

20 Healthy Treats & Desserts

Caramel Apple Upside Down Cake

This Caramel Apple Upside Down Cake is moist and delicious, all without refined sugars or grains.

Caramel Topping:

- 1/4 cup coconut oil, melted
- 1/4 cup coconut crystals
- 1/2 teaspoon ground cinnamon
- 2 organic apples, thinly sliced and chopped

Apple Cake:

- 1/3 cup coconut flour
- 1/3 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 5 free range eggs
- 2 teaspoons vanilla extract
- 1/4 cup pure maple syrup, grade B
- 1/4 cup organic, full fat coconut milk
- 2 Tablespoons coconut oil, melted



Caramel Apple Upside Down Cake...

1. Preheat oven to 150. Grease an 8×8 pan with coconut oil.
2. Caramel Topping: In a small bowl combine the melted coconut oil, coconut crystals and cinnamon. Pour into the prepared pan. Evenly sprinkle the chopped apples over the caramel.
3. In a medium bowl combine the coconut flour, almond flour, salt, baking powder, cinnamon and nutmeg.
4. In another medium bowl combine the eggs, vanilla, syrup, and coconut milk. Blend well.
5. Add the wet ingredients to the dry ones, and then slowly mix in the melted coconut oil.
6. Carefully spread the cake batter over the apples and caramel in the pan.
7. Bake for 35 minutes. Remove from oven and allow to cool for 15 minutes.
8. Loosen the edges of the cake with a knife. Invert the cake by placing a plate over the top of the pan and then flipping it over.
9. Slice, serve and enjoy!

20 Servings

One serving

Nutritional Analysis: 105 calories, 7g fat, 44mg sodium, 7g carbohydrate, 1g fibre and 3g protein

Real Food Truffles

Forget packaged 'health food' bars which are filled with sugar. One of these tasty truffles will power your entire afternoon. These are not overly sweet and are high in fat, so one little truffle will give you energy for an entire afternoon without spiking your blood sugar.

Real Food Truffles

Here's what you need for 50 truffles:

- 2 cups toasted pecans
- 1 cup coconut oil
- 2 cups organic almond butter
- 1/2 cup coconut flour
- 1/2 cup unsweetened cocoa powder
- 1 cup shredded, unsweetened coconut, toasted
- 1 cup ground chia seeds
- 1 Tablespoon vanilla extract
- 1/2 teaspoon almond extract
- 1/2 teaspoon sea salt
- 1/3 cup macadamia nuts, ground

1. In a food processor, grind the pecans. Mix in the coconut oil and almond butter. Mix in the coconut flour and cocoa powder. Blend thoroughly.
2. Transfer the mixture to a large mixing bowl and mix in the shredded coconut, chia seeds, vanilla and almond extracts and the salt.
3. Form small balls with the chocolate mixture. Roll each ball in the ground macadamia nuts.
4. Refrigerate to harden, and store in an airtight container in the fridge.

50 servings

One serving

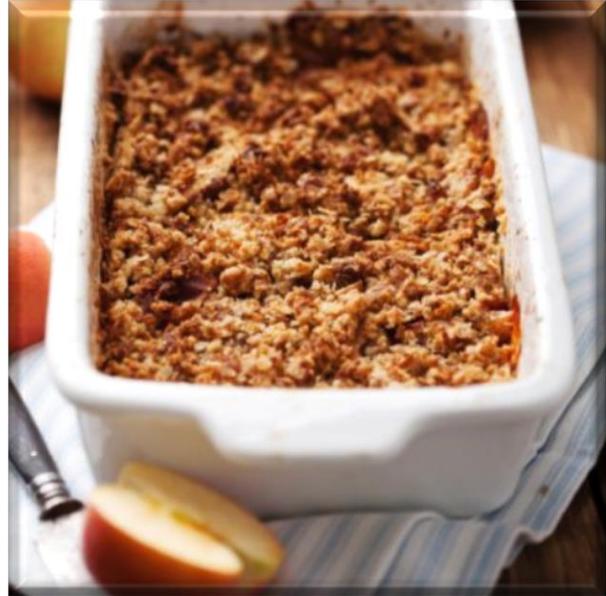
Nutritional Analysis: 186 calories, 17g fat, 19mg sodium, 6g carbohydrate, 3g fibre and 4g protein

Healthy Apple Crisp Crumble

Traditional apple crisp recipes call for lots of sugar, flour and butter. Not this one! Enjoy this classic treat with a healthy twist.

