GUILT-FREE DESSERTS
Your Guide to Better Baking

INCLUDING 50 SIMPLE & DELICIOUS
ALL-NATURAL, GLUTEN-FREE, LOW-GLYCEMIC DESSERT RECIPES

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Guilt Free Desserts

50 Simple Recipes You Can Use to Whip-Up All Natural, Gluten Free, Low Glycemic Desserts

By Kelley Herring & The Editors of Healing Gourmet®

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Guilt Free Desserts

Just in time for the holidays we bring you 50 all-natural, fail-proof, low-glycemic desserts.

That’s right, low-glycemic and all-natural. Gone are the days you must choose between the enjoyment of a sweet treat and your health, thanks to the latest good-for-you sweeteners.

The newest sugar substitutes we’ve used in creating these mouthwatering desserts aren’t the fake, rearranged molecules of the Atkins era. On the contrary! These cutting edge sweeteners come straight from Mother Nature’s Pantry and are considered “functional ingredients” - meaning they provide health benefits beyond basic nutrition.

But if you’re not a food scientist, you may not even know these sweet alternatives exist, let alone how to use them in your favorite dessert recipes. That’s where we come in.

Our team at Healing Gourmet has been working with these amazing ingredients to create decadent and sumptuous desserts—with none of the guilt. In fact, some of these desserts (serving for serving) provide more fiber than whole grain cereal, more protein than chicken, less sugar than an apple and fewer calories than a serving of yogurt. It’s true!

In this book you’ll not only find 50 delicious, gluten free, low glycemic, easy-to-make desserts you feel good about making and enjoying, but dozens of tips on these latest functional bakery ingredients and how to use them in your own kitchen.

Don’t resist your urge to splurge, our e-Book will show you how to have your cake…and be well too.

Kelley Herring
CEO & Editor in Chief
Healing Gourmet
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Better Baking in The 21st Century: All Natural, Low Glycemic, Allergen-Friendly Treats

Dessert. We all crave it. And most of us pass it up to save that notch on our belt and keep our health in check.

But thanks to Guilt Free Desserts, decadent treats are back on the menu. In fact, with healthy natural sweeteners, low glycemic flours and slimming fats, you can whip up delicious desserts that pack serious nutrition too.

Ad today, we’ll prove it to you.

In Guilt Free Desserts you’ll learn how to:

- Sweeten naturally with erythritol, xylitol, stevia, luo han guo, palm sugar and oligofructose.
- Create grain-free desserts that have all of the feel-good flavors and comfort qualities, with none of the fat-storing carbs or allergens.
- Use the healthiest fats to create meltingly moist treats that fight free radicals
- Replace grain-based flours with nut flours and beans (and where to get the best deals)
- Bind your desserts without eggs, making your treats vegan and allergen-friendly too
- Make delicious ice creams and creamy desserts... without the use of dairy
- Reduce the calories in your healthy desserts using veggie & fruit purees

Let’s get started!

Healthy Flours: Better for Blood Sugar & Gluten Free Too

The first step in making healthier baked goods is to take a close look at the flour you use. Many bakers now choose whole grain flours over refined white flours. However, whole grain flours are still very high in carbohydrates and score high on the glycemic index.

And when it comes to your health, that’s a really bad thing. High glycemic foods cause your blood sugar to spike, raising insulin levels. Your blood sugar is directly linked to nearly every chronic disease including diabetes, cancer, heart disease, metabolic syndrome, obesity, macular degeneration, PCOS and many more.

And because insulin is the “fat-storage hormone”, eating high glycemic foods promote weight gain too.

If you want to avoid that “muffin top” then stay away from grain based flours.

And here’s another reason to avoid traditional flours: Most are made from wheat and contain gluten – an allergenic protein that causes health issues for many people.
But what about gluten-free flours and baking mixes?

Unfortunately, most gluten free flours use a combination of high glycemic ingredients like rice flour, potato starch, tapioca flour and sorghum flour. So while the gluten is missing, all the blood sugar-spiking effects are still there.

The good news is that there is a healthy, low glycemic, gluten free option you can use: **Nut flours**!

Nut flours are surprisingly versatile and lend buttery richness to all kinds of baked goods – from biscotti to cupcakes. And unlike grain-based flours, they are gluten free and low carb too. Here are the best nut flours to use in your baking:

- **Almond Flour**: This staple flour can be used to create everything from fluffy pancakes to crispy cookies. Opt for “blanched” almond flour which contains no skins. Unblanched almonds can add an unpleasant aftertaste when baked.

- **Coconut Flour**: Coconut flour might look light and fluffy, but it is actually a dense, fiber-rich flour. So take note: a little goes a long way. A good rule of thumb is to use one egg for each tablespoon of coconut flour in your recipes. Also, most recipes that call for coconut flour specify “sifted coconut flour”. One half cup coconut flour does not equal one half cup sifted coconut flour. If you don’t sift and then measure, your baked goods can end up dry and dense.

- **Hazelnut and Pecan Flour**: These are richer nut flours that can be used in combination with almond flour to punch up the nutty flavor. They are great in pie crusts and cookies of all kinds.

Not only are most nuts an excellent source of protein and fiber, but research shows they can help with **weight loss** and **diabetes** too.

In fact, research shows that eating as little as 70 calories from nuts can go a long way to prevent overindulging. That’s because eating good fats stimulates the production of a hormone called **cholecystokinin** (CCK) that tells your brain you’ve had enough to eat. It also keeps you feeling full by slowing the emptying of your stomach.

But the benefits of nuts don’t stop there. A recent study published in *Diabetes Care* found walnuts are of special importance to those with diabetes. In the study, diabetic patients were assigned to three different diets – a low fat diet, a modified low fat diet, and a modified low fat diet including an ounce of walnuts per day. After six months, the participants on the walnut diet had a greater increase in their HDL-to-total cholesterol ratio than the other groups, as well as a 10% reduction in their LDL cholesterol. And that’s a good thing because HDL is the “good” cholesterol, while LDL is the “bad”.

Almost any nut can be ground into a “flour”. It’s a great way to boost the nutrients and help to reduce the glycemic impact of your favorite desserts.
Store nut flours in airtight containers away from light and heat, and preferably refrigerate. If you buy in bulk, freeze in airtight bags.

And nut flours aren’t the only low glycemic flour substitute you can use...

**Beans: A “Secret” Ingredient for Springy, Moist Cakes**

Yellow cupcakes made with cannellini beans... and a chocolate cake made with chickpeas?

You read that right. Beans are one of the “secret” ingredients you’ll find in many of our dessert recipes in *Guilt Free Desserts*. Used properly, they provide light, springy structure, moisture and tenderness to baked goods. One word of caution: Baked goods made with beans can have a slight “beany” flavor for up to 12 hours after baking. This flavor will dissipate, so be patient. It’s worth the wait.

When using canned beans, opt for *Eden Organic*. In addition to being grown without the use of pesticides, Eden also packs their beans in BPA-free cans.

Along with canned beans, bean flours are another good option to have on hand. *Bob’s Red Mill* is a great brand, found at most food retailers across the U.S.

Because bean flours are dense, try adding bean flour for up to 25% of your gluten free flour mix. Here are the most popular bean flours and how to use them:

- **Garbanzo Bean Flour**: Use 7/8 cup to replace 1 cup of wheat flour in baked goods.
- **Black Bean Flour**: Use as part of your baking mix for chocolate cakes and brownies.
- **White Bean Flour or Fava Bean Flour**: Mild in taste, white bean flour or fava bean flour are suitable for use in most recipes calling for white flour. Substitute 1/4 of the white flour for bean flour.

Don’t be afraid to get creative with canned beans, bean flour and nut flours in your baking!

Now that we’ve explored the healthy “flour” options, it’s time to tackle the one ingredient with which we all have a love–hate relationship: *Sugar*.

But before we do, let’s address artificial sweeteners ...

**Sucralose: Say NO to Chlorine Cookies**

If you have been a “low-carber” you may be familiar with sucralose (Splenda). While sucralose performs well in recipes, you should be aware of the potential health hazards it and other artificial sweeteners pose. We have included Splenda here for comparison purposes only and you can learn more about why to avoid it in the next section “The Sour Side of Splenda”.

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The Sour Side of Splenda

Because of its staggering popularity in low-carb diets and marketing as a “safe” sweetener for diabetics, it is important that you know the truth about the danger of Splenda (sucralose).

The "made from sugar so it tastes like sugar” slogan has made Splenda® the nation’s number one selling artificial sweetener in a very short period of time. In fact, in a one year period, Splenda sales topped $177 M.

While it’s true that sucralose starts off as a sugar molecule, what you should be concerned about is the 5 step patented process that happens in the lab. Three chlorine molecules are added to a sucrose (or sugar) molecule. This type of sugar molecule does not occur in nature. Because of this, your body doesn’t have the ability to properly metabolize it. The manufacturers of Splenda® claim that because of this “unique” biochemical make-up, it is not digested or metabolized by the body, and therefore has zero calories.

Now what about chlorine? While it seems like such a ubiquitous substance would be harmless, you may be surprised to find that the long-term residual effects from chlorine are becoming such a health hazard that the American Public Health Association (www.apha.org) is urging the American paper industry to stop using chlorine. In fact, dioxin — a toxic byproduct of chlorine—was found by the U.S. Environmental Protection Agency (EPA) to be 300,000 times more potent as a carcinogen than DDT.

Another reason you should be concerned is because few human studies of safety have been published on sucralose. One small study of diabetic patients using the sweetener showed a statistically significant increase in A1C, which is a marker of long-term blood glucose levels and is used to assess glycemic control in diabetic patients. According to the FDA, “increases in glycosylation in hemoglobin imply lessening of control of diabetes”.

Research in animals has shown that sucralose can cause many problems in rats, mice, and rabbits, ranging from shrunken thymus glands (up to 40% shrinkage) and reduced growth rate to fertility and pregnancy problems.
For health’s sake, we encourage you to clear your cabinets of sucralose and all artificial sweeteners. With the latest and safest products now available, you can enjoy sweet flavors without souring your health.

**Low Glycemic Sweeteners: Sweetening Power that Won’t Sour Your Health**

Few of us have the willpower to resist a freshly-baked, meltingly delicious, chocolate chip cookie. The smell wafting out of the kitchen and the sight of their gooey goodness is just too enticing to pass up.

Unfortunately, most of us go through life indulging, only to suffer from post-dessert guilt and sugar-induced sluggishness. Or we deprive ourselves for the sake of our health and waistline.

But thanks to all natural, low glycemic sweeteners, desserts are back on the menu for the health-and-body conscious crowd – guilt free!

Unlike the chemical-laden, artificial sweeteners (like sucralose, aspartame, neotame, and ace-K) that we warn about and disallow at *Healing Gourmet*, these natural sweeteners provide a powerful punch of sweetness, without the toxic side effects.

And because they are low glycemic, they won’t spike your blood sugar the way sugar does.

Here’s the rundown on nature’s sweetest sugar substitutes that won’t sour your health:

- **Erythritol**: Considered the “almost sugar” by health experts and pastry chefs alike. Erythritol is a “sugar alcohol” with a glycemic index of zero and zero calories. It has no effect on blood sugar or insulin levels and is safe for diabetics. It can be used cup for cup in recipes just like sugar, and provides about 70% of the sweetness. You can help erythritol dissolve in recipes by grinding it in a blender or Magic Bullet. The powdered version also doubles as “powdered sugar”. Erythritol is derived from corn and should be avoided by those with a corn allergy. Look for Wholesome Sweeteners Zero or Wellness Bakeries Sinless Sweetener.

- **Stevia**: A super-sweet herb native to Paraguay that is up to 300X sweeter than sugar. Stevia is best used to increase the sweetness of a sugar alcohol, like erythritol, rather than the sole sweetener in a recipe. Pure stevia extract can be used sparingly – ¼ to ¾ tsp is the common range for most recipes. Also look for stevia blends like ZSweet, Stevia Baking Blend and Jay Robb’s Stevia Blend that combine erythritol and stevia for the perfect all-in-one sugar replacement.

- **Xylitol**: Like erythritol, xylitol is also a sugar alcohol. It has the same sweetness as sugar but with 40% fewer calories and a glycemic index of 11. Xylitol tends to have “cooling” or “minty” effect, which can be reduced by combining it with erythritol. Most xylitol is derived
from corn, but **Emerald Forest Erythritol** is derived from birch. Xylitol has a number of health benefits ranging from reducing cavities and *Candida*, to boosting bone health.

- **Luo Han Guo**: Consider this the Asian cousin of stevia. A member of the pumpkin family, the extract of this gourd is also about 300 times sweeter than sugar and rich in antioxidants. Luo Han Guo (or just lo han) has been used medicinally in China for centuries for treating cough and sore throat. Like stevia, use sparingly in baked goods. Look for *Jarrow Luo Han Sweet* or *Lakanto* – a combination of luo han and erythritol.

- **Palm Sugar**: Made from the evaporated sap of the coconut flower, palm sugar (also called coconut sugar) tastes very similar to brown sugar. But unlike sugar’s score of 65 on the glycemic index, coconut sugar ranks 35. A word of caution – while lower on the glycemic index, palm sugar still has 60 calories and 16 grams of sugar per tablespoon. So this should only be used sparingly to add a rounded, rich, brown-sugar taste to baked goods primarily sweetened with the above zero calorie options. Try *Navitas Naturals Organic Palm Sugar*.

**Sweet Synergy: Using the Right Combination**

As most bakers know, sugar adds much more than just sweetness to a dessert. It provides bulk and moisture; it helps caramelize desserts, and can provide a crisp texture or crunch factor. It also acts as a preservative element, due to its ability to bind water. Unfortunately, sugar also spikes your blood sugar, rots your teeth, promotes weight gain and encourages cancer growth.

Until now, replacing the qualities of sugar in your dessert recipes has been all but impossible. But we've found the perfect formula for sweet synergy—two sweeteners that when combined are sweeter than either alone.

Using a combination of **erythritol** (which is 70% as sweet as sugar and provides the same bulk) plus **stevia** (a highly sweet element with no bulk), you can achieve the “sugary” results you desire in your recipes...with none of the guilt.

And it doesn’t just work in the recipes here in our book. You can do the same with your favorite family recipes. You’ll be amazed at the results and can fool even the most discerning dessert lover.

Let’s take a look at how sugar alcohols can be used in your baking.

**What are Sugar Alcohols?**

The name of these all-natural good-for-you sweeteners is as confusing as their sugary taste. Sugar alcohols or “polyols” are not sugars...or alcohol. But their amazing no or low-calorie natural, sweetening properties just might leave you a bit giddy.

*Spry* to desserts—like *Fred's Incredible*
Muffins and Wellness Bakeries) as well as oral and health care products like toothpaste, mouthwash and lozenges.

There are several polyols used as ingredients in sugar-free foods: erythritol, xylitol, isomalt, lactitol, maltitol, mannitol, and sorbitol. Because each polyol has a different flavor profile and health benefits, you may find they’re a bit like wines—some are pleasing and go down easy, while others leave a bit of an aftertaste. You can spot sugar alcohols in a product very easily—they are listed on The Nutrition Facts Panel on food labels as sugar alcohols or by their specific name.

