

**50 gluten-free**

# DESSERTS

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50 gluten-free  
**DESSERTS**

by Alyson Bridge & Abel James



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Second Edition





## **Dedicated and Special Thanks to:**

Mom and Dad for encouraging me to take a gourmet cooking class in college,  
sparking my passion for inventing delicious food.

Jim and Angie Bascom for permitting us to hijack their kitchen for a baking marathon.

And Abel James for his support, guidance, and expert taste-testing.





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# note from abel

I have a confession to make.

I eat a ton of desserts. Desserts that would make any fat-fearing nutritionist wag her finger in my face. And it's all Alyson's fault.

But somehow – despite savoring flaky pies, donuts fried in bacon fat, gooey cookies, and “worse” – Alyson and I have never looked or felt better.

What's our secret?

We eat real food. We stay away from gluten, additives, chemicals, and other nonsense. We stick to quality ingredients and make almost everything from scratch.

Ginger snaps made with ginger. Cupcakes made with beets. Muffins made with sweet potatoes! Cobbler made of green vegetables!

Woah! There's food in there!

Alyson is a talented lady, and I've been honored to taste just about every single one of these desserts. Usually more than once. That's a lot of dessert, you may say! Well, I'd highly recommend you try them all, too.

So what are my favorites? I'm glad you asked. The apple cider donuts, rum balls, pumpkin pie, and cheesecake are all tied for the #1 dessert of all time. And the raw milk ice cream, dark chocolate coconut truffles, cupcakes covered in cookie dough...

I have to stop here. All this writing about Alyson's delicious desserts is making me salivate.

But remember: indulgence is good for the body and the soul. Taking pleasure in what you eat is essential. And cookies soothe the savage beast.

In Yumminess and Health,

Abel James



There are some things I'll never forget.

My mother's laugh. The hesitation and excitement in that first kiss from my man. Soft puppy smells on her first day home. A secret childhood hiding spot near the cherry tree in the backyard.

It's amazing how these charming memories rush back after something as simple as the smell of a new recipe touches my nose.

When we eliminated gluten from our kitchen, my skin cleared up, my pores shrunk, I lost weight, I felt more energetic, and I actually felt happier.

But how do you make old family favorites without the main ingredient: wheat flour?!?

Instead of saying goodbye to brownie bites and cheesecake, I spent my nights and weekends experimenting in the kitchen creating rich, tasty desserts made of wholesome, gluten-free, and real food ingredients that my taste buds and body adored.

When I shared my concoctions with friends and family, they raved. At Thanksgiving dinner (the ultimate dessert showdown), my gluten-free pumpkin bars were gobbled up before anyone even touched most of the other (gluten-packed) desserts.

By the next Thanksgiving, many of my family members had even decided to go gluten-free!

I can't think of a better vote of confidence than that. It turns out you can have your (gluten-free) cake and eat it, too.

Enjoy!

Alyson Bridge

## **P.S. - A few words about ingredients....**

Always favor organic ingredients from local sources, since these will be the freshest, healthiest, and tastiest.

In an effort to make these recipes accessible, understandable, and affordable, I have included sugar as the main sweetener. For optimal health and blood-sugar control, however, I suggest using non-GMO xylitol in place of sugar.

Here are a few more tips for the buying the healthiest ingredients:

### *Healthy Substitute Tips:*

**Sugar:** Use xylitol (from birch trees, not corn) in place of sugar.

**Brown Sugar:** Use coconut palm sugar to replace brown sugar in all recipes.

**Powdered Sugar:** Use powdered xylitol (made from birch trees) in place of powdered sugar.

**Butter:** Butter is best from local, grass-fed cows.

**Eggs:** Use organic eggs from free-roaming chickens.

**Milk & Cream:** Whole, raw (or low-temp pasteurized) from pasture-raised grass-fed cow, goat, or sheep.

**Yogurt:** Favor pasture-raised goat and sheep yogurt with only milk and live and active cultures on the ingredient list.

**Almond Butter:** With only almonds and salt.

**Maple Syrup:** Make sure the only ingredient is 100% pure maple syrup.

**Chocolate Chips:** Cut a dark chocolate bar into chunks.

**Honey:** Raw, local honey is preferable.







# COOKIES

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I obsessed over the idea of the absolute best gluten-free chocolate chip cookie for over a year. While some gluten-free desserts come easily, this was the one that I struggled to perfect. I created dozens and dozens of recipes, but none truly satisfied my cravings.

Then I pulled one particular batch of cookies from the oven...

The crisp edges were golden-brown, the center buttery, the chocolate morsels perfectly gooey. I took a deep breath, crossed my fingers, and bit in.

My eyes rolled back in my head. *Exquisite.* Better than any cookie I had ever tasted.

It was the ultimate cookie.

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# chunky chocolate chip cookies

*Lightly crisp edges, a gooey center, and an irresistible taste that will warm your soul.*

## Ingredients

- 1/2 cup almond flour
- 1 cup brown rice flour
- 1/2 cup arrowroot flour
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 3/4 (1 1/2 sticks) cup unsalted butter, softened
- 1/2 cup brown sugar
- 1/2 cup sugar
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- 1/2 cup dark chocolate chips
- 1/2 cup dark chocolate chips (will be used right before baking the cookies)

## Directions

Whisk together almond flour, brown rice flour, arrowroot flour, baking soda, baking powder, and salt until well-combined. Set aside. Use an electric mixer on medium speed to combine butter, brown sugar, and sugar. Mix in egg and vanilla. Stir dry ingredients into the wet mixture in 1/2 cup increments, incorporating thoroughly between each addition until combined. Fold 1/2 cup chocolate chips into batter. Cover bowl and refrigerate for 24-48 hours. This is a critical step in making the perfect cookie. If you're craving a cookie now, make one or two, but refrigerate the rest of the dough for at least 24 hours before baking.

Preheat oven to 350°F. Grease a cookie sheet with butter. Roll dough into golf ball sizes, and press a small handful of the remaining 1/2 cup chocolate chips into the top of each cookie dough ball. Place 6 on a sheet at a time to give them room to spread. Bake for 10-15 minutes until edges are golden brown. Keep dough in the fridge between batches. Remove from oven and let cookies cool on the sheet for a few minutes. Eat ravenously.



# chocolate chip almond butter cookies

*Swirl of nutty flavors and sweetness mixed with chocolate morsels.*

## Ingredients

- 1 cup creamy unsweetened almond butter
- 1/2 cup sugar
- 1 tablespoon blackstrap molasses
- 1 large egg
- 1 teaspoon baking soda
- 2 tablespoons 100% pure maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup dark chocolate chips

## Directions

Preheat the oven to 350°F. Grease a cookie sheet with butter. Beat almond butter, sugar, and molasses until combined. Add egg and mix well. Beat in baking soda, maple syrup, vanilla, and salt until dough is smooth. Stir in chocolate chips.

Roll dough into ping pong size balls and place evenly spaced on a cookie sheet. Bake for 10-13 minutes, or until cookies are lightly golden brown. Remove from oven and let cool on the cookie sheet for 5 minutes. Remove cookies from pan and allow them to cool completely on a cooling rack. Serve.







# minty double chocolate cookies

*Double-chocolate chip cookies with a fudgy center topped with a homemade mint glaze.*

## Ingredients

- 3/4 cup brown rice flour
- 3/4 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup arrowroot flour
- 3/4 cups unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 1 1/2 cups sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 2 teaspoons peppermint extract, plus 1/4 teaspoon for glaze
- 1 cup dark chocolate chips (or a dark chocolate bar cut into chunks)
- 3/4 cup powdered sugar
- 3 1/2 teaspoons water

## Directions

Preheat the oven to 350°F. Grease a cookie sheet with butter. Whisk together brown rice flour, almond flour, coconut flour, arrowroot flour, cocoa powder, baking soda and salt. Set aside. Use an electric mixer to beat together the butter and sugar until fluffy, about 2 minutes. Add eggs, vanilla, and 2 teaspoons peppermint extract, and mix well. Beat the flour mixture into the wet ingredients gradually until combined. Stir in chocolate chips. Drop spoonfuls of the batter on the prepared cookie sheet, about 2" apart. Bake for 8-10 minutes. Cool completely.

For the glaze, mix powdered sugar and 1/4 teaspoon peppermint extract in a resealable plastic bag. Gradually add water until desired consistency is achieved. Mix until smooth. Snip the corner of the bag and drizzle glaze over cooled cookies. Let stand until set, about 10 minutes.



# chewy ginger snaps

*Soft, chewy cookies spiced with real ginger root.*

## Ingredients

- 3/4 cups (1 1/2 sticks) unsalted butter, softened
- 1 cup brown sugar
- 1/4 cup blackstrap molasses
- 1 egg
- 2 tablespoons fresh ginger root, peeled and minced (or finely chopped)
- 2 tablespoons candied ginger, cut into small pieces
- 1/4 cup arrowroot flour
- 3/4 cup brown rice flour
- 3/4 cup almond flour
- 1/2 cup coconut flour
- 1 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1 teaspoons ground cinnamon
- 3 teaspoon ground ginger
- 1 teaspoon ground nutmeg

## Directions

In large bowl, use an electric mixer on medium speed to combine butter, brown sugar, and molasses. Beat in egg, fresh ginger, and candied ginger until well combined. Set aside.

