a must try if you like the chocolate and orange combo.



Naked Gingerbread Men

Servings: 4 gingerbread men
(1 gingerbread man per serving)

Ingredients

- 3/4 cup dates (soaked overnight if hard)
- 4 tbsp almond flour (ground almonds)
- 1/2 tsp ground ginger
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp allspice or 1/16 tsp cloves, ground
- Pinch of sea salt
- 1/2 tsp pure vanilla extract

Directions

1. Blend all ingredients in blender
2. Fridge a few hours for dough to harden and dry a bit
3. Roll out dough onto parchment paper - you may need to use some almond flour on your hands as you are rolling out the dough so it's not so sticky – if dough is still too sticky, add in more almond flour by the tablespoon until you can roll it out without it sticking
4. Cut into cookies and enjoy!

NUTRITION INFO (per serving)	
Calories (kcal)	132
Protein (g)	2.1
Carbs (g)	26.9
Fiber (g)	3.6
Sugar (g)	21.5
Fat (g)	3.1



This dough can be cut into all shapes for cookies, but unlike the traditional gingerbread cookies with molasses, it's raw. It is bursting with festive flavours from the variety of spices



Minimal Meringue Cookies

Servings: 12 cookies (3 cookies per serving)

Ingredients

- 4 egg whites
- Pinch of salt
- 2 tbsp arrowroot
- 2 tbsp maple syrup
- 2 tsp pure vanilla extract

Directions

1. Preheat oven to 170F
2. Line cookie sheet with buttered parchment paper
3. Beat egg whites with salt using an electric whisk in a very clean stainless steel or glass bowl for a few minutes
4. Continue to whisk, now using a wire whisk by hand until the egg whites form stiff peaks (this is a true skill and may take more than one attempt, but keep trying – it'll be worth it when you perfect this)
5. Add in arrowroot and lightly whisk
6. Slowly add maple syrup and vanilla, whisking constantly but lightly
7. Place blobs of mixture onto parchment paper
8. Cook overnight in a warm oven at 170F
9. Let cool before removing from parchment paper
10. Store in airtight container

NUTRITION INFO (per serving)

Calories (kcal)	51
Protein (g)	3.6
Carbs (g)	7.8
Fiber (g)	0
Sugar (g)	6.3
Fat (g)	0



LOW CARB



These cookies are low in calories, so you can enjoy a few more compared to others. They bake in the oven overnight and fill the house with a wonderful aroma by the morning.



Peanut Butter Cookies

Servings: 12 cookies (2 cookies per serving)

Ingredients

- 1/4 cup almond flour
- 2 pinches sea salt
- 1/8 tsp baking soda
- 1/8 tsp apple cider vinegar
- 4-5 pinches of stevia
- 1/2 tsp cinnamon
- 1/2 cup + 2 tbsp smooth peanut butter
- 1 egg
- 1 tsp pure vanilla extract

Directions

1. Preheat oven to 375F
2. Combine all the wet ingredients and mix well
3. In a separate bowl combine all dry ingredients and mix well
4. Pour wet ingredients into dry ingredients
5. Drop spoonfuls of batter on parchment lined cookie sheet and flatten the dough with a fork if you like
6. Bake at 375F for 12-15 minutes

NUTRITION INFO (per serving)

Calories (kcal)	202
Protein (g)	10.1
Carbs (g)	6.2
Fiber (g)	2.2
Sugar (g)	2
Fat (g)	16



LOW CARB

These are the best tasting peanut butter cookies I've ever had, and they are the healthiest I've ever had too!



Chocolate Chip Cookies

Servings: 12 cookies (2 cookies per serving)

Ingredients

- 12 dates, soaked for 2 hours, then drained and chopped finely
- 2 egg yolks
- 2 tbsp coconut oil, liquefied
- 3/4 cup almond flour (ground almonds)
- 2 pinches of sea salt
- 2 pinches stevia
- 1/4 cup dark chocolate chips
- 1/2 tsp pure vanilla extract

Directions

1. Preheat oven to 350F
2. Stir all ingredients together and combine well
3. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
4. Bake at 350F for 12-15 minutes until lightly browned – cookies will be soft

NUTRITION INFO (per serving)

Calories (kcal)	196
Protein (g)	4.2
Carbs (g)	18.6
Fiber (g)	2.8
Sugar (g)	13.7
Fat (g)	13.3



The healthiest chocolate chip cookies EVER. But you wouldn't think so if you took a bite. Highly recommended if you're looking to bake a classic recipe that is also good for you!



Cinnamon Roll Cookies

Servings: 8 cookies (2 cookies per serving)

Ingredients

- 2 tbsp cinnamon
- 1/4 tsp pure vanilla extract
- 1 egg yolk
- 1/4 cup almond flour (ground almonds)
- 6 dates, soaked for 1 hour, then drained and chopped finely
- 1/4 cup spelt flour
- 1 tbsp coconut oil, liquefied
- 2 tbsp butter, melted
- 2 pinches stevia
- 2-3 tbsp raisins
- Pinch of sea salt

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients together in a bowl
3. Mix all dry ingredients together in another bowl
4. Combine wet ingredients and dry ingredients
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet and form into cookie shapes
6. Bake at 350F for 10-12 minutes

NUTRITION INFO (per serving)

Calories (kcal)	211
Protein (g)	3.6
Carbs (g)	22.6
Fiber (g)	4.6
Sugar (g)	10.9
Fat (g)	13.5

If you know the store Cinnabon, imagine your house smelling like that... That's what will happen when you make these. :)



Faux Sugar Cookies

Servings: 16 cookies (2 cookies per serving)

Ingredients

- 2 cups almond flour (ground almonds)
- 1/8 tsp sea salt
- 1/4 tsp baking soda
- 3 tbsp coconut oil, liquefied
- 1/4 cup honey
- 1-2 tbsp unsweetened applesauce
- 1 tbsp pure vanilla extract

Directions

1. Combine all dry ingredients in a bowl and mix well
2. Combine all wet ingredients in another bowl and mix well
3. Add the wet ingredients to the dry ingredients and mix until combined and a ball starts to form
4. Wrap the dough ball in parchment paper or plastic wrap and put in fridge for at least one hour (a few hours if possible)
5. Preheat oven to 325F
6. Roll the dough between two sheets of parchment paper – sprinkle some flour while rolling out to prevent the dough from sticking
7. When dough is rolled to about 1/4 to 1/2 inch thickness, cut out cookies by dipping the cookie cutter into coconut (or other) flour first before cutting – you may need to work in small batches here, chilling some of the dough in the fridge while you are cutting to maintain desired consistency of the dough
8. Carefully transfer the cookies using a metal spatula to a parchment paper-lined baking sheet
9. Put the baking sheet with the cookies in the freezer for a few mins
10. Bake cookies at 325F for about 10-12 minutes until the edges are slightly browned – they may still be slightly soft but will harden when cooled
11. Let cookies cool on the sheet before enjoying



LOW CARB



NUTRITION INFO (per serving)

Calories (kcal)	218
Protein (g)	5.1
Carbs (g)	14.3
Fiber (g)	2.9
Sugar (g)	10
Fat (g)	16.8



Ginger Cookies

Servings: 10 cookies (2 cookies per serving)

Ingredients

- 3/4 cup almond flour (ground almonds) + 2 tbsp almond flour (ground almonds)
- 1 tsp ginger
- 1/2 tsp cinnamon
- 1/2 tsp allspice
- 10 dates, soaked for 1 hour, then drained and chopped finely
- 2 tbsp coconut oil, liquefied
- 2 egg whites
- 2 pinches of sea salt

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients in a bowl
3. Mix all dry ingredients in another bowl
4. Combine wet ingredients and dry ingredients
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
6. Bake at 350F on a 12-16 minutes

NUTRITION INFO (per serving)

Calories (kcal)	197
Protein (g)	5.4
Carbs (g)	16.5
Fiber (g)	3.5
Sugar (g)	11.2
Fat (g)	13.8



Oatmeal Raisin Cookies

Servings: 6 cookies (2 cookies per serving)

Ingredients

- 6 dates soaked for 1 hour, then drained and chopped finely
- 1 egg yolk
- 2 tbsp coconut oil, liquefied
- 1/4 almond flour (ground almonds)
- 1/4 cup rolled oats
- 1-2 pinches stevia
- Pinch of sea salt
- 1/4 tsp pure vanilla extract
- 2 tbsp raisins (add 1 more tbsp if you like more)

Directions

1. Preheat oven to 350F
2. Mix wet ingredients in a bowl
3. Mix dry ingredients in another bowl
4. Combine wet ingredients and dry ingredients
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
6. Bake at 350F for 12-14 minutes

NUTRITION INFO (per serving)

Calories (kcal)	188
Protein (g)	2.4
Carbs (g)	22.1
Fiber (g)	2.3
Sugar (g)	14.2
Fat (g)	11.2





Snickerdoodles

Servings: 8 cookies (2 cookies per serving)

Ingredients

- 1 cup almond flour (ground almonds)
- Pinch of sea salt
- 1/8 tsp baking soda
- 3 tbsp coconut oil, liquefied
- 2 tbsp honey (or maple syrup for vegan)
- 1 ½ tsp pure vanilla extract
- 2 tbsp cinnamon

Directions

1. Preheat oven to 350F
2. In a bowl, combine the first 3 ingredients
3. In another bowl, combine the wet ingredients (the next 3 ingredients)
4. Add the wet ingredients to the dry ingredients and mix until just combined
5. Using a rounded tablespoon, scoop out the dough and form into a ball by gently rolling it in between your palms
6. Roll each ball in the ground cinnamon to coat the outside
7. Place each ball of dough onto a parchment paper-lined cookie sheet
8. Using the bottom of a ramekin (or other flat surface), press each dough ball to flatten it until it is a thin disk
9. Bake at 350F for 8-9 minutes, do not over bake – they will still be soft when done, and they will harden up significantly when left to cool after baking
10. Allow cookies to cool and harden up a bit on a wire rack before enjoying them!

NUTRITION INFO (per serving)

Calories (kcal)	269
Protein (g)	5.2
Carbs (g)	16.7
Fiber (g)	4.7
Sugar (g)	9.8
Fat (g)	22



LOW CARB

Vegan Mint Chocolate Chip Cookies

Servings: 8 cookies (2 cookies per serving)

Ingredients

- 1/4 tsp peppermint extract (if you don't use this, then these will be regular chocolate chip cookies)
- 2/3 large banana, mashed
- Pinch of sea salt
- 2-4 pinches stevia (or to taste)
- 1 tbsp chia seeds
- 1/3 cup almond flour (ground almonds)
- 2 tbsp dark chocolate chips

Directions

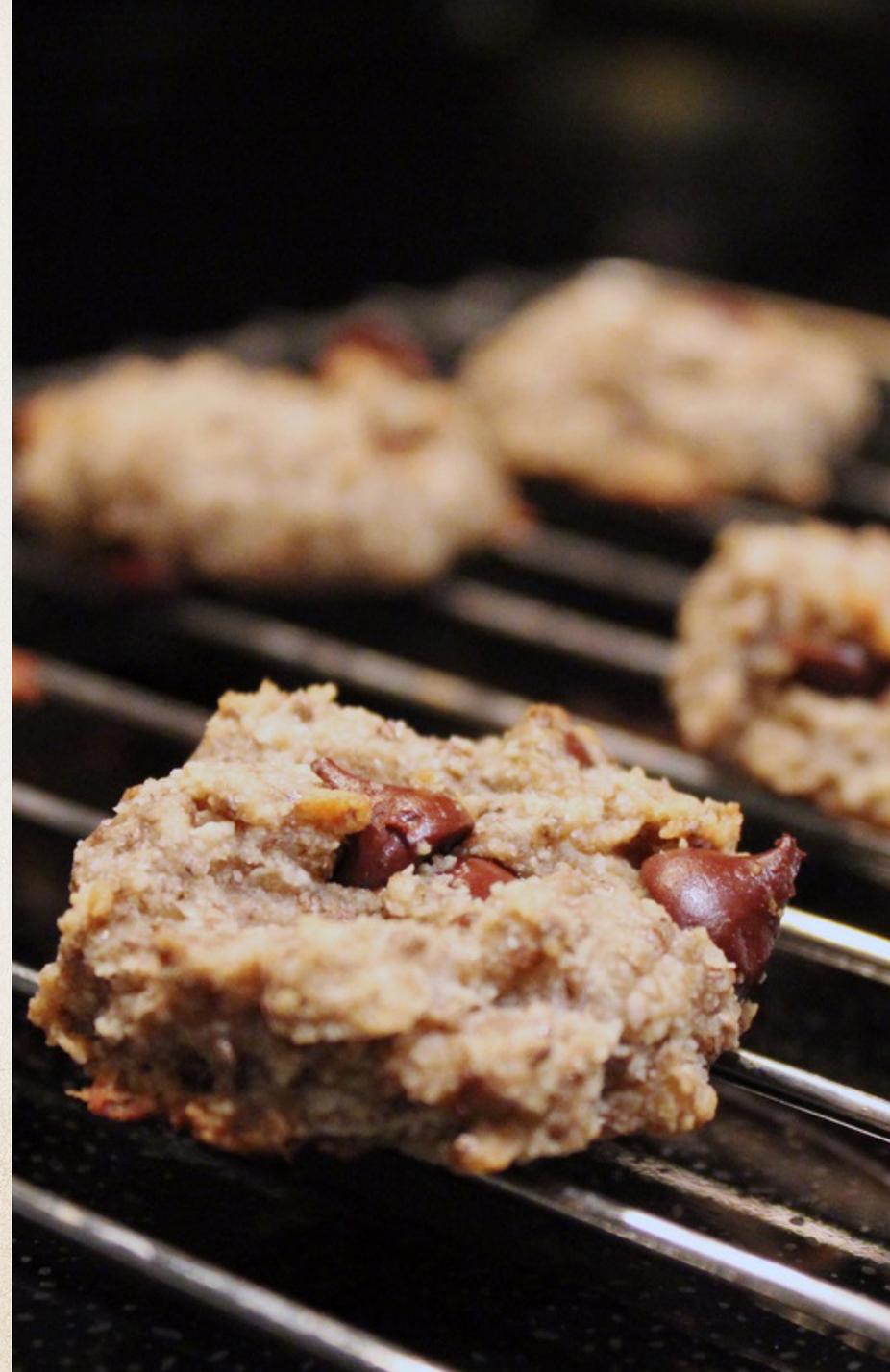
1. Combine all ingredients in a bowl except for almond flour and chocolate chips
2. Let sit for 1 hour on the counter
3. Add in almond flour and chocolate chips to the bowl and stir until well combined
4. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
5. Bake at 350F for 12-15 minutes
6. Let cool on wire rack (they will harden up a bit)
7. Enjoy!