Here's what you need:

- 4 organic apples
- 1/2 cup golden raisins
- 1 Tablespoon coconut flour
- 2 Tablespoons maple syrup
- 1 1/2 Tablespoons fresh lemon juice
- 1/2 cup coconut oil
- 1/2 cup almond flour
- 1/2 cup coconut crystals
- 1/2 cup sliced blanched almonds
- 1/4 cup chopped pecans



1. Preheat oven to 200. Generously grease a baking dish with coconut oil.
2. Core and chop the apples. Combine the apples, raisins, coconut flour, maple syrup and lemon juice in the prepared dish.
3. In a bowl, use your fingers to combine the coconut oil, almond flour, coconut crystals, sliced almonds and chopped pecans. When the mixture is crumbly, sprinkle it over the fruit.
4. Bake for 30-40 minutes until the top is browned and apples are tender.

12 servings

One serving

Nutritional Analysis: 228 calories, 15g fat, 9mg sodium, 20g carbohydrate, 3g fibre and 3g protein

Real Healthy Peanut Butter Cookies

Gluten and cane sugar free, these cookies are packed with wholesome calories and usable nutrients.

Here's what you need for 24 cookies:

- 1 cup natural peanut butter
- ½ cup coconut crystals
- 1 teaspoon vanilla extract
- ¾ cup blanched almond flour
- 1 teaspoon baking soda
- 2 omega-3 eggs
- 1 cup dark chocolate chips (look for big ones)



1. Preheat the oven to 180. Grease a baking sheet with coconut oil.
2. In a large mixing bowl combine the peanut butter, coconut crystals, vanilla, almond flour, baking soda and eggs. Mix until fully combined.
3. Roll the dough into small balls, place on the baking sheet a couple of inches apart. Press a chocolate chip into the top of each cookie.
4. Bake for 10-12 minutes. Remove from oven and allow to cool.
5. Melt the remaining dark chocolate in a double boiler. Dip each cooled cookie in the chocolate, then flip over to allow to cool. To cool faster, place in the fridge.

24 servings

One serving

Nutritional Analysis: 139 calories, 9g fat, 41mg sodium, 10g carbohydrate, 1g fibre and 5g protein

Pumpkin Quinoa Cookies

These cookies are as tasty as they are healthy.

Here's what you need for 30 cookies:

- 2 cups cooked quinoa & 2 cups almond meal
- 1/4 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1/2 cup canned pumpkin
- 1/3 cup coconut crystals
- 1 teaspoon vanilla extract
- 2 free range eggs
- 2 Tablespoons coconut oil
- 1 cup mini dark chocolate chips, divided



1. Preheat oven to 180. Grease two cookie sheets with coconut oil. Set aside.
2. In a medium bowl, combine the cooked quinoa, almond meal, salt and pumpkin pie spice. Mix well.
3. In another medium bowl, combine the canned pumpkin, coconut crystals, vanilla extract, eggs and coconut oil. Mix well.
4. Combine the dry ingredients with the wet ones and then fold in 1/2 cup of the dark chocolate chips. Place by flattened tbsp. on the prepared cookie sheets. Bake for 20 minutes or golden. Allow to cool on the sheet before transferring to a cooling rack.
5. In a double boiler, or simply by placing a small saucepan in a skillet of water, over medium-low heat, melt the remaining 1/2 cup of dark chocolate chips. Drizzle over the cookies. Transfer the cookies to the refrigerator for 20 minutes or until the chocolate has hardened.

30 cookies

One cookie

Nutritional Analysis: 96 calories, 6g fat, 20mg sodium, 8g carbohydrate, 1g fibre and 4g Protein

Healthy Berry Crumble

At last a healthy crumble...

Here's what you need for 10 servings:

- 3 cups fresh berries
- 1 free range egg
- 1 1/2 cups blanched almond meal or organic rolled oats
- 2 Tablespoons coconut oil, melted
- 2 Tablespoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 Tablespoon agave nectar OR 1/4 cup coconut crystals

1. Preheat oven to 180. Lightly grease a pie pan or 8"x8" glass pan with coconut oil.
2. Pour the berries into prepared pan.
3. In a small bowl combine the egg, almond meal, coconut oil, cinnamon, nutmeg and agave nectar (or coconut crystals).
4. Crumble the almond flour mixture by hand evenly over the berries.
5. Bake for 35 minutes.

* Top with some plain Greek yogurt mixed with coconut crystals.

10 Servings

One serving

Nutritional Analysis: 164 calories, 11g fat, 13mg sodium, 11g carbohydrate, 3g fibre and 5g protein.

