



# *Delicious Desserts*

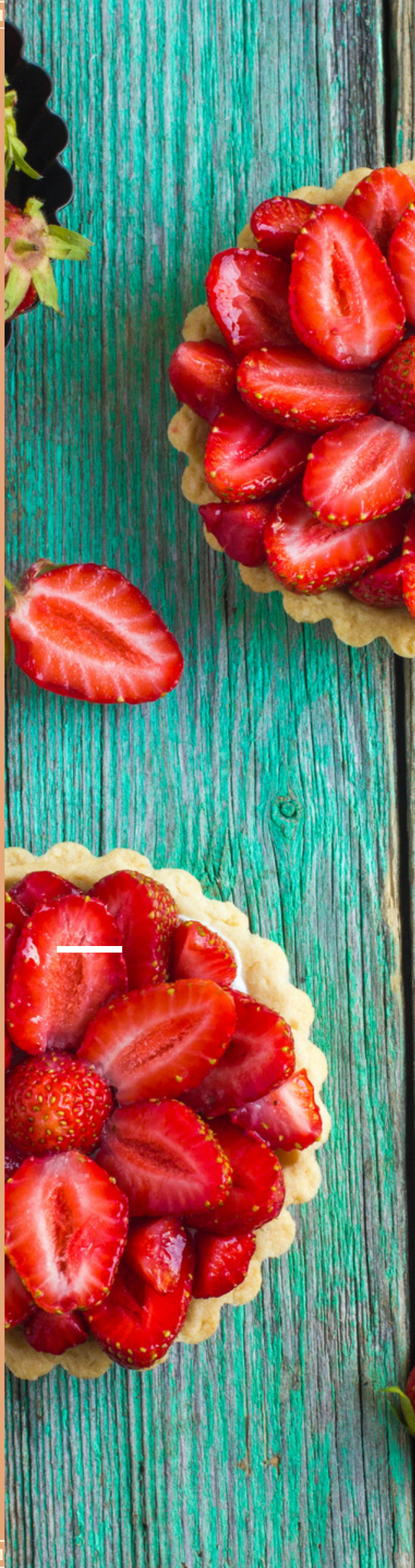
15 HEALTHY AND TASTY  
RECIPES FOR EVERYONE TO  
ENJOY!

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# Delicious Desserts

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# Melon Salad



## *ingredients*

3 cups cubed cantaloupe  
3 cups cubed honeydew melon  
1 tbsp chopped mint leaves  
1 tsp honey

## *directions*

Fruit is naturally sweet and can be dressed up to satisfy any sweet tooth. To create this diabetic safe dessert, combine 3 cups of cubed cantaloupe with 3 cups of cubed honey dew melon. Sprinkle with 1 tablespoon of chopped mint leaves and 1 teaspoon of honey. Toss gently to coat the fruit evenly and then serve!

# Peanut Butter Marshmallow Sandwich Cookies

## Ingredients

### COOKIES:

- 1 cup natural peanut butter, smooth or crunchy
- 1 cup sugar
- 1 large egg, lightly beaten
- 1 teaspoon vanilla extract
- 
- 5 large egg whites
- 1 1/2 cup sugar

### MARSHMALLOW

### FROSTING:

- 5 large egg whites
- 1 1/2 cup sugar



## Directions

Heat oven to 350 degrees F. Line bake sheet with parchment paper.

COOKIES: Place all ingredients in a mixer bowl and mix on low.

Using a cookie scoop, drop 1 1/2 tablespoon of dough on bake sheet.

Flatten cookie with a fork in a crisscross design. Bake cookies for about 10-12 minutes or until golden around the edges.

Rest cookies on bake sheet for 2 minutes then transfer to cooling rack.

Marshmallow frosting: Combine egg whites and sugar in a stand mixer bowl and place it over—not on, (think Bain Marie style) simmering water.

Heat mixture to 160 degrees F while whisking constantly.

Transfer mixer bowl to stand mixer, fitted with a whisk attachment and beat on medium-high speed (speed 8 on a KitchenAid stand mixer) until mixture cools, doubles in volume and forms stiff peaks; about 10-12 minutes.

Optional: You can use marshmallow fluff, in lieu of making homemade marshmallow frosting.