NUTRITION INFO (per serving)

Calories (kcal)	89
Protein (g)	2.5
Carbs (g)	9.5
Fiber (g)	2.1
Sugar (g)	4.8
Fat (g)	5.6



LOW CARB



I t t y B i t t y B i t e s



Super Seed Truffles

Servings: 6 truffles (1 truffle per serving)

Ingredients

- 2 tbsp honey
- 1/4 cup peanut butter
- 3/4 cup rolled oats
- 1 tbsp flax seeds, ground
- 1 tbsp chia seeds
- 1 tbsp sesame seeds

Directions

1. Combine peanut butter and honey in a blender and blend until combined, then set aside
2. Grind up oats and mix with ground flax in a bowl
3. Combine the peanut butter and oats mixture together in a blender and blend well
4. Form into balls about 1 inch diameter each – if mixture is too wet, add in ground oats by the tablespoon until it is a consistency you can work with
5. Roll balls in sesame seeds and/or chia seeds to coat the outside

NUTRITION INFO (per serving)

Calories (kcal)	143
Protein (g)	4.8
Carbs (g)	16
Fiber (g)	2.6
Sugar (g)	6.9
Fat (g)	7.8



Very decadent with a velvety texture. The seeds on the outside add a little crunch to the mix



NUTRITION INFO (per serving)

Calories (kcal)	209
Protein (g)	8.7
Carbs (g)	21.5
Fiber (g)	4.7
Sugar (g)	7.3
Fat (g)	10.9

Reese's Doughnut Holes

Servings: 8 doughnut holes
(1 doughnut hole per serving)

Ingredients For Outer Filling

- 3/4 cup canned and cooked black beans (I used a little over 1/3rd of one 19 oz can)
- 3 pinches stevia
- 2 tbsp cocoa powder
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/2 tsp pure vanilla extract
- 1 egg
- 1/2 cup almond flour

Directions Outer Filling

1. In a blender, combine all ingredients for outer filling, one-by-one, in the order listed, except for the almond flour
2. When mixture is blended, add almond flour and mix with a fork until well mixed, and set aside

Ingredients for Inner Filling

- 2 tbsp natural peanut butter
- 3 tbsp almond flour (ground almonds)
- 2 tbsp honey

Ingredients for Coating

- 1 oz (about 28g) dark chocolate, melted
- 2 tbsp crushed peanuts

Directions for Inner Filling

1. In a clean bowl mix peanut butter, honey, and almond flour by hand until well blended
2. Roll mixture into 1 inch balls and set aside

Final Directions

1. Coat peanut butter balls with black bean mixture (i.e. outer filling) and roll until ball is about 1 1/2 inches in diameter
2. Bake at 350 F for about 10 mins on a parchment paper lined sheet
3. Take out balls and put into freezer immediately for 10 minutes
4. While the balls are cooling, melt dark chocolate by placing it in an oven-safe bowl into the already warmed oven
5. Roll the cooled balls into melted chocolate
6. Finally, roll balls in the crushed peanuts

Chocolate Ganache Mini Tarts

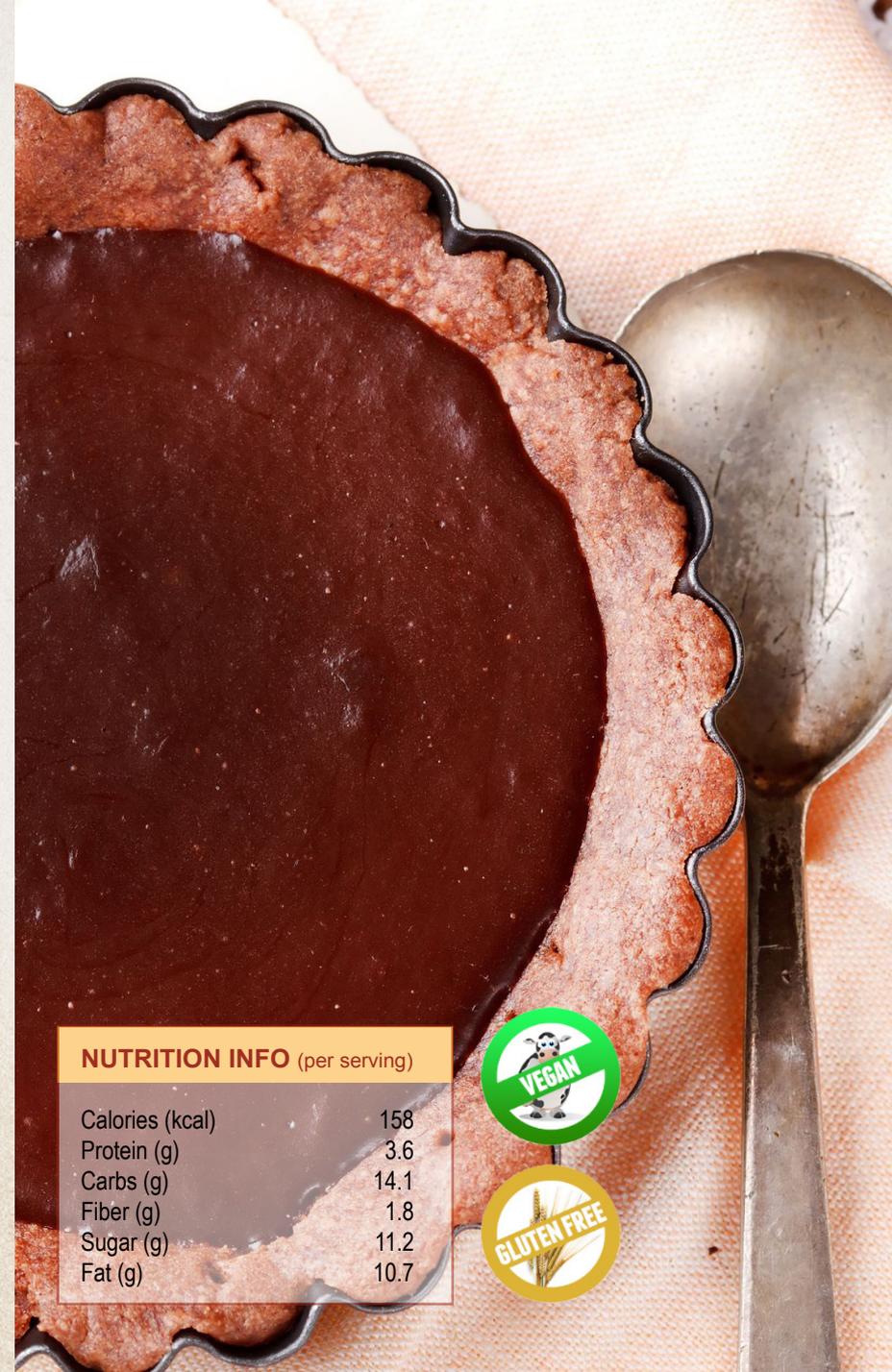
Servings: 6 mini tarts (1 tart per serving)

Ingredients

- 1/2 cup walnuts
- 1/3 cup dates (about 8-9 dates)
- Pinch of sea salt
- 2 oz (about 56 g) dark chocolate squares, chopped
- 1/2 cup coconut milk
- 2 tsp butter, softened

Directions

1. Preheat oven to 350F
2. Place walnuts on a baking sheet in a single layer and toast at 350F for about 10-12 minutes
3. Let nuts cool on baking sheet
4. Combine nuts, dates, and salt in a blender and blend together until a sticky dough forms
5. Wrap dough in plastic wrap or parchment paper and chill dough in fridge for about 15 minutes
6. Meanwhile, line a mini muffin or mini tart tray with plastic wrap
7. When chilled, press dough into the pan
8. Gently remove tarts from plastic wrap – be careful as they are fragile
9. Freeze tart shells for 30 minutes
10. Meanwhile, bring coconut milk to a boil over medium heat in a pan
11. Place chopped chocolate squares in a heat proof bowl and when ready, pour the coconut milk over the chocolate and let stand for about 5 minutes to melt
12. After 5 mins, stir chocolate mixture well to combine both ingredients
13. Add butter to the chocolate mixture and stir well
14. Spoon chocolate ganache into tart shells
15. Fridge for several hours and serve immediately out of fridge



NUTRITION INFO (per serving)

Calories (kcal)	158
Protein (g)	3.6
Carbs (g)	14.1
Fiber (g)	1.8
Sugar (g)	11.2
Fat (g)	10.7





Fat Fighting Fudge Bites

Servings: 3

Ingredients

- 5 tbsp unsweetened, shredded coconut
- 1/2 small ripe banana
- 1/4 tsp cinnamon
- Pinch of sea salt
- 1 pinch stevia
- 2 tbsp cocoa powder

Directions

1. Pulverize the shredded coconut in a blender until as fine as possible
2. Add the rest of the ingredients to the blender and blend until well combined
3. Line a small square dish with parchment paper and spoon batter into dish, then smooth the top of the batter
4. Fridge for several hours
5. Remove from parchment-paper, cut into squares and enjoy!

NUTRITION INFO (per serving)

Calories (kcal)	209
Protein (g)	8.7
Carbs (g)	21.5
Fiber (g)	4.7
Sugar (g)	7.3
Fat (g)	10.9



LOW CARB



Carrot Cake Truffles

Servings: 16 truffles (2 truffles per serving)

Ingredients

- 3 large carrots
- 2 apples
- 3 tbsp honey
- 5 tbsp almond butter
- 1/4 tsp pure vanilla extract
- 1/4 cup unsweetened, shredded coconut
- 1/4 raisins, chopped
- 1/4 tsp cinnamon (or to taste)
- Pinch of nutmeg (or to taste)
- Juice of 1/2 a lemon

Directions

1. If you have a juicer, juice the carrots and apples and use the pulp for this recipe**
2. Mix all ingredients including the pulp together in a large bowl
3. Roll the dough into balls and place on a parchment paper-lined cookie sheet that will fit in your freezer
4. Freeze dough truffles for several hours to let them firm up
5. Take out of freezer a few mins before serving and serve cold
6. Store leftovers in freezer

** If you don't have a juicer, you may be able to shred the carrots and finely chop the apples, then wrap them in a cheesecloth and squeeze out the juices to make carrot and apple pulp

NUTRITION INFO (per serving)

Calories (kcal)	142
Protein (g)	3.2
Carbs (g)	19.9
Fiber (g)	3.1
Sugar (g)	15.1
Fat (g)	6.7



This little treat has a fruit and a vegetable as the main ingredients, but don't let this fool you – it's every bit as tasty as any other dessert.

Chocolate Marzipan Candies

Servings: 6 candies (1 candy per serving)

Ingredients for Chocolate Coating (Sauce)

- 1/4 cup cocoa powder + 2 tsp cocoa powder
- 1/4 cup coconut oil, liquefied
- 4 pinches stevia
- Pinch of sea salt

Ingredients For Marzipan Filling

- 4 tbsp almond flour (ground almonds)
- 2 tbsp coconut oil, liquefied
- 2 pinches stevia (add more more if you like sweeter)

Directions

1. Mix all ingredients for the chocolate coating in a bowl
2. Spoon about 3/4 tsp of chocolate coating sauce into each section of an ice cube tray
3. Freeze ice cube tray for 10 minutes
4. Meanwhile, mix all ingredients for marzipan filling in a bowl
5. Spoon about 1 tsp of marzipan filling on top of each chocolate ice cube section – be careful not to touch the sides of the tray (I used a toothpick to clean up the edges)
6. Divide any leftover filling evenly among each ice cube section – if the filling is too watery and keeps running into the sides of the tray, fridge the whole tray for a few minutes then take out and clean up the sides again
7. Spoon about 1 1/4 tsp of chocolate coating sauce over the filling – if you have leftover sauce, you can divide evenly among each ice cube section
8. Freeze for one hour
9. Pop each candy out of the ice cube tray when frozen
10. Serve immediately out of freezer or store in freezer

NUTRITION INFO (per serving)

Calories (kcal)	149
Protein (g)	1.6
Carbs (g)	3.1
Fiber (g)	1.7
Sugar (g)	0
Fat (g)	16.1

A standard ice cube tray works well with this recipe. If you have an ice cube tray with fancy shapes, you can use it too, but you may have to modify the quantity of ingredients.