In addition to their clean sweet taste and unique functional properties, polyols offer important health benefits. Sugar alcohols are slowly and incompletely absorbed from the small intestine into the blood. Once absorbed they are converted to energy by processes that require little or no insulin. Due to their incomplete absorption, sugar alcohols produce a lower glycemic response than sucrose or glucose and therefore may be useful in managing diabetes.

When it comes to baking, you will find erythritol is the polyol of choice. That’s because erythritol is most similar to sugar in taste and form, produces less of a “cooling effect” than other polyols, has virtually no gastrointestinal effects and has zero calories and a glycemic index of zero, as well.

Erythritol: The Zero Insulin Impact Sweetener

Erythritol—considered the “almost sugar” by health experts and pastry chefs alike—is a polyol that exists naturally in a wide variety of foods including mushrooms, watermelons, pears and grapes. It is also found in fermented foods such as cheese, wine, sake and soy sauce.

And, it is the sugar alcohol that most closely resembles sugar—in taste and in texture—which is why you’ll find it in most of our delicious desserts.

Erythritol is manufactured through fermentation (very similar to the way milk becomes yogurt) and is purified into a white crystalline powder. It has a clean taste with about 70% the sweetness of sugar. Erythritol's nutritional benefits include:

- All-natural (not an artificial sweetener)
- Clean, sweet taste, 60-70% relative to sugar
- Non-caloric—maximum 0.2 kcal/g
- Zero glycemic index
- Metabolizes independently of insulin
- Can help prevent tooth decay

Erythritol is rapidly absorbed in the small intestine due to its small molecular size and structure. In fact, several clinical studies conducted in Europe and Japan have shown that more than 90% of ingested erythritol is absorbed and excreted unchanged in urine within a 24-hour period. This allows less than 5% of ingested erythritol to reach the large intestine and be fermented into volatile fatty acids or metabolized into carbon dioxide. As a result, foods containing substantial amounts of erythritol are very unlikely to produce undesirable gastrointestinal side-effects.
Powdering Erythritol

Erythritol works great for baking. It measures equal to sugar (cup for cup) and acts like sugar with normal browning.

For desserts that don’t require much baking, liquids or heat, it is best to powder your erythritol. In its granular form, erythritol won’t fully dissolve without sufficient heat or liquid, leaving grittiness in your desserts.

To powder erythritol, simply add to a Magic Bullet, coffee grinder or food processor and pulse into powdered form. Powdered erythritol can also be used as “powdered sugar” to sprinkle on top of your desserts.

Stevia: Nature’s Most Powerful Natural Sweetener

Stevia is a naturally sweet plant native to Paraguay. It is all-natural, contains zero calories, and has a zero glycemic index.

Stevia has been used as a commercial sweetener in Japan and Brazil for more than 20 years.

Up until recently, the US Food and Drug Administration believed there was not enough evidence for stevia to be approved as a non-nutritive sweetener. Ironic, considering the limited studies on Splenda® and other artificial sweeteners the FDA considered “safe”. But in March of 2008, nutrition pioneer Jim May, CEO of Wisdom Natural Brands achieved self-affirmed GRAS status, allowing their brand, SweetLeaf®, to be marketed as a food ingredient, no longer a supplement.

Pure stevia extract is 300 times sweeter than sugar and can be used for any sweetening you desire—from your morning cup o’ joe to boosting the sweetness of your favorite brownie recipe. 

NOTE: Please adjust the stevia in our recipes to your sweetness preference using the chart below as a guide.

Adding Prebiotics: Baking for Better Digestive Health

In addition to using erythritol and stevia for synergistic sweetening, there are many other functional ingredients you can experiment with to further boost sweetness, add fiber and prebiotic benefits.

And that’s really good news for your digestive health and immune system!
“Prebiotic” refers to food components that support the growth of certain kinds of bacteria in the colon (large intestine). It was once believed that oligosaccharides were the main prebiotics, but it turns out that resistant starch and fermentable fiber also feed these bacteria.

The bacteria that feed on fermentable carbohydrates produce many health-promoting substances, including short-chain fatty acids (SCFAs) and certain B-vitamins. They also enhance absorption of some minerals, including calcium and magnesium.

Other benefits of prebiotics include:

- Lower cholesterol
- Lower triglycerides
- Improved insulin sensitivity and glucose metabolism
- Improved immune system function

Here’s a short list of the prebiotic ingredients and how to use them in your baking:

- **Inulin**: At a first glance you may think this is insulin—the hormone that responds to blood sugar. Actually, inulin is a prebiotic fiber that has numerous benefits ranging from increasing calcium absorption to benefiting gastrointestinal health. And its culinary abilities include increasing creamy mouth feel and boosting sweetness. Try 2-4 tsp. for desserts with 8-10 servings.

- **Oat Fiber**: Extracted from the outer shell of the oat, this light-textured fiber helps to reduce the carbohydrates and density of baked goods made with whole grains. Try substituting half of the whole grain flour in a recipe with oat fiber. You can find this ingredient at [www.netrition.com](http://www.netrition.com).

- **Oligofructose**: This fructooligooligosaccharide (FOS) is 30-50% as sweet as table sugar. It also behaves very similarly to sugar—especially in baked goods. Most of the oligofructose used as an ingredient is extracted from chicory root. Oligofructose contains 5 net carbs per cup and one third of the calories of sugar. Like sugar alcohols, oligosaccharides are not digested in the small intestine, and therefore they add very little to blood glucose. Try SweetPerfection.

### Gums: Invisible Goodness

Another great way to add fiber and structure to your desserts is to use gums like **xanthan gum**, **guar gum** and **acacia gum**.

Not all fiber is not “fibrous”, per se, and can be invisibly incorporated into baked goods without changing the flavor, texture or preparation.
While the fiber may play a disappearing act, the health benefits don’t. As a rich source of soluble fiber, gums (like guar and acacia) bind to bile acids to help reduce blood cholesterol. They can help improve intestinal health by increasing the concentration of friendly bacteria in the large intestine. And they also help to keep blood sugar on an even keel.

You will begin to see more and more health-minded manufacturers adding ingredients like resistant starches, fructooligosaccharides (FOS), cellulose and gums to meet the demand for products providing more fiber. But you can start in your own kitchen… today!

Gums and starches, in the right combination, can offer significant benefits with little effect on the finished product.

**And What About Agave?**

One of the most popular “alternative” sweeteners in recent years has become agave – a sweet syrup derived from the cactus that brings us tequila.

While agave nectar has a low glycemic index (Madhava’s GI is 32) and has been favored over sugar by the health-conscious crowd and raw foodists alike, agave may not be the safe sweetener it has been touted to be.

However, the problem isn’t with agave itself, rather it is in the processing.

In the first processing step, the main carbohydrates in agave are complex forms of fructose called fructosans. One of these is inulin, which is a healthy, non-digestible carbohydrate that stabilizes blood sugar and feeds the good bacteria in your gut. Inulin (not to be confused with the hormone insulin) also binds to fructose molecules, rendering them indigestible in the but.

Inulin is great for your health. But unfortunately, this isn’t the end of the line for agave. The next step in the processing changes the chemical structure, breaking the inulin-fructose bonds. This effectively turns agave into the health equivalent of glorified corn syrup.

If you do choose to use agave, be sure to use it sparingly. Despite the health claims that made it popular, it has – and will always have – 60 grams of sugar per tablespoon.

Better yet, try this agave substitute: For each ¼ cup of agave, substitute ¼ ripe organic pear pureed with 2.5 tsp. erythritol/stevia blend (like Stevia Baking Blend, Jay Robb’s Stevia Blend or ZSweet). You’ll still get some of the sticky goodness you crave, with a fraction of the health-harming fructose.
The Importance of Organics

Throughout this book—and in all of Healing Gourmet products—you’ll notice we call for organic ingredients.

Organic foods are free of pesticides, growth hormones, antibiotics and genetically modified organisms (GMOs) which have a wide-range of health harming effects.

And while buying organic produce (especially the twelve most chemically contaminated fruits and veggies—“The Dirty Dozen”) is important, opting for organic animal products is absolutely essential.

That’s because meats, eggs and milk products are a concentrated source of the foods (and chemicals) consumed by the animals that provide them.

In the case of conventionally raised animals, this equates to a lot of toxins on your plate. But with organically grown, pasture-raised animals, it means more health benefits.

For example, pastured eggs are higher in omega-3 and vitamin A than hens raised on grain in coops. Grass-fed dairy products have more beta-carotene and a healthy fat called conjugated linoleic acid (CLA) compared with grain-fed cows.

Using high quality ingredients won’t just make your foods healthier. It will make them taste better too.

Let’s take a look at the healthy baking ingredients that give your metabolism a boost.

Metabolic Power Ingredients

Enter the term “healthy dessert” in a search and you’re bound to find treats that are low in fat... but high in sugar and refined carbohydrates.

And nothing could be worse for your health than that!

You see, proteins, healthy fats and fiber—what we focus our creations on here at Healing Gourmet—are truly metabolic power ingredients. They help to keep blood sugar levels stable and reduce insulin—the hormone that encourages your body to store fat.

But protein and healthy fats don’t stop there when it comes to fueling a healthy human machine. They also stoke your body’s metabolic furnace and encourage thermogenesis— or the burning of fat.
And did you ever think you could help build lean, calorie-burning, age-defying muscle with a Lemon-Ricotta Soufflé? With 10 grams of protein (and only 1 gram of sugar!) per serving, you sure can.

Why? Because protein stimulates fat burning directly. You see, a high protein, low carbohydrate diet is the best way to activate a compound called glucagon, the “weight loss hormone”. Glucagon is essential for breaking down body fat. And the only way to encourage its production is to eat fewer carbs and more protein.

When choosing proteins and fats, make sure they come from organic sources, and in the case of animal products, opt for those raised on their natural diet (i.e.– grass-fed beef).

**Healthy Fats for Baking: Get Slim By Eating Fat!**

Now that we’ve got the sweetness and the structure aspects of baking covered, it’s time to tackle the fats.

Fats provide moisture and tender texture to baked goods. They give rich mouth feel to soufflés, the silky finesse to mousse and golden, flaky goodness to pie crust. But what they do in your body is even more important than what they do in the kitchen.

The fats you eat influence inflammation and metabolism. They affect how cells communicate with each other. They affect how your genes express themselves! And when they are used at the wrong temperatures (above their flashpoint) they can cause oxidative damage that can mutate cells and encourage cancer.

But using the right fats, in their appropriate temperature range, is one of the best things you can do for your health. Healthy fats can help reduce inflammation, boost brainpower, discourage wrinkles and even flip your body’s fat-storage switch “off”. And these are the kind of fats we rely on at Healing Gourmet.

Stock your pantry with these heat stable, REAL fats for delicious baked goods with benefits:

- **Coconut Oil**: Coconut oil provides rich, buttery flavor to your favorite baked goods. Coconut oil is slow to oxidize and resistant to rancidity. It’s also rich in medium chain triglycerides (MCTs) and lauric acid which kill a myriad of bacteria, protozoa and fungus, including Candida albicans – the fungus responsible for yeast infections. Because MCTs are not metabolized by the liver, they’re used as energy – not stored as fat. Be sure to buy high quality mechanically expressed virgin coconut oil from a reputable company like Tropical Traditions, Jarrow, Barlean’s or Nutiva.

- **Palm Shortening**: Another great alternative to traditional shortenings (that contain trans fat) or butter, palm shortening can help you achieve light, tender, flakiness you desire in crusts and cookies. Like coconut oil, it is resistant to rancidity thanks to its high saturated fat content. Look for Spectrum Palm Shortening and Tropical Traditions Palm Shortening.
• **Grass Fed Butter & Ghee**: When it comes to baking, it’s hard to beat real, grass-fed butter. With its creamy flavor, high vitamin A content and versatility, butter can be used in almost any baked good. Be sure to choose organic, pastured/grass-fed butter that contains no hormones and the healthy fat CLA. Buy grass-fed dairy from your local farmer or look for [Organic Valley Pasture Butter](http://www.organicvalley.com) and [Pure Indian Foods Grass Fed Ghee](http://www.pureindianfoods.com).

• **Macadamia Nut Oil & Almond Oil**: These light and delicious oils can be used in any recipe that calls for liquid oil (ie- melted butter, canola oil). Plus, they’re rich in inflammation-fighting and belly-flattening monounsaturated fat. Look for [Olivado Macadamia Nut Oil](http://www.olivado.com) and [Spectrum Almond Oil](http://www.spectrumorganicfats.com).

The fats to avoid in your baking include hydrogenated oils/trans fats (like Crisco) as well as fats that are **high in omega-6** including: vegetable oil, corn oil, canola oil, peanut oil, grapeseed oil, and soybean oil.

Why avoid these oils? Because omega-6 fats promote inflammation and encourage weight gain. They also oxidize easily, adding a hefty dose of free radicals to your cooking.

Stick with the stable, healthy fats we noted above for your healthy desserts.

**Fat Replacers**

While there’s no need to be afraid of healthy fat, many folks want to lighten up a recipe in texture or calories. Fat replacers do the trick. Keep in mind, when you use fat replacers, you are adding sugar, so go easy!

• **Pureed Prunes**: Puree ½ cup pitted prunes and ¼ cup water in a blender or processor until smooth (makes about 2/3 cup). Then use in chocolate-based or spiced baked goods like gingerbread. To replace ½ cup butter, use 1/3 cup prune puree. **The Tradeoff**: You’ll save almost 700 calories and 92 grams of fat, but add 21 grams of sugar to your recipe.

• **Pureed Beets**: Try using puréed cooked beets – measure for measure – as a substitute for the fat in chocolate baked goods like brownies and chocolate cake. For example, if the recipe calls for ½ cup substitute ½ cup of pureed beets. **The Tradeoff**: You’ll save 800 calories and 92 grams of fat, but add 9 grams of sugar to your recipe. **BONUS**: You’ll also get a healthy dose of fiber and the cancer-fighting nutrient *betacyanin*.

• **Applesauce**: Simply substitute the same amount of applesauce – cup for cup – in place of butter or oil. For example, if the recipe calls for one stick of butter (½ cup) substitute ½ cup of unsweetened applesauce. **The Tradeoff**: You’ll save 700 calories and 92 grams of fat, but add 12.5 grams of sugar to your recipe.
Egg Equivalents: Bind Your Desserts and Make them Rise Allergen-Free

Eggs are a near-perfect food. But not if you have an egg allergy!

Unfortunately, commercial egg replacers (like Ener-G) contain soy protein and wheat gluten - two highly processed, allergenic ingredients that cause digestive discomfort for many people.

But there are natural, unprocessed allergen-free ingredients that can be used to replace eggs – and they’re probably in your pantry right now!

Before attempting an egg substitute, you need to determine the function eggs have in your recipe. Eggs can bind, leaven or moisturize.

If a recipe contains only one egg, but a fair amount of baking powder or baking soda, then the egg is serving as the binder. This is an easy replacement that can be achieved with almost any of the substitutes listed below.

But if a recipe contains many eggs – like a soufflé – eggs are acting as the leavener and the binder. And the substitution will be a flop.

As a general rule, the fewer eggs a recipe calls for, the easier they will be to substitute.