# TRUFFLE CHEESE CAKE

## INGREDIENTS

- 1 1/4 cups graham cracker crumbs
- 1/4 cup white sugar
- 2 teaspoons ground cinnamon
- 1/3 cup butter, melted
- 2 (10 ounce) packages frozen sweetened sliced strawberries, thawed and drained
- 1 tablespoon cornstarch
- 3 (8 ounce) packages cream cheese, softened
- 1 (14 ounce) can sweetened condensed milk
- 1/4 cup lemon juice
- 1/2 teaspoon vanilla extract
- 3 eggs
- 1 tablespoon salt (optional)
- 1 tablespoon water (optional)

## DIRECTIONS

1. Combine graham cracker crumbs, sugar, cinnamon, and butter in a bowl. Press onto the bottom of an ungreased 9-inch springform pan. Refrigerate for 30 minutes.
2. Preheat oven to 300 degrees F (150 degrees C).
3. Place strawberries and cornstarch into a blender. Cover and puree until smooth. Pour strawberry sauce into a saucepan.
4. Bring to a boil over high heat. Boil and stir until sauce is thick and shiny, about 2 minutes. Set aside 1/3 cup strawberry sauce; cool. Cover and refrigerate remaining sauce for serving.
5. Beat cream cheese in a mixing bowl with an electric mixer until light and fluffy; gradually beat in condensed milk. Mix in lemon juice and vanilla extract, then beat in eggs on low speed until just combined. Pour half of cream cheese mixture over crust; drop half of reserved strawberry sauce by 1/2 teaspoonfuls on cream cheese layer. Carefully spoon remaining cream cheese mixture over sauce; drop remaining strawberry sauce by 1/2 teaspoonfuls on top. Cut through top layer only with a knife to swirl strawberry sauce.
6. Bake in preheated oven until center is almost set, 45 to 50 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Serve reserved strawberry sauce with cheesecake. If the sauce is too thick, stir in water.



# CHOCOLATE CHIP BANANA BREAD

## INGREDIENTS

- 1 1/2 cups Ancient Harvest Quinoa Flour
- 1/2 cup gluten free oat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 large ripe bananas, mashed
- 2 tablespoons honey or maple syrup
- 1 large egg
- 2/3 cup creamy all natural peanut butter
- 1/2 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1/2 cup chocolate chips

## PROCEDURE

**01** First, toast your quinoa flour by placing a large skillet over low heat

**02** Add in the quinoa flour and stir every few minutes for 10-15 minute (This removes the bitter flavor from the flour)

**03**

Preheat oven to 350 degrees F  
Grease 8×4 inch or 9×5 inch loaf pan with nonstick cooking spray

**04**

In a large bowl whisk together toasted quinoa flour, oat flour, baking soda, cinnamon and salt  
In a separate large bowl, beat together bananas, honey, egg, peanut butter and almond milk until smooth and creamy

**05**

Add dry ingredients to wet ingredients and mix

**06**

Next slowly fold in chia seeds and chocolate chips

**07**

Pour into prepared pan and bake for 45-55 minutes or until toothpick comes clean or with just a few crumbs attached

**08**

Cool on a wire rack in pan for 10-15 minutes then cut into slices

# Quinoa Chocolate Cake

## YOU WILL NEED

- 2 eggs at room temperature
- 6 tablespoons neutral oil (like sunflower, grapeseed, canola or vegetable oil)
- 1 cup cooked and cooled quinoa (cooked in water according to package directions)
- 1 teaspoon pure vanilla extract
- 3/4 cup granulated sugar
- 1/2 cup + 2 tablespoons unsweetened natural cocoa powder
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon kosher salt

## PROCEDURE

Preheat your oven to 350°F.

Grease an 8-inch round cake pan, and line the bottom with a round of parchment paper. Set the pan aside.

In a blender or food processor, place the eggs, oil, cooked quinoa, and vanilla, blend or process until smooth.

The mixture should become lighter in color.

In a large bowl, whisk together the sugar, cocoa, baking powder, baking soda, and salt. Add the eggs and oil mixture, and mix until well-combined. The mixture will be thick.