LOW CARB

Chocolate Peppermint Patties

Servings: 4 patties (1 patty per serving)

Ingredients for Chocolate Shell

- 1/4 cup cocoa powder + 1 tbsp cocoa powder
- 1/4 cup coconut oil, liquefied + 1 tbsp coconut oil, liquefied
- 5 pinches stevia (or more for sweeter)
- Pinch of sea salt

Ingredients for Peppermint Filling

- 1/2 tsp pure peppermint extract (or more if you like extra minty)
- 2 pinches of stevia
- 1/4 cup shredded, unsweetened coconut
- 1 tbsp coconut oil, liquefied

Directions

1. Combine all chocolate shell ingredients in a bowl and mix well
2. Take out 4 muffin/cupcake liners (I used good quality, stiffer muffin liners) and spoon 1 tsp of chocolate sauce mixture into each liner and save the leftover chocolate sauce for later
3. Put liners into freezer for 10 minutes
4. Meanwhile, prepare the filling by grinding shredded coconut in the blender until it is a powder
5. Combine ground coconut and rest of filling ingredients in a bowl and mix well
6. After 10 minutes of freezing liners, divide filling ingredients evenly (about 3/4 tsp to 1 tsp each) among each liner – be careful not to touch the edges of the liners - I used a toothpick to trace the edges before the next step
7. Spoon about 3 tsp of chocolate sauce per liner on top of the filling and return to freezer for about 1 hour before serving
8. Gently remove liner from the chocolate-peppermint patty
9. Serve immediately out of freezer or store in freezer



NUTRITION INFO (per serving)

Calories (kcal)	233
Protein (g)	1.5
Carbs (g)	5.1
Fiber (g)	2.7
Sugar (g)	0.5
Fat (g)	25



Chocolate Hazelnut Bark

Servings: 4

Ingredients

- 4 tbsp cocoa powder
- 4 tbsp coconut oil, liquefied
- Pinch of sea salt
- 4 pinches stevia (or more for sweeter)
- 1/4 cup hazelnuts with the skins on

Directions

1. Roast hazelnuts on a baking sheet for about 15 minutes in a 300F oven
2. Let hazelnuts cool for about 5 minutes, then remove skins on them by rolling them in between fingers
3. Chop hazelnuts
4. Combine chopped hazelnuts and all other ingredients in a bowl
5. Pour onto a parchment paper-lined baking tray and freeze for about 30 minutes
6. Gently remove bark from parchment paper and break into pieces
7. Enjoy right away or store in freezer

Tasty tip: Add in other nuts or dried fruit for some variety

NUTRITION INFO (per serving)

Calories (kcal)	159
Protein (g)	1.7
Carbs (g)	3.7
Fiber (g)	2.1
Sugar (g)	0
Fat (g)	17.2



LOW CARB

Spicy Chai GraNUTola

Servings: 8

Ingredients

- 2 cups walnut or pecan pieces
- 1/3 cup unsweetened, shredded coconut
- 1/4 cup almond flour (ground almonds)
- 1/2 cup unsweetened applesauce
- 3 tbsp honey
- 1 tbsp chia seeds, ground
- 1 tsp ground cardamom
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp sea salt

Directions

1. In a bowl, mix the first 5 ingredients with a spoon
2. In another bowl, mix the last 5 ingredients with a spoon
3. Combine both bowls
4. Spread the mixture in a buttered baking pan (you can leave it slightly overlapping if you want it to come out more chunky)
5. Bake at 170F for several hours until granola is dry and crunchy

NUTRITION INFO (per serving)

Calories (kcal)	283
Protein (g)	7
Carbs (g)	19.1
Fiber (g)	4.5
Sugar (g)	9.9
Fat (g)	21.8



This graNUTola is an exotic twist on the typical nuts snack.



PB & J Fudge Bites

Servings: 3

Ingredients

- 3 tbsp peanut butter
- 2/3 cup (about 80g) frozen strawberries
- 1/8 tsp sea salt
- 1/4 tsp cinnamon (optional)
- Pinch of stevia

Directions

1. Blend berries until pureed
2. Add in all other ingredients and continue to blend until smooth and combined well
3. Spoon batter into an ice cube tray that is flexible for easy removal
4. Freeze for several hours
5. Remove tray from freezer and pop the fudge bites out
6. Cut into desired sizes and enjoy right away as a frozen treat
7. Store in freezer

NUTRITION INFO (per serving)	
Calories (kcal)	111
Protein (g)	5
Carbs (g)	5.9
Fiber (g)	1.7
Sugar (g)	3
Fat (g)	8



These bites are little frozen treats that I love to make in the summer. Super easy to make, they are like little popsicles.





Bars & Squares



Belly Fat Burning Brownies

Servings: 8

Ingredients

- 1 cup canned and cooked black beans, rinsed and drained
- (I used Eden Organic canned black beans)
- 1 ½ large eggs
- 1 tbsp + 2 tsp olive oil
- 2 tbsp cocoa powder
- 1/2 cup (about 12-14) dates, soaked for 1 hr, then chopped
- 1/2 tsp baking soda
- 1/2 tsp apple cider vinegar
- 1/8 tsp sea salt
- 1/2 tsp pure vanilla extract
- 2-3 tbsp dark chocolate chips

Directions

1. Preheat oven to 350F
2. Rinse and drain the black beans well
3. Add all ingredients except for chocolate chips in blender and blend until very smooth
4. Stir in chocolate chips
5. Pour batter into rectangular loaf pan that has been brushed with butter or olive oil and lined with parchment paper
6. Bake at 350F for 20-25 minutes, do not overcook
7. Brownies are ready when a toothpick inserted into the middle comes out clean
8. Cool and then cut into squares

NUTRITION INFO (per serving)

Calories (kcal)	155
Protein (g)	6.7
Carbs (g)	23.1
Fiber (g)	4.8
Sugar (g)	6.7
Fat (g)	4.9



These brownies are dense, delicious and truly decadent. These get made over and over again in our household whenever we get a chocolate craving and it satisfies every time!

Blondies Have More Fun

Servings: 8

Ingredients

- 1 ½ cups canned and cooked navy beans (I used one 14 oz can of navy beans, drained)
- 6 pinches of stevia (or more if you like it sweeter)
- 2 tbsp olive oil
- 1 tsp baking soda
- 1 tsp apple cider vinegar
- ¼ tsp sea salt
- ½ tsp cinnamon
- ½ tsp pure vanilla extract
- 2 eggs
- ½ cup rolled oats
- ½ cup dark chocolate chips

Directions

1. Preheat oven to 350F
2. Blend all ingredients (except for chocolate chips) in the order listed, pulsing between each addition
3. Ensure that batter is very smooth, then add chocolate chips and mix in gently with a spoon
4. Lightly coat a square baking pan with butter and parchment paper and pour batter into pan
5. Bake at 350F for 25-35 minutes or until toothpick inserted into center comes out clean
6. Let stand for 20 minutes before slicing into squares

NUTRITION INFO (per serving)

Calories (kcal)	198
Protein (g)	10.8
Carbs (g)	27.4
Fiber (g)	10.1
Sugar (g)	1.7
Fat (g)	5.5



When people find out these blondies are made of beans they are always surprised!



These squares are made with a bunch of soothing spices and together with the pumpkin remind me of a cup of pumpkin chai latte.

Perfect Pumpkin Squares

Servings: 8

Ingredients

- Raw pie crust (see page 88 for recipe)
- 3/4 cup coconut milk
- 3/4 cup canned, unsweetened pumpkin puree
- 2 tbsp honey
- 2 tbsp coconut oil, liquefied
- 1/4 tsp sea salt
- 1/4 tsp ground cardamom
- 1/4 tsp ground ginger
- 3/4 tsp cinnamon
- 2 tsp gelatin powder

Directions

1. Prepare raw crust and set aside
2. Add all ingredients except for gelatin to a small pot and simmer until coconut oil is just dissolved and stir gently until all ingredients are combined
3. Add gelatin powder to the pot and whisk while simmering for about one minute until mixture is little thick
4. If mixture is not thickened, add in 1 more tsp of gelatin powder and simmer for another minute
5. Pour mixture over the raw crust
6. Refrigerate until solid and store in fridge
7. Cut into squares and serve cold

NUTRITION INFO (per serving)

Calories (kcal)	155
Protein (g)	6.7
Carbs (g)	23.1
Fiber (g)	4.8
Sugar (g)	6.7
Fat (g)	4.9



LOW CARB

Simply Natural Snack Bars

Servings: 3

Ingredients

- 1/4 cup + 2 tbsp raisins
- 3 tbsp rolled oats, finely ground
- 1/4 cup walnuts
- 3 tbsp peanut butter
- Pinch of sea salt
- 1/2 tsp pure vanilla extract

Directions

1. Combine all ingredients in a blender and blend very well
2. Form into bars

NUTRITION INFO (per serving)

Calories (kcal)	234
Protein (g)	7.8
Carbs (g)	22.1
Fiber (g)	2.9
Sugar (g)	12.5
Fat (g)	14.6



These are great for packing to school or work as a mid-day snack.



You know soft-baked cookies? These are like soft-baked blondies!

Almond Chia Baked Bars

Servings: 10

Ingredients

- 1 cup almond butter
- 1/4 cup water
- 2 tbsp honey (or maple syrup for vegan)
- 1 tsp vanilla extract
- 1/2 cup shredded, unsweetened coconut
- 1/2 cup raisins
- 1 tbsp chia seeds
- 2 tsp cinnamon
- 1/3 tsp allspice
- 1/4 tsp sea salt
- 1/2 tsp baking soda
- 1/2 tsp apple cider vinegar

Directions

1. Preheat oven to 350F
2. Combine first 5 ingredients and mix with an electric mixer
3. Add in the rest of the ingredients and continue to mix
4. Transfer to a square baking pan lined with parchment paper
5. Spread evenly
6. Bake at 350F for 18-20 minutes
7. Allow to cool for about half hour on the counter, then transfer to refrigerator and cool for several hours
8. Cut into squares when cooled and enjoy

NUTRITION INFO (per serving)	
Calories (kcal)	228
Protein (g)	7.1
Carbs (g)	15.7
Fiber (g)	3.7
Sugar (g)	9.7
Fat (g)	16.8



LOW CARB

Apricot Energy Squares

Servings: 10

Ingredients

- 1 cup (about 200g) dried apricots
- 2 cups walnuts
- 2 eggs
- 1/4 tsp sea salt
- 1 tbsp pure vanilla extract
- 1/2 cup dark chocolate chips

Directions

1. Preheat oven to 350F
2. Roughly cut up apricot
3. Place apricots and walnuts into blender and grind until it is like coarse gravel
4. Add eggs, sea salt, and vanilla to blender and blend until it is combined
5. Add chocolate chips and stir in with a spoon
6. Line a square baking pan with parchment paper and then press dough into pan
7. Bake at 350F for about 25 minutes
8. Let cool, then cut into squares

NUTRITION INFO (per serving)

Calories (kcal)	203
Protein (g)	7.8
Carbs (g)	8.3
Fiber (g)	2
Sugar (g)	5
Fat (g)	17.3



LOW CARB





These are great to have on hand in the fridge – you can grab a couple squares for snacks on the go.

Peanut Butter 'N Oat Bars

Servings: 8

Ingredients

- 1/3 cup honey
- 1 cup peanut butter
- 1 tsp cinnamon
- 1 ½ cup rolled oats
- 1/3 cup raisins, chopped

Directions

1. Put honey in a pot over medium heat and stir until it begins to bubble
2. Add cinnamon to the honey and stir for a minute
3. Add in peanut butter to the pot and stir until smooth
4. Remove from heat and stir in oats and raisins
5. Press firmly into a loaf pan lined with parchment paper
6. Refrigerate for several hours or overnight
7. Cut into squares or bars and enjoy

NUTRITION INFO (per serving)	
Calories (kcal)	320
Protein (g)	12.3
Carbs (g)	33
Fiber (g)	3.9
Sugar (g)	17.3
Fat (g)	17

The image shows two clear glass glasses filled with a light-colored, creamy mousse. The mousse is topped with small pieces of yellow zest. In the background, several whole lemons are visible, some in focus and some blurred. The text 'Mousse, pudding and ice cream' is overlaid on the lower left of the image, with a horizontal orange line extending from the end of the text across the bottom of the frame.

Mousse, pudding and
ice cream



This pudding is made with chia seeds which are packed with anti-oxidants and fiber. The taste and texture is similar to tapioca pudding but with a little bit of a crunch.

Superfood Pudding

Servings: 2

Ingredients

- 1/4 cup chia seeds
- 1 1/4 cup almond milk or coconut milk
- 1 tbsp honey
- 1 tsp pure vanilla extract
- Optional: cocoa powder, almond extract, cinnamon, other spices

Directions

1. Combine all ingredients in a bowl and mix well with a spoon
2. Let sit in fridge for a few hours to thicken to your desired consistency
3. Stir and enjoy cold!

Tasty Variations: Add some cocoa powder for creamy chocolate pudding, or add some almond extract for a nutty taste.

NUTRITION INFO (per serving)	
Calories (kcal)	127
Protein (g)	3.7
Carbs (g)	15.5
Fiber (g)	5
Sugar (g)	8.9
Fat (g)	8.1



LOW CARB

Quick & Creamy Brown Rice Pudding

Servings: 2

Ingredients

- 1/2 cup brown rice, cooked
- 1/3 cup coconut milk
- 2 tbsp maple syrup
- 1/2 tsp pure vanilla extract
- Pinch of sea salt
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg (optional)
- 1/8 tsp allspice (optional)
- 1/3 cup raisins
- 1/4 cup pecan pieces

Directions

1. In a small pot, combine all ingredients, except for raisins and pecans and mix well over medium heat until it starts to boil
2. When it starts to boil, lower heat to low and add in raisins and pecans
3. Heat on low heat for 3-5 minutes, stirring constantly
4. Transfer to serving bowls and enjoy warm