- 2 tbsp cornstarch = 1 egg
- 2 Tbsp. arrowroot flour = 1 egg
- 2 Tbsp. potato starch = 1 egg
- 1 mashed banana = 1 egg
- 1 Tbsp. milled flax seed + 3 Tbsp. water (set to gel) = 1 egg
- ¼ cup unsweetened apple sauce = 1 egg
- ¼ cup organic plain yogurt, whipped = 1 egg
- 2 Tbsp. water + 1 Tbsp. oil + 1 tsp. baking powder. Mix well. = 1 egg
- 1 tbsp agar agar powder + 1 tbsp water. Whip together. Chill. Whip it again. = 1 egg white
- 1 Tbsp. chia meal + 3 Tbsp. water (set to gel) = 1 egg
- ¼ cup cooked pumpkin or winter squash = 1 egg
- 1/4 tsp. xanthan gum + 1/4 cup of water. Let stand, then whip. 1 egg white

**NOTE:** For the fruit purees, add an additional ½ tsp. baking powder to reduce density.
Stocking Your Pantry

There are many kitchen tools that will come in handy or be required for making the desserts in this book.

For your convenience, here is a quick list:

- Springform pans (8”, 9”, 10”)
- Ramekins (2.5 oz., 3.5 oz, 4 oz., 6 oz., 8 oz.)
- 8” square, 13 x 9” and 11 x 7” baking dishes
- 10-12” heavy skillet
- 3 quart baking dish
- Pie pans
- Cookie sheets
- Muffin tins
- Handheld mixer
- Food processor
- Double boiler
- Fine-mesh sieve
- Mixing bowls
- Measuring cups & spoons
- Parchment paper (unbleached)
- Wax paper
- Pastry bag with tips
- Rolling pin
- Toothpicks
- Candy thermometer
- Ice cream maker
- Fondue pot
Brands to Try & Where to Buy
Don’t know where to find these great ingredients? We’ve got you covered!

Pure Erythritol
Buying pure erythritol allows you to control the sweetness in your baked goods to suit your taste.

Sinless Sweetener
This easy-to-use organic erythritol product comes in a one pound bag.

www.wellnessbakeries.com
1lb Organic Erythritol: $12.95

Wholesome Sweeteners Organic “Zero”
Available at Whole Foods Market
12 ounces: $13.99

Pure Stevia Extracts
Using pure stevia extract allows you to control the sweetness of your desserts. In general, 3/4 teaspoon of stevia extract has the sweetening power of 1 cup of sugar.

SweetLeaf Stevia Extract
Ingredients: Pure Stevia Extract
1 oz. $13.99
www.sweetleaf.com
**NuStevia Pure White Stevia Extract**

Ingredients: Pure Stevia Extract  
1 oz. $13.99  
[www.nunaturals.com](http://www.nunaturals.com)

**NOW Foods Organic Stevia Extract**

Ingredients: Organic Stevia Extract  
Gluten Free  
1 oz. $5.25  
[www.nowfoods.com](http://www.nowfoods.com)

**Stevia Blends**

Stevia blends can reduce the fuss of combining and measuring small amounts of stevia. Experiment with these brands to find the one that suits your taste.

**SweetLeaf Stevia Plus**

This combination Frutafit® Inulin Fiber (FOS), Stevia Extract (standardized to a minimum of 90% Steviosides).

1 packet = 2 tsp. sugar

**SweetLeaf Liquid Stevia Plus**

With 13 different flavors including: Apricot Nectar, Berry, Chocolate, Chocolate Raspberry, Cinnamon, English Toffee, Grape, Hazelnut, Lemon, Peppermint, Root Beer, Valencia Orange and Vanilla Crème, you can add delicious natural flavor and punch up the sweetness in your desserts.

2 oz. $14.99
Jay Robb’s Granulated Stevia Powder

This combination of erythritol and stevia comes in a scoopable canister and is available at most natural foods markets.

2 oz. $14.99

ZSweet

An erythritol/stevia combo in a zip-top bag.

[www.zsweet.com](http://www.zsweet.com)

Also available at Whole Foods Market (www.wholefoods.com)

24 oz. $13.99

Steviva Baking Blend

This erythritol/stevia blend has a 2:1 sweetness ratio to sugar

[www.steviva.com](http://www.steviva.com)

1 lb. $14.95
Luo Han Guo Blends
Luo han is blended with a polyol for easy use in recipes.

Jarrow Lo Han Sweet
A xylitol/luo han blend
2.8 oz: $6.00

Lakanto
An erythritol/luo han blend
http://www.sarayahealth.com/
8.4 oz $12.99

Oligofructose

SweetPerfection Oligofructose
1 lb. $18.95
www.lowcarbspecialties.com
Coconut Sugar (Palm Sugar/Coconut Sap Sugar)

Navitas Naturals Palm Sugar
This palm sugar comes in an easy zip-top bag and is available at most natural foods markets.
www.navitasnaturals.com
8 oz $3.29

Wilderness Family Naturals Coconut Sap Sugar
Organic palm sugar available online.
www.wildernessfamilynaturals.com
1 lb $7.45
The Recipes
Coconut Flour Brownies

Yield: 24 brownies  
Start to Finish: 40 minutes  
Nutrition Snapshot: 215 calories, 1 grams sugar, 3.4 grams fiber, 4 grams protein, 2 net carbs per serving  
Preferences: Gluten Free, Excellent Source of Manganese, Good Source of Fiber, Iron, ALA Omega-3

Ingredients

- 2 tsp. organic vanilla extract
- 1/2 tsp. sea salt
- 1 cup organic erythritol
- 8 ounces organic unsweetened baking chocolate
- 2/3 cup organic coconut milk
- 2 ounces organic walnuts, crushed
- 1 1/2 cups organic butter
- 6 large pastured eggs
- 1 cup Bob’s Red Mill Organic Coconut Flour

Preparation

1. Preheat oven to 350 degrees F.
2. Coat 17 x 11-inch pan with cooking spray.
3. Melt butter and chocolate over low heat. Remove from heat and allow to cool.
4. Mix eggs, erythritol, coconut milk and vanilla.
5. Fold flour into egg mixture and stir. Mix in chocolate and stir until smooth. Fold in nuts.
6. Pour in pan and bake 20-25 minutes.

Nutrition Information Per Serving

215 calories, 21 g total fat, 12 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 2 g polyunsaturated fats, 83 mg cholesterol, 160 mg sodium, 6 g carbohydrate, 3.4 g fiber, 1 g sugars, 4 g protein
Flourless Sunbutter Brownies

Yield: 12 brownies
Start to Finish: 45 minutes
Nutrition Snapshot: 203 calories, 9.8 grams sugar, 2 grams fiber, 5.5 grams protein, 12 net carbs per serving
Preferences: Gluten Free, Dairy Free; Excellent Source of Vitamin E, Copper; Good Source of Magnesium and Protein

Ingredients

- 16 Tbsp. Organic Sunbutter
- 1/4 tsp. sea salt
- 4 Tbsp. Tropical Source Semi-Sweet Chocolate Chips
- 15 drop SweetLeaf Stevia Vanilla Creme Liquid Stevia
- 2 large pastured eggs
- 1/3 cup raw honey
- 1/4 cup organic cocoa powder

Preparation

1. Preheat oven to 325 degrees F.
2. Add all ingredients to a large bowl and beat with electric mixer to combine. (NOTE: If the batter is dry add filtered water by tablespoon to thin)
3. Pour batter into 8 inch square greased cake pan.
4. Sprinkle with chocolate chips.
5. Bake on the middle rack for 22-26 minutes.
6. Serve and keep in an airtight container, refrigerated.

Nutrition Information Per Serving
203 calories, 15 g total fat, 2 g saturated fat, 0 g trans fat, 7 g monounsaturated fats, 0 g polyunsaturated fats, 35 mg cholesterol, 81 mg sodium, 14 g carbohydrate, 2 g fiber, 9.8 g sugars, 5.5 g protein
Primal Protein Brownies

**Yield:** 12 brownies  
**Start to Finish:** 45 minutes  
**Nutrition Snapshot:** 112 calories, 0 grams sugar, 2.8 grams fiber, 4.6 grams protein, 2 net carbs per serving  
**Preferences:** Gluten Free, Dairy Free; Good Source of Fiber, Selenium, Copper

**Ingredients**
- 5 Tbsp. organic virgin coconut oil
- 1/2 tsp. sea salt
- 1/2 tsp. organic vanilla extract
- 1/2 tsp. stevia extract (to taste)
- 6 Tbsp. Bob’s Red Mill Organic Coconut Flour
- 2/3 cup organic natural cocoa powder
- ½ cup organic erythritol
- 6 large pastured eggs

**Preparation**
1. Preheat oven to 350 F. Sift coconut flour. After sifting it should come to 1/2 cup - no more or the brownies will be too dense. Grease an 8 x 8 x 2 inch pan.
3. In a large mixing bowl, whisk eggs, vanilla, salt, stevia, and erythritol to combine. Stir in cocoa.
4. Add sifted coconut flour and whisk well to thoroughly combine. No lumps!
5. Pour batter into greased pan and bake 30 minutes.
6. Remove from oven, cool, and cut into squares.

**Nutrition Information Per Serving**
218 calories, 21 g total fat, 9 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 6 g polyunsaturated fats, 55 mg cholesterol, 174 mg sodium, 7 g carbohydrate, 2.5 g fiber, 0 g sugars, 4 g protein
Flourless Chocolate Cake

Yield: 12 slices  
Start to Finish: 1.5 hours  
Nutrition Snapshot: 134 calories, 0 grams sugar, 3 grams fiber, 5 grams protein, 4 net carbs per serving  
Preferences: Gluten Free, Dairy Free; Good Source of Fiber, Selenium, Copper, Phosphorous

Ingredients

- 5 large pastured eggs
- 1 Tbsp. organic vanilla extract
- 3/4 cup organic erythritol
- 8 Tbsp. organic cocoa powder
- 1/2 tsp. baking soda
- 1 can Eden Organic Black Beans
- 1/2 tsp. Celtic sea salt
- 1 tsp. aluminum-free baking powder
- 1/2 tsp. stevia extract
- 6 Tbsp. organic virgin coconut oil

Preparation

1. Preheat oven to 325 degrees F. Spray a 9 inch cake pan with coconut oil cooking spray. Dust the inside of the pan with cocoa powder. Drain and rinse beans in a colander.
2. Add beans, 3 eggs, vanilla, stevia and salt into blender or VitaMix. Blend on high until beans are completely liquefied and smooth throughout.
3. In a medium bowl, whisk together cocoa powder, baking soda, and baking powder
4. In another bowl add the coconut oil and erythritol and beat with an electric mixer until fluffy.
5. Add remaining eggs to the coconut oil/erythritol mixture, beating for one minute after each addition. Pour bean batter into egg mixture and mix to combine. Stir in cocoa powder and water and beat the batter on high for one minute, until smooth.
6. Pour batter into pan and shake gently to evenly distribute.
7. Transfer to the oven and bake for 40-45 minutes or when firm to the touch.
8. Cool and serve. (NOTE: This cake tastes best the next day as the flavors combine and the “beany” flavor dissipates).

Nutrition Information Per Serving

134 calories, 10 g total fat, 7 g saturated fat, 0 g trans fat, 1.5 g monounsaturated fats, 0 g polyunsaturated fats, 88 mg cholesterol, 188 mg sodium, 7 g carbohydrate, 3 g fiber, 0 g sugars, 4 g protein
Coconut Pound Cake

Yield: 12

Start to Finish: 1.5 hours

Nutrition Snapshot: 288 calories, 4 grams sugar, 2.5 grams fiber, 10 grams protein, 12 net carbs per serving

Preferences: Gluten Free, Excellent Source of Fiber, Protein, Selenium; Good Source of Calcium, Vitamin A, Vitamin B12, Riboflavin, Phosphorous

Ingredients

- 10 large pastured eggs
- 1 tsp. sea salt
- 3/4 cup filtered water
- 2 cups Bob's Red Mill Organic Coconut Flour
- 2 Tbsp. organic vanilla extract
- 1 tsp. organic lemon zest
- 1/2 tsp. stevia extract
- 3/4 cup organic erythritol
- 10 Tbsp. organic butter, softened
- 4 ounces organic cream cheese
- 2 cup organic whole milk yogurt
- 2 tsp. aluminum-free baking powder

Preparation

1. Preheat oven to 325 degrees F.
2. Grease a 9×5-inch loaf pan and line the bottom with unbleached parchment paper. Spray pan on all sides and paper with coconut oil spray.
3. Sift coconut flour into a medium bowl. Whisk in the rest of the dry ingredients.
4. In a large bowl, using an electric mixer, cream the butter and cream cheese together. Beat in erythritol, and continue to beat on high for 2 minutes until light and fluffy.
5. Mix in the eggs and beat well to incorporate.
6. Mix in dry ingredients until combined.
7. Pour batter into loaf pan, filling ¾ full.
8. Bake for 90 minutes, covering with foil after the first 30 minutes if the top is already golden brown. Continue to bake until a toothpick inserted in the center of cake comes out clean.
9. Let cake cool for 2 hours in pan.

Nutrition Information Per Serving

288 calories, 21 g total fat, 13 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 1 g polyunsaturated fats, 217 mg cholesterol, 406mg sodium, 14 g carbohydrate, 2.5 g fiber, 4 g sugars, 10 g protein
Coconut Cupcakes

Yield: 12
Start to Finish: 1.5 hours
Nutrition Snapshot: 155 calories, 1.2 grams sugar, 2 grams fiber, 3 grams protein, 3 net carbs per serving
Preferences: Gluten Free, Dairy Free

Ingredients
- 1/4 cup organic coconut milk
- 1 Tbsp. Bob’s Red Mill Coconut Flour
- 1 pinch Celtic sea salt
- 3 large pastured eggs
- ½ cup organic erythritol
- 1/2 tsp. stevia extract
- 1/2 tsp. aluminum-free baking powder
- 2 cups Bob’s Red Mill Unsweetened Shredded Coconut
- 2 Tbsp. organic virgin coconut oil
- 1/4 cup ground organic almond flour, packed
- 1 Tbsp. organic vanilla extract

Preparation
1. Preheat oven to 325 degrees Fahrenheit. Line a mini muffin pan with papers and spray with coconut oil spray.
2. In a Magic Bullet or food processor, add coconut and grind into a fine meal.
3. Add almond flour, coconut and remaining dry ingredients to a large mixing bowl.
4. In a small saucepan, melt coconut oil over low heat. Add eggs, vanilla extract, and coconut milk and beat well.
5. Add dry ingredients into wet ingredients, and mix on medium speed for 2 minutes.
6. Line a mini muffin pan with mini muffin papers, and spray with extra virgin olive oil spray.
7. Pour batter into mini muffin cups, about ¾ full.
8. Transfer to oven and bake for 18-20 minutes, until springy and firm to the touch.