Chocolate Chip and Candied Bacon Cookies

Warning...this recipe isn't really healthy, more like healthier. We are combining bacon and chocolate here...go with me on this...

Here's what you need for 40 small cookies:

- 10 slices nitrate free bacon
- 1/4 cup pure maple syrup
- 4 1/2 cups blanched almond flour
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 3 eggs
- 1 cup coconut crystals
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 3/4 cup coconut oil, melted
- 1.5 cups 72% dark chocolate chips



1. Preheat oven to 180.
2. In a medium bowl combine the bacon slices with the maple syrup. Evenly coat each slice.
3. Line a baking sheet with parchment paper, then line the bacon on it. Bake for 20 minutes.
4. Remove from oven and allow to cool. Once cooled, crumble into a bowl then set aside.
5. Preheat the oven to 200. Grease a cookie sheet with coconut oil and set aside.
6. In a medium bowl combine the almond flour, baking soda and salt.
7. In another medium bowl combine the coconut crystals, eggs, vanilla extract and almond extract. Pour the wet ingredients into the dry ones and mix well.
8. Add the melted coconut oil to the batter. Add the bacon crumbles and chocolate chips. Mix until fully incorporated.

Chocolate Chip and Candied Bacon Cookies

9. Drop dough by the tablespoon onto prepared cookie sheet. Bake for 10 to 12 minutes.

10. Remove from cookie sheet and allow to cool on a wire rack for 15 minutes.

40 Servings

One serving

Nutritional Analysis: 156 calories, 12g fat, 128mg sodium, 9g carbohydrate, 2g fibre and 4g protein

Peanut Butter Frozen Yogurt

Made with fat free Greek yogurt, coconut crystals and unadulterated, creamy peanut butter, this recipe is a tasty way to cool off.

Here's what you need for 8 servings:

- 3/4 cup creamy, natural peanut butter (only use peanut butter that doesn't contain corn syrup or sugar)
- 3/4 cup coconut crystals
- 1/2 tsp vanilla extract
- 1/3 cup filtered water
- 450g fat free plain Greek yogurt
- 450g fat free vanilla Greek yogurt/quark
- Banana for topping
- Chopped peanuts for topping



Peanut Butter Frozen Yogurt

1. Prepare your ice cream maker.
2. Combine the peanut butter, coconut crystals and water in a small sauce pan. Heat over very low heat, mixing constantly, until it is all melted together. If the mixture is extremely thick, then add some more water. It should be pourable. Separate 1/2 a cup of the sauce if you'd like to use it as a topping. Set aside and allow to cool.
3. In a medium bowl combine both types of yogurt. Add the peanut butter sauce and mix well.
4. Put in your ice cream maker and allow to run until it reaches ice cream consistency.
5. Top with the reserved peanut butter sauce, banana slices and chopped peanuts.

8 Servings

One serving

Nutritional Analysis: 249 calories, 8g fat, 163mg sodium, 19g carbohydrate, 3g fibre and 19g protein.

Cosy Courgette Brownies

The secret to perfectly moist brownies? Add some courgette!

Here's what you need for 16 servings:

- 150g dark chocolate, 72% or higher cocoa content
- 1/4 cup coconut oil
- 2 free range eggs
- 1/4 cup agave nectar
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 1 cup blanched almond flour

Cosy Courgette Brownies

- 1/4 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 1/2 cups shredded courgette

1. Preheat oven to 180. Grease an 8×8 pan with coconut oil, then dust with blanched almond flour. Set aside.
2. In a double boiler, gently melt the chocolate. (If you don't have a double boiler then fill a skillet with a few inches of water and set a small pot in the water, place over very low heat.) Add the coconut oil and mix until fully combined. Remove from heat and set aside to cool.
3. In small bowl combine the eggs, agave nectar and vanilla and almond extracts. Add the cooled chocolate mixture.
4. In a medium bowl combine almond flour, cocoa powder, baking soda and salt. Pour in the wet ingredients and mix until fully combined.
5. Using a food processor, shred the courgette. Then place on a cutting board and finely chop the shredded pieces. Having very tiny pieces of courgette is the key to making this recipe work!
6. Fold the courgette into the batter. Pour into prepared pan and bake for 25 minutes, or until fully set. Allow to cool in the pan for at least 30 minutes before cutting. *Tip: Use a serrated, plastic knife to cut your brownies — this makes it less likely to crumble.