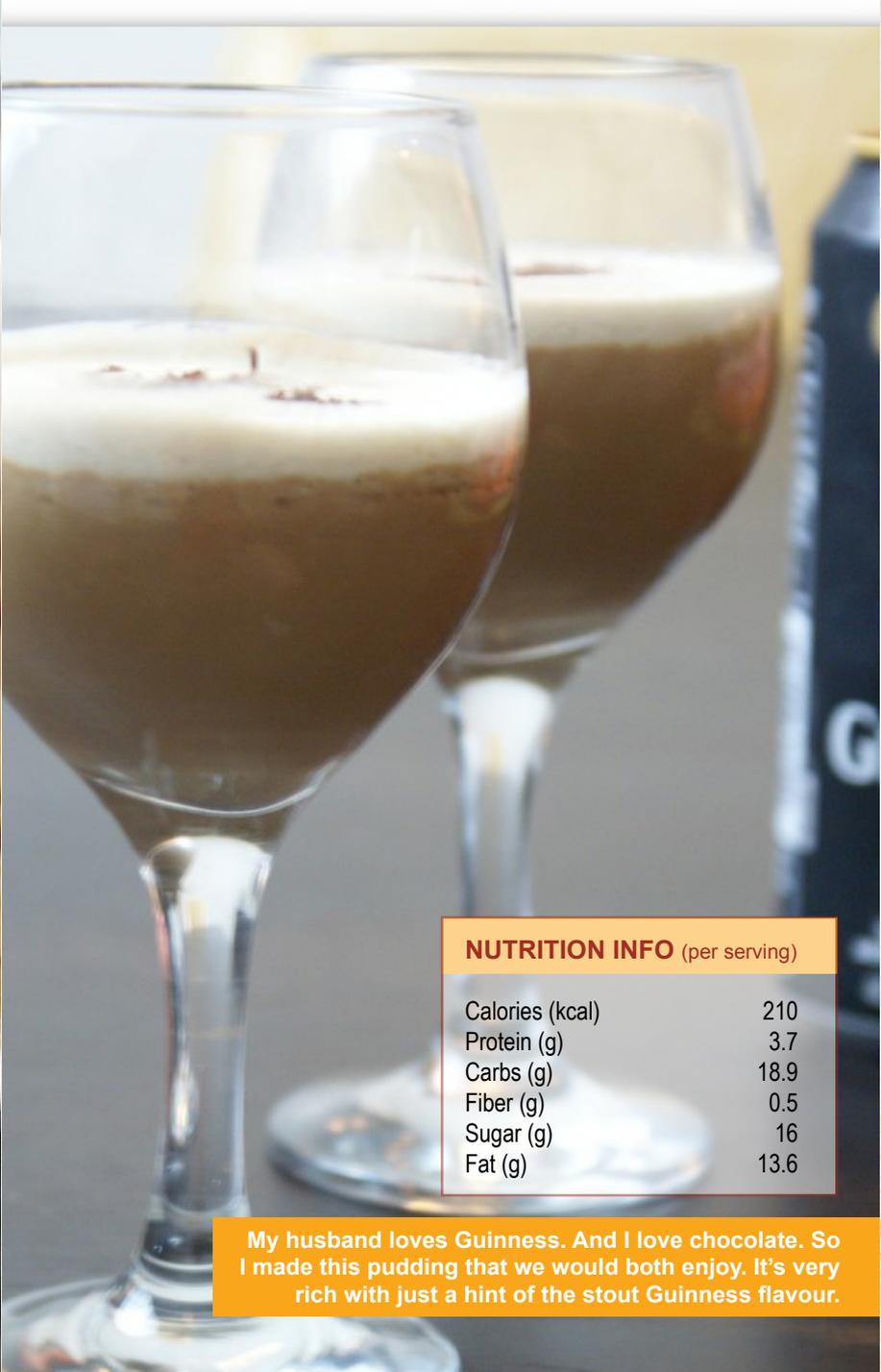
Lower Sugar and Carb Variation: Substitute maple syrup with stevia

NUTRITION INFO (per serving)

Calories (kcal)	338
Protein (g)	4.7
Carbs (g)	57.5
Fiber (g)	4.3
Sugar (g)	27.4
Fat (g)	11.7



Being Chinese, we've always got leftover rice, so this is a quick and tasty way to use it up.



Chocolate Stout Pudding

Servings: 4

Ingredients

- 3 egg yolks
- 2 tbsp honey
- 1/4 cup Guinness beer
- 1/2 cup coconut cream - directions below
- 2 oz (about 56g) dark chocolate, finely chopped

Directions

1. To get coconut cream:
 - Fridge 2 cans of (full-fat) coconut milk for several hours or overnight if possible to allow for separation of the coconut cream and coconut water
 - Skim off the thick top layer of coconut cream – you will get about 1/4 cup to 1/2 cup of cream per can
2. In a large mixing bowl, whisk together the egg yolks and honey
3. In another bowl, combine coconut cream with the Guinness and whisk to combine
4. Pour Guinness mixture into a pot and heat over medium heat, whisking occasionally, until bubbles just begin to form at edges
5. Remove from heat, add chocolate, and whisk until smooth
6. Let chocolate/cream mixture stand for a few minutes to cool
7. Slowly pour chocolate/cream mixture into the eggs mixture, whisking constantly to prevent curdling
8. Return mixture to saucepan and set over low-medium heat, whisking constantly, until mixture thickens and coats back of spoon (about 15 minutes)
9. Pour into blender and blend on high for 1 minute
10. Divide pudding among glasses, leaving about an inch at the top
11. Cover in plastic wrap and fridge until set (overnight is best)
12. Top with my Luscious Whipped Cream topping if you like (see recipe on page 85), to get the look of the Guinness foamy head

NUTRITION INFO (per serving)

Calories (kcal)	210
Protein (g)	3.7
Carbs (g)	18.9
Fiber (g)	0.5
Sugar (g)	16
Fat (g)	13.6

My husband loves Guinness. And I love chocolate. So I made this pudding that we would both enjoy. It's very rich with just a hint of the stout Guinness flavour.



Marvelous Mocha Mousse

Servings: 3

Ingredients

- 1 tbsp gelatin
- 1/4 cup water
- 3/4 cup prepared coffee, cooled
- 2 tbsp butter, softened
- 3/4 cup coconut milk
- 1 tbsp honey
- 1/4 cup cocoa powder
- 1 tsp pure vanilla extract

Directions

1. In a small saucepan, combine gelatin and water over low/medium heat, stirring frequently, until gelatin is dissolved
2. Stir in butter until melted
3. In a blender, blend together coconut milk, coffee, honey, cocoa powder and vanilla until combined
4. Gradually add in gelatin/butter mixture and continue to blend until fully combined
5. Pour into glasses or bowls and chill until firm (about 3 hours)
6. Garnish with fruit or whipped cream or chocolate shavings and serve cold

NUTRITION INFO (per serving)

Calories (kcal)	130
Protein (g)	3.7
Carbs (g)	10.1
Fiber (g)	2.1
Sugar (g)	6.1
Fat (g)	9.9



LOW CARB



This mousse is sure to be a winner with any coffee lover. A bit lighter than a traditional mousse as it's not prepared with eggs.



NUTRITION INFO (per serving)

Calories (kcal)	227
Protein (g)	9.5
Carbs (g)	24.8
Fiber (g)	3.5
Sugar (g)	19.8
Fat (g)	10.8

I brought this trifle to the family Thanksgiving and it was a hit! Not only a display worthy dessert, but it tastes so rich. A great alternative to the classic (but yummy) pumpkin pie.

Pumpkin Mousse Trifle

Servings: 8

Ingredients

- 4 egg yolks
- 2 tbsp honey
- 2/3 cups Homemade Cream Cheese (see recipe on page 90)
- 1 ¼ cup canned, unsweetened pumpkin puree
- 1 tsp pure vanilla extract
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp nutmeg
- 1/8 tsp sea salt
- 2 tbsp coconut milk
- 2/3 tsp gelatin powder
- 2 cups of raspberries
- 1 ½ cups homemade Luscious Whipped Cream (see page 85 for recipe)

Directions

1. Fill a large bowl halfway with ice water and set aside
2. Whisk together the egg yolks, honey, and 1/3 cup of Homemade Cream Cheese in a saucepan and heat over medium-low heat, stirring constantly, until mixture thickens (about 15 min)
3. Transfer mixture to a bowl and set over the ice bath to cool
4. When cooled, add pumpkin puree, vanilla extract, all the spices, and salt to egg mixture and mix, then set aside
5. Mix coconut milk and gelatin in a pot; heat until gelatin is dissolved
6. Gently whisk gelatin mixture into the pumpkin mixture
7. Add 1/3 cup Homemade Cream Cheese to pumpkin mixture and mix
8. Pour the mixture into a shallow dish, cover, then chill until cold and thick (8 hours or overnight)
9. Fill a glass serving dish with alternating layers of pumpkin mousse, Luscious Whipped Cream, raspberries and any other toppings you like



MuMuLemon Mousse

Servings: 2

Ingredients

- 2 egg yolks at room temperature
- 2 egg whites at room temperature
- 2 tbsp honey
- Zest of 1/2 lemon (about 2 tsp)
- Juice of 1/2 lemon
- Pinch of sea salt
- 2 ½ tbsp Homemade Cream Cheese (see page 90 for recipe) or substitute with full-fat Greek yogurt

Directions

1. Combine egg yolks, honey, lemon zest, lemon juice and place in the top of a double boiler over simmering water (if you don't have a double boiler, place ingredients in an oven-safe bowl and place bowl in a pot of shallow simmering water with the lid off)
2. Whisk mixture constantly while the water is simmering for about 15 minutes or until mixture thickens (mixture should coat the back of a spoon when it is thick enough)
3. Remove mixture from heat and chill in fridge for about 1/2 hour
4. Beat the Homemade Cream Cheese with a whisk
5. In a separate bowl, beat the egg whites with sea salt until stiff peaks form
6. Fold the lemon/yolk mixture into the cream and then fold egg whites into the cream mixture
7. Spoon into individual glasses and chill well before serving

NUTRITION INFO (per serving)

Calories (kcal)	191
Protein (g)	9.7
Carbs (g)	22.6
Fiber (g)	0
Sugar (g)	22
Fat (g)	7.7



This mousse is a delicious combo of sour and sweet!



PB Coconut Ice Cream

Servings: 2

Ingredients

- 1/2 cup coconut milk
- 2 tbsp peanut butter
- 2 pinches stevia (or more if you like sweeter)
- Pinch of sea salt
- 1/2 tsp pure vanilla extract

Directions

1. Mix all ingredients in a bowl
2. Pour ingredients into an ice cube tray and freeze (the best ice cube trays are those flexible ones for easy removal)
3. Once frozen, pop the cubes out and blend with a blender (you may need to thaw it out a little before blending)
4. Scoop out with an ice cream scooper and enjoy plain or with your favourite toppings!

NUTRITION INFO (per serving)

Calories (kcal)	116
Protein (g)	5.2
Carbs (g)	3.4
Fiber (g)	1
Sugar (g)	1.1
Fat (g)	9.2



LOW CARB



No need for an ice cream maker to make this popular dessert at home. This ice cream is refreshing and creamy. You will want to keep a batch of this in your freezer for all those ice cream cravings.

Easy Chocolate Pudding

Servings: 2

Ingredients

- 4 tbsp cocoa powder
- 1 large avocado
- 2 tbsp + 2 tsp honey (or maple syrup for vegan)
- 1 tsp pure vanilla extract
- 2 tbsp coconut oil, liquefied

Directions

1. Combine all ingredients in a blender and blend well until smooth
2. Refrigerate for 1 hour then enjoy cold with your favourite toppings!

NUTRITION INFO (per serving)

Calories (kcal)	375
Protein (g)	2.6
Carbs (g)	33.4
Fiber (g)	7.6
Sugar (g)	24
Fat (g)	28.7





Vegan Chocolate Mousse

Servings: 2

Ingredients

- 1 cup coconut cream – see directions below for coconut cream
- 5 tbsp cocoa powder
- 3 tbsp honey or (or maple syrup for vegan)
- 1 tsp pure vanilla extract

Directions

1. To get coconut cream:
 - Fridge 2-3 cans of (full-fat) coconut milk for several hours or overnight if possible to allow for separation of the coconut cream and coconut water
 - Skim off the thick top layer of coconut cream – you will get about 1/4 cup to 1/2 cup of cream per can
2. Combine all ingredients in a bowl and whisk the mixture by hand for 3-5 minutes to desired consistency
3. Chill in fridge for an hour and enjoy cold

Tip: The mousse will be thicker the longer it is in the fridge

NUTRITION INFO (per serving)

Calories (kcal)	354
Protein (g)	4.8
Carbs (g)	36.8
Fiber (g)	4.1
Sugar (g)	26.4
Fat (g)	25.9



Mint Chocolate Chip Ice Cream

Servings: 2

Ingredients

- 1 cup coconut cream – see directions on how to get coconut cream
- 4-5 pinches stevia
- 2 tbsp peanut butter
- Pinch of sea salt
- 1 tsp pure peppermint extract
- 2 tbsp dark chocolate chips

Directions

1. To get coconut cream:
 - Fridge 2-3 cans of (full-fat) coconut milk for several hours or overnight if possible to allow for separation of the coconut cream and coconut water
 - Skim off the thick top layer of coconut cream – you will get about 1/4 cup to 1/2 cup of cream per can
2. Mix all ingredients, except chocolate chips, in a bowl
3. Pour mixture into an ice cube tray that is flexible for easier removal
4. Freeze for several hours
5. Pop out of the frozen cubes and blend in a blender
6. Add chocolate chips and continue to blend until chocolate chips are tiny flecks of chocolate
7. Scoop out ice cream with an ice cream scooper and serve in a bowl or cone with your favourite toppings

NUTRITION INFO (per serving)

Calories (kcal)	364
Protein (g)	7.8
Carbs (g)	11.4
Fiber (g)	1
Sugar (g)	5.3
Fat (g)	34.1



LOW CARB



I leave this ice cream all-natural, so it's not green like the ones you see at the ice cream store. Even though it doesn't look like it, it still has the cool minty flavor.

Peaches and Cream Pudding

Servings: 2

Ingredients

- 14 oz silken, soft tofu
- 2 ripe peaches
- 1 tsp pure vanilla extract
- 2-4 pinches stevia (or to taste)

Directions

1. Combine all ingredients in blender or food processor and blend until a creamy pudding consistency is reached
2. Chill in fridge for at least one hour before serving cold
3. Garnish with peach slices and add in other chopped fruit to the bowl for some interest.

NUTRITION INFO (per serving)

Calories (kcal)	167
Protein (g)	14.6
Carbs (g)	14
Fiber (g)	2.1
Sugar (g)	11
Fat (g)	5.6



LOW CARB



Cakes & pies





Silky Smooth Chocolate Cream Pie

Servings: 10

Ingredients

- 16 oz medium-firm tofu, drained
- 1/4 cup cocoa powder
- 2 tsp pure vanilla extract
- 1 tbsp honey
- 3 pinches stevia
- 2 tbsp coconut oil, liquefied
- Dessert Angel's Super Pie Crust (see page 89 for recipe)
- Optional for toppings: dark chocolate shavings, homemade Luscious Whipped Cream (see page 85 or recipe)

Directions

1. Prepare the pie crust in a large, 8 or 9-inch pie pan and set aside
2. Blend all ingredients together and pour into the homemade pie crust
3. Refrigerate for at least a few hours and enjoy cold!

NUTRITION INFO (per serving)

Calories (kcal)	190
Protein (g)	7.4
Carbs (g)	9.9
Fiber (g)	3.4
Sugar (g)	5
Fat (g)	25.2



LOW CARB



This pie is so creamy you'll never guess that it's made from tofu. It's a popular one for gatherings and it's always the first to disappear.