In medium bowl whisk together arrowroot flour, brown rice flour, almond flour, coconut flour, baking soda, baking powder, and spices. Gradually add dry mixture to wet ingredients until thoroughly combined. Refrigerate dough for 24-48 hours. This will create a meld of flavors and a chewy cookie.

Preheat oven to 350°F. Grease a cookie sheet with butter. Shape chilled dough into ping pong size balls and then flatten them on the cookie sheet. Bake for 8-10 minutes. Baking less will give you a chewier cookie, while longer will make them crunchy. Allow cookies to cool, and serve.







# chocolate chip cranberry power cookies

*Protein-packed clusters dotted with chocolate chips and dried cranberries for a tasty twist.*

## Ingredients

- 4 tablespoons vanilla whey protein powder
- 3/4 cup almond flour
- 1/4 cup unsweetened coconut chips (or coconut flakes)
- 1/4 teaspoon salt
- 3 tablespoon creamy almond butter
- 1/4 cup honey
- 2 egg whites
- 1/4 dried cranberries
- 1/2 cup chocolate chips

## Directions

Preheat the oven to 350°F. Grease a cookie sheet with coconut oil. In a medium bowl, whisk protein powder, almond flour, coconut flakes, and salt together. In a separate bowl, combine almond butter, honey, and egg whites. Add wet ingredients to dry mixture and stir until well incorporated. Fold in dried cranberries and carob chips. Form dough into balls, and place on prepared cookie sheet. Bake for 6-8 minutes. These make a tasty treat for hikes or day trips!



# homemade graham crackers

*Didn't think it was possible? It is! Store-bought crackers seem stale in comparison.*

## Ingredients

- 3/4 cup brown rice flour
- 1/2 cup almond flour
- 1/4 cup arrowroot flour
- 1/2 teaspoon sea salt
- 1 teaspoon baking powder
- 3 tablespoons unsalted butter, chilled and cut into small chunks
- 1/8 cup honey
- 1/8 cup blackstrap molasses
- 2 tablespoons brown sugar
- 1 tablespoon milk
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

## Directions

In a bowl, whisk brown rice flour, almond flour, arrowroot flour, salt, and baking powder until well combined. Add butter chunks to the mixture, and combined with hands until mixture resembles coarse meal. Add honey, molasses, and brown sugar and mix well. Add milk and vanilla and stir.

Place dough on a parchment-lined baking sheet and lay another sheet of parchment paper over the dough. Roll it out in a rectangle shape until dough is 1/4" thick. Stick the pan in the freezer for 5-10 minutes. Remove the top layer of parchment paper, and cut the dough into squares. Lightly prick dough all over with a fork. Sprinkle the top with cinnamon. Freeze the crackers for 15 minutes.

Preheat the oven to 350°F. Bake the chilled crackers for 18-22 minutes, or until the edges are lightly browned. Cool the crackers completely and serve.





# chickpea cookies

*Soft, addictive cookies with a hint of delightful cardamom spice.*

## **Ingredients**

- 1 cup (2 sticks) butter
- 1 cup powdered sugar
- 1 teaspoon ground cardamom
- 2 cups chickpea flour (or garbanzo bean flour)

## **Directions**

Preheat oven to 300°F. Beat butter and powdered sugar together with an electric mixer until smooth. Add cardamom and continue to mix. Add chickpea flour and knead the dough well with hands.

Place small spoonfuls of dough on a greased cookie sheet and bake for about 30 minutes. Cool and serve.



# cranberry pistachio biscotti

*Lovely cookies with bright red cranberries and green pistachios. Perfect for eating with afternoon tea.*

## Ingredients

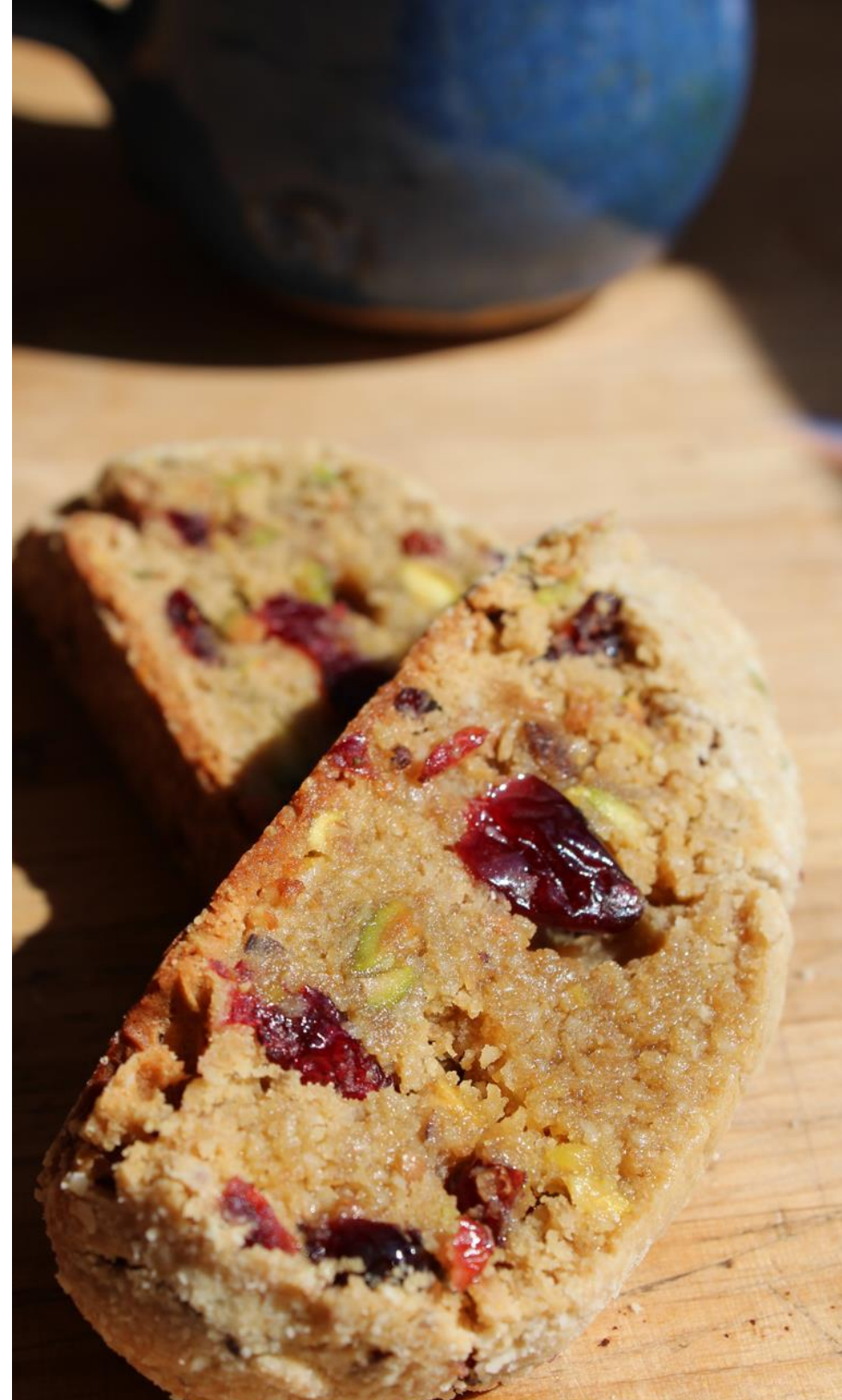
- 1/8 cup extra virgin olive oil
- 1/4 cup brown sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 egg
- 1/2 cup brown rice flour
- 1/2 cup almond flour, plus more for coating
- 1 tablespoon arrowroot flour
- dash of salt
- 1/2 teaspoon baking powder
- 1/4 cup dried cranberries
- 1/4 cups pistachio pieces

## Directions

Preheat the oven to 300°F. Line a cookie sheet with parchment paper. In a large bowl, mix together olive oil, brown sugar, vanilla, almond extract, and egg. In a separate bowl, whisk together brown rice flour, almond flour, arrowroot flour, salt, and baking powder. Gradually stir dry ingredients into the wet mixture. Stir in cranberries and pistachio pieces. Form dough into a log, about 8" long. Lightly roll the log in almond flour to barely coat the outside.

Place on the parchment-lined cookie sheet and bake for 35 minutes, or until the log is light brown. Remove from the oven, and set aside to cool for 10 minutes. Cut the log diagonally into 3/4" slices. Allow to cool, and serve.

Note: For crisper biscotti, after the log has been cut into slices reduce the oven heat to 275°F. Lay slices on their sides on the parchment covered cookie sheet and bake for 8 to 10 minutes, or until dry.





# apple cider doughnuts

*Soft mini doughnuts baked with flavor of sweet apple. Topped with cinnamon and sugar.*

## Ingredients

- 1/2 cup coconut flour
- 1/2 cup almond flour
- 1/2 teaspoon baking powder
- 1/4 cup arrowroot flour
- 1/2 teaspoon freshly ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup brown sugar, plus more for coating
- 2 tablespoons molasses
- 1/2 cup apple cider
- 1 egg
- 2 tablespoons coconut oil, plus more for greasing the pan
- 2 tablespoons butter, melted (or lard)

## Directions

Preheat the oven to 350°F. Grease a mini doughnut pan with coconut oil.