16 servings

One serving

Nutritional Analysis: 116 calories, 8g fat, 102mg sodium, 7g carbohydrate, 2g fibre and 3g protein.

Wholesome & Healthy Apple Pie

This recipe for apple pie is probably different than any you've tried in the past. It's wheat and gluten free, and calls for no sugar. It is lightly sweet and filled with nutritious ingredients. Try it with a dollop of plain or vanilla Greek yogurt.

Here's what you need for 12 servings:

- 4-6 medium green apples, cored and sliced
- 4 free range eggs
- 2 Tablespoons agave nectar
- 1/2 cup full fat coconut milk, from can
- 2 Tablespoons coconut oil, melted over low heat
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/3 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon plus more for garnish
- Pinch of ground nutmeg

1. Preheat oven to 180. Grease a 9-inch pie pan with coconut oil, then dust with blanched almond flour.
2. Arrange the apple spices in concentric circles, fanning out from the center of the pan.
3. In a medium bowl whisk together the eggs, agave nectar, coconut milk, coconut oil, vanilla and almond extracts. In another bowl combine the almond flour, salt, cinnamon and nutmeg.
4. Stir the wet ingredients into the flour mixture until fully combined. Pour over the arranged apples.
5. Bake for 45-55 minutes, until the pie is set and the top is golden. Allow to cool for 30 minutes before slicing.

Wholesome & Healthy Apple Pie

6. Add a dollop of plain of vanilla Greek yogurt and a sprinkle of cinnamon to each slice.

12 Servings

One serving

Nutritional Analysis: 123 calories, 7g fat, 49mg sodium, 13g carbohydrate, 3g fibre and 3g protein.

Popsicles

Cure your sweet summer sweet tooth with these wholesome homemade Popsicles!

Orange Creamsicle

Here's what you need for 6 servings:

- 2 cups organic, vanilla Greek yogurt
- 1 orange, peeled and seeded
- 1 cup pineapple chunks
- 1 teaspoon agave nectar



1. Fill the bottom 1/3 of each popsicle mold with yogurt. Freeze for 15 minutes.
2. In a high speed blender, combine the orange, pineapple and agave nectar. Blend on high speed for a full minute.
3. Fill the remaining space in each mold with the orange mixture. Freeze until solid.

6 servings

One serving

Nutritional Analysis: 90 calories, 0g fat, 30mg sodium, 15g carbohydrate, 1g fibre and 8g protein.

Strawberry Kiwi

The kids love the exotic look of this popsicle, and have fun playing ‘How many licks does it take to get to the kiwi?’ It’s amazing how bright and vibrant natural fruit colors can be!

Here’s what you need for 6 servings:

- 2 cups strawberries, hulled
- 2 Tablespoons filtered water
- 2 teaspoons agave nectar (optional)
- 2 kiwis, sliced



1. In a high speed blender, combine the strawberries, water and agave nectar. Allow to run for a full minute on high.
2. Place one slice of kiwi in each popsicle mold, pressed against the side. Fill the molds with the strawberry mixture.
3. Freeze until solid.

6 servings

One serving

Nutritional Analysis: 38 calories, 0g fat, 2mg sodium, 9g carbohydrate, 2g fibre and 1g protein.

Mint Watermelon

Watermelon is by far the most beloved summer fruit. It’s easy to make layers by freezing one section at a time. The red and green pattern brings the flavor to life by imitating real slice of watermelon.

Mint Watermelon

Here's what you need for 6 servings:

- 2 cups watermelon pieces
- 3 kiwis, peeled and seeded
- 1 Tablespoon agave nectar
- 30 mint leaves
- 1 Tablespoon filtered water

1. Blend the watermelon in a high speed blender on high for 30 seconds. Fill the bottom 2/3's of each popsicle mold with the watermelon. Freeze for 30 minutes.
2. Combine the kiwi, agave nectar, mint leaves and water in the high speed blender for a full minute or until the tiny pieces of mint have disappeared and the green color is vibrant and uniform.
3. Fill the remaining space in each popsicle mold with the mint mixture. Freeze until solid.

6 servings

One serving

Nutritional Analysis: 42 calories, 0g fat, 3mg sodium, 30g carbohydrate, 2g fibre and 1g protein.

Blue Raspberry

If your blueberries are super ripe and sweet, then feel free to leave out the agave nectar.

Here's what you need for 6 servings:

- 2 cups blueberries
- 1/4 cup filtered water
- 1 teaspoon agave nectar
- 1 cup raspberries

Blue Raspberry

1. Place the blueberries, water and agave nectar in your high speed blender and blend on high for a full minute or until the little pieces of blueberry skin have disappeared and the purple color is vibrant and uniform.
2. Place 2 whole raspberries in each popsicle mold, then fill with the blueberry mixture. Freeze until solid.