Speedy Pear Custard Pie

Servings: 10

Ingredients

- 2 large ripe pears, peeled, and cored
- 2 tbsp unsalted butter, melted or 2 tbsp olive oil
- 2 tbsp honey
- 1/3 cup brown rice flour
- 2 tsp pure vanilla extract
- 3 eggs
- 3/4 cup coconut or almond milk
- Pinch of sea salt

Directions

1. Preheat oven to 350F
2. Butter an 8 or 9-inch pie pan
3. Slice the pears lengthwise in 1/4 inch thick pieces
4. Arrange the pear slices in the pie dish, overlapping slightly
5. In a blender, process the melted butter/oil, honey, rice flour, vanilla, eggs, milk, and salt until smooth
6. Pour the batter over the pears. Bake until golden and firm to the touch, about 40 to 45 minutes, then enjoy warm!

NUTRITION INFO (per serving)

Calories (kcal)	102
Protein (g)	2.3
Carbs (g)	14.2
Fiber (g)	1.6
Sugar (g)	7.8
Fat (g)	4.2



I leave this ice cream all-natural, so it's not green like the ones you see at the ice cream store. Even though it doesn't look like it, it still has the cool minty flavor.



Apple Cobbler with a Twist

Servings: 8

Ingredients

- 4 medium apples
 - Juice of 1 lemon
 - Grated rind of 1/2 lemon
 - 1 tbsp arrowroot + 1/2 cup arrowroot
 - 2 pinches of stevia
 - 1/2 tsp cinnamon
 - 1/2 cup almond flour (ground almonds)
 - 4 tbsp butter, softened
 - 2 tbsp honey
 - 1/4 tsp sea salt
 - 1 tsp pure vanilla extract
5. Place apples in an 8-inch square buttered baking pan
 6. In a blender, puree the ground almonds, butter, 1/2 cup arrowroot, honey, vanilla and salt and process until smooth
 7. Crumble this mixture on top of the apples
 8. Bake at 350F for 50 mins -1 hour
 9. Serve warm

Directions

1. Preheat oven to 350F
2. Peel and core apples and cut into slices (keep skins on for extra nutrients)
3. Toss apples with lemon juice
4. Mix stevia, lemon rind, 1 tbsp arrowroot and cinnamon together and toss with the apples

Tasty Variation:

Substitute the apples with 4-5 peaches for peach cobbler or 4 cups of blueberries for blueberry cobbler

NUTRITION INFO (per serving)

Calories (kcal)	156
Protein (g)	2
Carbs (g)	19.5
Fiber (g)	3.1
Sugar (g)	14.1
Fat (g)	8.9



Lemon flavours in this recipe give this traditional dessert an updated twist. That, along with the arrowroot crumble topping sets this cobbler apart from the cobblers I've had before.

Pumpkin Cream Pecan Pie

Servings: 8

Ingredients

- In the Raw Pie Crust (see page 88 for recipe)
- 1 ½ cup pecans
- 6 tbsp coconut oil, liquefied
- ¼ cup honey (add 1 more tbsp if you want sweeter)
- 1 ½ cup pure pumpkin puree from a can
- ¼ tsp allspice (optional)
- ¼ tsp nutmeg (optional)
- ¼ tsp ground cloves (optional)
- 1 tsp cinnamon
- ½ tsp pure vanilla extract

Directions

1. Prepare crust in a large, 8 or 9-inch, parchment paper-lined pan for easy removal – I used a foil pan and cut the pan away from the pie when done
2. Blend the rest of the ingredients together until smooth and creamy (it will be fairly thick)
3. Pour into pie crust pan
4. Chill overnight in fridge or about 1 hour in freezer before serving cold (pie will be soft like cheesecake)

NUTRITION INFO (per serving)

Calories (kcal)	420
Protein (g)	5
Carbs (g)	22.8
Fiber (g)	6
Sugar (g)	15.2
Fat (g)	37.6



A great Fall dessert. A little bit of a spin on the traditional pumpkin pie.



The Ultimate Chocolate Cake

Servings: 10

Ingredients

- 1 ½ cups canned and cooked black beans (I used one 14 oz can, drained)
- 5 large eggs
- 1 tbsp pure vanilla extract
- 1/2 tsp sea salt
- 3 tbsp coconut oil, liquefied or 3 tbsp unsalted butter, softened
- 6 pinches of stevia (or more for sweeter)
- 6 tbsp cocoa powder
- 2 tsp baking soda
- 2 tsp apple cider vinegar
- 2 tbsp unsweetened applesauce

Directions

1. Preheat oven to 325F
2. Combine beans, 3 eggs, vanilla, stevia, salt into blender and blend until smooth then transfer to a bowl
3. In the blender, beat butter/

- coconut oil with the remaining two eggs until combined
4. Add the bean mixture to the egg/oil mixture in the blender
5. Add in applesauce and apple cider vinegar to the bean/egg/oil mixture in the blender and blend well
6. In a separate bowl, whisk together cocoa powder and baking soda
7. Finally, add the cocoa mixture to the bean/egg/oil mixture and beat until smooth
8. Pour into a lightly buttered 8 or 9-inch spring form cake pan
9. Bake for 40 minutes at 325F
10. Cake is done when top is rounded and firm to touch
11. Let cool on wire rack, then leave in fridge overnight on counter before frosting – frost just before serving with the recipes on page 83 or 84.

NUTRITION INFO (per serving)

Calories (kcal)	183
Protein (g)	10
Carbs (g)	20.6
Fiber (g)	5.4
Sugar (g)	1.3
Fat (g)	7.4



This cake is definitely the “ultimate” chocolate cake – it tastes amazing and is sooooo good for you! When I serve it, the chocolate-lovers come back for seconds. And thirds. You can’t tell that this cake is flourless at all.

Fresh and Zesty Cupcakes

Servings: 6

Ingredients

- 1 cup canned and cooked navy beans (I used about 2/3rds of one 14 oz can of navy beans)
- 3 eggs
- 2 pinches stevia
- 1/2 tsp pure vanilla extract
- Juice of 1/2 lemon
- 1 tsp lemon zest
- 3 tbsp coconut oil, liquefied
- 3 tbsp almond flour (ground almonds)
- 1/2 tsp sea salt
- 2 tsp baking soda
- 2 tsp apple cider vinegar

Directions

1. Puree first 5 ingredients in a blender
2. Add in the rest of the ingredients and puree well
3. Fill cupcake or muffin tray that has been lined
4. Bake at 325 for about 22-25 minutes
5. Cupcakes are done when toothpick inserted in middle comes out clean
6. Let cupcakes cool completely before frosting

Tasty Tip: You absolutely **MUST** top these with my Tropical Zest Frosting (see page 86 for recipe)!

NUTRITION INFO (per serving)

Calories (kcal)	221
Protein (g)	11.3
Carbs (g)	21.2
Fiber (g)	8.8
Sugar (g)	1.1
Fat (g)	10.8





Festive Fruit Cake

Servings: 12

Ingredients

- 1/8 cup butter
- 1/2 cup dried apricots, chopped
- 1/2 cup raisins, chopped
- 1/4 cup currants
- 1/2 cup dried pineapple, chopped
- 1/2 cup dates, chopped
- 1 ¼ cup spelt flour
- Pinch of sea salt
- 1 apple, cored and pureed into applesauce
- 1 cup almonds, chopped
- 1/2 tsp baking soda
- 1/2 tsp apple cider vinegar
- 3 pinches stevia
- 1 tsp pure vanilla extract
- 2 tbsp rum (optional)
- 2 ½ eggs

3. Combine spelt flour, baking soda, and salt and set aside
4. Soften butter slightly by heating it in the warming up oven, then add butter and stevia to flour mixture and mix well with a spoon
5. Add eggs one at a time to flour; mix well with a spoon
6. Add vanilla extract, apple cider vinegar, applesauce and rum and continue to mix well with a spoon
7. In two additions, fold in fruit and nut mixture into flour mixture
8. Bake at 275F for 80 minutes or until top of cake is lightly browned, then cover with foil and bake for 60 minutes more at 275F
9. Cake is done when toothpick inserted into the middle of the cake comes out clean (there may be some fruit bits but the cake is still done if toothpick is otherwise clean)
10. Turn cake out onto a wire rack and let cool before cutting

NUTRITION INFO (per serving)

Calories (kcal)	179
Protein (g)	5.1
Carbs (g)	25.2
Fiber (g)	4
Sugar (g)	11.7
Fat (g)	7.1

I make this cake every year for the holidays. It's so much tastier and healthier than the store bought ones which contain tons of sugar and preservatives.

Fab French Berry Custard

Servings: 4

Ingredients

- 2 cups of fresh berries or pitted cherries
- 2 pinches stevia
- 2 eggs
- 1 cup of Homemade Cream Cheese (see page 90 for recipe)
- 3 tbsp arrowroot
- 2 tbsp honey

Directions

1. Preheat oven to 250F
2. Place fruit in a single layer on a plate and very lightly sprinkle stevia over fruit and set aside for about 1/2 hour if you want extra sweetness (if not, move on to step #3)
3. Remove fruit to a buttered baking pan and bake at 250F for an hour or more until fruit is rather dry
4. Butter 3-6 ramekins, depending on size
5. Beat eggs with honey until smooth, then beat in arrowroot and Homemade Cream Cheese
6. Gently stir in fruit and then pour the batter into the ramekins, only filling to about 3/4 from top (cake will rise while in oven)
7. Bake for 30-40 minutes at 325F
8. Enjoy warm!

NUTRITION INFO (per serving)

Calories (kcal)	217
Protein (g)	10
Carbs (g)	26.9
Fiber (g)	2.6
Sugar (g)	22.6
Fat (g)	8.6





This is another flourless recipe. The cake comes out light and fluffy.

Clementine Cake

Servings: 12

Ingredients

- 5 clementines
- 3 eggs
- 6 egg whites
- 4 pinches stevia
- 2 cups almond flour (ground almonds)
- 2 tsp baking soda
- 2 tsp apple cider vinegar
- Optional: Tropical Zest Frosting (see page 86)

Directions

1. Put clementines in pot with cold water to cover
2. Bring to boil and turn heat to low to simmer for 2 hours, uncovered
3. Drain and let clementines cool
4. Cut clementines in half and remove seeds, then finely chop the skins, pith, and fruit by hand
5. Preheat oven to 365F
6. Beat eggs well and then add stevia, almond flour, baking soda, and apple cider vinegar and mix well
7. Add chopped clementines (include chopped skins) and stir in
8. Pour the batter into a buttered 8 or 9-inch round spring form pan and bake for 35-40 minutes at 365F
9. Cake is done when a toothpick inserted in the middle comes out clean
10. Cool completely on counter and then store in fridge

Tasty topping idea: Frost this cake with my Tropical Zest Frosting on page 86.

NUTRITION INFO (per serving)

Calories (kcal)	144
Protein (g)	7.1
Carbs (g)	10.8
Fiber (g)	3.4
Sugar (g)	6.6
Fat (g)	9



LOW CARB

Walnut and Raisin Stuffed Apple

Servings: 1

Ingredients

- 1 apple, cored carefully so that apple is still intact
- 1 ½ tsp coconut oil, liquefied
- 2 tbsp almond flour (ground almonds)
- 2 tbsp chopped walnuts
- 2 dates, chopped finely
- Pinch of sea salt
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1 tsp coconut milk
- 1/4 tsp lemon juice
- 2 tsp raisins

Directions

1. Preheat oven to 350F
2. Squeeze lemon juice into cored apple
3. Combine all ingredients except apple and lemon juice into a small pot over the stovetop and heat for a few minutes, stirring constantly
4. Fill the apple with the stovetop mixture
5. Place apple in baking dish or muffin tray, and loosely cover with foil
6. Bake at 350F for about 25-35 minutes until apple has softened – check frequently after 25 minutes to ensure apple doesn't get too soft or burst!

NUTRITION INFO (per serving)

Calories (kcal)	439
Protein (g)	8.4
Carbs (g)	49.4
Fiber (g)	9.7
Sugar (g)	33.7
Fat (g)	27.3





NUTRITION INFO (per serving)

Calories (kcal)	133
Protein (g)	6
Carbs (g)	5.8
Fiber (g)	2.8
Sugar (g)	1.5
Fat (g)	10.3

Flourless Carrot Cake

Servings: 10

Ingredients

- 2 cups almond flour (ground almonds)
- 3 pinches stevia
- 1 tsp guar gum
- 1 ½ tsp baking soda
- 1 ½ tsp apple cider vinegar
- 2 ¼ cup (about 2 large) carrots, shredded finely
- 1/8 tsp sea salt
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tsp lemon zest
- 2 eggs
- 2 egg whites
- 1 tsp pure vanilla extract

Directions

1. Preheat oven to 350F
2. Combine almond flour and stevia in a bowl then transfer to the blender
3. Blend almond flour/stevia mixture with baking soda, apple cider vinegar, salt, cinnamon, nutmeg, lemon zest
4. Beat eggs and egg whites together in a separate bowl

with a whisk then add in guar gum and vanilla and whisk together well

5. Pour 1/3 of the almond mixture and 1/3 of the grated carrots into the egg mixture and mix well with a spoon
6. Repeat #5 until all the ingredients are mixed well
7. Lightly butter an 8 or 9-inch round spring form pan and pour mixture into pan
8. Bake at 350F for 50 minutes or until toothpick inserted into center comes out clean
9. Cool on a wire rack and store in fridge
10. Serve warm

Tasty topping idea:

Frost this cake with my Tropical Zest Frosting on page 86.