In a bowl, combine coconut flour, almond flour, baking powder, arrowroot flour, nutmeg, cinnamon, salt, and 1/2 cup brown sugar. Mix well; set aside.

In a large bowl, mix together molasses, apple cider, egg and coconut oil. Add dry mixture to the wet ingredients and stir until well combined. Spoon dough into a greased mini doughnut pan, and bake for 10-12 minutes or until golden brown. Remove from oven, dip each doughnut in melted butter or lard, roll in brown sugar, and sprinkle with cinnamon. Serve warm.



# chocolate chip coconut butter cookies

*Sweet chewy chocolate chip cookies made with delicious coconut butter.*

## Ingredients

- 1/2 cup coconut butter
- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 3/4 almond flour
- 1/2 cup coconut flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 dark chocolate chips

## Directions

Melt coconut butter and butter in a small saucepan over low heat (don't leave on too long). Beat coconut butter, butter, sugar, and brown sugar together in a bowl. Add egg and vanilla, and mix well. In a separate bowl, whisk almond flour, coconut flour, baking soda, baking powder, and salt. Add dry ingredients to the butter-sugar mixture, and stir until well-incorporated. Cover dough and refrigerate for anywhere from 3 hours to 3 days.

Preheat oven to 350°F. Shape cool dough into balls and place on a greased cookie sheet. Bake until light brown, about 10 minutes. Cool and serve.





# pies



There is something about pie that feels like magic. Each soft bite oozes glorious flavor that fills my belly and spreads through my body. On a night made of blankets and raindrops, a slice of pie with sprinkles of cinnamon is the perfect thing to warm hearts.

When I was young, there was an apple pie baking in the oven almost every day for a month... My folks were trying to sell our house, and my clever mother knew the aroma would appeal to the prospects.

She taught me that pie can make a house feel like home.











# old-fashioned apple pie

*Spiced apples swimming with sweet butter and caramel baked in a soft, flakey crust.*

## Ingredients

- 5 granny smith apples, peeled, cored and sliced
- 2 cups brown rice flour
- 1/2 cup quinoa flour
- 1/3 cup arrowroot flour
- 1/2 teaspoon salt
- 1 teaspoon xanthum gum
- 2 teaspoons cinnamon, separated
- 1 cup butter, chilled and cut into chunks, plus 1/2 cup butter
- 2 tablespoons water, plus an additional 2 tablespoons of water
- 1 tablespoon lemon juice
- 1 tablespoon maple syrup
- 3 tablespoons almond flour
- 3/4 cup coconut palm sugar
- 1/2 teaspoon ground nutmeg
- 1 tablespoon vanilla extract
- 1 egg, lightly whipped

## Directions

Preheat oven to 350°F. Grease a pie pan with butter. Whisk brown rice flour, quinoa flour, arrowroot flour, salt, xanthum gum, and 1 teaspoon cinnamon in a bowl. Using hands, mix 1 cup chilled butter chunks into the flour mixture until it starts to become doughy. Add 2 tablespoons of water, lemon juice, and maple syrup and continue to mix with fingers. Cut dough in half. Press half of the dough into the bottom of the greased pie pan. Set the other half of the crust dough aside.

For the filling, melt 1/2 cup butter in a saucepan. Stir in 3 tablespoons almond flour, 2 tablespoons water, coconut palm sugar, 1 teaspoon cinnamon, nutmeg, and vanilla. Bring to a simmer. Reserve some of the sauce to pour over the crust right before baking. Take the main portion of the sauce and mix in a large bowl with the apple slices to coat them. Place apple mixture in the prepared crust, mounded slightly.

Flatten out the second half of the dough, and cut into 6 strips. Place 3 strips horizontally and 3 strips vertically over the apples. Brush the egg over the top of the crust. If remaining sauce has thickened, heat on the stove for a minute or two until liquid. Gently pour the remaining sauce over the top crust. Bake for 30-35 minutes. Cool and enjoy. I actually like this best after being in the refrigerator overnight.

# pumpkin pie

*Pumpkin and spice to be eaten when the leaves start changing to orange – or whenever you miss the lovely fall season.*

## **Crust**

- 1/2 cup coconut flour
- 1/2 cup almond flour
- 3 tablespoons coconut oil
- 2 rounded tablespoons flax meal
- 1/2 cup milk
- 1 tablespoon 100% maple syrup
- 1/2 teaspoon salt

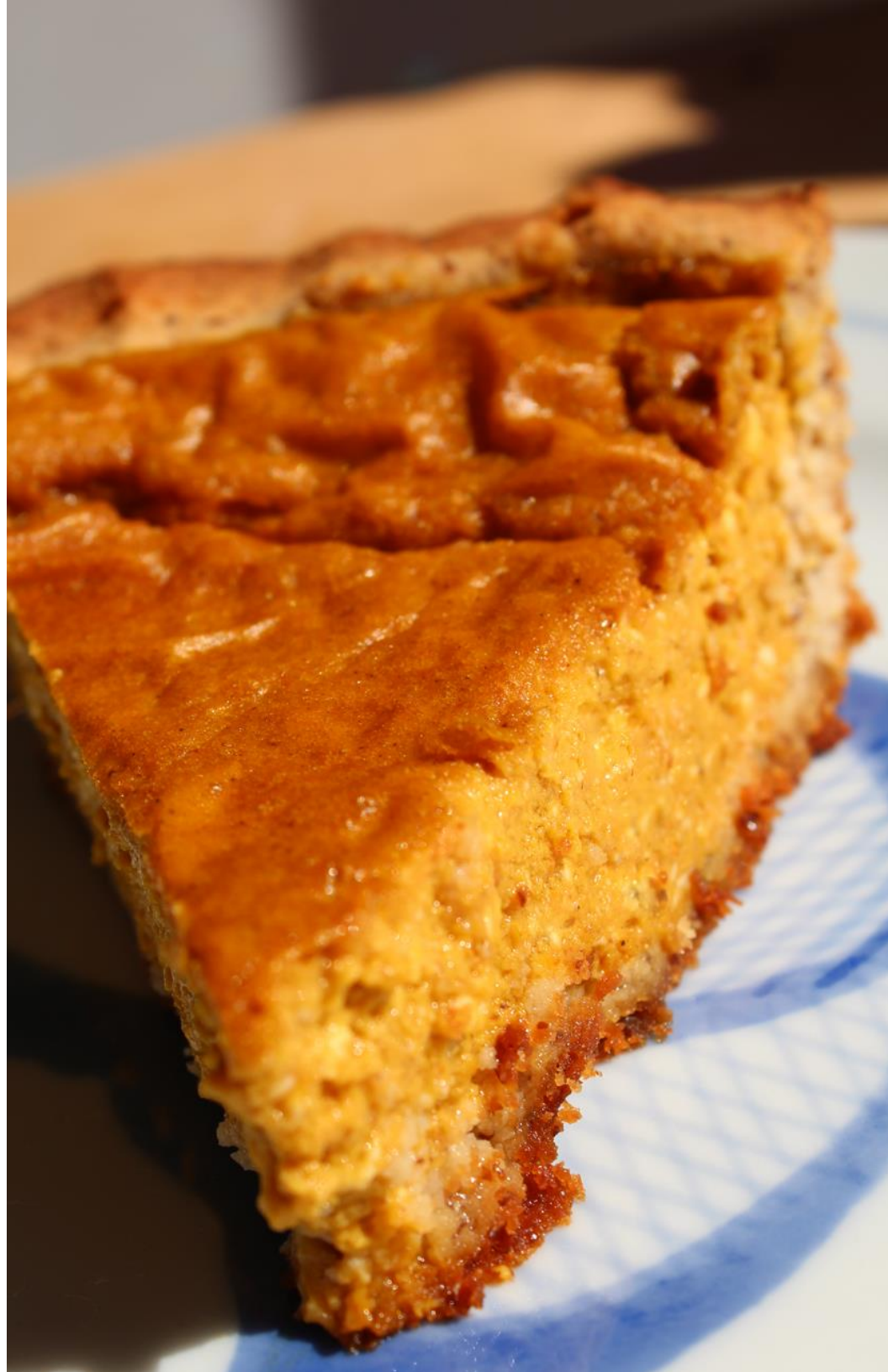
## **Filling**

- 1 can 100% pumpkin puree
- 1 (8 ounce) package cream cheese, softened
- 3/4 cup brown sugar
- 1/4 teaspoon salt
- 1 egg
- 2 egg yolks
- 1 cup canned coconut milk (not low fat)
- 1/4 cup (1/2 stick) unsalted butter, melted
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground clove
- 1/4 teaspoon ground nutmeg

## **Directions**

Preheat oven to 425F. Combine crust ingredients in bowl until crumbly mixture forms. Push dough into a greased pie pan. Freeze pie shell while you make the filling.

