

The Dessert Angel's
7 Best Gluten Free Recipes

+ FROSTING
RECIPE

Dear Healthy Dieter ,

I am really excited to present to you a sneak peek from my brand new collection of healthy, gluten-free treats:

1. Decadent Brownies (Sneaky Vegetable Collection)
2. Gummies (Sneaky Vegetable Collection)
3. Chocolate Cheesecake Truffles (Chocolate Lovers Collection)
4. Double Chocolate Cookies (Chocolate Lovers Collection)
5. Red Velvet Cupcake (Muffins and Cupcakes Collection)
6. Coconut Cream Frosting (Muffins and Cupcakes Collection)
7. Breakfast Muffins (Muffins and Cupcakes Collection)

Just like you, I love to eat healthy but I also have a sweet tooth.

That is why I made it my philosophy to help dessert lovers like you, by creating healthy versions of your favorite treats, that actually TASTE GOOD, but without the artificial stuff.

With these 7 recipes, you're about to discover fun, delicious and healthy recipes that everybody loves...

Like I said, these recipes actually taste like the original, so they will surely fool even the fussiest eater ;)

And if you're new to healthy desserts, welcome aboard! I am glad that you're here and that you're willing to give up on those sugar-filled treats that are so bad for you.

Plus I know you don't want to feel guilty after eating desserts anymore, so you're in the right place!

If you have any questions or feedback, please connect with me on my [Facebook page](#) and watch your inbox as you're about to discover The Dessert Angel philosophy :-).

Yours in Healthy Baking,

Helen aka The Dessert Angel





Servings	16
Prep Time	10 minutes
Cooking Time	10 minutes
Total Time	20 minutes

1. Decadent Brownies

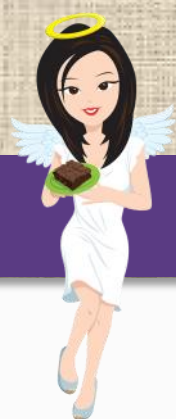
Just like with chocolate cake, zucchini is the secret ingredient that makes these brownies not only delicious but guilt free because they're healthy! Zucchini is packed with fiber, vitamin C and B vitamins.

Ingredients:

1 cup all-purpose
gluten free flour
½ cup dark chocolate
cocoa powder
1 tsp baking powder
1 ½ tsp baking soda
2 large eggs
1 Tbsp vanilla
¼ cup maple syrup
¼ cup unsweetened
applesauce
2 cups zucchini,
shredded

Instructions:

1. Preheat the oven to 350 degrees F. Lightly grease an 8 inch baking dish.
2. In a bowl, mix together the dry ingredients.
3. Add the wet ingredients (except the zucchini) and mix until well combined.
4. Fold in the zucchini.
5. Pour into the prepared pan.
6. Bake for 25-30 minutes, or until a toothpick inserted in the middle comes out clean.
7. Cool before serving.



Nutritional Info:

Calories
70

Healthy Fats
1.29g

Fiber
1.54g

Sugar
3.98g

Protein
2.22g



Servings	24
Prep Time	10 minutes
Cooking Time	80 minutes
Total Time	90 minutes

2. Gummies

Kids always love gummy candies, so why not give them the best gummy candies you can? These are not only full of homemade deliciousness, but they also have the added nutrients from the carrot juice.

Ingredients:

¾ cup carrot juice
¾ cup apple juice
¼ cup gelatin
3 Tbsp honey

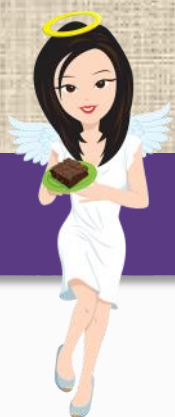
NOTE:

This recipe works best with a candy mold, however, if no mold is available, just use a shallow jelly roll pan. Once the gummies are set, use small cookie cutters to cut shapes out of the gelatin to make gummies.