LOW CARB



No Cheese Cashew Cheesecake

Servings: 12

Ingredients for Crust

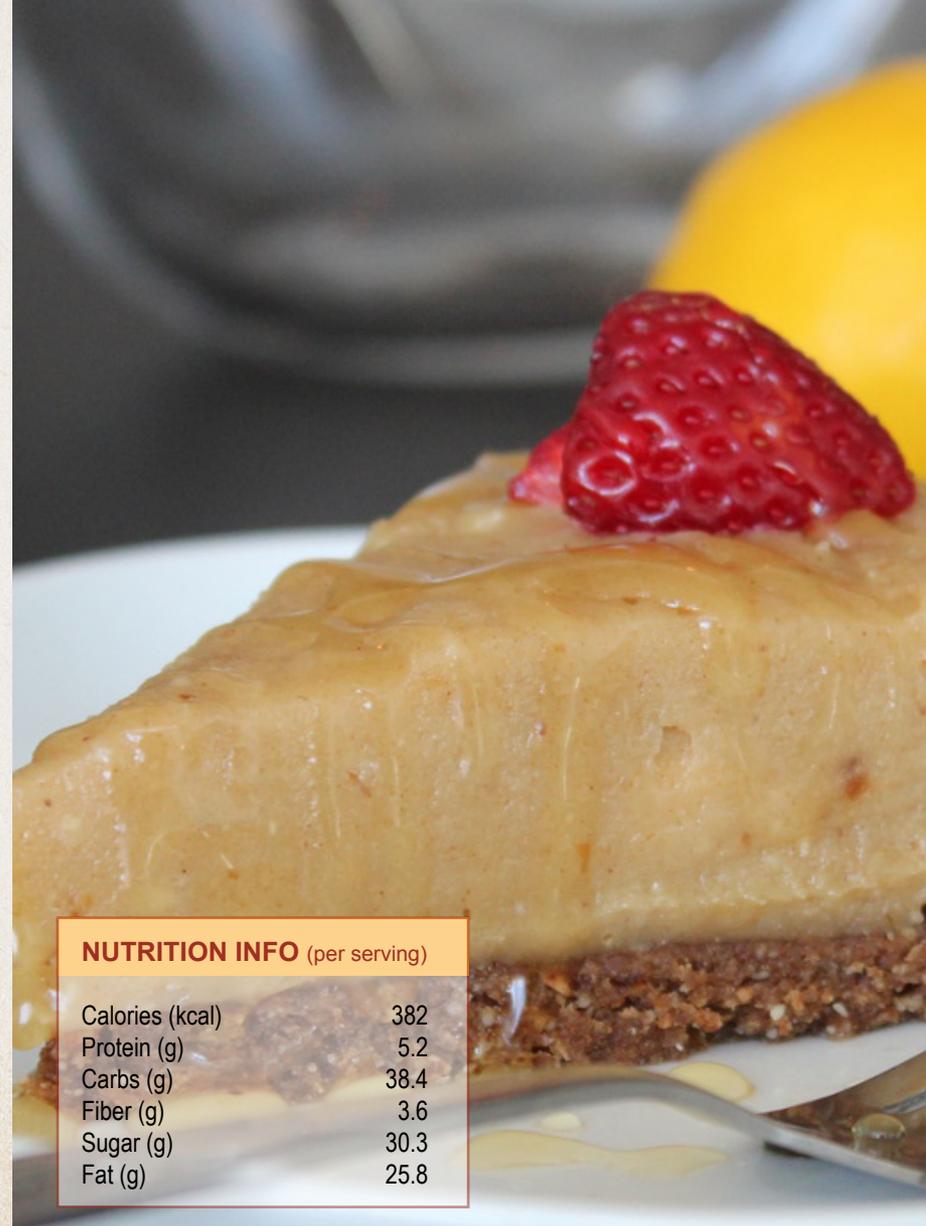
- 1 cup whole nuts (I used almonds)
- 3/4 cup ground almonds
- 3/4 cup dates
- 1 tsp cinnamon

Ingredients for Filling

- 1 cup cashews
- 1/2 cup lemon juice
- 3/4 cup honey (or maple syrup for vegan)
- 3/4 cup coconut oil, liquefied
- 1/2 cup dates
- 1/2 tsp sea salt
- 2 tsp pure vanilla extract

Directions

1. Soak whole nuts for 2 hours, then drain and grind in food processor
2. Add the rest of the crust ingredients to food processor and grind until fine, but not a powder
3. Press crust into the bottom of an 8 or 9-inch spring form pan (I used a foil pan that I cut away after the cake was done)
4. Put crust in fridge while you make the cake filling
5. Soak cashews for 2 hours, then drain and add to blender
6. Add in the rest of the filling ingredients to the blender, in order listed
7. Blend until smooth and thick like cheesecake batter
8. Pour batter into the pie crust
9. Freeze for about 1 hour or until set, then slice and enjoy cold



NUTRITION INFO (per serving)

Calories (kcal)	382
Protein (g)	5.2
Carbs (g)	38.4
Fiber (g)	3.6
Sugar (g)	30.3
Fat (g)	25.8

This cake has a very rich, melt-in-your-mouth texture, so only a small slice is needed to satisfy that sweet tooth.



NUTRITION INFO (per serving)

Calories (kcal)	381
Protein (g)	6.8
Carbs (g)	37.8
Fiber (g)	6.8
Sugar (g)	16.8
Fat (g)	24.9

Lava Chocolate Cake

Servings: 2

Ingredients

- 1/3 cup spelt flour
- 1/2 tsp baking soda
- 1/4 tsp apple cider vinegar
- Pinch of sea salt
- 2 tbsp cocoa powder
- 2 tsp flax, ground
- 1 1/2 - 2 oz (about 42g -56g) dark chocolate squares, chopped roughly (do not omit, or it will not be the same)
- 1 tsp pure vanilla extract
- 1/3 cup unsweetened applesauce
- 1/3 cup almond milk
- 1 tbsp olive oil
- 2 pinches stevia or to taste

Directions

1. Preheat oven to 350F
2. Mix all dry ingredients together in a bowl
3. Mix all wet ingredients together in another bowl
4. Combine wet ingredients and dry ingredients and mix until just combined
5. Line a small (around 5-inch) round pie pan with parchment paper and lightly butter the parchment paper
6. Pour batter into the pan
7. Bake at 350F for 30 minutes and let cool slightly
8. When slightly cooled, run a knife around the edges of the cake, then flip it over onto a serving plate to remove it from the foil pan
9. Remove the parchment paper and enjoy cake warm with some melted chocolate drizzle as a topping if you like



No Bake Choco Strawberry Cake

Servings: 10

Ingredients

- 2 ¼ cup (about 275g) frozen strawberries
- 1/4 cup + 2 tbsp cocoa powder
- 1 ½ cup cashews
- 1/2 tsp pure vanilla extract
- 1/4 cup + 2 tbsp coconut oil, liquefied
- 2 pinches of stevia (or to taste)
- Pinch of sea salt
- 3 tbsp coconut or almond milk

Directions

1. Soak cashews in a bowl of water for 5-8 hours
2. After soaking, drain cashews
3. Combine all ingredients in a blender and blend until creamy (may take some patience and some occasional stirring unless you have a very strong blender)
4. Pour batter into a parchment paper-lined 8 or 9-inch pie pan (I used a foil pan that and I cut away the pan to get the cake out when done)
5. Freeze pie overnight
6. Transfer to fridge 30 minutes to 1 hour before serving – cake should be thawed
7. Serve cold

NUTRITION INFO (per serving)

Calories (kcal)	382
Protein (g)	5.2
Carbs (g)	38.4
Fiber (g)	3.6
Sugar (g)	30.3
Fat (g)	25.8



LOW CARB





Coconut Banana Ice Cream Cake

Servings: 2

Ingredients for Ice Cream Filling

- In The Raw Pie Crust – use about 1/3 the recipe on page 88
- 2 tbsp coconut cream – see directions for how to get coconut cream
- 1 tbsp honey or maple syrup for vegan (optional if you like sweeter)
- 3 tbsp coconut oil, liquefied
- 1/2 large banana
- 1/4 banana (optional)

Directions

1. To get coconut cream:
 - Fridge 1 can of (full-fat) coconut milk for several hours or overnight to allow for separation of the coconut cream and coconut water
 - Skim off the thick top layer of coconut cream – you will get about 1/4 cup to 1/2 cup of cream per can
2. Prepare crust in a small (around 5-inch) pie pan, lined with parchment paper - use about 1/3 of the recipe on page 88
3. Slice 1/4 of the banana into thin slices and place on top of crust (optional)
4. Blend the rest of the filling ingredients including the 1/2 banana
5. Pour batter into pie crust and fridge for several hours
6. Put into freezer for 30 minutes – 1 hour before serving, until desired consistency – the cake

NUTRITION INFO (per serving)

Calories (kcal)	292
Protein (g)	1.2
Carbs (g)	18
Fiber (g)	1.4
Sugar (g)	13.5
Fat (g)	25.8



Cheesecake

Servings: 10

Ingredients for Chocolate Crust

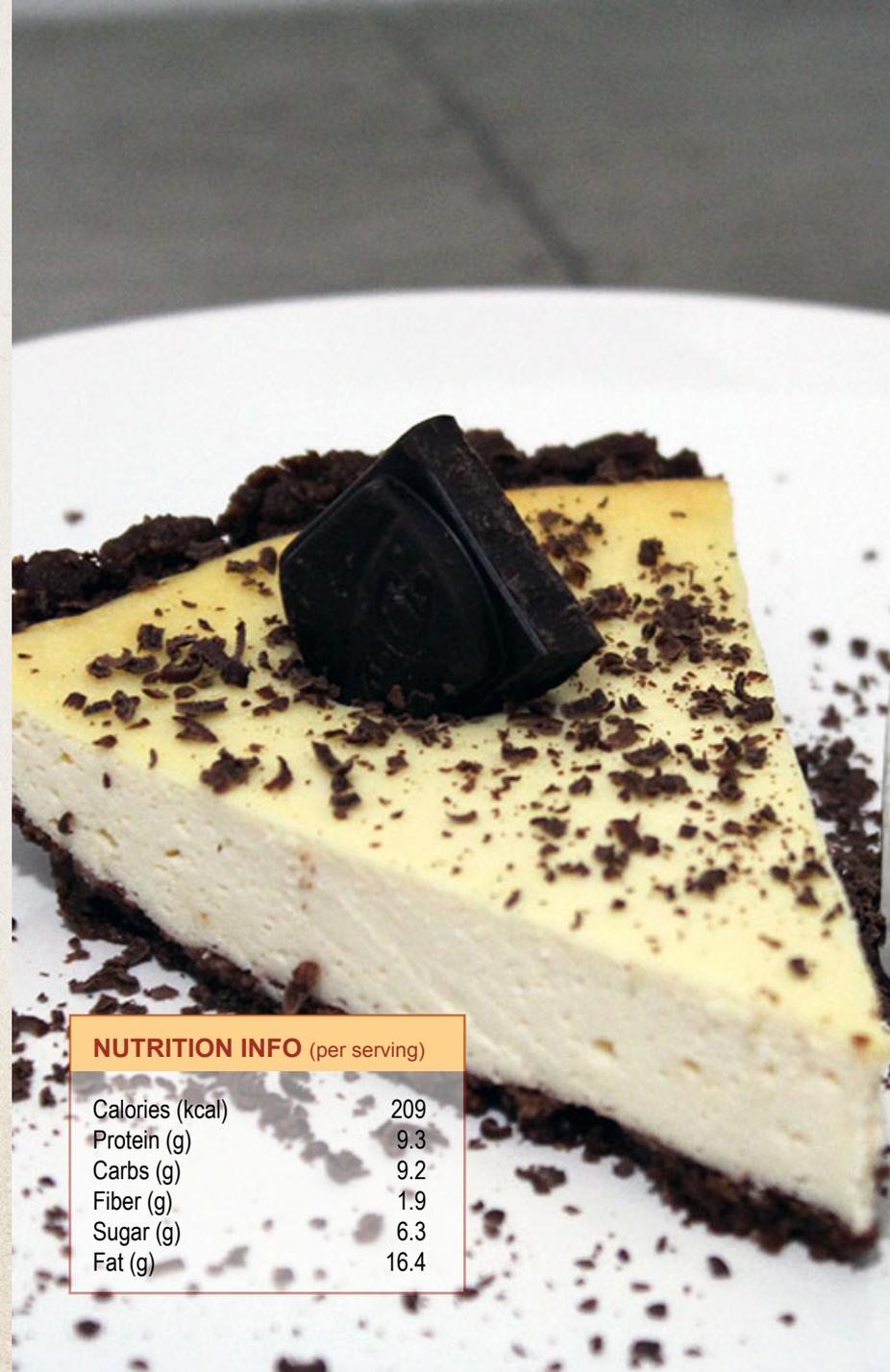
- 1 cup walnut pieces
 - 1/2 cup almond flour (ground almonds)
 - 2 tbsp butter, melted
 - 1 date
 - 2 tbsp cocoa powder
 - 2 pinches of stevia
- Ingredients for Filling
- 1 1/2 cup Homemade Cream Cheese on page 90
 - 1/2 cup (about 4.5 oz) medium-firm tofu
 - Pinch of sea salt
 - 1 1/2 tsp lemon juice
 - 1 1/2 tsp pure vanilla extract
 - 5 pinches stevia (or to taste)
 - 3 1/2 tsp arrowroot or cornstarch

Directions

1. Preheat oven to 325F
2. Combine crust ingredients in blender and blend until well mixed
3. Press dough into an 8 or 9-inch pie pan
4. Bake crust at 325F for 10 minutes
5. Remove pie crust from oven and cool on counter while making filling ingredients
6. Combine all filling ingredients in the blender and blend until smooth and creamy
7. Pour filling into pie crust
8. Bake at 350F for 50 minutes
9. Remove from oven – filling might still be a bit watery – and let stand on counter for 1-2 hours
10. Fridge for 4 hours, uncovered, before slicing and enjoying cold!