In a large bowl, combine all filling ingredients and beat until even. Pour filling into pie shell. Bake for 15 minutes. Reduce temperature to 350°F. Bake for an additional 40-50 minutes or until knife inserted near center comes out clean. Remove from oven and cool for 2 hours. Serve immediately or refrigerate.







# lemon meringue pie

*Fresh lemon filling in a honey almond crust topped with fluffy meringue.*

## Ingredients

- 2 cups almond flour
- 4 tablespoons unsalted butter, melted
- 3 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 cup sugar
- 1/4 cup arrowroot flour
- 1/8 teaspoon salt
- 6 large egg yolks
- 1 1/2 cups water
- 1 tablespoon lemon zest
- 1/2 cup freshly squeezed lemon juice
- 2 tablespoons unsalted butter, melted
- Meringue Topping (next page)

## Directions

Preheat oven to 350°F. For the crust, mix almond flour, 4 tablespoons melted butter, honey, cinnamon and vanilla in a medium bowl until well combined. Press into the bottom of a greased pie pan. Bake for 10 minutes. Remove from oven and allow to cool. Reduce oven heat to 325°F.

Meanwhile, create the lemon filling by whisking sugar, arrowroot flour, and salt together in a large saucepan. Add egg yolks, then immediately but gradually whisk in 1 ½ cups of water. Bring mixture to a simmer over medium heat, whisking regularly, 8-10 minutes, until thickened. Remove from heat, whisk in zest, then juice, and 2 tablespoons butter.

Pour lemon filling into pie crust. Distribute Meringue Topping evenly over the top, starting with the edges and spreading toward the middle. Bake until golden brown, about 20 minutes. Cool in the refrigerator or freezer and serve.



# meringue topping

*Light, fluffy meringue to add beauty, flavor, and texture.*

## Ingredients

- 1 tablespoon arrowroot flour
- 1/3 cup water
- 4 large egg whites
- 1/2 teaspoon vanilla extract
- 1/2 cup sugar
- 1/4 teaspoon cream of tartar (optional)

## Directions

Mix arrowroot flour and 1/3 cup water in a small saucepan. Heat on medium-low, stirring constantly until the mixture slightly bubbles and turns translucent and thickens, about 1-2 minutes. Remove from heat and set aside.

In a separate bowl, whip egg whites until frothy. Add vanilla, sugar, and cream of tartar to the egg whites gradually, beating mixture between each addition. Add arrowroot mixture and beat until stiff peaks form. Distribute evenly over the top of Lemon Meringue Pie (previous page), starting with the edges, and spreading toward the middle. Bake according to pie recipe.



# frozen almond butter pie

*Creamy cool mixture of almond butter, chunky peanut butter, and cream cheese in a chocolate crust.*

## **Crust**

- 1 1/2 cups almond flour
- 1/2 cup unsweetened cocoa powder
- 4 tablespoons unsalted butter, melted
- 4 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract

## **Filling**

- 1 1/2 cups powdered sugar
- 1/2 cup creamy unsweetened almond butter
- 1/2 cup chunky unsweetened peanut butter (or another 1/2 cup almond butter)
- 1 (8 ounce) package cream cheese, room temperature
- 1/2 teaspoon vanilla extract
- 1 cup chilled whipping cream
- chocolate shavings, for topping

## **Directions**

Preheat oven to 375°F. For the crust, mix almond flour, cocoa powder, melted butter, honey, cinnamon and vanilla in a medium bowl until well combined. Press into bottom of a pie pan. Bake in the oven for 10 minutes. Allow to cool.

Meanwhile for filling, blend powdered sugar, almond butter, peanut butter, cream cheese and vanilla until smooth. Set aside. In a medium bowl, beat whipping cream until soft peaks form. Fold whipped cream into the almond butter mixture. Spoon almond butter filling into pie crust and smooth the top. Freeze pie for at least 3 hours. Top with shaved chocolate or drizzle with melted chocolate. Cover and keep frozen. Let stand room temperature 20 minutes before serving.







# key lime pie

*A tart and creamy pie in a nutty crust made with real limes.*

## **Crust**

- 2 cups almond flour
- 4 tablespoons unsalted butter, melted
- 3 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract

## **Filling**

- 3 egg yolks
- 1 1/2 teaspoons lime zest
- 1 (14oz) can coconut milk (or evaporated milk)
- 2 tablespoons arrowroot flour
- 2/3 cup freshly squeezed lime juice
- 1/2 cup sugar

## **Directions**

Preheat the oven to 350°F. Mix crust ingredients together in a bowl until well combined. Press crust dough into a greased pie pan. Bake for 5 minutes. Remove from oven and set aside.

In the bowl, whip egg yolks and lime zest at high speed until fluffy, about 5 minutes. Slowly add coconut milk and arrowroot flour, and continue to whip until thick, about 3 minutes. Reduce the mixer speed to low and slowly add the lime juice, mixing just until combined. Pour the mixture into the crust. Bake for 30-35 minutes or until the pie is set. Remove from the oven and allow the pie to cool. Place pie in the refrigerator or freezer.

If frozen, allow pie to sit at room temperature for 15 to 20 minutes before serving. If refrigerated, freeze for 15 to 20 minutes before serving.

# sweet potato pie

*A noble and smooth sweet potato pie topped with pecans and real whipped cream.*

## Ingredients

- 2 cups mashed sweet potato
- 1/2 cup unsalted butter, softened
- 1/2 cup sugar
- 1 tablespoon arrowroot flour
- 2 eggs
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon of ground cloves
- 1/4 teaspoon ground ginger
- 2 tablespoons of fresh lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup coconut flour
- 1/2 cup almond flour
- 3 tablespoons coconut oil
- 2 rounded tablespoons flax meal
- 1/2 cup milk
- 1 tablespoon 100% maple syrup
- 1/2 teaspoon salt
- whipped cream and pecans (optional)

## Directions

Boil 1-2 sweet potatoes in skin for 40 to 50 minutes or until fork tender. Run cold water over them and remove the skin. Break sweet potatoes apart in a bowl and use an electric mixer to combine two cups of sweet potato with 1/2 cup butter. Stir in sugar, arrowroot flour, eggs, nutmeg, cinnamon, cloves, ginger, lemon juice, and vanilla. Beat until mixture is smooth.

Preheat oven to 350°F. For crust, mix coconut flour, almond flour, coconut oil, flax meal, milk, maple syrup, and salt in a bowl. Grease a pie pan with butter. Push crust dough into the pie pan. Pour sweet potato batter into crust, and bake for 55 to 60 minutes.

After the pie has cooled, add dollops of whipped cream around the edges and in the middle of the pie, top with pecans, and serve.







# cobbler

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A savory fruit-filled cobbler topped with baked buttery crumbles is a comforting pleasure.

It's humble enough to take on camp-outs or BBQs, but dresses up beautifully for Sunday dinner with the folks or entertaining company. Oh, and did I mention, it pairs quite nicely with a scoop of vanilla ice cream?

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# zucchini cobbler

*Delightful zucchini cobbler disguised with delicious apple flavors and a buttery crumble top.*

## Ingredients

- 8 cups zucchini, peeled and cubed
- 2/3 cup lemon juice
- 1 cup sugar, plus 1/2 cup for crumble top
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 cup arrowroot flour
- 2 cups almond flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup (1 1/2 sticks) unsalted butter, chilled
- 1/2 teaspoon ground cinnamon

## Directions

Place zucchini and lemon juice in a saucepan and cook over medium heat, stirring occasionally, for 15-20 minutes or until zucchini is tender. Add 1 cup sugar, cinnamon, nutmeg and arrowroot flour to the pan and stir to combine while cooking for an additional minute. Remove from heat. Grease a 9" x 9" baking pan and pour zucchini filling in the pan.

Preheat the oven to 375°F. In a large bowl, combine almond flour, 1/2 cup sugar, baking powder, and salt until well combined. Cut butter into small chunks and add it to the almond flour mixture by kneading it together with fingers. Flatten dough and evenly place over the top of the zucchini mixture. Sprinkle cinnamon over the top. Bake for 25 to 30 minutes, or until top is golden.





# patio peach cobbler

*A parade of fresh summer peaches and sprinkles of cinnamon to be eaten on the front deck with the sunshine kissing your cheek.*

## Ingredients

- 8 fresh peaches, peeled, pitted and sliced into thin wedges (blanch in boiling water for 30 seconds to easily remove the skins)
- 1/4 cup sugar, plus 1/4 cup for crumble, and 2 tablespoons for top
- 1/4 teaspoon ground cinnamon, plus 1 teaspoon for sprinkling on top
- 1/8 teaspoon ground nutmeg
- 1 teaspoon fresh lemon juice
- 2 teaspoons arrowroot flour
- 1 cup almond flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter, chilled and cut into small pieces
- 1/4 cup boiling water

## Directions

Preheat oven to 425°F. In a large bowl, combine peaches, 1/4 cup sugar, 1/4 teaspoon cinnamon, nutmeg, lemon juice, and arrowroot flour. Toss to coat evenly and pour into an 11" x 7" baking pan. Bake for 10 minutes.