Transfer the batter to the prepared cake pan, and smooth into an even layer with a wet knife or offset spatula.

Place in the center of the preheated oven and bake until the cake is set in the center and springs back when pressed very gently in the center (about 28 minutes).

Remove the cake from the oven and allow to cool in the pan for about 10 minutes

Frost as desired and serve.



## TOP TIP

To make a layer cake, multiply every ingredient by two and bake the batter in two separate 8-inch round cake pans.

# Pumpkin Muffins w/Cream Cheese

## Ingredients

- 1 1/4 cups quinoa
- 2 cups pumpkin puree
- 1 1/2 cups milk
- 1/2 cup water
- 1/2 cup whole wheat flour
- 1/2 cup flaxseed meal
- 1 egg
- 1/4 cup coconut oil
- 2 tablespoons walnut oil
- 2 tablespoons chia seeds
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon ground ginger-

## Directions

Preheat oven to 375 degrees F

Line 24 muffin cups with paper muffin liners

Spread quinoa onto a baking sheet and toast in preheating oven until lightly browned (about 5 minutes)

Pour toasted quinoa into a blender and pulse until the quinoa has the consistency of cornmeal

Stir ground quinoa, pumpkin puree, milk, water, whole wheat flour, flaxseed meal, egg, honey, coconut oil, walnut oil, chia seeds, cinnamon, baking powder, ground ginger, and salt together in a large mixing bowl until smooth

Set mixture aside (about 15 minutes)

Ladle batter into prepared muffin cups to about 3/4 full

Bake in the preheated oven until golden and the tops spring back when lightly pressed, 30 to 40 minutes

# Red Velvet Cake



## Cake Ingredients

- 1 cup Roasted Beet Puree (see instructions) + 1 tbs Lemon Juice
- 1/2 cup Unsweetened Almond Milk
- 3/4 cup Egg Whites (cartoned egg whites OK!)
- 1/2 cup Granulated Erythritol (or dry sweetener of choice)
- 1 tbs Grapeseed Oil (or any other neutral oil)
- 2 tsp Stevia Extract
- 2 tsp Vanilla Extract
- 1 tsp Butter Flavor
- 1 cup Oat Flour
- 3/4 cup Brown Rice Flour
- 1/4 cup Arrowroot Starch (other starches may work)
- 1 tsp Baking Powder
- 1/2 tsp Salt
- 3 tbs Regular Cocoa Powder (unsweetened)
- 4 tbs Natural Red Food Coloring (try Natures Flavors)
- 1/2 tsp Baking Soda
- 1 tbs White Vinegar

## Frosting Ingredients

- 1 tbs Non-Hydrogenated Vegetable Shortening
- 1/3 cup Light Coconut Milk, canned
- 1/2 tsp Stevia Extract
- 1/2 tsp Butter Flavor
- 1/2 tsp Lemon Juice
- 1/8 tsp Salt
- 1 cup + 3 tbs Powdered Erythritol
- 2 scoops + 1 tbs Vanilla Brown Rice Protein Powder



# Red Velvet Cake



## Procedure

### ROASTED BEETS:

Preheat the oven to 400 degrees Fahrenheit. Rinse and gently scrub 3 fist-sized beets, then wrap in foil. Place beets on a pan and roast for 60 minutes, or until tender. Unwrap the beets, let cool slightly, scrape off the skin, chop into chunks and puree in a blender. Measure 1 cup of the beets, stir in the lemon juice and set aside.

### FROSTING:

In a deep bowl, stir together the melted shortening, coconut milk, extracts, lemon juice, and salt. Stir in the powdered erythritol, then stir in the protein powder. Frost the cake, slice and serve (frost cake the day you serve it)

### CAKE:

Reduce the oven temperature to 350 degrees Fahrenheit and spray two 8" cake pans with cooking spray. In a stand mixer bowl, add the beet puree, almond milk, egg whites, erythritol, oil, stevia, and extracts. Mix on low. In a medium-sized bowl, whisk together the oat flour, brown rice flour, starch, baking powder and salt, set aside. In a small bowl, whisk together the cocoa powder and food coloring, add to the stand mixer. With mixer still running, add the dry ingredients. In a small bowl, add the baking soda and add the vinegar. It will fizz. Stir the mixture and pour into the stand mixer bowl. Increase mixer speed to medium and mix for about 10 seconds. Pour batter into the prepared pans and bake for ~30 minutes, or until center is firm when tapped. Flip cakes onto a wire cooling rack and cool completely.