Nutrition Information Per Serving
155 calories, 15 g total fat, 12 g saturated fat, 0 g trans fat, 1 g monounsaturated fats, 0.5 g polyunsaturated fats, 53 mg cholesterol, 30 mg sodium, 5 g carbohydrate, 2 g fiber, 0 g sugars, 3 g protein
Yellow Cupcakes

Yield: 12 cupcakes
Start to Finish: 1 hour
Nutrition Snapshot: 147 calories, 0 grams sugar, 3 grams fiber, 3 grams protein, 7 net carbs per serving
Preferences: Gluten Free, Dairy Free; Good Source of Fiber, Protein, Selenium, Phosphorous, Manganese

Ingredients
• 5 large pasture raised eggs
• 1 large pasture raised egg yolk
• 1/2 tsp. sea salt
• 1 1/2 tsp. baking powder
• 5 Tbsp. Bob’s Red Mill Organic Coconut Flour
• 1 16-oz can organic cannellini beans
• 12 Tbsp. organic erythritol
• 6 Tbsp. Spectrum Organic Shortening
• ½-3/4 tsp. stevia extract (to taste)
• 2 tsp. organic vanilla extract
• 1/2 tsp. baking soda

Preparation
1. Preheat oven to 350 degrees F. Line a muffin tin with unbleached parchment liners and spray with cooking spray.
2. Drain and rinse beans.
3. Add beans, eggs, vanilla and salt to a food processor. Puree well.
5. Add coconut flour, salt, baking soda and baking powder. Beat on high speed until fluffy.
7. Bake 25 minutes or until golden and springy to the touch.
8. Let cool, frost and serve. NOTE: Let cupcakes stand 12-24 hours in an airtight glass container to allow beany flavor to dissipate.

Nutrition Information Per Serving
147 calories, 9.5g total fat, 4.2 g saturated fat, 0 g trans fat, 3.5 g monounsaturated fats, 1.4 g polyunsaturated fats, 105 mg cholesterol, 193 mg sodium, 10 g carbohydrate, 3 g fiber, 0 g sugars, 3 g protein
Carrot Cake Cupcakes

Yield: 12 cupcakes
Start to Finish: 1 hour

Nutrition Snapshot: 186 calories, 2 grams sugar, 3.5 grams fiber, 6 grams protein, 3.5 net carbs per serving

Preferences: Gluten Free, Dairy Free; Excellent Source of Vitamin A, Manganese; Good Source of Fiber, Magnesium, Protein, Vitamin E, Riboflavin, Phosphorous

Ingredients
- 1 ½ cups blanched almond flour
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ½ tablespoon cinnamon
- 3 pastured eggs
- 2 tablespoons organic virgin coconut oil
- 1/2 cup organic erythritol, powdered
- 1/2 tsp. stevia extract
- 1 ½ cups organic carrots, grated
- ½ cup organic pecans, chopped

Preparation
1. Preheat oven to 350 degrees F.
2. In a large bowl, combine almond flour, salt, baking soda and cinnamon.
3. In a separate bowl, mix together eggs, oil, erythritol and stevia.
4. Stir carrots and pecans into wet ingredients.
5. Stir wet ingredients into dry.
6. Scoop a heaping ¼ cup batter into paper lined cupcake pan.
7. Bake for 18 to 22 minutes.
8. Cool to room temperature and spread with Cream Cheese Frosting or Sugar Free Buttercream Frosting.

Nutrition Information Per Serving
186 calories 16 g total fat, 4 g saturated fat, 0 g trans fat, 8 g monounsaturated fats, 3 g polyunsaturated fats, 63 mg cholesterol, 217 mg sodium, 7 g carbohydrate, 3.5 g fiber, 2 g sugars, 6 g protein
Blueberry Muffins

Yield: 12 muffins
Start to Finish: 45 minutes
Nutrition Snapshot: 186 calories, 2 grams sugar, 3.5 grams fiber, 6 grams protein, 3.5 net carbs per serving
Preferences: Gluten Free, Dairy Free; Good Source of Selenium, Manganese

Ingredients
- 1/2 cup organic erythritol, powdered
- 1/2 tsp. stevia extract
- 1/2 cup organic virgin coconut oil, melted
- 2/3 cup organic coconut flour
- 1 cups organic blueberries
- 1/4 tsp. sea salt
- 1 tsp. organic vanilla extract
- 1 tsp. non-aluminum baking powder
- 6 large pastured eggs (room temperature)
- 1/4 cup purified or spring water

Preparation
1. Heat oven to 375 degrees F.
2. Grease pan generously with butter or line with muffin liners.
3. Whisk the eggs until whites and yolks are well-mixed. Stream in the coconut oil while continuing to whisk.
4. Add salt and vanilla and mix until combined.
5. Mix the remaining dry ingredients - coconut flour, erythritol, stevia, and baking powder- in a medium bowl.
6. Mix the dry ingredients into the wet.
7. Whisk in water, one tablespoon at a time. You want to get it to a consistency that will hold up the berries, but not be too thick. Add additional water (up to 2 additional Tbsp.) if necessary.
8. Gently mix in the berries and divide among muffin cups. Bake for about 15 to 18 minutes, or until just turning golden on top.

Nutrition Information Per Serving
153 calories 14 g total fat, 9 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 1 g polyunsaturated fats, 126 mg cholesterol, 140 mg sodium, 4 g carbohydrate, 1 g fiber, 2 g sugars, 4 g protein
Cranberry Pecan Muffins

Yield: 6 muffins  
Start to Finish: 30 minutes  
Nutrition Snapshot: 160 calories, 4 grams sugar, 2.5 grams fiber, 4 grams protein, 5.5 net carbs  
Preferences: Gluten Free, Dairy Free; Good Source of Fiber, Selenium, Manganese

Ingredients
- 3 pastured eggs
- 2 Tbsp. organic virgin coconut oil, melted
- 2 Tbsp. organic full fat coconut milk
- 20 drops Sweet Leaf Liquid Stevia
- 1/4 tsp. sea salt
- 1/4 tsp. organic vanilla
- 1/4 cup coconut flour, sifted
- 1/4 tsp. non-aluminum baking powder
- 1/4 cup organic dried, unsweetened cranberries
- 1/3 cup organic pecans, chopped

Preparation
1. Preheat oven to 400 degrees.
2. Liberally grease a muffin tin.
3. Blend together eggs, coconut oil, milk, salt, vanilla and stevia.
4. Combine coconut flour and baking powder.
5. Whisk dry ingredients into wet ingredients.
6. Fold in cranberries and pecans.
7. Bake for 15 minutes.

Nutrition Information Per Serving
160 calories 13 g total fat, 7 g saturated fat, 0 g trans fat, 3.5 g monounsaturated fats, 2 g polyunsaturated fats, 105 mg cholesterol, 143 mg sodium, 8 g carbohydrate, 2.5 g fiber, 4 g sugars, 4 g protein
Banana Walnut Muffins

Yield: 12 muffins
Start to Finish: 45 minutes
Nutrition Snapshot: 147 calories, 3 grams sugar, 2.5 grams fiber, 5 grams protein, 5 net carbs
Preferences: Gluten Free, Dairy Free; Excellent Source of ALA Omega 3; Good Source of Fiber, Selenium, Manganese

Ingredients

- ½ tsp. stevia extract
- 2 medium organic bananas
- 1/4 tsp. Celtic sea salt
- 4 Tbsp. organic virgin coconut oil
- 1/2 cup organic walnuts, chopped
- 8 Tbsp. Bob’s Red Mill Organic Coconut Flour
- 1 tsp. organic vanilla extract
- 1/2 tsp. non-aluminum baking powder
- 8 Tbsp. organic erythritol
- 6 large pastured eggs

Preparation

1. Preheat oven to 350 degrees F.
2. Place an unbleached parchment paper liner on baking sheet. Add walnuts and toast 4-5 minutes. Cool and chop.
3. Using a hand-held blender, cream erythritol coconut oil until fluffy. Add vanilla and eggs, one at a time, beating well after each addition.
4. Sift coconut flour. The sifted amount should be 1/2 cup - no more! Combine sifted coconut flour with baking powder, salt and stevia. Beat into batter.
6. Pour batter three quarters of the way up into a muffin pan lined with greased muffin papers.
7. Bake 35 minutes.

Nutrition Information Per Serving

147 calories, 11g total fat, 6 g saturated fat, 0 g trans fat, 2 g monounsaturated fats, 3 g polyunsaturated fats, 106 mg cholesterol, 94 mg sodium, 8 g carbohydrate, 2.5 g fiber, 3 g sugars, 5 g protein
Cheesecake with Shortbread Crust & Fresh Raspberries

Yield: 12 servings
Start to Finish: 5 hours
Nutrition Snapshot: 147 calories, 1 grams sugar, 2 grams fiber, 4 grams protein, 3 net carbs
Preferences: Gluten Free; Good Source of Riboflavin, Manganese

Ingredients

• 3/4 cup almond flour
• 7 Tbsp. organic erythritol
• 1/2 tsp. stevia extract
• 5 Tbsp. organic butter, melted
• 1 pastured egg
• 1/2 teaspoon organic vanilla extract
• 3/4 cup organic sour cream
• 8 ounces organic cream cheese, softened
• 3/4 cup fresh organic raspberries

Preparation

1. Preheat oven to 350 degrees F.
2. First, make crust. Whisk together almond flour, 1 Tbsp. erythritol and 1/8 tsp. stevia. Mix in 4 Tbsp. melted butter and press into the bottom of a pie pan. Bake for 15 minutes, or until golden brown around the edges. Let cool.
3. Reduce oven temperature to 325 degrees F.
4. In a small bowl, whisk together eggs, vanilla, sour cream, and remaining erythritol and stevia. Beat cream cheese and remaining melted butter together until smooth. Add cream cheese mixture to egg mixture and beat until smooth.
5. Pour cheesecake batter onto baked crust and transfer to oven.
6. Bake for 35 minutes using the water bath method. Remove from oven and let cool. Transfer to oven and refrigerated 4 hours or until firm.
7. Top with fresh raspberries and serve.

Nutrition Information Per Serving

177 calories 16 g total fat, 8 g saturated fat, 0 g trans fat, 6 g monounsaturated fats, 2 g polyunsaturated fats, 52 mg cholesterol, 16 mg sodium, 5 g carbohydrate, 2 g fiber, 1 g sugars, 4 g protein
Coconut Cheesecake Squares

Yield: 12 squares  
Start to Finish: 40 minutes  
Nutrition Snapshot: 224 calories, 1 gram sugar, 2 grams fiber, 4 grams protein, 1 net carb per serving  
Preferences: Gluten-Free, Good Source of Selenium and Vitamin A

Ingredients

- 8 oz. organic cream cheese
- 1 stick organic butter
- 1 cup sifted organic coconut flour
- 1/2 cup organic erythritol
- 4 large pastured eggs
- 2 tsp. organic vanilla extract
- 1 tsp. extra virgin coconut oil
- 1/3-1/2 tsp. stevia extract (to taste)

Preparation

1. Preheat oven to 350 degrees F. Lightly coat 11 x 7 square pan with oil.
2. Cream butter and cream cheese on high speed until fluffy. Add eggs one at a time. Beat well. Add erythritol gradually. Add coconut flour, stevia and vanilla, beat until well blended.
3. Pour into pan and bake for 30 minutes.

NOTE: This recipe does not include a crust. Pumpkin Bourbon Cheesecake with Pecan Crust to create a simple nut crust for this recipe. Or crush Homemade Graham Crackers to make a crust.

Nutrition Information Per Serving

224 calories, 22 g total fat, 15 g saturated fat, 0 grams trans fat, 5 grams monounsaturated fat, 1 gram polyunsaturated fat, 111 mg cholesterol, 136 mg sodium, 3 grams carbohydrate, 2 gram fiber, 1 grams sugars, 4 grams protein
Pumpkin Bourbon Cheesecake with Pecan Crust

Yield: 12 squares  
Start to Finish: 4 hours  
Nutrition Snapshot: 228 calories, 2 grams sugar, 2 grams fiber, 7 gram protein, 4 net carbs per serving  
Preferences: Gluten-Free, Excellent Source of Vitamin A; Good Source of Protein and Omega-3

Ingredients
- 1 cup pecan pieces, finely chopped  
- ½ cup almond flour  
- 2 pastured eggs, beaten + 1 pastured egg yolk  
- 2 Tbsp. melted organic butter  
- 1/2 cup + 2 Tbsp. organic erythritol  
- 1 1/2 cups organic pumpkin puree  
- 1/2 tsp. each ground cinnamon, nutmeg and ginger  
- 1/2 tsp. sea salt  
- 24 oz. organic cream cheese  
- 2 tsp. organic dark agave nectar  
- 3 Tbsp. bourbon whiskey  
- 5/8 cup organic sour cream  
- 1/3-1/2 tsp. stevia extract (to taste)

Preparation
1. Preheat oven to 350 degrees F.  
2. Butter a 9-inch springform pan and line the bottom and sides with parchment paper.  
3. Combine the almond flour, pecans, 2 Tbsp. erythritol, melted butter and egg yolk together in a large bowl. Press the mixture evenly onto the bottom of the springform pan. Bake for 10 minutes. Set aside to cool. Turn the oven down to 300 degrees F.  
4. For the filling: Combine the pumpkin, 1/2 c erythritol, stevia, beaten eggs, 1/8 c. sour cream, cinnamon, nutmeg, ginger, and salt in a large mixing bowl. Set aside. Use an electric mixer to beat the cream cheese, agave nectar, and 2 Tbsp. bourbon until smooth. Pour into crust.  
5. Bake for 60-70 minutes, or until the center jiggle only slightly. Set aside to cool. Turn oven to 350 F. Combine the remaining sour cream, 1 Tbsp. bourbon, and a pinch of stevia together in a small bowl. Spread over the cheesecake. Bake for 10 minutes.  
6. Remove from the oven and let stand for 15 minutes. Refrigerate until chilled (3 hours). Remove from the springform pan and peel away the parchment paper. Slice and serve.

Nutrition Information Per Serving
228 calories, 20 g total fat, 9 g saturated fat, 0 g trans fat, 7 g monounsaturated fats, 2 g polyunsaturated fats, 0 mg cholesterol, 186 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g sugars, 7 g protein
Flourless Chocolate Walnut Torte with Cabernet-Infused Cherries

Yield: 10 slices
Start to Finish: 45 minutes
Nutrition Snapshot: 225 calories, 4 grams sugar, 4 grams fiber, 7 grams protein, 7 net carbs per serving
Preferences: Gluten Free, Dairy Free; Excellent Source of Iron, Magnesium, ALA Omega-3, Manganese; Good Source of Fiber, Protein, Selenium, Zinc, Riboflavin, Phosphorous

Ingredients
- 1/2 cup organic Cabernet Sauvignon
- 1 cup organic raw walnuts
- 1/2 tsp. stevia extract (to taste)
- 5 large pastured eggs, separated
- 2/3 cup organic erythritol
- 6 ounce organic baking chocolate, coarsely chopped
- 2 cups frozen organic cherries

Preparation
1. First, make the cherry sauce. In a medium bowl, combine frozen cherries, wine and 1/4 tsp. stevia. Stir to combine. Allow the cherries to thaw in the wine infusion.
2. To make the torte: Preheat the oven to 350 degrees F. Line the bottom of a 9- to 10-inch springform pan with a round of parchment paper.
3. In a large bowl, beat the egg yolks with 1/4 tsp. stevia until pale in color. Gradually beat in 1/2 cup erythritol and continue beating until the mixture is thickened.
4. In a large bowl, beat the egg whites until foamy. Gradually beat the remaining 4 tablespoons of erythritol into the egg whites, 1 tablespoon at a time. Continue to beat until stiff, glossy peaks form.
5. Alternately fold the chopped chocolate, walnuts, and meringue into the yolk mixture by thirds until well blended.
6. Pour into the prepared pan and bake until the torte is firm to the touch and golden brown, 25 to 30 minutes.
7. Remove from the oven and let cool to room temperature. To unmold, run a knife around the edges of the pan to detach. Invert onto a plate and peel off the parchment paper. Invert again onto a serving plate. To serve, cut the torte into wedges and top with the Cabernet cherry sauce.