Meanwhile, in a large bowl, combine 1 cup almond flour, 1/4 cup sugar, baking powder, and salt. Cut butter in small chunks and blend in with your fingertips until the mixture resembles coarse meal. Stir in boiling water until combined.

Remove peaches from the oven, and drop spoonfuls of topping over them. Mix 2 tablespoons of sugar and 1 teaspoon of ground cinnamon together in a small bowl. Sprinkle the cinnamon-sugar mixture over the entire cobbler. Bake until topping is golden, about 30 minutes.



# cran-apple cobbler

*Tart cranberries and spiced apples combine for a warm dessert that's perfect for the holidays.*

## Ingredients

- 5 Granny Smith apples, peeled, cored, and cut into 1/2" cubes
- 4 Fuji apples, peeled, cored, and cut into 1/2" cubes
- 1 tablespoon lemon
- 2 cups sugar, separated
- 2 cups almond flour
- 1/8 teaspoon salt
- ¾ cup (1 1/2 sticks) unsalted butter, chilled
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground nutmeg
- 1 teaspoon grated lemon zest
- 1 cup dried cranberries
- 1 large egg
- 1 egg yolk
- 1 teaspoon vanilla extract

## Directions

Preheat the oven to 400°F. Grease a 9" x 13" baking pan with butter. In a large bowl, combine apples, lemon juice, and 1 cup of the sugar. Cover apples and put in the refrigerator.

In a medium size bowl, stir the remaining 1 cup of sugar, almond flour, and salt together. Set aside 1/2 cup of the almond flour-sugar mixture to coat the apples with in a bit. Cut the chilled butter into small chunks and work into the almond flour-sugar mixture using your fingers until it forms a coarse meal. Drain any liquid from the apples. Combine the apples with the buttery almond flour and sugar mixture. Add cinnamon, nutmeg, lemon zest, and dried cranberries. Stir well, and then pour into the buttered baking pan.

Stir egg, egg yolk, and vanilla together, and pour into the reserved 1/2 cup of almond flour-sugar mixture. Mix with fingers until combined. Flatten with hands and place over apples. Bake for 35 to 45 minutes or until the juices are bubbling and the topping is a light golden brown. Serve warm.







# cakes



On a special day, a yummy batch of red velvet cupcakes or blueberry cheesecake is the secret to enchanting a party.

With bright delicious charm and sweet creamy topping, a little slice of heaven always warms up a crowd.







# cheesecake with blueberry reduction

*A swirl of fresh blueberry sauce poured over decadent cheesecake on a subtle nutty crust.*

## Ingredients

- 2 cups almond flour
- 4 tablespoons unsalted butter, melted
- 3 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract, plus 1 tablespoon for cheesecake, and 1/2 teaspoon for topping
- 4 (8 ounce) packages cream cheese
- 1 1/4 cups sugar
- 1/4 cup heavy cream
- 4 eggs
- 1 cup sour cream or plain yogurt
- 1/4 cup coconut flour
- 2 cup fresh blueberries (or other in-season berries)
- 1/4 cup honey
- 1 tablespoon lemon juice

## Directions

Preheat oven to 350°F. Grease a 9" springform pan with butter. In a medium bowl, mix almond flour, melted butter, honey, cinnamon and vanilla until well combined. Press into bottom of the springform pan. In a large bowl, mix cream cheese and sugar until smooth. Blend in cream, and then mix in the eggs one at a time, mixing just enough to incorporate. Mix in sour cream, 1 tablespoon vanilla, and coconut flour until smooth. Pour filling into prepared crust. Place a pan of water on the bottom rack of the oven. Bake the cheesecake on the middle rack for 50-60 minutes. Turn the oven off and let the cheesecake cool in the oven (door closed) for 2 to 6 hours to limit cracking. Chill in the refrigerator overnight.

Place berries in a small saucepan and crush with the bottom of a glass. Add honey, lemon juice, and 1/2 teaspoon vanilla, and stir till combined. Bring mixture to a boil over medium heat. Boil for 1 minute. Chill in the refrigerator. Serve over chilled cheesecake.





# double-chocolate cake

*Moist elegance with the perfect combination of light fluffy texture and deep rich chocolaty flavor topped with chocolate morsels.*

## Ingredients

- 1 cup sweet potato puree
- 3/4 cup almond flour
- 3/4 cup coconut flour
- 1 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 cup virgin coconut oil
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup freshly brewed coffee (or hot chocolate)
- 1/2 cup dark chocolate chips, plus more for topping

## Directions

To puree sweet potato, wrap it in foil and bake at 400°F for 1 hour or until fork-tender. Cool, remove skin, and puree in the food processor. Reduce oven to 350°F. Grease 9" springform pan with butter.

In a large bowl, stir together almond flour, coconut flour, sugar, cocoa powder, salt, baking powder, and baking soda. Add sweet potato puree, coconut oil, eggs, and vanilla. Use an electric mixer and mix on low until combined. Stir coffee into the mixture. Fold chocolate chips into batter. Pour batter into the prepared pan and smooth the top with a spatula. Sprinkle chocolate chips over the top of the cake. Bake 35 to 40 minutes or until a toothpick inserted in the center of the cake comes out clean.



# double-decker pumpkin cheesecake

*Luscious pumpkin cheesecake with gourmet layers and a honey almond crust.*

## Ingredients

- 2 cups almond flour
- 4 tablespoon unsalted butter, melted
- 3 tablespoon honey
- 1/2 teaspoon ground cinnamon, plus 1/2 teaspoon for filling
- 1/2 teaspoon vanilla extract, plus 1/2 teaspoon for filling
- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup sugar
- 2 eggs
- 1/2 cup pumpkin puree
- 1/8 teaspoon ground cloves
- 1/8 teaspoon freshly ground nutmeg

## Directions

Preheat oven to 325°F. In a bowl, mix almond flour, melted butter, honey, 1/2 teaspoon cinnamon, and 1/2 teaspoon vanilla until well combined. Press into a greased pie pan.

In a bowl, combine cream cheese, sugar, and 1/2 teaspoon vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into the bottom of the crust; set aside. Add pumpkin, 1/2 teaspoon cinnamon, cloves, and nutmeg to the remaining batter and stir until well blended. Carefully spread over the batter in the crust.

Bake for 45 to 50 minutes or until the center is almost set. Cool, then refrigerate for 3 hours or overnight.





# carrot cake

*Deliciously moist carrot cake topped with cream cheese frosting.*

## Ingredients

- 1 cup almond flour
- 1/2 cup coconut flour
- 1/4 arrowroot flour
- 1/4 brown rice flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoon cinnamon
- 1/2 cup brown sugar
- 1/2 cup unsweetened applesauce
- 2 cups carrots, shredded
- 3 eggs, beaten
- 1 cup coconut oil
- 1 cup shredded coconut
- 1 cup chopped pecans, plus more for topping
- 1 cup crushed pineapple, undrained
- 1/2 cup unsalted butter, softened
- 1/2 cup cream cheese, softened
- 1 cup powdered sugar
- 2 teaspoon vanilla extract

## Directions

Preheat the oven to 350°F. Grease a 9" springform pan with butter. Whisk together flours, baking soda, baking powder, and cinnamon. Add brown sugar, applesauce, shredded carrots, eggs, coconut oil, shredded coconut, 1 cup chopped pecans, and pineapple. Mix until well combined. Pour batter into springform pan. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean. Let cool completely.

Meanwhile, make frosting by beating together butter and cream cheese in a bowl with an electric mixer. With the mixer on low speed, add the powdered sugar and mix until smooth. Beat in the vanilla. Frost the side of the cooled cake and add a dollop in the middle. Top frosting with pecans.



# chocolate cupcakes with cookie dough frosting

*Soft chocolate cupcakes dressed up with chocolate chip cookie dough frosting.*

## Ingredients

2 cups almond flour, plus 1 cup for frosting  
1 1/2 cups sugar  
1/2 teaspoon sea salt, plus 1/2 teaspoon for frosting  
1 cup unsweetened cocoa  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
2 cups sweet potato puree\*  
1 teaspoon vanilla extract, plus 1 teaspoon for frosting  
1 cup virgin coconut oil  
4 eggs  
1/2 cup unsalted butter, room temperature  
1 1/2 cups creamy almond butter  
1 cup powdered sugar  
1/2 cup milk  
1 cup coconut flour  
1 cup mini chocolate chips

## Directions

(\*To make puree, wrap sweet potato in foil and bake at 400°F for 1 hour or until fork-tender. Cool, remove skin, and puree in the food processor.) Preheat oven to 350°F. Line a muffin pan with paper liner cups. Whisk together 2 cups almond flour, sugar, 1/2 teaspoon salt, baking soda, and baking powder. Add sweet potato puree, 1 teaspoon vanilla, and coconut oil. Mix well. Add eggs one at a time and beat batter until thick, about 2 minutes. Pour the batter into the paper liners until they are almost full. Bake for 30-35 minutes, or until a toothpick comes out clean. Remove from oven and let cupcakes cool.