6 Servings

One serving

Nutritional Analysis: 42 calories, 0g fat, 1mg sodium, 10g carbohydrate, 3g fibre and 1g protein.

Banana Coconut

Creamy banana, rich coconut milk, flakes of coconut and pure cinnamon make up this gourmet popsicle. It's so delicious you'll think you're eating ice cream.

Here's what you need for 6 servings:

- 2 bananas
- 1 cup coconut milk, full fat from can
- 1/2 cup unsweetened, shredded coconut
- 1 teaspoon agave nectar and/or 1 teaspoon ground cinnamon

1. Place the peeled bananas, coconut milk, shredded coconut, agave nectar and cinnamon in your high speed blender. Blend on high for a full minute or until smooth.
2. Fill each popsicle mold. Freeze until solid.

6 Servings

One serving

Nutritional Analysis: 167 calories, 13g fat, 7mg sodium, 13g carbohydrate, 2g fibre and 2g protein.

Iced Tea Lemonade

Ice tea and lemonade are a classic summer combo!

Here's what you need for 6 servings:

- 1 cup brewed tea
- 5 dates, pitted
- 1/3 cup lemon juice
- 3 Tablespoons agave nectar
- 1/4 cup water
- decorative lemon slices

1. Brew your tea, then drop the dates in while the tea is still hot. Place the soaking dates in the fridge for 20 minutes.
2. Place the lemon juice, agave nectar, and water in cup and whisk. Set aside.
3. Place the tea and dates in your high speed blender and combine on high for a full minute, or until the tiny date pieces have disappeared.
4. Fill each popsicle mold with a 50-50 combination of tea and lemonade. Add decorative slices of lemon. Freeze until solid.

6 Servings

One serving

Nutritional Analysis: 51 calories, 0g fat, 0mg sodium, 16g carbohydrate, 1g fibre and 0.5g protein.

Real Healthy Banana Cake

This cake is unbelievably moist and tasty

For the cake:

- 1/2 cup coconut oil, melted over low heat
- 1/2 cup agave nectar
- 3 free range eggs
- 3 ripe bananas, mashed
- 1/4 cup coconut milk, full-fat from can
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 cups blanched almond flour
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt



For the Frosting:

- 220g organic cream cheese, room temperature
- 2 Tablespoons agave nectar
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- pinch of salt
- 1 Tablespoon coconut milk, full-fat from can

1. Preheat oven to 155 degrees F. Grease a 9×11 baking pan with coconut oil. Set aside.
2. In a medium sized bowl combine the coconut oil, agave nectar, eggs, banana, coconut milk, vanilla extract and almond extract. In another bowl combine the almond flour, baking soda, cinnamon and salt. Pour the wet ingredients over the dry and mix until well combined.

Real Healthy Banana Cake

3. Pour into prepared pan and bake for 35-40 minutes, until golden on top.
4. For the frosting: With an electric mixer, beat the cream cheese until fluffy. Reduce the mixing speed and add the remaining ingredients. Beat on high speed until fluffy.
5. Once the cake is fully cooled, cover with the frosting and cut into squares.

24 Servings

One serving

Nutritional Analysis: 169 calories, 7g fat, 158mg sodium, 12g carbohydrate, 2g fibre and 4g protein.

White Chocolate & Berry Cookies

These cookies are cram-packed with dried berries, crunchy nuts and tiny white chocolate morsels. I dare you to eat just one!

Here's what you need:

- 4 cups almond meal
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 2 omega-3 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 cup pecans, chopped
- 1/2 cup mini white chocolate chips
- 1/2 cup dried berries



White Chocolate & Berries Cookie Recipe

1. Preheat oven to 180. Line baking sheets with wax paper.
2. In a large bowl combine the almond meal, baking soda and salt. Mix well. Over low heat, in small saucepan, gently melt coconut oil and honey. Add to bowl. Add eggs and mix well. Add vanilla and almond extracts. Add pecans, chocolate chips and berries. Mix until fully incorporated.
3. Shape dough into golf ball-sized balls, then flatten onto pan. Bake for 12-15 minutes until golden. Allow to cool before removing from pan.

24 servings

One serving

Nutritional Analysis: 202 calories, 16g fat, 164mg sodium, 11g carbohydrate, 3g fibre and 5g protein