Nutrition Information Per Serving
225 calories, 19 g total fat, 11 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 6 g polyunsaturated fats, 107 mg cholesterol, 42 mg sodium, 11 g carbohydrate, 4 g fiber, 4 g sugars, 7 g protein
Apple Streusel

Yield: 10 servings  
Start to Finish: 1.5 hours  
Nutrition Snapshot: 192 calories, 5 grams sugar, 4 grams fiber, 3.5 grams protein, 7 net carbs per serving  
Preferences: Gluten Free, Excellent Source of Manganese; Good Source of Fiber, Magnesium, Vitamin E, Folate, ALA Omega-3

Ingredients
- 6 Tbsp. organic grass-fed butter  
- 1 1/2 tsp. organic cinnamon  
- 2 medium chayote squash, peeled  
- 1 tsp. organic vanilla extract  
- 1/2 tsp. organic nutmeg  
- 1/2 cup organic pecans, chopped  
- 1 Tbsp. ground flax meal  
- 2 medium organic apples  
- 1/2 tsp. stevia extract  
- 1 cup organic almond flour  
- 6 Tbsp. organic erythritol  
- 4 Tbsp. fresh lemon juice

Preparation
1. Preheat oven to 350 degrees F.  
2. Slice apples and chayotes to about 1/4 inch thick and place in an over-safe baking dish with a lid. Combine lemon juice, 3 Tbsp. erythritol and stevia in a small bowl; pour over apples. Cover, transfer to oven and bake 30 minutes.  
3. Remove apple mixture from oven and stir well to coat. Adjust sweetness if necessary.  
4. Increase oven to 375 degrees F.  
5. Melt butter. Combine with remaining 3 Tbsp. erythritol and vanilla into a small mixing bowl. Mix in the almond flour, chopped pecans, flax meal, cinnamon and nutmeg to make a crumbly meal.  
6. Pour streusel over the apple-chayote mixture and bake uncovered 45 minutes.  
7. Serve.

Nutrition Information Per Serving
192 calories, 16 g total fat, 5 g saturated fat, 0 g trans fat, 7 g monounsaturated fats, 3 g polyunsaturated fats, 18 mg cholesterol, 50 mg sodium, 11 g carbohydrate, 4 g fiber, 5 g sugars, 3.5 g protein
Pumpkin Pie with Pecan Crust

Yield: 1-9” pie (8 servings)
Start to Finish: 1.5 hours
Nutrition Snapshot: 224 calories, 4 grams sugar, 3 grams fiber, 5 grams protein, 6 net carbs per serving
Preferences: Gluten-Free, Excellent Source of Vitamin A; Good Source of Protein and Fiber

Ingredients

Filling
- 1-15 oz. can organic pumpkin
- 2 pastured eggs
- 1 cup organic erythritol, powdered
- 1/2 tsp. stevia extract (to taste)
- 3 tsp. organic pumpkin pie spice
- 1/3 cup organic cream
- 2/3 cup organic milk
- 1/4 tsp. sea salt

Crust
- 2 cups organic pecans
- 2 Tbsp. melted organic butter
- 2 Tbsp. organic erythritol

Preparation
1. Preheat oven to 425 degrees F.
2. First, prepare the crust. Pulse pecans in a food processor until the largest pieces are as big as lentils or split peas. Add the butter and 2 T. erythritol. Blend until it’s mixed evenly and then pour into a pie pan, pressing dough onto bottom and sides to cover. It should be the right consistency to mold the crust to the pie pan evenly.
3. Next, pour all filling ingredients into a food processor or blender and whirl to blend. Pour into the crust.
4. Transfer the pie in the oven and immediately turn the oven down to 375 degrees F. In 15 minutes, turn the oven down to 300 degrees F. (This cooks the crust, so it isn’t soggy, but then allows the custard to bake more slowly.) Bake until almost set in the middle, about 30 to 40 minutes more. When it starts to crack a bit around the edges, it’s done. Cool and serve.

Nutrition Information Per Serving
224 calories, 20 g total fat, 5 g saturated fat, 0 grams trans fat, 10 grams monounsaturated fat, 1 gram polyunsaturated fat, 72 mg cholesterol, 1018 mg sodium, 9 grams carbohydrate, 3 grams fiber, 4 grams sugars, 5 grams protein
Pavlova with Chambord Cream & Fresh Berries

Yield: 10 servings  
Start to Finish: 2 hours  
Nutrition Snapshot: 203 calories, 3 grams fiber, 3 grams sugars, 4 grams protein, 4 net carbs per serving  
Preferences: Gluten-Free, Excellent Source of Vitamin C; Good Source of Fiber, Vitamin A and Omega-3

Ingredients
- 6 large organic egg whites  
- 1/4 tsp. arrowroot  
- 1 tsp. organic chocolate or vanilla extract  
- 1/4 cup organic cocoa  
- 2 cups organic heavy whipping cream  
- 1 oz. Chambord  
- 1 medium organic kiwi, halved and sliced  
- 1 cup organic erythritol  
- 1/2 tsp. stevia extract (to taste)  
- 1 cup fresh organic raspberries  
- 1 cup fresh organic blackberries  
- 1 tsp. distilled white vinegar  
- 1/2 tsp. cream of tartar

Preparation
1. Preheat oven to 250 degrees F. Line a baking sheet with parchment paper. Draw a 10 inch circle on parchment.  
2. In a large bowl, combine egg whites and cream of tartar. Beat at medium-high speed with an electric mixer until foamy. Mix 3/4 cup erythritol and stevia; gradually beat in 1 Tbsp at a time. Fold in vinegar and chocolate (or vanilla) extract.  
3. In a small bowl, combine cocoa and arrowroot; sift. Gently fold into egg white mixture. Spoon mixture onto circle drawn on parchment paper.  
4. Transfer to oven and bake for 1.5 hours. Turn oven off.  

Nutrition Information Per Serving
203 calories, 18 g total fat, 11 g saturated fat, 0 grams trans fat, 5 grams monounsaturated fat, 1 gram polyunsaturated fat, 65 mg cholesterol, 52 mg sodium, 7 grams carbohydrate, 3 grams fiber, 3 grams sugars, 4 grams protein

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Strawberry-Rhubarb Crisp

Yield: 8
Start to Finish: 1 hour
Nutrition Snapshot: 185 calories, 3 grams sugar, 5 grams fiber, 5 gram protein, 9 net carbs per serving
Preferences: Gluten Free, Excellent Source of Fiber, Vitamin C; Good Source of Protein, Calcium, Iron, Magnesium, Potassium, Vitamin E and Niacin

Ingredients

- 1/2 tsp. organic cinnamon
- 1 cup organic almond flour
- 1/2 cup Bob’s Red Mill Gluten Free Rolled Oats
- 2 lbs. organic rhubarb, chopped into ½” pieces
- 1/2 pint organic strawberries, quartered
- 4 Tbsp. organic butter
- 1 tsp. organic vanilla
- 1 cup organic erythritol
- 1/3-1/2 tsp. stevia extract (to taste)
- 2 tsp. organic arrowroot

Preparation

1. Preheat oven to 375 degrees F.
2. Spray a 3 quart baking dish with non-stick spray.
3. In a small bowl or ramekin, combine erythritol, stevia, arrowroot and cinnamon.
4. Place rhubarb and strawberries in a glass baking dish. Sprinkle with erythritol mixture and stir to coat.
5. In a small bowl, combine melted butter with vanilla. Add almond flour and oats, mixing with a fork to combine.
6. Sprinkle over rhubarb-strawberry mixture.
7. Bake for 35-45 minutes until topping is crisp and brown. Serve with organic whipped cream.

Nutrition Information Per Serving

185 calories, 13 g total fat, 4 g saturated fat, 0 g trans fat, 6 g monounsaturated fats, 2 g polyunsaturated fats, 15 mg cholesterol, 58 mg sodium, 14 g carbohydrate, 5 g fiber, 3 g sugars, 5 g protein
Cherry Almond Tarts

Yield: 8 servings
Start to Finish: 1 hour
Nutrition Snapshot: 265 calories, 8 grams sugar, 4 grams fiber, 5 gram protein, 11 net carbs per serving
Preferences: Gluten-Free, Excellent Source of Vitamin A and Vitamin E; Good Source of Protein, Fiber and Magnesium

Ingredients
• 1/2 cup organic butter
• 1/4 cup cold spring water
• 4 cups frozen organic cherries
• 1 ½ cups ground almond flour
• 3/4 cup organic erythritol
• 1/3-1/2 tsp. stevia extract (to taste)
• 1/2 tsp. sea salt
• 1 ½ Tbsp. arrowroot
• 1/2 tsp. organic vanilla extract

Preparation
1. Preheat oven to 400 degrees F. In a small saucepan, add the frozen cherries and heat over medium heat, stirring occasionally.
2. Meanwhile, in a medium sized bowl, combine the almond flour and salt. Cut in all but 1 Tbsp. of the butter into mixture until it resembles coarse crumbs. Add enough water until dough forms a ball. Refrigerate for 30 minutes.
3. On a lightly floured surface, roll out dough to 1/8-in. thickness. Cut out eight 5-in. circles. Place each over an inverted custard cup on an ungreased baking pan; flute edges. Bake for 10-11 minutes or until golden brown. Cool for 5 minutes before removing tart shells from custard cups; cool completely on wire racks.
4. Cherries should now be warm throughout and liquid slightly bubbling. Drain cherries, reserving 1 cup juice. Return the saucepan to the burner, and combine the erythritol, stevia and arrowroot. Stir reserved juice into the erythritol mixture until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in the cherries, 1 Tbsp. reserved butter and vanilla extract.
5. Cool to room temperature. Spoon about 1/4 cup filling into each tart shell. Serve.

Nutrition Information Per Serving
265 calories, 22 g total fat, 8 g saturated fat, 0 g trans fat, 10 g monounsaturated fats, 3 g polyunsaturated fats, 31 mg cholesterol, 228 mg sodium, 15 g carbohydrate, 4 g fiber, 8 g sugars, 5 g protein
Chocolate Peanut Butter Fudge

Yield: 18 pieces
Start to Finish: 30 minutes
Nutrition Snapshot: 147 calories, 1.5 grams sugar, 3 grams fiber, 5 grams protein, 4 net carbs per serving
Preferences: Gluten-Free, Dairy Free, Vegan, Good Source of Protein

Ingredients
- 8 oz. unsweetened chocolate squares
- 1 cup smooth organic Valencia peanut butter
- 3/4 cup organic erythritol, powdered
- 1/2 tsp. stevia extract
- 1/2 tsp. organic vanilla
- Pinch salt (optional)

Preparation
1. Melt the chocolate over low heat, preferably in a double boiler to prevent burning.
2. Mix in remaining ingredients, stirring well to dissolve powdered erythritol.
3. Spread into a loaf pan.
4. Cool to room temperature.
5. Cut into 18 pieces and serve.

Nutrition Information Per Serving
147 calories, 14 g total fat, 6 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 2 g polyunsaturated fats, 0 mg cholesterol, 5 mg sodium, 7 g carbohydrate, 3 g fiber, 1.5 g sugars, 5 g Protein
Chocolate Rum Balls

Yield: 12 rum balls
Start to Finish: 15 minutes
Nutrition Snapshot: 80 calories, 1 gram sugar, 2 grams fiber, 2 grams protein, 2 net carbs per serving
Preferences: Gluten-Free

Ingredients
- 1 cup organic almond flour
- 1/2 cup organic cocoa powder
- 2 Tbsp. organic butter, softened to room temperature
- 2 Tbsp. organic erythritol, powdered
- 1/2 tsp. organic vanilla
- 2 Tbsp. rum or brandy
- 10 drops stevia liquid extract

Preparation
1. Mix all dry ingredients together in bowl.
2. Add vanilla, and liquid stevia. The total liquid amount of liquid should be between 2.5-3 tablespoons.
3. Add the liquid slowly and mix until it all comes together. Roll into balls and place in an airtight container.
4. Refrigerate at least 4 hours; the flavors will mellow over the next few days.

Nutrition Information Per Serving
80 calories, 6 g total fat, 2 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 1 g polyunsaturated fats, 5 mg cholesterol, 14 mg sodium, 4 g carbohydrate, 2 g fiber, 1 g sugars, 2 g protein
Chocolate Coconut Truffles

Yield: 16 truffles
Start to Finish: 30 minutes

Nutrition Snapshot: 78 calories, 2 grams sugar, 1 grams fiber, 1 grams protein, 3 net carbs per serving

Preferences: Gluten-Free, Dairy Free, Vegan; Excellent Source of Iron; Good Source of Manganese

Ingredients

Truffles
- 2 (3 oz) bars *Endangered Species Extreme Dark Chocolate (88%)*
- 1 1/2 Tbsp. organic virgin coconut oil
- 1/4 cup organic full fat coconut milk
- 2 tablespoons dark rum
- 6 tablespoons erythritol, powdered
- 1/4 teaspoon stevia extract

Truffle Coatings
- 1 (1.5 oz) bar *Endangered Species Chocolate 70%
- 1/4 cup organic cocoa powder
- ¼ cup unsweetened shredded coconut
- ¼ cup organic pecans, chopped

Preparation

1. Preheat oven to 350 degrees F.
2. Chop the dark chocolate bars and add to a double boiler or a metal bowl over a simmering pot of water. Add erythritol, coconut milk and stevia, stirring to incorporate. Add coconut oil and stir until melted. Stir in rum. Adjust amount of stevia if necessary. Pour into an 8 by 8 glass dish and freeze for 10-20 minutes, or until firm.
3. Meanwhile, place the coconut and pecans on a cookie sheet (keeping separated). Bake 5-8 minutes, stirring once or twice until golden.
4. Scoop out truffles with a melon baller or rounded teaspoon measure. Roll quickly into balls, and set on cookie sheet lined with wax paper. Freeze for five minutes. Melt the 70% chocolate bar and add a pinch of stevia to sweeten, if desired.
5. Prepare the dry coatings. Add cocoa powder, toasted coconut and toasted pecans to three separate shallow dishes. Dip the chilled truffle fillings into melted chocolate with a fork, them immediately roll in nuts, coconut or cocoa powder. Store refrigerated in an airtight container in the fridge, or on the counter top for 24 hours. Serve at room temperature.