Meanwhile, use an electric mixer to beat butter, almond butter, and powdered sugar together until fluffy, about 2-3 minutes. Mix 1 teaspoon vanilla and milk into the mixture and beat for an additional minute. Stir in 1 cup almond flour, coconut flour, and 1/2 teaspoon salt and stir until incorporated. Add additional milk to thin, as needed. Stir in chocolate chips, and use to frost the tops of the cooled chocolate cupcakes.





# chocolate cranberry zucchini cupcakes

*Little chocolate cakes with the subtle sweetness of cranberries.*

## Ingredients

- 1 1/2 cups shredded raw zucchini (about 1 medium zucchini)
- 1 cup almond flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon, 1/2 teaspoon for frosting
- 1/4 teaspoon ground cloves
- 1 large ripe banana
- 1/2 cup sugar
- 1/2 cup coconut oil
- 1 teaspoon vanilla extract, plus 2 teaspoons for frosting
- 1/2 cup dried cranberries
- 1/2 cup unsalted butter, softened
- 1/2 cup cream cheese, softened
- honey or sugar to sweeten frosting to taste

## Directions

Preheat the oven to 350°F. Line a muffin pan with paper liner cups. Shred the zucchini in a food processor or with a hand grater. Set aside. Mix almond flour, cocoa powder, baking soda, baking powder, salt, 1/2 teaspoon cinnamon, and ground cloves in a bowl. Set aside. In a medium bowl, mash banana with sugar, coconut oil, and 1 teaspoon vanilla. Fold grated zucchini into the banana mixture. Mix in dry ingredients. Stir in the dried cranberries. Pour the batter into the paper liners until they are almost full. Bake for 30-35 minutes, or until a toothpick inserted comes out clean. Allow to cool.

Meanwhile, make frosting by beating together butter, cream cheese, and vanilla in a bowl with an electric mixer. Add in honey or sugar to sweeten frosting according to your tastes. Spread frosting over tops of cupcakes, and serve.



# pineapple coconut dessert bread

*Take a big slice of this sweet, moist bread and enjoy it with your morning coffee.*

## Ingredients

- 1/2 cup brown sugar
- 1/4 cup butter
- 2 eggs
- 1 cup crushed pineapple, undrained
- 1/2 cup shredded coconut
- 1 cup almond flour
- 1/2 cup coconut flour
- 1/4 cup arrowroot flour
- 1/4 cup brown rice flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt

## Directions

Preheat oven to 350°F. In a mixing bowl, beat together brown sugar, butter, and eggs until smooth and creamy. Stir in pineapple and shredded coconut. In a separate bowl, combine almond flour, coconut flour, arrowroot flour, brown rice flour, baking powder and salt; stir into creamed mixture.

Pour batter into a greased 9" x 5" x 2" loaf pan. Bake for 35-40 minutes, or until a toothpick poked in the center comes out clean. Cool on rack.





# real red velvet chocolate cupcakes

*Moist chocolaty cupcakes with a hint of red from real puréed beets. No food coloring or nonsense in these babies.*

## Ingredients

- 1 cup unsweetened cocoa powder
- 3/4 cup almond flour
- 3/4 cup coconut flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar (or honey)
- 2 cups beet purée\*
- 1 cup melted butter
- 3 eggs
- 1/2 cup milk
- 1/2 cup unsweetened applesauce
- 2 teaspoons Greek yogurt
- 1 cup dark chocolate chips
- 1 (8 ounce) package cream cheese (optional)
- cacao nibs (optional)

## Directions

\*To purée the beets, take 2 to 3 unpeeled medium size beets, cut the stems off, wrap in foil and bake in the oven at 400°F for 1 hour. Let cool. Peel the beets (the skin should slip off easily). Purée in food processor till smooth like applesauce.

Preheat oven to 350°F. Whisk cocoa powder, almond flour, coconut flour, baking powder, baking soda, salt, and sugar in a bowl. In a separate bowl, combine beet purée, melted butter, eggs, milk, applesauce, and yogurt. Combine wet ingredients and dry ingredients, and mix well. Stir in chocolate chips. Scoop the batter into paper cups in a cupcake pan. Bake for 20 minutes. Let cool, top with cream cheese, and sprinkle with cacao nibs. Eat ravenously.





# bars

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There are some things I'll never forget.

My mother's laugh. The hesitation and excitement in that first kiss from my man. Soft puppy smells on the first day we picked her up. A secret childhood hiding spot near the cherry tree in the backyard. It's amazing how these charming memories rush back after something as simple as the smell of a new recipe touches my nose.

Cinnamon, pumpkin, carob, honey and spices – these ingredients always bring me back to lovely memories.

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# no-bake chocolate banana pecan squares

*Honey chocolate and almond butter crown a layer of naturally sweet banana, dates, and pecans.*

## **Ingredients**

- 1 1/2 cups pecan pieces
- 2 ripe bananas
- 15 medjool dates
- 3 tablespoon creamy almond butter
- 3 tablespoon raw honey
- 2 tablespoons coconut oil
- 1/4 cup unsweetened cocoa powder

## **Directions**

Combine pecan pieces, 1 banana, and medjool dates in a food processor and blend until mostly smooth. Place wax paper in the bottom of an 11" x 7" glass pan. Spread this bottom mixture evenly in the pan.

Combine 1 banana, almond butter, honey, coconut oil, and cocoa powder in a food processor until smooth. Spread top ingredients over bottom ingredients in the pan. Place in the freezer for 2 hours. Cut into squares, and serve.



# pumpkin chocolate chunk squares

*Loaded with chocolate chunks and spices, these pumpkin bars are moist, fudgy and highly addictive.*

## Ingredients

- 1/2 cup almond flour
- 1/2 cup coconut flour
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground clove
- 1/2 teaspoon baking soda
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/2 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon ginger, peeled and minced
- 3/4 cup canned pumpkin puree
- 1 bar of dark chocolate, cut into chunks

## Directions

Preheat the oven to 350°F. Grease the bottom and sides of a 13" x 9" baking pan with butter. In a medium bowl, whisk together almond flour, coconut flour, salt, cinnamon, nutmeg, clove, and baking soda. Set aside.

With an electric mixer, cream the butter and sugar together until smooth. Beat in egg, vanilla, minced ginger, and pumpkin puree (the mixture may look curdled). Add the dry ingredients to the wet mixture and stir until well combined. Fold in chocolate chunks. Spread batter into your prepared pan. Bake for 20-25 minutes.





# sweet potato rum blondies

*Dense blondies with a splash of rum, dotted with chocolate chips, and moistened with sweet potato.*

## Ingredients

- 3/4 cups sweet potato puree\*
- 1/2 cup almond flour
- 3 tablespoons coconut oil
- 1/3 of a ripe banana
- 1/4 cup ground flaxseed
- 1/4 cup rum
- 2 eggs
- 1/2 cup brown sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 teaspoons vanilla extract
- 2 teaspoons pumpkin pie spice
- 1/4 teaspoon ground nutmeg
- 1/2 cup unsweetened shredded coconut
- 1/2 cup dark chocolate chips

## Directions

\*To make puree, wrap a sweet potato in foil and bake in the oven for 1 hour at 400°F. Allow potato to cool. The skin should come off easily. Remove skin and discard. Puree potato in the food processor.

Preheat the oven to 350°F. Add all the ingredients except the chocolate chips and shredded coconut into your food processor and blend until smooth. Stir in chocolate chips and coconut. Spread batter into a greased 8" x 8" baking pan. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool, cut into squares, and serve.



# banana carob protein bars

*Loaded with protein, these tasty bars are perfect for taking on early morning hikes.*

## Ingredients

- 1 cup gluten-free oats
- 1 cup buttermilk
- 2 medium ripe bananas, mashed
- 3 egg whites
- 2 tablespoons creamy almond butter
- 1 1/2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 cup almond flour
- 1/3 cup grass-fed vanilla whey protein powder
- 1 tablespoon ground chia seeds
- 1 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1/2 cup unsweetened carob chips

## Directions

Mix the gluten-free oats and buttermilk together in a large bowl. Cover with a towel, secure with a rubber band, and leave on the counter for 12-24 hours.

Preheat oven to 350° F. Add bananas, egg whites, almond butter, honey, and vanilla to the oat and buttermilk mixture and mix well. In a separate bowl combine almond flour, protein powder, chia seeds, cinnamon, and salt. Add this dry mixture to the wet ingredients and stir until well-combined. Gently fold in the carob chips.

Pour the batter into a greased 8" x 8" baking pan. Bake for 15-20 minutes. Remove from oven and allow to cool. Cut into bars and serve.





# frozen

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When the glorious summer season rolls around, I find myself in the front yard giving the flowers a drink from the hose and thirsting for something cool and tasty.

I am very fond of frozen treats and their associated memories. Watching cold drops of liquid bead up on my frosty raspberry popsicle. Tiny drips of ice cream that fall from my spoon and splash on the concrete near my bare foot.

Although brief, these breaks in time linger inside of me reminding me of the magic that summer brings.

Cool down with these delicious healthy treats.