If you'd like red candies, add a ¼ cup beet juice, or for orange, use orange juice instead of apple juice. For green candies, use ¼ cup kale puree and use 1 ½ cups fruit juice. For yellow gummies, use ¼ cup carrot juice and 1 ½ cups light

Instructions:

1. In a saucepan over low heat, heat the juice until it's warm. Do not boil the juice.
2. Once warm, remove the juice from the burner and stir in the honey.
3. Add the gelatin and whisk until smooth.
4. Pour the juice mixture into a mold place the mold in the refrigerator.
5. Refrigerate until firm, or for 1-2 hours.
6. Remove the gummies from the mold and store in an airtight container in the refrigerator.



Nutritional Info:

Calories
14.5

Healthy Fats
0.02g

Fiber
0.08g

Sugar
3.19g

Protein
0.09g



Servings	12
Prep Time	10 minutes
Cooking Time	30 minutes
Total Time	40 minutes

3. Chocolate Cheesecake Truffles

These dairy free cheesecake truffles are made with cashews and are rich and delicious, without being sickly sweet.

Ingredients:

Instructions:

Cheesecake Truffle Filling:

- 2 cups cashews
- 2 bs honey
- 1/8 tsp salt

Everything else:

- 1/2 cup dark chocolate, melted
- 1/2 tsp salt

1. Soak the cashews in water for at least 2 hours, or overnight.
2. Line a baking sheet with parchment paper, then set aside.
3. Drain the cashews and place in a blender or food process with the honey and salt.
4. Process until smooth, sweetening to taste.
5. Roll the filling into small balls and place on the prepared pan.
6. Freeze for 30 minutes.
7. Meanwhile, melt the chocolate for the coating, and allow the chocolate to cool to room temperature.
8. Dip the cheesecake balls in the melted chocolate and return to the pan.
9. Sprinkle with sea salt, if desired, and chill until serving.
10. Store in the refrigerator.



Nutritional Info: Serving size: 1/14 of a recipe (1.6 ounces)

Calories	Healthy Fats	Fiber	Sugar	Protein
252.6	19.88	1.09	4.3	6.68



4. Soft & Chewy Double Chocolate Cookies

Servings	8
Prep Time	10 minutes
Cooking Time	35 minutes
Total Time	45 minutes

These cookies are moist, soft and wonderful. The almond butter adds protein and richness, but make sure it's not too oily or the cookies won't come together.

Ingredients:

- 1 cup thick almond butter
- ½ cup honey or maple syrup
- 1 egg, whisked
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- 1 tsp vanilla extract
- Pinch of salt
- ¼-1/2 cup mini chocolate chips

Instructions:

1. Preheat the oven to 350°F and line a cookie sheet with parchment paper.
2. In a large bowl, mix together the almond butter and honey. Mix until well combined.
3. Add the egg and mix until well combined.
4. Add the cocoa powder a little at a time, being sure to mix thoroughly after each addition.
5. Add the remaining ingredients and mix well.
6. Scoop out the dough into small balls onto the cookie sheet.
7. Press the cookies down slightly, but there is no need to flatten completely.
8. Bake for 10 minutes.
9. Cool on the baking sheet for 10 minutes before removing to a rack to cool completely.
10. DO NOT remove the cookies from the baking sheet too soon, they will not hold together.



Nutritional Info: Serving size: 1/15 of a recipe (1.4 ounces)

Calories
175.62

Healthy Fats
11.64

Fiber
3.02

Sugar
10.42

Protein
4.74



Servings	12
Prep Time	10 minutes
Cooking Time	1hr 30mins
Total Time	1hr 40 mins

5. Red Velvet Cupcakes

Classic red velvet cupcakes that don't have the red dye. Beet puree adds color and fiber to these cupcakes. Topped with coconut cream frosting, they're a sweet dessert.