Nutrition Information Per Serving

78 calories 7 g total fat, 4 g saturated fat, 0 g trans fat, 1 g monounsaturated fats, 0 g polyunsaturated fats, 0 mg cholesterol, 1 mg sodium, 4 g carbohydrate, 1 g fiber, 2 g sugars, 1 g protein
Chocolate Soufflés

Yield: 4 soufflés  
Start to Finish: 30 minutes  
Nutrition Snapshot: 152 calories, 3 grams sugar, 2 grams fiber, 8 grams protein, 4 net carbs per serving  
Preferences: Gluten-Free, Excellent Source of Selenium; Good Source of Protein, Vitamin B12 and Iron

Ingredients
- 2 Tbsp. organic butter  
- 4 Tbsp. organic erythritol  
- 1/3-1/2 tsp. stevia extract (to taste)  
- 4 Tbsp. organic cocoa  
- 1/2 cup organic milk  
- 4 pastured eggs (separated)

Preparation
1. Preheat oven to 350 degrees F.
2. Melt butter in a medium saucepan over low heat. Add stevia and 2 Tbsp. erythritol to butter and stir to dissolve.
3. Continue stirring butter mixture and incorporate cocoa. Add milk and turn heat to medium while whisking. Once fully mixed, remove from heat and allow to cool.
4. Separate eggs. In a small bowl, beat egg whites with remaining erythritol on high speed until soft peaks form.
5. Whisk egg yolks into cooled cocoa mixture (NOTE: if the chocolate mixture is too hot, you will have scrambled eggs, not soufflé).
6. Fold cocoa mixture gently into egg white mixture.
7. Spoon into 4 small (6 oz) ramekins and bake 20 minutes.
8. Serve warm.

Nutrition Information Per Serving
152 calories, 12 g total fat, 6 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 1 g polyunsaturated fats, 228 mg cholesterol, 125 mg sodium, 6 g carbohydrate, 2 g fiber, 3 g sugars, 8 g protein
**Pumpkin Soufflés**

**Yield:** 4 soufflés  
**Start to Finish:** 45 minutes  
**Nutrition Snapshot:** 92 calories, 5 grams sugar, 2 grams fiber, 7 grams protein, 9 net carbs per serving  
**Preferences:** Gluten-Free, Excellent Source of Vitamin A; Good Source of Protein, Selenium, Vitamin K, Riboflavin, Phosphorous, Manganese

**Ingredients**

- 2 large pastured eggs  
- 2 large pastured egg whites  
- 1 tsp. organic vanilla extract  
- 1/4 tsp. stevia extract  
- 1/2 tsp. organic ground nutmeg  
- 1 tsp. organic cinnamon  
- 1 tsp. organic ground cloves  
- 1/2 cup organic whole milk  
- 2 Tbsp. organic erythritol  
- 1 cup organic canned pumpkin

**Preparation**

1. Preheat 350 degrees F. Lightly spray 4-4 ounce ramekins with nonstick spray.  
2. Separate the eggs.  
3. In a medium bowl, add the pumpkin, milk and vanilla. Mix well to combine.  
4. Mix the egg yolks, erythritol, stevia, cinnamon, cloves and nutmeg. Whisk into pumpkin mixture.  
5. In a clean, dry mixing bowl, beat egg whites until stiff peaks form. Gently fold egg whites into pumpkin.  
6. Fill each ramekin with 1/2 cup of the mixture.  
7. Place the ramekins in the oven (you may use a water bath, if desired).  
8. Bake 25 minutes or until a toothpick comes out clean.

**Nutrition Information Per Serving**

92 calories, 4g total fat, 1.5 g saturated fat, 0 g trans fat, 1.2 g monounsaturated fats, 0 g polyunsaturated fats, 108 mg cholesterol, 79 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g sugars, 7 g protein
Lemon-Ricotta Soufflés

Yield: 8–4 oz. soufflés
Start to Finish: 2 hours
Nutrition Snapshot: 265 calories, 1 gram sugar, 2 grams fiber, 10 grams protein, 4 net carbs per serving
Preferences: Gluten-Free, Excellent Source of Protein and Selenium; Good Source of Calcium and Vitamin A

Ingredients
- 6 Tbsp. organic butter, softened (plus additional for greasing)
- 1 cup organic erythritol
- 1/2 tsp. cream of tartar
- 3 Tbsp. fresh lemon juice + 1 Tbsp. organic lemon zest
- 1/2 tsp. sea salt
- 3/4 cup organic coconut flour
- 4 large organic egg yolks + 6 large organic egg whites
- 1 ½ cups organic ricotta cheese
- 3/4 cup spring water
- 1/3-1/2 tsp. stevia extract (to taste)

Preparation
1. Preheat oven to 425 degrees F. Butter eight 4-ounce ramekins.
2. In a medium saucepan, bring the softened butter, water and 1/2 teaspoon of salt to a boil. Remove from the heat and stir in the coconut flour. Cook over moderate heat, stirring with a wooden spoon, until the dough comes together, about 2 minutes.
3. Transfer to the bowl of a standing mixer fitted with the paddle. While beating, add the egg yolks one at a time. Add the lemon zest, juice and ricotta and beat at high speed until very smooth and creamy. Transfer to a large bowl.
4. Wash and dry the mixer bowl. Add the egg whites, the cream of tartar and a pinch of salt. Beat the egg whites at medium high speed until soft peaks form.
5. Mix the 1 cup of erythritol with the stevia well and add in a thin stream and beat at high speed until stiff, glossy peaks form, about 2 minutes.
6. Gently fold the whites into the ricotta dough just until no streaks remain. Spoon the soufflé mixture into ramekins. Bake the soufflés in the center of the oven for 35-40 minutes, or until firm, risen and deep golden on top.

Nutrition Information Per Serving
265 calories, 24 g total fat, 16 g saturated fat, 0 grams trans fat, 5 grams monounsaturated fat, 1 gram polyunsaturated fat, 151 mg cholesterol, 294 mg sodium, 6 grams carbohydrate, 2 gram fiber, 1 gram sugars, 10 grams protein
Grand Marnier Soufflés

Yield: 6 – 8 oz. soufflés
Start to Finish: 30 minutes
Nutrition Snapshot: 89 calories, 1 gram sugar, 1 gram fiber, 6 grams protein, 2 net carbs per serving
Preferences: Gluten-Free, Dairy Free, Good Source of Protein and Selenium

Ingredients

• 1/3-1/2 tsp. stevia extract
• 4 large organic egg yolks
• 1/4 tsp. cream of tartar
• 1/8 tsp. sea salt
• 1 oz. sliced almonds
• 1 tsp. organic vanilla extract
• 2 Tbsp. Grand Marnier
• 6 large organic egg whites

Preparation

1. Preheat oven to 400 degrees F. Place a heavy baking sheet on middle rack. Coat 6 (8-ounce) ramekins with cooking spray, and sprinkle each dish with 2 teaspoons erythritol, shaking and turning to coat.
3. Place egg yolks in a large bowl; beat with a mixer at medium-high speed 5 minutes or until thick and pale. Gradually add 1/4 cup erythritol and stevia; beat 2 minutes. Beat in liqueur and vanilla.
4. Place egg whites in a large bowl; beat with a mixer at high speed 1 minute or until foamy using clean, dry beaters. Add the cream of tartar and salt; beat mixture until soft peaks form. Gradually add 1/4 cup erythritol, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into liqueur mixture. Gently fold in the remaining egg white mixture; divide evenly among the prepared ramekins. Sprinkle with almonds.
5. Place soufflé dishes on baking sheet in oven; bake for 10 minutes or until tall and golden brown (soufflés will rise 1 1/2 to 2 inches above the dish rim). Serve immediately.

Nutrition Information Per Serving
89 calories, 5 g total fat, 1 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 1 g polyunsaturated fats, 140 mg cholesterol, 109 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugars, 6 g protein
Decadent Dark Chocolate Pudding

Yield: 8 servings  
Start to Finish: 1 hour  
Nutrition Snapshot: 123 calories, 2 grams fiber, 5 grams sugars, 5 grams protein, 7 net carbs per serving  
Preferences: Gluten-free, Good Source of Protein, Calcium, Iron, Magnesium, Selenium, Vitamin B12

Ingredients

- 3 large organic egg yolks, beaten lightly
- 3 cups organic whole milk or full fat coconut milk
- 2 Tbsp. organic arrowroot
- 2 oz. organic unsweetened baking chocolate, chopped
- 1/2 tsp. organic vanilla extract
- 1 pinch sea salt
- 3 Tbsp. organic cocoa
- 2/3 cup organic erythritol, powdered
- ½ tsp. stevia extract

Preparation

1. Crack egg yolks into a medium bowl and beat lightly. Set aside.
2. In a heavy saucepan, heat milk over medium-high heat to 180°F or until tiny bubbles form around the edges. Immediately remove from heat.
3. Strain milk through a sieve into a large mixing bowl. Discard any solids. Pour the milk back into the saucepan and add the erythritol, stevia, arrowroot, cocoa powder and salt. Bring to a boil over medium heat, stirring constantly to ensure a smooth texture.
4. When the mixture thickens, remove from the heat. Take one cup of it and whisk it into the egg yolks slowly to make sure the yolks don't cook. Pour the egg yolk and chocolate mixture back into the saucepan with the rest of the chocolate mixture. Return it to the stove and bring to a boil over medium heat, whisking constantly. When the pudding becomes thick, remove it from the heat and stir in the vanilla extract and dark chocolate.
5. Serve immediately or transfer the pudding to a storage container or glass bowl covered with plastic wrap.

Nutrition Information Per Serving

123 calories, 5 g total fat, 3 g saturated fat, 0 grams trans fat, 3 grams monounsaturated fat, 1 gram polyunsaturated fat, 88 mg cholesterol, 51 mg sodium, 9 grams carbohydrate, 2 grams fiber, 5 grams sugars, 5 grams protein
Coconut Crème Brûlée

Yield: 6–2.5 ounce servings
Start to Finish: 1 hour
Nutrition Snapshot: 281 calories, 2 grams sugar, 0 grams fiber, 5 grams protein, 6 net carbs per serving
Preferences: Dairy Free, Gluten-Free, Excellent Source of Iron, Manganese; Good Source of Magnesium, Protein, Selenium, Phosphorous

Ingredients
- 1/2 tsp stevia Extract
- 2 tsp organic vanilla extract
- 4 large pastured egg yolks
- 3 cups organic full fat coconut milk
- 1 large pastured egg
- 8 Tbsp organic erythritol
- 2 Tbsp. Navitas Naturals Organic Palm Sugar

Preparation
1. Preheat the oven to 325 degrees F.
2. Add the erythritol to a Magic Bullet or Food Processor and pulse to achieve a powder consistency.
3. Add the coconut milk to a saucepan and scald (bring it nearly to a boil (185°F, 85°C )
4. Whisk together the egg, egg yolks, powdered erythritol, stevia and vanilla extract. Slowly add the coconut milk, whisking constantly. Skim off any foam with a spoon that may have formed on the surface.
5. Pour the custard into six ramekins. Place ramekins in a baking pan and pour enough boiling water in the pan to reach halfway up the sides of the ramekins.
6. Bake for 25-30 minutes until the custard sets. Do not over bake; it should be a little soft in the center.
7. Cool in the refrigerator to set (at least 4 hours).
8. Before serving, sprinkle coconut palm sugar on top of each custard. Caramelize with a kitchen blow-torch or place under the broiler for 2-3 minutes.

Nutrition Information Per Serving
281 calories 28 g total fat, 22 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 1 g polyunsaturated fats, 175 mg cholesterol, 35 mg sodium, 6 g carbohydrate, 0 g fiber, 2 g sugars, 5 g protein
Pumpkin Flan with Spice Pepitas

Yield: 12–3.5 ounce ramekins of flan
Start to Finish: 8 hours
Nutrition Snapshot: 218 calories, 3 grams sugar, 2 gram fiber, 7 gram protein, 5 net carbs per serving
Preferences: Gluten-Free, Excellent Source of Vitamin A; Good Source of Protein, Iron, Magnesium, Selenium and Omega-3

Ingredients

• 1 cup organic erythritol
• 1/3-1/2 tsp. stevia extract (to taste)
• 5 large pastured eggs + 1 large organic egg yolk
• 1 3/4 cup organic canned pumpkin (15-oz can)
• 1 tsp. organic vanilla extract
• 1 ½ tsp. organic cinnamon
• 1/4 tsp. ground nutmeg
• 1 tsp. organic ground ginger
• 1 ½ cups organic heavy cream
• 1 cup organic milk
• 3/4 tsp. sea salt
• 1/4 tsp. cayenne pepper
• 1 tsp. macadamia nut oil
• 4 oz. raw green hulled pumpkin seeds

Preparation

1. First, make the flan. Bring cream and milk to a low simmer in a heavy saucepan over moderate heat, then remove from heat.
2. Whisk together whole eggs, yolk, erythritol and stevia in a large bowl until combined well, then whisk in pumpkin, vanilla, spices, and salt until combined.
3. Add hot cream mixture in a slow stream, whisking. Pour custard through a fine-mesh sieve into a bowl, scraping with a rubber spatula to force through, and stir to combine well.
4. Pour custard into 12 ramekins and bake in a water bath until flan is golden brown on top and a knife inserted in center comes out clean, about 1 1/4 hours.
5. Remove dishes from water bath and transfer to a rack to cool. Chill, covered, until cold (6 hours).
6. Make spiced pumpkin seeds while flan chills. Toast pumpkin seeds in oil in a 10-12” heavy skillet over moderately low heat, stirring constantly, until puffed and golden, 8 to 10 minutes. Toss with salt and cayenne until coated. Sprinkle flan with spiced pumpkin seeds and serve.
Nutrition Information Per Serving
218 calories, 19 g total fat, 9 g saturated fat, 0 grams trans fat, 6 grams monounsaturated fat, 3 gram polyunsaturated fat, 148 mg cholesterol, 198 mg sodium, 7 grams carbohydrate, 2 grams fiber, 3 grams sugars, 7 grams protein
Vanilla Bean Panna Cotta

Yield: 8–3.5 oz. servings
Start to Finish: 3.5 hours
Nutrition Snapshot: 186 calories, 7 grams sugar, 3 grams fiber, 5 gram protein, 7 net carbs per serving
Preferences: Gluten-Free, Excellent Source of Vitamin C; Good Source of Protein, Fiber, Calcium, Vitamin A, and Omega-3

Ingredients
- 1 cup organic heavy cream
- 1/4 cup organic erythritol
- 1/3-1/2 tsp. stevia extract (to taste)
- 2 tsp. unflavored powdered gelatin
- 3 cups organic Greek style yogurt
- 3 cups fresh organic mixed berries
- 1 whole organic vanilla bean, split, seeds scraped
- 1/4 cup spring water

Preparation
1. Place berries in the bottom of 8 ramekins.
2. In a medium mixing bowl, whisk together greek yogurt and cream. In a small bowl, combine gelatin and water.
3. Microwave gelatin and water for about 30-45 seconds, until gelatin is melted. Stir in erythritol, stevia and vanilla bean. Whisk gelatin mixture thoroughly into yogurt.
4. Divide into the eight berry-lined ramekins and refrigerate until firm, at least 3 hours.
5. To unmold, dip ramekins in very hot water for a few seconds and invert onto plates.