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# vanilla bean ice cream

*Escape to a dreamland when you take the first creamy bite of this genuine ice cream dripping with the flavor of real vanilla bean.*

## Ingredients

- 1 1/2 cups whole goat milk (or cow's milk)
- 1 1/2 cups heavy cream
- 1/4 cup sugar, plus 1/2 cup sugar
- 4 egg yolks
- 1 vanilla bean

## Directions

Heat milk and heavy cream in a saucepan over medium-high heat with 1/4 cup sugar until it reaches 175°F. Use a candy thermometer to tell when this temperature has been reached. Beat egg yolks with the remaining 1/2 cup sugar for 2-4 minutes. Slowly pour a small amount of the milk-cream mixture into the egg yolks, whisking constantly as you pour.

Whisk the thinned egg yolks back into the saucepan with the remaining milk-cream-sugar. Scrape the inside of the vanilla bean into the saucepan. Heat the mixture to 180°F. Pour the cooked custard through a fine mesh strainer into your ice cream maker, and churn for 30 minutes. Alternatively, you can freeze the mixture overnight and churn for 30 minutes by hand. If you want to add fruit, cookie, or chocolate to the ice cream, add them during the last 30 seconds of the churning process. Transfer to an air-tight container, and put in the freezer for 3 hours, so the ice cream can harden completely.

30 minutes before you plan on serving the ice cream, transfer from the freezer to the refrigerator to allow it to soften.





# raw milk ice cream

*You'll be visiting your local farmer often after you taste the creamy delicious flavors of raw milk ice cream.*

## **Ingredients**

- 1 1/2 cups whole raw milk
- 1 1/2 cups raw cream
- 3/4 cup sugar
- 1 teaspoon vanilla extract

## **Directions**

In a large bowl, whisk raw milk, raw cream, sugar and vanilla until well incorporated. Pour mixture into your ice cream maker and churn according to manufacturer's instructions, roughly 30 minutes. Serve immediately.



# blueberry yogurt pops

*These refreshing frozen blueberry popsicles are a delicious way to take a break from the heat.*

## **Ingredients**

- 3 1/2 cups fresh blueberries
- 1 cup blueberry juice
- 1 cup plain yogurt
- 5 teaspoons honey
- 1 tablespoon fresh lemon juice

## **Directions**

Combine all ingredients in the blender, and pulse until smooth. Pour mixture into molds and freeze overnight. Serve.





# orange creamsicle

*Orange and cream pair up for a sweet, smooth, and energizing treat.*

## **Ingredients**

- 1 cup freshly squeezed orange juice, with pulp
- 1 cup plain yogurt
- 1 tablespoon orange zest
- 1/3 cup honey
- 1 teaspoon vanilla extract
- pinch of salt

## **Directions**

In a large bowl, whisk orange juice and yogurt together until smooth. Add the orange zest, honey, vanilla and salt, and mix until well combined. Pour the mixture into molds and freeze overnight. Serve.





# mousse

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Mousse. No, not the 1500 pound, antler-wielding beast that clambers through the forests of New Hampshire.

I'm talking creamy, fluffy, romantic desserts with richly satisfying flavors.

These rich mousse recipes use the finest ingredients to create delicious and beautiful desserts.

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# chocolate mousse swirl

*Lure your chocolate monster into plain sight.*

## Ingredients

- 2/3 cup dark chocolate chips
- 2 tablespoons espresso (or strong coffee or hot chocolate)
- 1 tablespoon rum (optional)
- 4 tablespoons butter
- 1 cup heavy cream, chilled
- 1 teaspoon arrowroot flour

## Directions

In a small saucepan, combine chocolate chips, espresso, rum, and butter. Melt over low heat, stirring constantly, until smooth. Remove from heat and set aside.

In a small sauce pan, heat 1/4 cup of the heavy cream over medium-low heat along with the arrowroot flour, stirring constantly. As soon as the mixture starts to bubble and thicken, remove from heat. Stir into cooled chocolate mixture.

Beat the remaining 3/4 cup cream until peaks form. Gently, fold whipped cream into chocolate mixture in 1/4 cup increments. Don't over stir, and allow white swirls to stay on the top of the . Chill in the freezer for 1-3 hours or refrigerator overnight. Serve.







# pumpkin cheesecake mousse

*Divinely rich and creamy pumpkin cheesecake mousse with a powerful boost of protein, topped with homemade whipped cream.*

## Ingredients

- 1 cup cottage cheese
- 1/2 cup pumpkin puree
- 1/4 cup milk
- 1 tablespoon vanilla whey protein powder
- 1/4 teaspoon ground cloves
- 1/4 teaspoon freshly ground nutmeg
- 1 teaspoon cinnamon, plus more for topping
- 1-2 packets of stevia (or 1/4 cup sugar)
- heavy cream, whipped until peaks form

## Directions

Place cottage cheese, pumpkin, milk, protein powder, cloves, nutmeg, cinnamon, and stevia in the blender, and combine until smooth. Cover and place in the refrigerator for 1-2 hours, until chilled.

After pumpkin mixture has cooled, add spoonfuls into serving dishes, top with homemade whipped cream, and sprinkle with cinnamon.

# lemon mousse

*Taste the freshness of this sweet and tangy lemon mousse.*

## Ingredients

- 3 large eggs
- 3 large eggs, separated
- 1 cup sugar
- 2 teaspoons lemon zest
- 1/2 cup freshly squeezed lemon juice
- pinch of salt
- 1 cup heavy cream

## Directions

Place 3 eggs, 3 egg yolks, sugar, lemon zest, lemon juice, and a pinch of salt in a saucepan, and whisk until well combined. Place over low heat and cook, whisking constantly, for 10 to 12 minutes until thickened. Remove from heat, cover, and refrigerate for 2 hours.

Place half of the egg whites and a pinch of salt in a bowl and whisk on high speed (the remaining egg whites can be discarded). Gently fold the whisked egg whites into the lemon mixture. In a separate bowl beat 1 cup heavy cream on high speed until stiff peaks form, and then gently fold into lemon mixture. Divide mixture between serving dishes. Place in the refrigerator







# chocolate



When it comes to chocolate, I want something I can press to the roof of my mouth as I unravel the complexity of flavors melting onto my tongue.

I also need that special chocolate something to be quick and ready when a craving hits – day, night, rain or shine. There is such a thing as a chocolate emergency, you know.

This collection will satisfy your chocolaty desires.





# mint chocolate

*Melt in your mouth chocolates crafted with healthy coconut oil and real mint leaves.*

## **Ingredients**

- 5 tablespoons virgin coconut oil
- 5 tablespoons unsweetened cocoa powder
- 1 tablespoon vanilla extract
- 2 tablespoons sugar
- dash of pink Himalayan salt
- 1 teaspoon peppermint extract
- 6 mint leaves chopped into small pieces

## **Directions**

Mix all ingredients with a spoon until combined. Drop small blobs on a cookie sheet lined with wax paper (or into ice cube trays or a similar mold). Stick in the refrigerator or freezer for 30 minutes. Serve chilled.



# fudgy cocoa brownies

*Thick chewy brownies with a fudgy cake center and a deeply satisfying chocolate taste.*

## Ingredients

- 1/2 cup (1 stick) unsalted butter
- 1 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 cup brown rice flour
- 1/4 teaspoon baking powder

## Directions

Preheat the oven to 350°F. Combine the butter, sugar, cocoa, and salt in a saucepan. Simmer over medium to low heat, stirring occasionally, until it forms a smooth mixture and feels hot to the touch. Remove from heat and set aside to cool slightly.

After a few minutes, whisk in the eggs one at a time, stirring for a minute after each addition. Spoon in the vanilla, brown rice flour, and baking powder, and stir until well combined.

Grease a 9" x 9" baking pan and evenly pour in batter. Bake for 20 minutes, or until barely set – don't overcook. Allow to cool, cut into squares, and sprinkle with cocoa powder.





# chocolate chip espresso brownies

*Soft, moist brownies infused with espresso, and peppered with dark chocolate chips.*

## Ingredients

- 1/4 cup (1/2 stick) unsalted butter
- 1/4 cup coconut oil
- 1 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 2 large eggs
- 2 tablespoons espresso powder
- 1 teaspoon vanilla extract
- 1/2 cup almond flour
- 1/4 teaspoon baking powder
- 1/2 cup dark chocolate chips

## Directions

Preheat the oven to 350°F. Combine the butter, coconut oil, sugar, cocoa powder, and salt in a saucepan. Simmer over medium to low heat, stirring occasionally, until it forms a smooth mixture and feels hot to the touch. Remove from heat and set aside to cool slightly.

After a few minutes, whisk in the eggs one at a time, stirring for a minute after each addition. Spoon in the espresso powder, vanilla, almond flour, baking powder, and chocolate chips, and stir until well combined.

Grease a 9" x 9" baking pan and evenly pour in batter. Bake for 20 minutes, or until barely set – don't overcook. Allow to cool, cut into squares. Serve and enjoy.



# pecan fudge balls

*Dark chocolate fudge balls rolled in delicious bits of pecan.*

## Ingredients

- 1 cup dark chocolate chips
- 1/2 cups heavy cream
- 1/4 cup honey
- 2 tablespoons unsalted butter
- 1/3 cup pecan pieces

## Directions

Place chocolate chips, heavy cream, honey, and butter in saucepan. Cook over lowest heat until chocolate chips have melted, stirring continually until ingredients are well combined. Be sure to scrap the sides and bottom of the pan as you stir.