# Balsamic Strawberries



## *ingredients*

- 1 tablespoon butter
- 2 cups fresh strawberries, hulled and halved
- ¼ cup granular sucralose sweetener (Splenda)
- 1 tablespoon balsamic vinegar
- 4 scoops low-fat vanilla ice cream-

## *directions*

Melt butter in a large skillet over medium heat. Add the strawberry halves, sucralose sweetener, and balsamic vinegar. Cook until the strawberries are heated through and darkened to a ruby red.

Place scoops of ice cream into dessert bowls or stemmed glasses. Spoon strawberries over the ice cream and serve.



# CINNAMON APPLE CIDER DONUTS

## Ingredients

3 cups apple cider  
1 cup granulated sugar  
4 1/2 teaspoons ground cinnamon,  
divided  
3 1/2 cups all-purpose flour  
2/3 cup light brown sugar, packed  
2 teaspoons baking powder  
1 teaspoon kosher salt  
1/2 teaspoon baking soda  
1/2 teaspoon ground nutmeg  
6 tablespoons butter, melted and  
cooled  
2 large eggs, lightly beaten  
2 cups vegetable oil

## Directions

Heat apple cider in a large saucepan over medium-high heat until reduced to 1 cup, about 15-20 minutes; place into the refrigerator until completely cool, about 30 minutes.

In a small bowl, combine sugar and 1 tablespoon cinnamon; set aside.

In a large bowl, combine flour, sugar, baking powder, salt, baking soda, nutmeg and remaining 1 1/2 teaspoons cinnamon.

In a large glass measuring cup or another bowl, whisk together butter, eggs, and apple cider.

Pour mixture over dry ingredients and stir using a rubber spatula just until moist; cover and place into the refrigerator until chilled, about 1 hour. Divide dough in half.

Working on a lightly floured surface, roll dough into 1/2-inch thick rounds; cut out rounds with a 2 1/2-inch cutter.

Heat vegetable oil in a large stockpot or Dutch oven over medium high heat until a deep-fry thermometer registers 375 degrees.

Working in batches, add donuts to the Dutch oven and cook until evenly golden and crispy, 1 minute per side. Transfer to a paper towel-lined plate for 30 seconds; then roll warm donuts in cinnamon sugar mixture to coat.



# RICH DARK CHOCOLATE BROWNIES

## INGREDIENTS

- 1 cup dark or semi-sweet chocolate chips
- 1/2 cup coconut oil
- 3/4 cup light brown sugar
- 1/2 cup almond meal store bought or homemade
- 1/2 cup sorghum flour
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon baking soda
- 2 eggs
- 1 tablespoon vanilla

## TOPPING

- 2-3 tablespoons chocolate chips
- 1/2 cup pecans, chopped

## DIRECTIONS

1. Preheat the oven to 350 degrees. Line a square baking pan with parchment paper. 8", 9" or 10" pans will all work fine. I used a 10" square pan, but a smaller one will simply make the brownies a bit thicker.

2. Melt the chocolate and the coconut oil in a glass bowl in the microwave. This should take a couple minutes at medium power. Stop and stir it after a minute and then every 30 seconds until the chocolate has almost completely melted. Stir until it is smooth.

3. Combine the brown sugar, almond meal, sorghum flour, salt and baking soda in a mixing bowl. Stir to combine and then add the eggs and vanilla. Beat with mixer until combined. Pour in the melted chocolate and beat again until the batter thickens and becomes smooth and shiny. The batter will be very runny initially, but it will thicken after a few minutes.

4. Pour the mixture into the parchment lined pan. Smooth across the pan and top with nuts and extra chocolate chips if desired. Bake on the middle rack of the oven for 30-35 minutes. The top will crack when the brownies are done.

Let the brownies cool completely in the pan and then chill in the refrigerator for at least an hour before slicing.