NOTE: You can use nonfat or full-fat Greek-style yogurt for this recipe. If you don't have access to Greek-style yogurt, use regular plain yogurt and strain it through a cheese-cloth for about an hour before using.

Nutrition Information Per Serving
186 calories, 14 g total fat, 9 g saturated fat, 0 grams trans fat, 4 grams monounsaturated fat, 1 gram polyunsaturated fat, 53 mg cholesterol, 55 mg sodium, 10 grams carbohydrate, 3 gram fiber, 7 grams sugars, 5 grams protein
Fall-Spiced Custard

Yield: 4-6 ounce servings
Start to Finish: 3 hours
Nutrition Snapshot: 139 calories, 6 grams sugar, 0 fiber, 8 grams protein, 6 net carbs per serving
Preferences: Gluten-Free, Excellent Source of Selenium; Source of Protein, Calcium, Vitamin B12 and Vitamin D

Ingredients
- 2 cups organic whole milk
- 2 pastured eggs
- 1/3 cup organic erythritol
- 1/3-1/2 tsp. stevia extract
- 1 tsp. organic vanilla extract
- 1/4 tsp. ground allspice

Preparation
1. Heat the oven to 325 degrees F. Bring water to a simmer for the water bath.
2. In a medium saucepan, bring the milk almost to a simmer, stirring occasionally.
3. In a medium bowl, whisk together the eggs, egg yolks, sugar, and salt until just combined.
4. Pour the hot milk over the egg mixture, whisking. Stir in the vanilla. Strain the custard into a large measuring cup or pitcher and skim any foam from the surface.
5. Divide the custard among four 6-ounce custard cups or ramekins.
6. Sprinkle the tops with the allspice and put them into a small roasting pan. Pour enough of the simmering water into the roasting pan to reach about halfway up the side of the custard cups.
7. Transfer the roasting pan to the middle of the oven and bake until a knife stuck in the center of the custard comes out clean, 45 minutes to 1 hour.
8. Remove the cups from the water bath and let cool. Refrigerate until cold, at least 1 hour.

Nutrition Information Per Serving
139 calories, 9 g total fat, 4 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 1 g polyunsaturated fats, 223 mg cholesterol, 88 mg sodium, 6 g carbohydrate, 0 g fiber, 6 g sugars, 8 g protein
Espresso-Chocolate Mousse

Yield: 12
Start to Finish: 3 hours
Nutrition Snapshot: 316 calories, 1 gram sugar, 3 grams fiber, 7 gram protein, 5 net carbs per serving
Preferences: Gluten-Free, Excellent Source of Iron; Good Source of Fiber, Protein, Magnesium, Selenium, Zinc, Vitamin A and Omega-3

Ingredients
- 9 oz. organic bittersweet chocolate, finely chopped
- 1/2 oz. bittersweet chocolate “curls” or shavings for garnish
- 4 1/2 Tbsp. organic butter, cut into cubes
- 2 Tbsp. organic erythritol
- 1/3-1/2 tsp. stevia extract
- 2 Tbsp. strong-brewed organic espresso
- 6 large organic eggs, separated
- 2 cups organic heavy cream

Preparation
1. In the top of a double boiler, combine the chocolate, butter and espresso and cook over simmering water over moderately low heat, stirring, until the chocolate is melted.
2. Remove the top of the double boiler and let cool to 75°F on an instant-read thermometer.
3. Beat in the egg yolks until incorporated.
4. In a large bowl, beat the egg whites at medium-high speed until very soft peaks form. Gradually add the erythritol and stevia; beat until the whites are slightly firm and glossy.
5. In another bowl, beat the cream until firm. Gently fold half of the whipped cream into the chocolate mixture, then fold in half of the beaten whites until no streaks remain. Repeat with the remaining whites and whipped cream.
6. Spoon the chocolate mousse into glasses or bowls and refrigerate until chilled, at least 3 hours. Garnish with chocolate shavings and serve chilled.

Nutrition Information Per Serving
316 calories, 32 g total fat, 19 g saturated fat, 0 g trans fat, 10 g monounsaturated fats, 1 g polyunsaturated fats, 171 mg cholesterol, 85 mg sodium, 8 g carbohydrate, 3 g fiber, 1 g sugars, 7 g protein
Chocolate Chip Cookies

Yield: 32 cookies
Start to Finish: 35 minutes
Nutrition Snapshot: 85 calories, 1 grams sugar, 1 grams fiber, 2 grams protein, 2 net carbs per serving
Preferences: Gluten Free, Dairy Free, Vegan

Ingredients

• 2 ¼ cups almond flour
• ½ cup organic erythritol
• 1/2 tsp. stevia extract
• 1/2 tsp. sea salt
• 8 Tbsp. Sunspire Organic Semi-Sweet Chocolate Chips*
• 8 Tbsp. organic virgin coconut oil
• 1 Tbsp. organic vanilla extract
• 1/2 tsp. non-aluminum baking soda

Preparation

1. Add the coconut oil to a saucepan and heat over low heat to melt.
2. Add the erythritol, stevia and vanilla to the oil and stir to dissolve crystals.
3. In a large bowl, combine dry ingredients and whisk to combine.
4. Mix wet ingredients into dry to form a dough. (Add water to moisten)
5. Form 1/2 inch balls and press onto a greased baking sheet.
6. Bake at 350 degrees for 7-10 minutes.
7. Cool slightly and serve.

*NOTE: You may substitute the Sunspire Organic Chocolate Chips for the Homemade Chocolate Chunk recipe on page XX

Nutrition Information Per Serving

85 calories 8 g total fat, 4 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 1 g polyunsaturated fats, 0 mg cholesterol, 35 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugars, 2 g protein
Homemade Thin Mint Cookies

Yield: 40 cookies  
Start to Finish: 45 minutes  
Nutrition Snapshot: 69 calories, 1 grams sugar, 1 grams fiber, 1 grams protein, 3 net carbs per serving  
Preferences: Gluten Free, Dairy Free

Ingredients

- 1 ¾ cups almond flour
- 1/3 cup cocoa powder
- 3 Tbsp. erythritol
- 1 tsp. non aluminum baking powder
- ¼ tsp. sea salt
- 1 large pastured egg, slightly beaten
- 3 Tbsp. organic virgin coconut oil, melted
- ½ tsp. vanilla extract
- 10 drops SweetLeaf Liquid Stevia Plus Peppermint
- 2 (3.5oz) Endangered Species (88% cacao)*
- 1 tsp. organic peppermint extract

Preparation

1. Preheat the oven to 225F and line two baking sheets with unbleached parchment paper.
2. In a large bowl, combine almond flour, cocoa powder, erythritol, baking powder and salt. Add in egg, melted butter, vanilla and stevia and stir to form a dough.
3. Roll out dough between two pieces of parchment paper to about 1/8 inch thick. Remove top piece of parchment. Using a 2-inch diameter cookie cutter, cut out circles and place on prepared baking sheet. Repeat with remaining dough.
4. Bake cookies until firm, about 40-50 minutes. Let cookies remain in oven to continue to crisp.
5. For the coating, use a double boiler or place a metal bowl over a pot of gently simmering water (don’t allow the bowl to touch the water). Melt oil and chocolate together in the bowl, stirring until smooth. Remove from heat and stir in peppermint extract.
6. Dip cookies into chocolate, using two forks or tongs to fully coat cookie. Place dipped cookie on waxed paper to cool and set.

*You may also use 8 ounces of Homemade Sugar Free Chocolate Chunks (recipe on page 70)

Nutrition Information per Serving

69 calories 6 g total fat, 2.5 g saturated fat, 0 g trans fat, 2 g monounsaturated fats, 1 g polyunsaturated fats, 6 mg cholesterol, 18 mg sodium, 4 g carbohydrate, 1 g fiber, 1 g sugars, 2 g protein
Homemade Graham Crackers

Yield: 40 cookies
Start to Finish: 45 minutes
Nutrition Snapshot: 82 calories, 1 grams sugar, 2 grams fiber, 3 grams protein, 2 net carbs per serving
Preferences: Gluten Free, Dairy Free; Excellent Source of ALA Omega 3, Good Source of Manganese

Ingredients
• 1 1/2 cups almond meal
• 1/2 cup flax seed meal
• 1/4 cup organic erythritol
• 2 tsp. ground cinnamon
• 1 tsp. non-aluminum baking powder
• 1/4 tsp. sea salt
• 1 large pastured egg
• 2 Tbsp. organic virgin coconut oil, melted
• 1 Tbsp. Navitas Naturals Yacon Syrup*
• 2 tsp. organic vanilla extract

Preparation
1. Preheat oven to 225 degrees F.
2. In a medium bowl, combine almond meal, flax seed meal, erythritol, cinnamon, baking powder and salt and mix well.
3. Add in butter, egg, molasses and vanilla and stir until a cohesive dough forms.
4. On a large cookie sheet, roll out into a rough rectangle between sheets of parchment paper to desired thickness. Can be made very thin, but make sure that it is of even thickness all over so the edges won’t burn before the middle crisps up.
5. Remove top layer of parchment. With a sharp knife, score into desired size of cracker.
6. Bake one hour or until firm and edges are crispy. Turn off oven and leave crackers in oven another half hour to an hour.

*NOTE: You may substitute molasses for yacon syrup.

Nutrition Information Per Serving
82 calories 7 g total fat, 2 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 2 g polyunsaturated fats, 11 mg cholesterol, 34 mg sodium, 4 g carbohydrate, 2 g fiber, 1 g sugars, 3 g protein
Flourless Peanut Butter Cookies

Yield: 1 dozen
Start to Finish: 25 minutes
Nutrition Snapshot: 70 calories, 1 grams sugar, 1 gram fiber, 3 grams protein, 1 net carb per serving
Preferences: Gluten-Free, Dairy Free

Ingredients
- ½ cup Maranatha Organic Valencia Peanut Butter*
- 1/3 cup organic erythritol
- 1/3 tsp. stevia extract
- 1 organic pastured egg, beaten
- ½ tsp. organic vanilla extract

Preparation
1. Preheat oven to 350 degrees F.
2. Mix all the ingredients together.
3. Grease a cookie sheet well, or use parchment paper.
4. Roll mixture into walnut-sized balls, about 1 tablespoon of cookie dough for each cookie. Leave about an inch and a half between each cookie. Don’t press down on the cookies, they will melt and form a cookie as they cook. If you want them to look like the standard peanut butter cookie to you can, dip a fork into a small container of erythritol and gently press cross marks on the top of each cookie.
5. Bake for about 12 minutes.

*NOTE: Valencia peanut butter is grown in an arid climate with a low risk for aflatoxin contamination. For peanut allergies, substitute unsweetened Sunbutter.

Nutrition Information Per Serving
70 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 2 g polyunsaturated fats, 18 mg cholesterol, 55 mg sodium, 2 g carbohydrate, 1 g fiber, 1 g sugars, 3 g protein
Gingerbread Cookies

Yield: 1 dozen
Start to Finish: 45 minutes
Nutrition Snapshot: 133 calories, 2 grams sugar, 4 gram fiber, 3 grams protein, 3 net carb per serving
Preferences: Gluten Free, Dairy Free, Vegan; Good Source of Fiber, ALA Omega-3, Manganese

Ingredients
- 1 tsp. non-aluminum baking powder
- 1/2 tsp. ground cloves
- 1/2 cup organic unsweetened applesauce
- 1 tsp. lemon zest
- 1 tsp. baking soda
- 3 Tbsp. organic flax seed meal
- 1 Tbsp. organic apple cider vinegar
- 1/2 tsp. sea salt
- 4 Tbsp. organic virgin coconut oil, melted
- 1 Tbsp. organic vanilla extract
- 2 tsp. organic ginger powder
- 1/2 tsp. Bob’s Red Mill Guar Gum
- 1/2 cup organic erythritol, powdered
- 2 tsp. organic ground cinnamon
- 1/2 tsp stevia extract
- 1 cup organic almond flour
- 1/2 cup Bob’s Red Mill Organic Coconut Flour

Preparation
1. Preheat oven to 350 degrees F.
2. In a medium bowl, add applesauce, flax meal, vinegar, stevia, powdered erythritol, vanilla, salt, coconut oil, lemon zest and spices. Mix with an electric mixer to combine.
3. In a small bowl whisk together the almond flour, coconut flour, baking powder and baking soda. Add to wet ingredients. Mix to combine.
4. Dust work surface with coconut flour. Place dough on surface and roll out to 1/4 to 1/8 inch thickness. Cut out with cookie cutters.
5. Bake on unbleached parchment paper lined cookie sheet for 12-15 minutes.

Nutrition Information Per Serving
133 calories 11 g total fat, 5 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 2 g polyunsaturated fats, 0 mg cholesterol, 222 mg sodium, 7 g carbohydrate, 4 g fiber, 2 g sugars, 3 g protein
Coconut Macaroons

Yield: 14 cookies
Start to Finish: 30 minutes
Nutrition Snapshot: 46 calories, 1 gram sugar, 1 gram fiber, 1 gram protein, 1 net carb per serving
Preferences: Gluten-Free, Dairy Free

Ingredients
- 2 cups organic, unsweetened shredded coconut
- 4 egg whites from large organic eggs (should be about ½ cup)
- 1 tsp. organic vanilla extract
- 1 cup organic erythritol, powdered
- 1/3-1/2 tsp. stevia extract (to taste)
- 2 Tbsp. spring water

Preparation
1. Preheat oven to 375 degrees F.
2. Line baking sheet with either parchment paper or a silicone mat.
3. Measure egg whites. If they aren't quite ½ cup, add a little water to reach that level. Then add the vanilla.
4. Mix erythritol and stevia with unsweetened coconut. Mix dry and wet ingredients together. The mixture should just hold together. Let set a minute or two and you'll be able to mold them better.
5. Roll into balls a little bigger than an inch in diameter. Slightly flatten and place on baking sheet at least half an inch apart.
6. Turn down the oven to 325 degrees F, and transfer to oven. Bake 12-15 minutes, start checking them a couple of minutes before. You want them golden brown on the bottom, and just barely starting to brown on top.
7. Cool and store in an airtight container.

*NOTE: Once cool, you may dip the macaroons in melted chocolate, then place on waxed paper to set.

Nutrition Information Per Serving
46 calories, 4 g total fat, 3.5 g saturated fat, 0 g trans fat, 0 g monounsaturated fats, 0 g polyunsaturated fats, 0 mg cholesterol, 18 mg sodium, 2 g carbohydrate, 1 g fiber, 1 g sugars, 1 g protein
Hazelnut Cookies

Yield: 24 cookies (1 cookie per serving)
Start to Finish: 2 hours

Nutrition Snapshot: 69 calories, 1 grams fiber, 0 grams sugars, 1 grams protein, 0 net carbs per serving
Preferences: Gluten-free

Ingredients
- 2 oz. organic hazelnuts (about 1/2 cup)
- 1 stick cold, organic, butter, cut into small pieces
- 3/4 cup almond flour
- 1/2 cup organic erythritol
- 1/3-1/2 tsp. stevia extract (to taste)
- Pinch of salt

Preparation
1. Place oven rack in middle position and preheat oven to 350 degrees F.
2. Toast hazelnuts in a shallow baking pan until fragrant and skins begin to loosen, about 6 minutes. Rub nuts in a kitchen towel to remove any loose skins (some skins may not come off) and cool to room temperature.
3. Pulse nuts, erythritol and stevia in a food processor until nuts are finely ground. Then add almond flour and a pinch of salt, pulsing until combined.
4. Add butter and pulse until dough just forms a ball. Divide dough in half, then roll dough on a work surface lightly dusted with erythritol and almond flour into 2 (11-inch-long) logs (each about 1 inch wide).
5. Chill, wrapped in plastic wrap, 1 hour. Cut logs crosswise into 1/2-inch slices and arrange rounds 2 inches apart on 2 baking sheets.
6. Bake, 1 sheet at a time, until bottom edges just begin to turn pale golden, 12 to 15 minutes. Cool cookies on a wire rack.