Place mixture in the freezer for 2-3 hours. Scoop out spoonfuls of fudge, roll them into balls, and coat with pecan pieces. Serve chilled and store in the refrigerator or freezer.





# dark chocolate coconut truffles

*Luxury gourmet dark chocolate truffles infused with mesquite and vanilla.*

## Ingredients

- 1 cup unsweetened cocoa powder (plus more for rolling)
- 1/2 cup unsweetened shredded coconut
- 1/2 teaspoon mesquite powder (optional)
- 1/4 teaspoon vanilla powder (optional)
- 1/4 teaspoon salt
- 1 cup coconut oil, melted
- 2 tablespoons maple syrup
- 1 tablespoon honey

## Directions

Whisk cocoa powder, shredded coconut, mesquite powder, vanilla powder, and salt together in a bowl. Add coconut oil and stir. Add maple syrup and honey, and mix until well incorporated. Refrigerate the mixture for 15 minutes, or until firm. Scoop spoonfuls of the chocolate mixture out of the bowl, form into balls, and roll in cocoa powder. Store in the refrigerator. Serve chilled.



# chocolate almond butter truffles

*Sweet nutty almond middles surrounded by a shell of solid dark chocolate and topped with slivers of almonds.*

## Ingredients

- 1 cup creamy almond butter
- 2 tablespoons unsalted butter, room temperature
- 1/4 teaspoon vanilla extract
- 1 cups powdered sugar
- 1 cup dark chocolate chips
- small handful of almond slivers (optional)

## Directions

In a large bowl, combine almond butter, butter, vanilla, and powdered sugar until well-combined. Form the mixture into balls. Transfer to the refrigerator until hardened, about 30 minutes.

Melt chocolate chips in a small saucepan over lowest heat, stirring constantly. Remove mixture from heat. Gently dip each ball in the melted chocolate so that it's fully coated. Place balls on a tray lined with wax paper, and top with almond slivers. Refrigerate to allow chocolate to set. Serve.





# cookie dough truffles

*Egg-less chocolate chip cookie dough rolled in balls and dipped in chocolate for a heavenly truffle.*

## Ingredients

- 1/2 cup almond flour
- 1/4 cup coconut flour
- dash of sea salt
- 1/3 cup sugar
- 5 tablespoons unsalted butter, softened
- 2 tablespoons virgin coconut oil
- 1 teaspoon vanilla extract
- 1/4 cup mini chocolate chips, plus more for topping
- 1 cup dark chocolate chips

## Directions

In a bowl, stir almond flour, coconut flour, salt, and sugar together. In a separate bowl combine softened butter, coconut oil, and vanilla. Add the dry ingredients to the wet ingredients and mix well. Stir in chocolate chunks. Refrigerate dough for 2 hours.

Roll dough into balls, and stick in the refrigerator while you melt your chocolate. In a saucepan, melt chocolate chips over lowest heat, stirring constantly. Remove from heat. Dip balls in chocolate to coat, and place on wax paper. Sprinkle the tops with mini chocolate chips and place in the refrigerator or on the counter to cool. Serve when hardened.



# pirate breeze rum balls

*Dense balls of chocolate cake soaked in rum that will have you Yo ho ho-ing like Blackbeard himself.*

## Ingredients

- 3/4 cup (1 1/2 sticks) unsalted butter, cut into pieces
- 3/4 cup dark chocolate chips
- 3 large eggs
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 3/4 cup almond flour
- 1/4 cup rum
- 1 cup shredded coconut, for rolling

## Directions

Preheat oven to 350°F. Grease a rimmed baking sheet (12" x 17"). Melt butter and chocolate chips in a saucepan on low heat, stirring constantly. Remove from heat and set aside.

Whisk together eggs, brown sugar, vanilla, and salt in a large bowl. Stir chocolate mixture into eggs and sugar. Add almond flour, and stir until well combined. Pour batter into prepared baking sheet, and spread evenly with a spatula. Bake for 10 minutes, until top is shiny. Let cool completely.

Stir cake in a bowl to break it up. Add rum, and mix until consistency is uniform throughout. Shape into balls, and roll in shredded coconut to coat. Transfer to a baking sheet, and refrigerate, uncovered for 2 hours. Serve or store in the refrigerator in an air-tight container. Rum balls will become better after sitting in the refrigerator for 2 to 7 days as they absorb the flavors. These can also be stored in the freezer.





# shakes

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After steering clear of milkshakes for years, weary of the sugar-crashes and fattening after-effects, I set out to create guilt-free versions that pleased my taste buds and my belly.

Now, whenever I feel like a thick, delicious milkshake, I whip up a favorite recipe and allow myself the ultimate indulging.

Don't be turned off by cottage cheese and avocado in these recipes; the flavor and texture will speak for itself.

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# ultimate chocolate shake

*Thick, creamy milkshake with the ultimate chocolaty taste.*

## Ingredients

- 1/2 cup cottage cheese
- 2 tablespoons unsweetened cocoa powder, plus more for topping
- 2 tablespoons chocolate protein powder
- 2 packets stevia
- 10 ice cubes
- 1/2 cup coconut water
- 1/2 teaspoon xanthan gum
- chocolate chips for topping

## Directions

Put all ingredients in the blender and blend until smooth. Dust the top with cocoa powder and chocolate chips. Serve immediately.







# mint chip avocado shake

*Cool and creamy, this lovely mint shake has a secret leafy vegetable that makes it green, and avocado to add thick, smooth texture.*

## **Ingredients**

- 1/4 cup green kale leaves, stems removed
- 1 avocado
- 1/2 cup unsweetened almond milk
- 1 pint vanilla coconut milk ice cream
- 2 teaspoons peppermint extract
- 1 teaspoon vanilla extract
- 1/4 cup dark chocolate chips

## **Directions**

Blend kale, avocado, and almond milk in the blender until smooth. Add ice cream, peppermint extract, and vanilla, and continue to blend until creamy. If needed, add more almond milk to reach desired consistency.

Add dark chocolate chips to the mixture, and pulse to break up chocolate into small pieces. Serve immediately.

# chocolate strawberry coconut milkshake

*Fresh strawberries and coconut milk ice cream create a mouthwatering milkshake.*

## **Ingredients**

- 1 cup fresh strawberries
- 2 packets stevia, to desired sweetness
- 1/2 cup – 1 cup almond milk, as needed to thin
- 1 cup chocolate (or vanilla) coconut milk ice cream

## **Directions**

Blend all ingredients in the blender. Use additional almond milk and thin to desired consistency. Pour into glasses and serve.







# chocolate peanut butter shake

*Thick chocolate and peanut butter milkshake complimented by a touch of maple syrup.*

## Ingredients

- 2 tablespoons chocolate protein powder
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon xanthan gum
- 1/2-1 cup unsweetened almond milk, as needed to thin
- 1/2 cup Greek yogurt
- 2 tablespoons creamy unsweetened peanut butter (or almond butter)
- 2 tablespoons maple syrup
- 8 ice cubes
- 1/2 teaspoon xanthan gum

## Directions

Whisk protein powder, cocoa powder, and xanthum gum in a bowl. Add 1/2 cup almond milk and mix. Add mixture to the blender, along with all remaining ingredients and blend until smooth. Add additional almond milk, as needed to thin to desired consistency. Serve immediately.

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## alyson bridge

Alyson Bridge is a health advocate, a former professional gamer, reality TV personality, online community expert, web-designer, writer, speaker, and marketing and PR manager.

As a professional gamer, Alyson toured the United States and Canada competing in 5 different tournament circuits, placing in the top bracket in 7 different games. As a member of the Frag Dolls, she presented at celebrity events, including the Sundance Film Festival, Toronto Film Festival, and the Teen Choice Awards.

She recently helped manage the launch The Old Republic, a massively multiplayer online game set in the *Star Wars*<sup>™</sup> universe that is recognized as the largest entertainment voice over project in history.

Alyson was the Marketing Director on *The Two Bobs*, a comedy directed by Tim McCanlies, and starred on *WCG Ultimate Gamer*, a video game-based reality television series that aired on the Syfy network.

As founder of [GlutenFreeEats.com](http://GlutenFreeEats.com), Alyson hopes to spread her passion for good living and healthy eating to as many people as possible.

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## abel james

Abel James is the host of the wildly popular “Fat-Burning Man Show,” a bestselling author, a professional musician, speaker, and entrepreneur.

As author and creator of “The Wild Diet,” Abel helps his readers, listeners, and clients embrace real food to improve performance, health, and longevity. Abel has authored bestsellers in weight loss, natural foods, men’s health, and psychology.

As a professional musician, Abel James has toured North America and Europe as the bandleader of several groups, including the award-winning Dartmouth Aires. His first book, [The Musical Brain](#) explores the evolutionary basis for musical ability and the effect of musical training on the brain.

Hailing from the frosty backwoods of New Hampshire, Abel now calls Austin, Texas home.

Listen to Abel’s show at [FatBurningMan.com](http://FatBurningMan.com) or sign up for personalized fat loss coaching at [LeanBodyCommunity.com](http://LeanBodyCommunity.com).

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