

Baking

Keep it simple. Enjoy.

Do you search for "healthy" baking recipes and then get turned off by all the ingredients you don't have on hand...

Try simple swaps within your fav recipes instead.

Butter ---> banana, avocado, a little coconut oil, apple sauce

Sugar ---> Xylitol, Stevia, apple sauce, maple syrup, agave, honey

Flour ---> ground oats, almond flour, a little protein powder,
ground black beans or dates, whole wheat flour

Oil ---> coconut oil, Greek yogurt, apple sauce

Here are a few recipes you may like!

Peanut Butter Brownies

1. Mix 1 tsp melted coconut oil and 1/2 mashed avocado
2. Add 1 tsp Xylitol, 1/2 cup cocoa powder, 1 tsp vanilla extract and 2 eggs
3. Spread into a pan sprayed with non-stick cooking spray and floured
4. Swirl in 2 tbsp melted nut butter (optional: and nuts)
5. Bake at 375C for 20 mins

Go-To Muffins

1. Mix 1 mashed banana and 1 egg
2. Add 2 tbsp protein powder and 1/4 cup honey or apple sauce
3. Add 1/2 cup oats and 1/2 cup whole wheat or almond flour
4. Optional: fold in 1/2 cup grated apple, carrot, shredded coconut, chocolate chips, cranberries
5. Bake at 350C for 15 mins or until firm

Protein Pancakes

1. Mix 1 egg, 1/4 cup milk, 1/2 banana, 1 tsp Xylitol or honey, 1 tbsp protein powder and 2 tbsp whole wheat flour
2. Drop onto a pan and flip!

Apple Sauce

In a crockpot, stir 4 peeled and diced apples, 1 tsp maple syrup and 1 tsp cinnamon. Let cook on low for 6 hours, stir and mash.

Chocolate Icing

1. Mix 1 tbsp milk with 1 tbsp melted nut butter
2. Add 1 tsp Xylitol and 1/4 cup cocoa powder
3. Let firm in the fridge