LOW CARB



NUTRITION INFO (per serving)

Calories (kcal)	209
Protein (g)	9.3
Carbs (g)	9.2
Fiber (g)	1.9
Sugar (g)	6.3
Fat (g)	16.4

Donuts, breads and muffins



Apple Spice Scones

Servings: 12

Ingredients

- 3 cups almond flour (ground almonds)
- 1 tsp cinnamon
- 1/4 tsp sea salt
- 1 tsp baking soda
- 1/2 tsp allspice
- 1 cup apples, chopped
- 3 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tbsp grated ginger
- 1 egg

Directions

1. Preheat oven to 375F
2. Combine all dry ingredients in a bowl and mix well
3. Add chopped apples to the dry ingredients bowl
4. In a separate bowl, combine all wet ingredients and mix well
5. Pour wet ingredients into dry ingredients and mix until just combined
6. Knead the dough gently and form two balls (the dough will be quite sticky!) – add almond flour by the tablespoon if it is too sticky to work with
7. Flatten out the balls so that they are discs, about 1 inch thick each
8. Cut each disc into 6 wedges
9. Using a metal spatula, gently transfer the wedges to a parchment paper lined baking sheet
10. Bake at 375 for 12-15 minutes, until they are lightly browned on top



LOW CARB

NUTRITION INFO (per serving)

Calories (kcal)	163
Protein (g)	5.5
Carbs (g)	10.8
Fiber (g)	3.1
Sugar (g)	6.2
Fat (g)	12.1



Cranberry Lemon Zest Biscuit

Servings: 6

Ingredients

- 1 ¼ cups almond flour (ground almonds) + add'l 1/4 cup if needed
- 1/4 tsp sea salt
- 1/4 tsp baking soda
- 2 tbsp coconut oil, liquefied
- 1 egg
- 2 tbsp honey
- 4 tbsp dried cranberries
- Zest of 1/2 a lemon

Directions

1. Preheat oven to 350F
2. Combine 1 ¼ cup almond flour, salt, baking soda in a bowl
3. In a separate bowl, combine oil, egg, lemon zest and honey
4. Add wet ingredients to dry ingredients and mix until you get a dough, adding extra 1/4 cup almond flour as needed
5. Add the cranberries to the dough and mix in
6. Chill dough for 30 minutes in the fridge
7. Roll dough between two sheets of parchment paper until about 3/4 inch thick – use extra almond flour to keep dough from sticking
8. Use the top of a small jar or ramekin to cut the dough into a circle
9. Place biscuits on a parchment paper-lined baking sheet and bake at 350F for 12-15 minutes – they will be browned on the bottom when ready, but will still be a bit soft and then harden up when cooled a bit; enjoy warm for best taste!

NUTRITION INFO (per serving)

Calories (kcal)	209
Protein (g)	6
Carbs (g)	11.5
Fiber (g)	3.1
Sugar (g)	6.9
Fat (g)	17



LOW CARB

Banana Bread Doughnuts

Servings: 3

Ingredients

- 1/2 cup spelt flour
- 1/2 tsp baking soda
- 1/4 tsp apple cider vinegar
- 1/2 tsp cinnamon
- Pinch of salt
- 1 tbsp olive oil
- 2 tsp coconut milk
- 2 pinches stevia
- 1 tbsp maple syrup
- 1/2 cup (about 1 and 1/3 medium banana) mashed bananas

Directions

1. Preheat oven to 350F
2. Mix wet ingredients in a bowl
3. Mix dry in another bowl
4. Combine wet ingredients and dry ingredients
5. Lightly oil donut pan and sprinkle with coconut flour (or any other flour)
6. Fill doughnut pan with batter until 3/4 full
7. Bake at 350F for 25 minutes

NUTRITION INFO (per serving)

Calories (kcal)	156
Protein (g)	3.1
Carbs (g)	25.2
Fiber (g)	3.4
Sugar (g)	7.2
Fat (g)	5.9



Great idea for breakfast with a cup of coffee.



NUTRITION INFO (per serving)

Calories (kcal)	316
Protein (g)	8.2
Carbs (g)	22.9
Fiber (g)	3.4
Sugar (g)	17.1
Fat (g)	22.9

Chocolate Covered Doughnuts

Servings: 6

Ingredients

- 1 ¼ cups almond flour (ground almonds)
- 1/4 tsp baking soda
- Pinch of sea salt
- 3 tbsp honey
- 2 tbsp coconut oil, liquefied
- 1/8 tsp pure vanilla extract
- 1/2 tsp fresh lemon juice
- 2 eggs at room temperature

Topping

- 3-4 oz (about 84-112 g) dark chocolate squares
- 1/2 cup chopped nuts (almonds, peanuts, etc.)

Directions

1. Preheat oven to 350F
2. In a bowl, combine almond flour, baking soda, and salt
3. In another bowl, mix honey, coconut oil, vanilla, lemon juice and egg yolks
4. Add wet ingredients to the dry and mix until just combined
5. In a fresh bowl, beat the egg whites until you get medium firm peaks
6. Gently fold the egg whites into the rest of the batter until the egg whites are no longer visible – do not over mix and be gentle!
7. Lightly coat the doughnut pan with olive oil or coconut oil, then sprinkle a thin layer of flour onto the pan to prevent doughnuts from sticking – I used coconut flour, but other flours will work too
8. Pour the batter into the doughnut pan – fill to about 3/4 full (for my Wilton large doughnut pan, it was 4 tbsp of batter per doughnut)
9. Bake at 350F for about 12 minutes, keep an eye on them and do not over bake – the tops will not be as brown as the bottoms
10. Remove doughnuts from the pan carefully and cool on a rack before chilling them in the refrigerator for half hour
11. Meanwhile prepare the topping by melting the chocolate in a ramekin over medium-low heat on the stovetop, stirring frequently
12. When melted, transfer the chocolate into a shallow dish and dip the doughnut tops into the melted chocolate
13. Dip doughnuts into the chopped nuts to coat the tops

Fiberrific Choco Chip Banana Bread

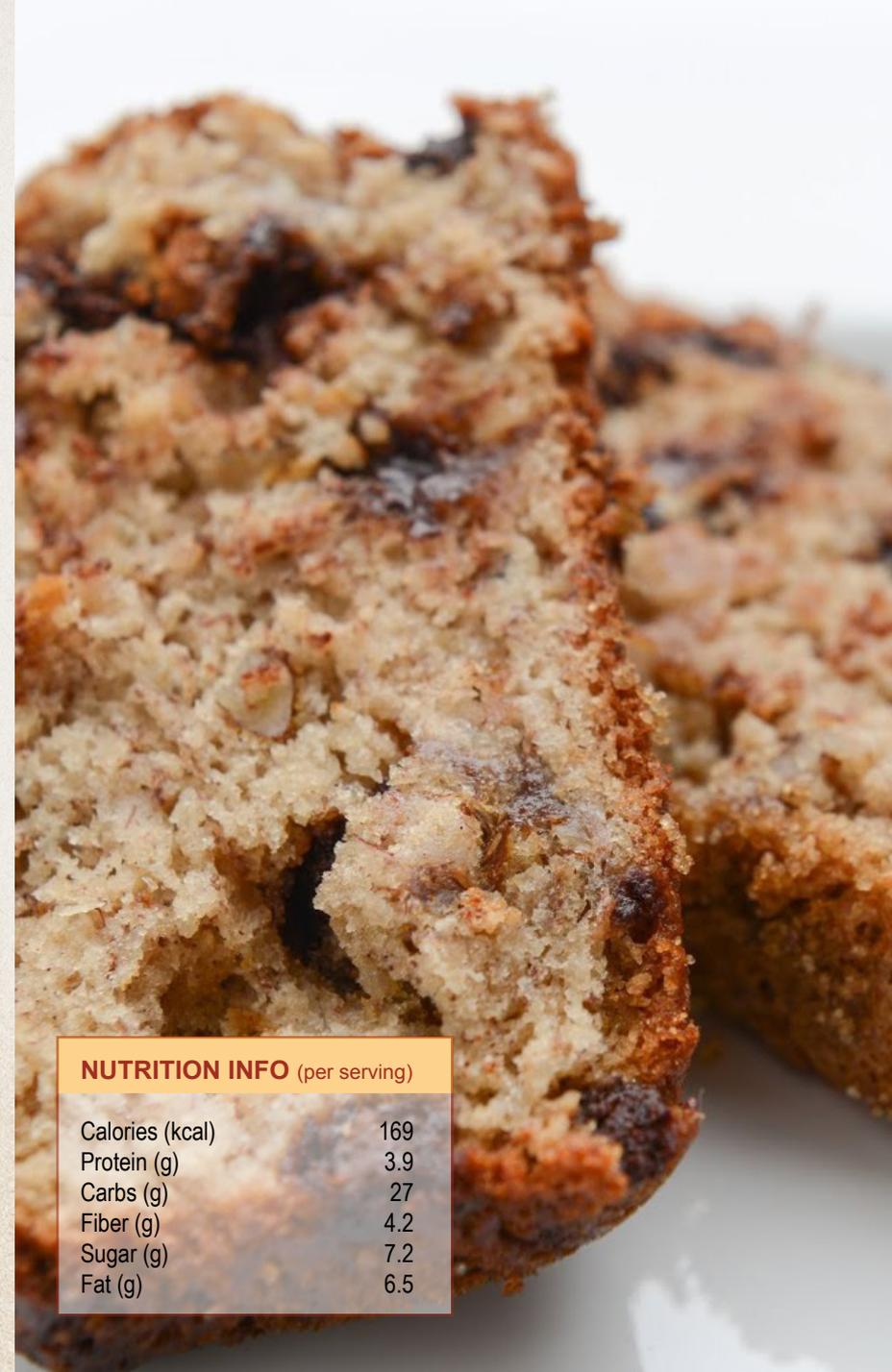
Servings: 12

Ingredients

- 1 cup All Bran cereal, ground
- 3/4 cup brown rice flour
- 3/4 cup spelt flour
- 2 eggs
- 3 overripe bananas
- 1/4 cup unsweetened applesauce
- 1/4 cup olive oil
- 2-4 pinches stevia
- 3 tbsp maple syrup (optional if you want extra sweetness)
- 2 tsp baking soda
- 2 tsp apple cider vinegar
- 2 tsp pure vanilla extract
- 1 tbsp cinnamon
- 1 tsp nutmeg (optional)
- 1/4 tsp cloves, ground (optional)
- 1/3 cup dark chocolate chips

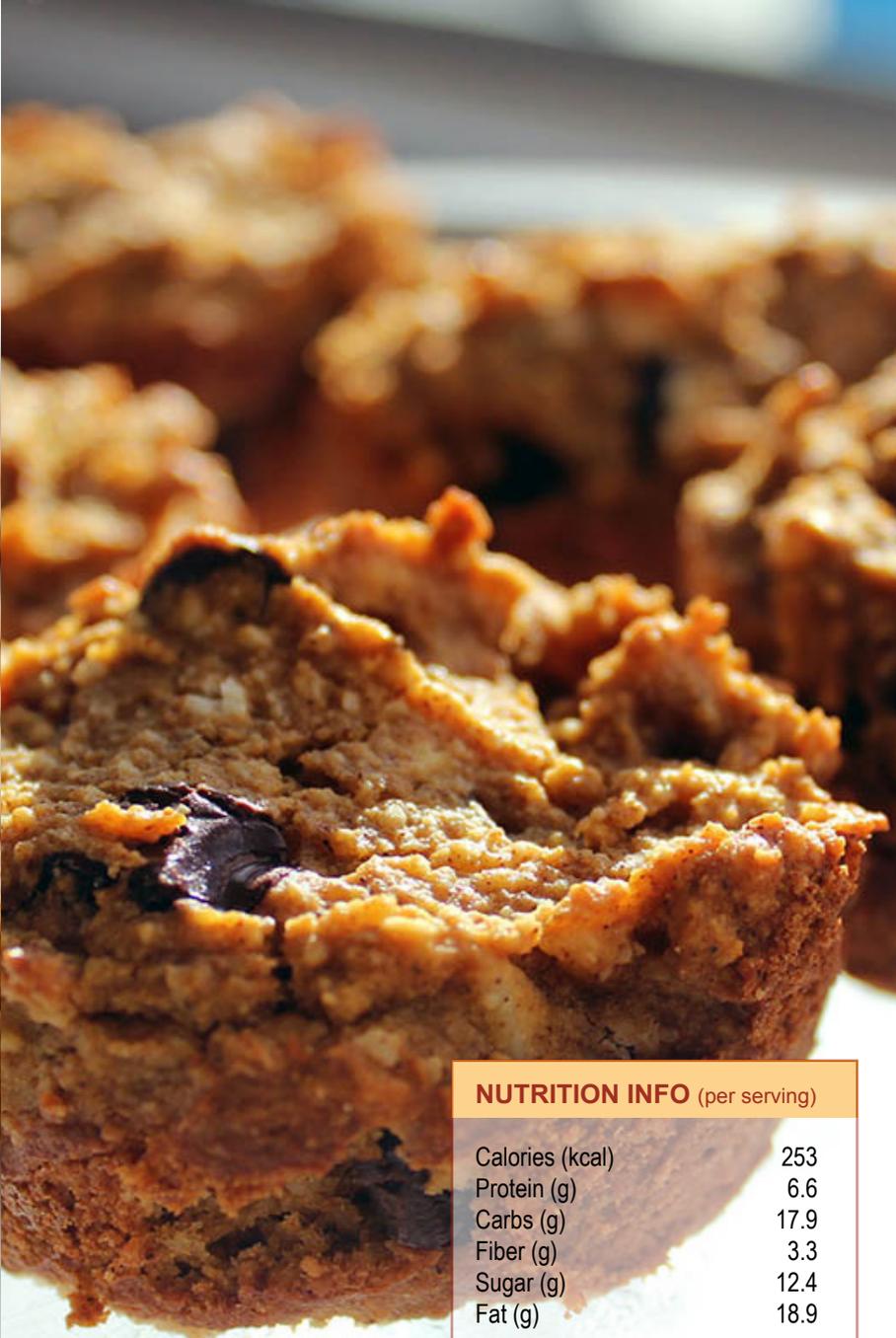
Directions

1. Preheat oven to 350F
2. In a large bowl, mash all wet ingredients together
3. In a separate bowl, mix all dry ingredients together
4. Gradually mix dry ingredients into wet ingredients
5. Pour into a lightly buttered rectangular loaf pan (you can also line it with parchment paper if you want to take the whole loaf out easily)
6. Bake at 350F for 50-65 minutes or until a toothpick comes out clean from the center of the bread
7. Let cool before removing from pan and enjoy!