A close-up photograph of several golden-brown chocolate chip cookies with visible chocolate chips and chunks of walnuts. The cookies are resting on a dark, textured surface, possibly a woven mat. The text 'Gluten Free Chocolate Chip Cookies' is overlaid in a large, white, rounded font on the right side of the image.

# Gluten Free Chocolate Chip Cookies

## ingredients

- 2 1/2 cups almond flour
- 1 cup oats gluten free
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg 1/4 cup white sugar
- 1/4 cup brown sugar packed
- 4 tablespoons softened butter unsalted
- 1/2 cup natural apple sauce
- 1 teaspoon vanilla
- 1/2 cup chocolate chips
- 1/2 cup chopped walnuts (optional)

## directions

- Pre-heat the oven to 350 degrees and line several baking sheets with silicone baking sheets or parchment; set aside.
- In a food processor or blender, puree the oats to create oat flour then place in a medium bowl.
- Whisk together oat flour, almond flour, baking powder, and salt; set aside.
- In a stand mixer on medium-high speed, cream together butter and sugar until smooth - about 2 minutes. With the mixer on medium, add egg, vanilla and apple sauce. Mix until smooth using a rubber spatula to scrape down the sides as you go.
- Over medium speed, slowly add the dry ingredients to the wet and mix until all ingredients are incorporated (being careful not to over mix.)
- Remove bowl from stand mixer and stir in chocolate chips and walnuts.
- Using a small cookie scoop or two tablespoons, drop the cookies on to the lined baking sheets being careful not to crowd.
- Bake for 10-12 minutes or until lightly browned. Let cool completely before removing from the baking sheet.

# GRANDMA'S PERFECT SWEET POTATO PIE

## YOU WILL NEED

- 1 (1 pound) sweet potato
- 1/2 cup salted butter, softened
- 1/2 cup white sugar
- 1 cup low-fat milk
- 2 eggs
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 (9 inch) unbaked whole wheat pie crust
- 1 lemon (your secret ingredient)
- 1 teaspoon non-salted butter

## PROCEDURE

1. Boil sweet potato whole in skin in a small pot until done, 40 to 50 minutes. Drain, cool sweet potato with cold water, and remove skin.

2. Break sweet potato apart in a large bowl. Mix in butter and beat well with an electric mixer. Beat in sugar, milk, eggs, nutmeg, cinnamon, and vanilla extract on medium speed until mixture is smooth. Squeeze one lemon in the mix. Lemon actually helps add flavor but also cuts the fat from the butter and sugar. The chemical reaction between the citrus and fat from dairy blend together but shrink the effects of fat.

3. Pour filling into unbaked pie crust.

4. Bake in preheated oven until knife inserted in center comes out clean, 45 to 55 minutes. Pie will puff up like a soufflé, then sink down as it cools.

5. Lastly, melt the teaspoon of butter and while using a brush, brush the finished pie crust around the edges to give the wheat a buttery taste without all the butter.



## TOP TIP

Carefully weigh your ingredients. It may seem too tedious, but it's a very crucial step for this recipe to work.



# BERRY BURST SORBET

THE PERFECT DESSERT FOR A SUMMER DINNER PARTY

## INGREDIENTS

- 1 cup Splenda granular
- 1 cup water
- 1 ½ cups frozen blueberries, thawed
- 1 ½ cups frozen strawberries, thawed
- 1 ½ cups frozen raspberries, thawed
- ½ cup of heavy cream (optional)

## DIRECTIONS

- 1** In a large measuring cup, dissolve Splenda in water.
- 2** In a food processor or blender, puree berries until smooth, adding sweetened water gradually.
- 3** Pour in cream, and pulse until blended.
- 4** Pour mixture into ice cream machine and let freeze until mixture is very thick.
- 5** Eat some right away! Then freeze the rest.



# Blueberries with Lemon Cream

## Ingredients

4 ounce(s) cream cheese, reduced-fat	2 teaspoon lemon zest, freshly grated
3/4 cup(s) yogurt, low- fat vanilla	2 cup(s) blueberries
1 teaspoon honey	

## Instructions

1

Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey.

2

Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.

3

Layer the lemon cream and blueberries in dessert dishes or wineglasses. If not serving immediately, cover and refrigerate for up to 8 hours.