Ingredients:

- 2 cups beet puree
- 3 eggs
- 1/2 cup butter
- 1 cup applesauce
- 1 cup honey
- 1/2 cup canned coconut milk, full-fat, room temperature
- 2 tbs apple cider vinegar
- 3/4 cup almond flour
- 3/4 cup coconut flour
- 1 cup unsweetened cocoa powder
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt

Coconut Frosting (Next Page)

Instructions:

1. To make the beet puree, bake 6 medium beets at 400°F for 1 hour.
2. Reduce the oven heat to 350°F and lightly grease a muffin tin or line with cupcake papers.
3. Let the beets cool, then peel and puree.
4. Add the eggs, butter, honey, coconut milk, applesauce and vinegar to the beet puree.
5. In a separate bowl, combine the dry ingredients and mix well.
6. Fold the wet and dry ingredients together until just combined.
7. Evenly divide the batter into the prepared pan.
8. Bake for 20 minutes.
9. Cool completely before baking.



Nutritional Info: Serving size: 1/12 of a recipe (7.4 ounces)

Calories	Healthy Fats	Fiber	Sugar	Protein
801.14	66.92	16.48	31.46	10.65

Servings 8
Prep Time 5 minutes
Inactive Time 4 hours
Total Time 4 hrs 5 mins

6. Coconut Cream Frosting

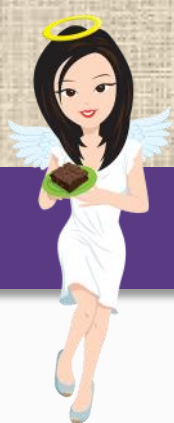
Rich and delicious, this frosting is wonderful to put on cupcakes or regular cake. If you'd like a slightly lighter texture, try using coconut oil in place of butter.

Ingredients:

3 cups raw cashews
(soaked overnight or at
least for 4 hours)
1/2 cup fresh lemon
juice (about 2 lemons)
1/4 cup honey
1/4 cup pure maple
syrup
2 heaping tablespoons
canned coconut milk
cream, full-fat
(refrigerated overnight)
2 Tbs unsweetened
vanilla almond milk
2 Tbs apple cider
vinegar
1 Tbs coconut oil
(melted)
1 Tbs vanilla extract

Instructions:

1. In a blender, combine all the ingredients until smooth.
2. Chill until ready to frost cupcakes



Nutritional Info: Serving size: 1/8 of a recipe (3.6 ounces)

Calories
385.95

Healthy Fats
26.4

Fiber
1.61

Sugar
18.76

Protein
8.14



Servings 12
Prep Time 10 minutes
Cooking Time 20-22 mins
Total Time 30-32 mins

7. Breakfast Muffins

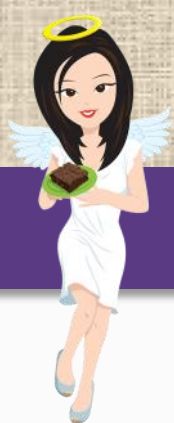
These muffins are perfect for a breakfast on the go. They're full of fruit, nuts and whole grains.

Ingredients:

2 Tbs melted coconut oil
1 Tbs honey
½ cup unsweetened apple sauce
3 eggs
1 tsp vanilla
½ cup cashew or almond milk
2 ½ cups almond flour
2 Tbs coconut flour
1 tsp baking powder
½ tsp salt
1 cup sliced almonds
1 cup raisins

Instructions:

1. Preheat the oven to 350°F and lightly grease a muffin tin, or line with cupcake papers.
2. Mix together the oil, honey, applesauce, eggs, vanilla and milk. Mix until well combined.
3. Add the flours, baking powder and salt. Stir until thoroughly combined.
4. Fold in the almonds and raisins.
5. Evenly divide into the prepared pan.
6. Bake for 20 – 22 minutes.
7. Store in an airtight container once cool.



Nutritional Info: Serving size: 1/12 of a recipe (4.8 ounces)

Calories
468.55

Healthy Fats
25.71

Fiber
8.22

Sugar
4.95

Protein
10.53

I hope you've found some recipes that you love already!

All the recipes are **designed with healthy ingredients** that help you feel full and satisfied AND speed up your body's own metabolism to burn more calories.... so you can have your cake and BE HEALTHY too!

As I mentioned before, all 7 of them are a part of my brand new collection of 45 exciting gluten-free recipes:



FIND OUT MORE