NUTRITION INFO (per serving)

Calories (kcal)	169
Protein (g)	3.9
Carbs (g)	27
Fiber (g)	4.2
Sugar (g)	7.2
Fat (g)	6.5



Pumpkin Spice Muffins

Servings: 10

Ingredients

- 2 eggs at room temperature
- 1/2 cup pure pumpkin puree from a can
- 1/3 cup honey
- 1/4 cup coconut oil, liquefied
- 2 tsp pure vanilla extract
- 2 1/2 cups almond flour (ground almonds)
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cloves
- 1/4 tsp ginger
- 1/4 cup dark chocolate chips

Directions

1. Preheat oven to 325F
2. In a large bowl, combine eggs, pumpkin, honey, oil and vanilla and mix well
3. In a separate bowl, combine the almond flour, baking soda, salt and spices and mix
4. Add the dry ingredients to the wet ingredients and mix until well combined
5. Stir in the chocolate chips
6. Prepare muffin baking pan with liners or lightly butter and sprinkle flour over the pan
7. Fill each muffin cup with batter until about 2/3 full
8. Bake for 25-30 minutes or until golden brown and a toothpick comes out clean

NUTRITION INFO (per serving)

Calories (kcal)	253
Protein (g)	6.6
Carbs (g)	17.9
Fiber (g)	3.3
Sugar (g)	12.4
Fat (g)	18.9



Cashew Butter Banana Muffins

Servings: 12

Ingredients

- 2 ripe bananas
- 2 eggs
- 2 tbsp honey
- 3 tbsp ground flax
- 1 tsp baking soda
- 1 tsp apple cider vinegar
- 1 cup all-natural cashew butter (no sugar added)
- Optional: blueberries, nuts, dark chocolate chips

Directions

1. Preheat oven to 350F
2. Mash up bananas, eggs, honey, and flax in a bowl
3. Add in the baking soda and apple cider vinegar and mix
4. Add in cashew butter and mix
5. Add in any other optional ingredients and mix
6. Drop into muffin wrappers in a muffin baking pan
7. Bake for 20-25 minutes
8. Muffins are done when a toothpick inserted into the middle comes out clean

Tasty Variation: Substitute cashew butter for peanut or almond butter, but add another tbsp of honey to make up for the lower sugar content of these butters

NUTRITION INFO (per serving)

Calories (kcal)	169
Protein (g)	3.9
Carbs (g)	27
Fiber (g)	4.2
Sugar (g)	7.2
Fat (g)	6.5



LOW CARB



These are great traveling treats. I usually bake up a batch the night before a trip and pack them with me so I don't have to overspend on airport food. They are light and fluffy and rise just like typical muffins.



Toppings & crusts

Nutty Chocolate Frosting

Servings: 10 (frosts one 9-inch cake)

This is my favourite frosting of all-time! I use it for cupcakes and with my Ultimate Chocolate Cake recipe (on page 62). Super creamy and full of chocolate goodness.

Ingredients

- 1 ½ cups pitted dates (soaked overnight if they are dry)
- ¾ cup almond flour (ground almonds)
- 1 ½ cups coconut milk
- 1/8 tsp sea salt
- 1 tsp pure vanilla extract
- 1 tbsp brown rice flour (or other flour)
- 1/4 cup coconut oil, liquefied
- 1/3 cup cocoa powder

Directions

1. Puree dates and almond flour for a few minutes
2. Add in coconut milk and puree until creamy and smooth
3. Add in the rest of the ingredients and continue to puree until creamy and smooth
4. Refrigerate for a few hours before frosting
5. Keep any leftover frosting or your frosted cake in the fridge

NUTRITION INFO (per serving)

Calories (kcal)	182
Protein (g)	2.9
Carbs (g)	24.1
Fiber (g)	3.9
Sugar (g)	17.3
Fat (g)	10.2





Avocado Chocolate Frosting

Servings: 10 (frosts one 9-inch cake)

A smooth frosting that even the kids will want to dip their fingers in! The avocado taste is hidden but you will still be getting all the benefits of this superfood.

Ingredients

- 2 medium avocados
- 2 tsp lemon juice
- 3 tbsp honey
- 1/4 cup cocoa powder

Directions

1. Place avocado meat in a bowl and add in lemon juice
2. Use a mixer with an electric whisk and whisk avocado and lemon juice until blended
3. Add in honey and cocoa powder and continue to whisk until smooth and creamy

NUTRITION INFO (per serving)

Calories (kcal)	89
Protein (g)	1.2
Carbs (g)	9.9
Fiber (g)	3.3
Sugar (g)	5.5
Fat (g)	6.2



LOW CARB



Luscious Whipped Cream

Servings: 6 (whole recipe makes about 1 cup of whipped cream)

Much healthier than traditional whipped cream that's pasteurized at high temperatures and has other chemical additives, this topping can be used for many desserts. I used it to create the Pumpkin Trifle that was a Thanksgiving hit. You can top any cake or pie with it.

Ingredients

- 1 cup Homemade Cream Cheese (see recipe on page 90)
- 1/2 cup coconut milk
- 1 tbsp honey

Directions

1. Using an electric whisk (or hand whisk if you don't have one), whisk together all ingredients until desired consistency
2. Use as topping for pies, ice cream, as a layer in a trifle, as topping for fruit and more!

NUTRITION INFO (per serving)

Calories (kcal)	91
Protein (g)	4.4
Carbs (g)	8.8
Fiber (g)	0
Sugar (g)	8.7
Fat (g)	4.5



LOW CARB





Tropical Zest Frosting

Servings: Frosting for 6 cupcakes

Ingredients

- 1/4 cup almond flour (ground almonds)
- 2 tsp honey
- 2 tsp coconut oil, liquefied
- 1/4 tsp zest of lemon
- 1 tbsp coconut milk
- 1/4 tsp pure vanilla extract

Directions

1. Puree all ingredients until creamy and smooth
2. Refrigerate for several hours to thicken, then frost away
3. Keep frosting or frosted cupcakes in the fridge

NUTRITION INFO (per serving)

Calories (kcal)	49
Protein (g)	0.9
Carbs (g)	2.9
Fiber (g)	0.5
Sugar (g)	2.2
Fat (g)	4.1



LOW CARB

NO Tella

Servings: 12

Ingredients

- 1 ½ cups hazelnuts
- 1 ½ cups coconut milk
- 3 tbsp honey
- 1/8 tsp sea salt
- 3 oz (about 84 g) dark chocolate

Directions

1. Toast hazelnuts in the oven at 350F for 15 minutes
2. Cut up chocolate into small pieces and place in an oven-safe dish
3. Place chocolate into oven at the same time as the hazelnuts are roasting to melt chocolate – check on chocolate and remove from oven when melted
4. While hazelnuts are toasting, heat coconut milk, honey and salt in a small pot for a few minutes and whisk to combine ingredients
5. When done roasting, combine hazelnuts and melted chocolate into blender and puree until creamy and smooth (a few minutes)
6. Add in coconut milk mixture and continue to puree until smooth
7. Cool in fridge for several hours, then enjoy!

NUTRITION INFO (per serving)

Calories (kcal)	119
Protein (g)	2.1
Carbs (g)	10.2
Fiber (g)	1.2
Sugar (g)	8.4
Fat (g)	8.4



LOW CARB



Yes, this is really like Nutella... Well, without the trans fat and whatever else is there to allow it to sit on the shelf for years. Roasting the hazelnuts really brings out their nuttiness.



In The Raw Pie Crust

Servings: 8 (1 crust for 8-inch square pan)

Ingredients

- 1 cup pecan pieces
- 1/2 cup almond flour (ground almonds)
- 5 pitted dates (soak overnight first if they are dry)
- 1 tsp cinnamon

Directions

1. Blend all crust ingredients together very well
2. Press dough into a square dish – no need to grease or line dish, crust won't stick

NUTRITION INFO (per serving)

Calories (kcal)	143
Protein (g)	2.6
Carbs (g)	7.3
Fiber (g)	2.6
Sugar (g)	4.1
Fat (g)	12.7



LOW CARB



This pie crust is all raw. I use this as a crust for my unbaked desserts like the Perfect Pumpkin Squares. It has a lovely nutty flavor!

The Dessert Angel's Super Pie Crust

Servings: 12

Ingredients

- 2 tbsp chia seeds, ground
- 1/4 cup unsweetened applesauce
- 1 tbsp apple cider vinegar
- 2 pinches stevia
- 1 tbsp honey
- 1/8 cup coconut oil, liquefied
- 1 1/2 cup almond flour (ground almonds)
- 1/4 tsp baking soda

Directions

1. Preheat oven to 350F
2. Combine all ingredients except for almond flour and baking soda into a blender and blend well
3. Add in almond flour and baking soda and continue to blend
4. Place dough into pie dish and press out with your hands to coat the pie dish – use some almond flour on your hands to decrease the stickiness
5. Bake at 350F for 12-14 minutes
6. Let cool slightly
7. Fill with your favourite pie filling

NUTRITION INFO (per serving)

Calories (kcal)	121
Protein (g)	3.3
Carbs (g)	6.1
Fiber (g)	2.3
Sugar (g)	2.9
Fat (g)	10.3



LOW CARB



This is a flourless crust that works well with any pie. I've used this for many years and continue to use this as the crunchy base for most of my pies.



Homemade Cream Cheese (aka Greek Yogurt)

Makes approximately 1 cup
cream cheese/Greek yogurt

Ingredients

- 750 grams full-fat organic plain yogurt (you can use yogurt with less fat if you would like, but the cream cheese will be less creamy – I recommend full fat as long as it's organic)

Directions

1. Place a cheesecloth over a large jar and secure the cheesecloth with an elastic
2. Push down on cheesecloth gently to create a well
3. Spoon yogurt onto cheesecloth
4. Let yogurt sit on the counter overnight to strain and the result is my homemade cream cheese recipe, aka Greek yogurt – you may need to gently squeeze out some more liquid

NUTRITION INFO (per serving)

Calories (kcal)	458
Protein (g)	26
Carbs (g)	35
Fiber (g)	0
Sugar (g)	35
Fat (g)	24.4



This cream cheese is extremely versatile and much healthier than store bought cream cheese. It's also known as Greek yogurt.

Hot drinks and cold shakes





Zesty Holiday Tea

Servings: 10+

Ingredients

- 2 cinnamon sticks, broken into pieces
- Zest of 1 orange, removed with a peeler
- Zest of 1 lemon, removed with a peeler
- 6 oz loose leaf black tea (such as orange pekoe)

Directions

1. Heat oven to 200F, then turn off
2. Trim as much of the white pith off of the zest as possible
3. Lay zest strips in a single layer on a baking sheet and put in the turned-off but warm oven to dry overnight
4. Once zest is completely dry and crisp, put zest in a coffee grinder or spice mill and pulse a few times until the pieces are about the size of tea leaves
5. Put broken cinnamon sticks into the grinder or spice mill and pulse until it too is about the size of tea leaves
6. Combine zest, cinnamon, and black tea leaves into a jar for storing
7. For each serving of tea, use 2 tsp of this zesty dry tea leaves mixture for 1 cup of tea
8. Add honey or stevia to your tea and enjoy tea on its own for an alternative dessert or enjoy it with another Dessert Angel dessert!
9. Store dry tea leaves mixture in an airtight jar for up to a couple months

NUTRITION INFO (per serving)

Calories (kcal)	3
Protein (g)	0.1
Carbs (g)	0.8
Fiber (g)	0
Sugar (g)	0
Fat (g)	0



LOW CARB



On its own, this tea can be a light and soothing post-meal drink. I like to pair it with a small dessert, like one of my itty bitty bites!

Mango Lime Milkshake

Servings: 2

Ingredients

- 2 cups chopped frozen mango (I chopped my own and froze them on a baking sheet for several hours)
- Juice of 1/2 lime
- 1/2 cup coconut cream – see directions for how to get coconut cream
- 1 cup coconut milk
- 1/4 cup coconut milk (optional)
- 1-2 tbsp dark chocolate chips (optional)

Directions

1. To get coconut cream:
 - Fridge 1 can of (full-fat) coconut milk for several hours or overnight if possible to allow for separation of the coconut cream and coconut water
 - Skim off the thick top layer of coconut cream – you will get about 1/4 cup to 1/2 cup of cream per can
2. In a blender, blend together 1 cup of coconut milk, mango and lime juice
3. Add remaining 1/4 cup coconut milk for desired consistency
4. Stir in chocolate chips
5. Transfer smoothie to 1-2 small glasses and put them in the freezer to chill for a few minutes
6. Meanwhile, prepare the coconut cream topping by beating the coconut cream with a hand mixer for a couple minutes
7. Top smoothies with the cream and top with more chocolate chips as desired

NUTRITION INFO (per serving)

Calories (kcal)	236
Protein (g)	2.2
Carbs (g)	32.1
Fiber (g)	3
Sugar (g)	26.4
Fat (g)	13.5





Pina Colada Smoothie

Servings: 2

Ingredients

- 3 tbsp vanilla protein powder
- 1/2 cup water
- 3/4 cup coconut or almond milk
- 1/4 small avocado
- 1 cup frozen pineapple pieces
- 1 tbsp unsweetened shredded coconut
- 1 tbsp coconut oil, liquefied
- 3 ice cubes

Directions

1. Combine all ingredients in the blender and blend until smooth and creamy
2. Enjoy cold

NUTRITION INFO (per serving)

Calories (kcal)	234
Protein (g)	11.6
Carbs (g)	15
Fiber (g)	3.1
Sugar (g)	9.4
Fat (g)	15.2



Vanilla Chai Milkshake

Servings: 1

Ingredients

- 1 frozen banana
- 1 cup coconut milk
- 1 tsp ginger
- 1 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp black pepper
- 1/2 tsp nutmeg
- 1/2 tsp allspice or ground cloves
- 1/2 tsp pure vanilla extract
- 2 pinches of stevia (optional if you like sweeter)
- 1/2 -1 tsp guar gum or xanthan gum (optional if you like thicker)

Directions

1. Combine everything in a blender and blend until smooth
2. Top with a sprinkle of cinnamon (optional)

NUTRITION INFO (per serving)

Calories (kcal)	190
Protein (g)	3
Carbs (g)	34.6
Fiber (g)	5.8
Sugar (g)	15.1
Fat (g)	6.2



Congratulations – You ROCK!

Thanks for taking the initiative to learn about healthy, natural alternatives to all the store bought junk foods and sugar-filled recipes that are keeping us (and our kids) sick and fat!

Be proud of yourself – most people aren't willing to even consider giving up their sweets, not to mention take the time and effort to research and test new recipes. So good job and thanks for making the world a healthier place!

Now, if you'd like to stay up-to-date with me, make sure you register for my VIP Customers Only email list so I can send you the latest creations I come up with in the kitchen. You can register by going to this page and entering your details here:

www.TheDessertAngel.com/vip-registration-form

And if you want to take your sweet tooth on a taste around the world, make sure you check out the Dessert Angel Exotic Edition by visiting www.thedessertangel.com/exotic-edition. It's a collection of 31 recipes from 20 different cultures that will introduce you to a whole new world of tastes, textures and delight!