Nutrition Information Per Serving
69 calories, 7 g total fat, 3 g saturated fat, 0 grams trans fat, 3 grams monounsaturated fat, 1 gram polyunsaturated fat, 10 mg cholesterol, 27 mg sodium, 1 grams carbohydrate, 1 gram fiber, 0 grams sugars, 1 grams protein
Chocolate Fondue with Fresh Berries

Yield: 10 servings  
Start to Finish: 30 minutes  
Nutrition Snapshot: 163 calories, 5 grams sugar, 5 grams fiber, 3 grams protein, 8 net carbs per serving  
Preferences: Gluten-Free, Excellent Source of Fiber and Vitamin C; Good Source of Iron, Magnesium and Zinc

Ingredients
• 1/2 cup whole organic milk  
• 1/4 cup organic heavy cream  
• 1 Tbsp. organic erythritol  
• 1/3-1/2 tsp. stevia extract (to taste)  
• 6 oz. organic bittersweet chocolate, coarsely chopped  
• 2 Tbsp. organic butter, at room temperature  
• 12 organic strawberries  
• 24 fresh organic cherries, pitted  
• 1 pint fresh organic raspberries

Preparation
1. In a medium saucepan, combine the milk, cream, erythritol and stevia. Bring to a boil.  
2. Add the chocolate and remove the pan from the heat. Let stand until the chocolate melts, about 5 minutes, then stir until smooth. Stir in the butter.  
3. Bring the fondue to the table in the pan with the fresh fruit. Serve with small plates and skewers for dipping.

Nutrition Information Per Serving
163 calories, 14 g total fat, 9 g saturated fat, 0 g trans fat, 4 g monounsaturated fats, 1 g polyunsaturated fats, 15 mg cholesterol, 12 mg sodium, 13 g carbohydrate, 5 g fiber, 5 g sugars, 3 g protein
Chocolate Walnut Meringue Kisses

Yield: 16
Start to Finish: 2 hours
Nutrition Snapshot: 38 calories, 0 grams sugar, 1 gram fiber, 2 grams protein, 1 net carb per serving
Preferences: Gluten-Free, Dairy Free, Good Source of Omega-3

Ingredients
- 4 large organic egg whites
- 1/8 tsp. sea salt
- 1/4 tsp. cream of tartar
- 1 cup organic erythritol
- 1/3-1/2 tsp. stevia extract (to taste)
- 1 tsp. organic vanilla extract
- 1/3 cup organic walnuts, lightly toasted
- 2 oz. organic bittersweet chocolate, finely chopped

Preparation
1. Preheat oven to 250 degrees F.
2. Beat egg whites and salt at medium speed of a mixer until foamy. Add cream of tartar; beat until soft peaks form.
3. Combine erythritol and stevia, mix well.
4. Gradually add erythritol mixture, 2 tablespoons at a time, beating at medium-high speed until stiff peaks form. Add vanilla; beat well. Fold in walnuts and chocolate.
5. Cover a baking sheet with parchment paper. Spoon egg white mixture (or dispense using a pastry bag) into 16 mounds on prepared baking sheet.
6. Bake for 1 hour or until dry to touch. (Meringues are done when the surface is dry and can be removed from paper without sticking to fingers.)
7. Turn oven off, and partially open oven door; leave meringues in oven 30 minutes. Remove from oven; carefully remove meringues from paper. Store meringues in an airtight container up to 3 days.

Nutrition Information Per Serving
38 calories, 3 g total fat, 1 g saturated fat, 0 g trans fat, 1 g monounsaturated fats, 1 g polyunsaturated fats, 0 mg cholesterol, 33 mg sodium, 2 g carbohydrate, 1 g fiber, 0 g sugars, 2 g protein
Vanilla Bean Ice Cream

Yield: 10 servings
Start to Finish: 2.5 hours

Nutrition Snapshot: 181 calories, 2 grams sugar, 0 grams fiber, 2 gram protein, 3 net carbs per serving

Preferences: Gluten-Free, Good Source of Vitamin A and Omega-3

Ingredients

- 2 cups organic heavy cream
- 1 cup organic whole milk
- 3/4 cup organic erythritol
- 1/3-1/2 tsp. stevia extract (to taste)
- 2 tsp. organic vanilla extract
- Seeds from 1/2 vanilla bean (optional)

Preparation

1. Place ingredients in a medium mixing bowl and combine until well blended.
2. Pour into freezer bowl of ice cream maker. Turn the machine on and let mix until thickens, about 20-25 minutes.
3. Place into freezer until firm, about 2 hours.

Nutrition Information Per Serving
181 calories, 18 g total fat, 11 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 1 g polyunsaturated fats, 68 mg cholesterol, 28 mg sodium, 3 g carbohydrate, 0 g fiber, 2 g sugars, 2 g protein
Mint Chocolate Chip Ice Cream

Yield: 12 servings (1/2 cup)
Start to Finish: 5 hours
Nutrition Snapshot: 156 calories, 4 grams sugar, 1 grams fiber, 4 grams protein, 14 net carbs per serving
Preferences: Gluten Free, Dairy Free, Vegan; Good Source of Magnesium, Phosphorous, Manganese

Ingredients
- 1/4 Tbsp. organic mint extract
- 8 Tbsp. Tropical Source Semi-Sweet Chocolate Chips
- 4 Tbsp. Emerald Forest Xylitol
- 1 cup organic raw cashews
- 3 cup Pacific Organic Almond Milk (Plain)
- 12 drop SweetLeaf Vanilla Crème Liquid Stevia
- 1/8 tsp. xanthan gum

Preparation
1. Soak cashews in filtered or spring water for 3 hours or overnight. Rinse and drain.
2. Add all ingredients except chocolate chips to blender or VitaMix. Puree till smooth.
3. Pour puree into ice cream machine with chocolate chips and follow manufacturer’s instructions.

Nutrition Information Per Serving
156 calories 11 g total fat, 2 g saturated fat, 0 g trans fat, 5 g monounsaturated fats, 2 g polyunsaturated fats, 0 mg cholesterol, 48 mg sodium, 15 g carbohydrate, 1 g fiber, 4 g sugars, 4 g protein
Homemade Chocolate Chunks

Yield: 1 cup (12 servings)
Start to Finish: 30 minutes
Nutrition Snapshot: 70 calories, 2 grams sugar, 2 grams fiber, 1 grams protein, 4 net carbs per serving
Preferences: Gluten Free, Dairy Free

Ingredients

- 1 (3 oz) bar *Endangered Species Extreme Dark (88%)*
- 3 Tbsp. organic erythritol, powdered
- 1/8 tsp. stevia extract

Preparation

1. Chop chocolate bar and add powdered erythritol.
2. Add chocolate and erythritol to a double boiler or a metal bowl over a pot of gently simmering water (don’t allow the bowl to touch the water).
3. Stir gently with a rubber spatula until melted.
4. Mix in stevia and pour chocolate mixture onto a sheet pan lined with parchment paper. Transfer to freezer to set for 10 minutes.
5. Chop into chunks and store in an airtight container or zip top bag.

Nutrition Information Per Serving

70 calories 7 g total fat, 4 g saturated fat, 0 g trans fat, 3.5 g monounsaturated fats, 0 g polyunsaturated fats, 105 mg cholesterol, 143 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g sugars, 1 g protein
Chocolate Ganache

Yield: 2 cups (32 servings of 1 Tbsp each)
Start to Finish: 30 minutes
Nutrition Snapshot: 46 calories, 0 grams sugar, 1 gram fiber, 1 gram protein, 0 net carbs per serving
Preferences: Gluten-Free

Ingredients
- 3/4 cups organic heavy cream
- 1 cup organic erythritol, powdered
- 1/3-1/2 tsp. stevia extract (to taste)
- 6 ounces organic bittersweet chocolate

Preparation
1. Add chocolate and cream to a medium saucepan. Heat over low heat, stirring until chocolate is melted and smooth (about 15 minutes).
2. Gradually whisk in erythritol and stevia.
3. Continue to whisk until granules have dissolved. Let mixture cool until it reaches a spreadable consistency, about 30 minutes.

Nutrition Information Per Serving
46 calories, 5 g total fat, 3 g saturated fat, 0 g trans fat, 1 g monounsaturated fats, 0 g polyunsaturated fats, 8 mg cholesterol, 3 mg sodium, 2 g carbohydrate, 1 g fiber, 0 g sugars, 1 g protein
Cream Cheese Frosting

Yield: 24 servings (Frosts 2-8” cakes or 24 cupcakes)
Start to Finish: 5 minutes
Nutrition Snapshot: 50 calories, 0 grams sugar, 0 grams fiber, 2 grams protein, 1 net carb per serving
Preferences: Gluten-Free

Ingredients
- 2—8-oz. packages organic Neufchatel cheese
- 1/3-1/2 tsp. stevia extract (to taste)
- 1 tsp. organic vanilla extract
- 4 Tbsp. spring water

Preparation
1. In a medium mixing bowl, add cream cheese, water, vanilla and stevia.
2. Beat well, using a rubber spatula to scrape the sides of the bowl often.
3. Add vanilla and beat until combined. Keep refrigerated.

Nutrition Information Per Serving
49 calories, 4 g total fat, 3 g saturated fat, 0 g trans fat, 1 g monounsaturated fats, 0 g polyunsaturated fats, 14 mg cholesterol, 75 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugars, 2 g protein
German Chocolate Frosting

Yield: 24 servings (Frosts 2-8" cakes or 24 cupcakes)
Start to Finish: 15 minutes
Nutrition Snapshot: 78 calories, 0 grams sugar,
1 grams fiber, 1 gram protein, 0 net carbs per serving
Preferences: Gluten-Free, Dairy Free, Good Source of Manganese

Ingredients
- ½ cup organic coconut milk
- 4 Tbsp. organic erythritol, powdered
- 2 ounces organic unsweetened coconut flakes
- ½ cup organic pecans
- 2 organic egg yolks
- ¼ cup organic virgin coconut oil
- ½ tsp. organic vanilla extract

Preparation
1. In a large saucepan combine coconut milk, erythritol, stevia, egg yolks, coconut oil and vanilla.
2. Cook over low heat, stirring constantly, until thick.
3. Remove from heat and stir in pecans and coconut.
4. Spread on cake while still warm.

Nutrition Information Per Serving
78 calories 8 g total fat, 5 g saturated fat, 0 g trans fat, 2 g monounsaturated fats, 1 g polyunsaturated fats, 18 mg cholesterol, 2 mg sodium, 1 g carbohydrate, 1 g fiber, 0 g sugars, 1 g protein
Chocolate Buttercream Frosting

Yield: 12 servings (Frosts 1-8” cakes or 12 cupcakes)
Start to Finish: 15 minutes
Nutrition Snapshot: 76 calories, 0 grams sugar,
1 grams fiber, 1 gram protein, 1 net carbs per serving
Preferences: Gluten-Free, Dairy Free, Vegan, Good
Source of Manganese

Ingredients
• 7 Tbsp. Spectrum Organic Shortening
• 5 Tbsp. organic erythritol, powdered
• 6 Tbsp. organic unsweetened cocoa powder
• 2 Tbsp. organic coconut milk
• 1 tsp. organic vanilla extract
• 1 pinch sea salt
• ¼ tsp. stevia extract (to taste)

Preparation
1. Cream the shortening in a small bowl until fluffy.
2. Add powdered erythritol into shortening and beat until smooth.
3. Slowly add the cocoa powder vanilla, and salt.
5. Add stevia, starting with 1/16 teaspoon and increasing to achieve desired sweetness.
6. Chill and spread on cake or cupcakes.

Nutrition Information Per Serving
76 calories 9 g total fat, 4 g saturated fat, 0 g trans fat, 3 g monounsaturated fats, 1 g
polyunsaturated fats, 0 mg cholesterol, 7 mg sodium, 2 g carbohydrate, 1 g fiber, 0 g sugars, 1 g
protein

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Vanilla Buttercream Frosting

Yield: 12 servings (Frosts 1-8” cakes or 12 cupcakes)
Start to Finish: 20 minutes
Nutrition Snapshot: 112 calories, 0 grams sugar, 0 grams fiber, 1 gram protein, 11 net carbs per serving
Preferences: Gluten-Free, Dairy Free

Ingredients
- 2 large egg whites
- 1/2 cup Emerald Forest Xylitol, powdered
- 10 Tbsp. Spectrum Organic Shortening
- 1 pinch sea salt
- 1 tsp. organic vanilla extract
- 4-6 drops SweetLeaf Stevia Vanilla Creme Liquid Stevia

Preparation:
1. Place a stainless steel bowl over a saucepan filled with water. Bring the water to a simmer.
2. Add egg white and xylitol to stainless steel bowl. Whisk 3-5 minutes, or until xylitol is completely dissolved.
3. Transfer steel bowl to counter and beat egg white mixture until it has about doubled in volume. Beat in vanilla and salt.
4. Add shortening, one spoon at a time, beating for 3-5 minutes until mixture is smooth. Add stevia, tasting for sweetness, and making adjustments.
5. ADJUSTING: If the icing is too loose, chill the mixing bowl in an ice bath. Then beat again. If the mixture is chunky, heat the bowl over the simmering water again and try beating until it comes together into a smooth icing. Use a spatula to smooth out the consistency.
6. Transfer frosting to a piping bag, or spread directly on cake or cupcakes. Keep frosting refrigerated and whip again to make fluffy.

Nutrition Information Per Serving
122 calories 11 g total fat, 5 g saturated fat, 0 g trans fat, 4 g monounsaturated fats, 2 g polyunsaturated fats, 0 mg cholesterol, 16 mg sodium, 11 g carbohydrate, 0 g fiber, 0 g sugars, 1 g protein
References

- Position paper from the American Dietetic Association "Use of nutritive and nonnutritive sweeteners," accessible through www.eatright.org
- Preventive effects of a soy-based diet supplemented with stevioside on the development of the metabolic syndrome and type 2 diabetes in Zucker diabetic fatty rats. Metabolism. 2005 Sep; 54(9): 1181-8.


• Food and Drug Administration "Final Rule " for Sucralose, 21 CFR Part 172, Docket No. 87F-0086.


• Maudlin RK. FDA approves sucralose for expanded use. Modern Medicine, Oct99, Vol. 67 Issue 10, p57, 1/9p


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