Snack & Dessert Recipes

21 Delicious & Healthy Low-Carb, No Sugar Added Snacks and Desserts You Can Feel Good About!
Eating refined sugar and hydrogenated oils can have some pretty serious long-term effects and can lead to an increase in cancer, Alzheimer’s and cardiovascular disease. Hydrogenated oils are cheap, heavily processed fats that are used in place of healthy ones, and are known to be linked to cardiovascular disease and host of other health problem. And what about sugar?

Eating sugar can cause your body to produce too much cortisol, which leaves you feeling more stressed. It causes insulin resistance, which can lead to diabetes. Your immune system also takes a hit and makes it more difficult to fight off simple viruses and stay healthy. And speaking of staying healthy, researchers are discovering that people who eat too much sugar have a much greater chance of having cancer. Refined sugar and hydrogenated oils have absolutely no nutritional value, meaning nothing positive will happen to your body by eating them. The few minutes of satisfaction that come from that treat also come with a huge cost.

Most of us want to be healthy but don’t want to give up things like sweets and snacks. These recipes are the solution! They are quick and easy, with ingredients you can find at your local grocery store or on Amazon. You’ll be amazed to realize that these don’t have sugar or unhealthy ingredients in them and are designed to give you energy and good nutrition! You’ll never feel deprived again!

And these recipes are kid-tested too! Now you can make treats for the kids without feeling guilty or contributing to their future health issues.

Transform your family’s eating habits with these healthy treats and you’ll realize how easy it is to eat well.
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Garlic Parmesan Flaxseed Crackers and Guacamole
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Summer Salami, Nuts, and Soda
Hummus and Veggies

DESSERTS
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Chocolate Pudding or Ice Cream
Blueberry Muffins
Warrior Bar
Apple Crisp
Brownies
Chocolate Hazelnut Freezer Cookies
Lemon Bars
Candied Pecans
Mango-Ginger Muffins
Muffin in a Cup
Oatmeal Raisin Cookies
Biscotti
Turkey Roll-Up

INGREDIENTS
- 2 slices organic turkey lunch meat
- 3 tbsp avocado
- 4 rings bell pepper (your choice of color)

DIRECTIONS:
1. Spread the avocado onto the turkey, slice up the bell peppers and place on top of the avocado. Roll the turkey up and enjoy.

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Deviled Eggs

**INGREDIENTS**
- 3 hard boiled eggs
- 1.5 tbsp safflower mayonnaise
- ¼ tsp dry mustard
- 1 strip of crisply cooked bacon
- paprika, salt, and pepper to taste

**DIRECTIONS:**
- Hard boil the eggs and peel them.
- Slice the eggs length-wise and put the yolks in a small bowl. Set the whites aside.
- Add the mayonnaise, dry mustard, salt and pepper and mash with the back of a fork until smooth.
- Finely chop the bacon and stir it in. Then scoop into the empty cooked egg whites.
- Sprinkle with paprika and enjoy!

**NUTRITIONAL INFORMATION**
- Servings: 3
- Cal./serv: 146
- Total Protein: 6.9g
- Total Fat: 12.9g
- Total Carbs: 3g
Almond Butter and Veggies

INGREDIENTS
- 2 tbsp almond butter
- 1 large celery stalk

DIRECTIONS:
1. Almond butter is very easy to make, just toss almonds and salt in a blender. It’s also easy to get fresh ground almond butter from Whole Foods, or buy a good quality one. If you are buying a jar, just make sure it doesn’t have extras! Almonds and salt are all it needs!
2. Use the celery as a delivery method for the almond butter.

TIP
This is also good with the Soda! Instructions are with the Nuts and Salami recipe.

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Garlic Parmesan Flaxseed Crackers and Guacamole

Crackers

INGREDIENTS
- 1 cup ground golden flaxseed meal
- 1/3 cup grated parmesan cheese
- 1.5 tsp garlic powder
- 1/2 tsp salt
- 1/4 cup coconut oil
- 1 medium egg
- about 2 Tbsp water
- coconut oil cooking spray

DIRECTIONS:
1. In a bowl, stir together the flaxseeds, cheese, garlic powder, and salt.
2. Melt the coconut oil and stir it in until well mixed. It will have a crumbly texture.
3. In a separate bowl, whisk the egg and then pour it into the other ingredients and stir well.

DIRECTIONS (CONT.):
4. Add the water a little at a time, just enough for the dough to form into a ball. If you add too much your cooking time will need to increase.
5. Place a sheet of parchment paper on a cookie sheet and light spray it with coconut oil spray. Put the dough on, and cover it with another layer of parchment paper that also has a little coconut oil spray on the side against the dough. Using a rolling pin (a glass cup works if you don’t have one) roll the dough out until it’s evenly thin. The crunchier you like your crackers, the thinner it should be.
6. Remove the top layer of parchment paper and using a pizza cutter or knife, score the dough into cracker sized pieces.
7. Bake at 350 for about 13 minutes, then turn the oven off and leave the crackers in there for an additional 10 minutes. If the crackers in the middle aren’t crisp enough, remove the edge pieces, turn the oven back on to 350, and bake them for an additional 5-7 minutes. Turn the oven off and let them sit for an additional 10 minutes.
8. Once they cool, break them apart with your hands and store in an airtight container.

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Fiber | 5.3g
Protein | 9g
Effective Carbs | 1.9g
Guacamole

INGREDIENTS
- 1 large ripe avocado
- 3 tbsp fresh pico de gallo*
- salt to taste

DIRECTIONS:
1. Scoop out the insides of the avocado and place it in a bowl. Add the fresh pico de gallo and mash together until it forms a dip. Add salt if desired.
2. If your local store doesn't have fresh pico de gallo, it's easy to make (I just prefer the lazy way if possible!) Finely chop some tomatoes and onions, add some lime juice, cilantro, and garlic. If you like spicy, add jalapenos. Done!
3. There are tons of variations that can be done to this. Even just the avocado with garlic, salt, cilantro, and lime is yummy. Play around with it and see what you like best.

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*Pico de gallo can be purchased or homemade.
Kale Chips

“These are the easiest things in the world and so yummy! You can buy store-bought ones, but the taste just doesn’t compare to the ones you can make at home.”

INGREDIENTS
- 1 cup Kale (either a bag or a bunch, the variety doesn’t really matter, but I prefer the curly kind)
- Coconut oil cooking spray
- Salt

DIRECTIONS:
1. Make sure the kale is washed and dried before proceeding. If the kale is wet when you start cooking the chips, they will be soggy. If you bought a bunch, cut the stems out and break the kale into chip-sized pieces using either your hands or a knife. If you bought the pre-washed bag, removed 1 cup from the bag and lay them out on a paper towel, making sure they are dry.
2. Place them on a silicone cooking mat or parchment paper on top of a cookie sheet. Make sure they are in one layer and don’t overlap each other. Spray lightly with the coconut oil cooking spray and lightly salt. Turn them over and lightly spray with the coconut oil spray again. No need to re-salt!
3. Bake at 300 for 20 minutes. Add cooking time as needed. You want them crisp, but not burnt!
4. When they are nice and crunchy, remove them from the oven and let them cool for about 5 minutes. These are best served just after cooking!

NUTRITIONAL INFORMATION
Servings..... 1  
Calories ........ 111  
Total Fat....... 9.1g  
Total Carbs .... 7g  
Fiber .......... 1g  
Protein ......... 2g  
Effective Carbs 6g
If you have a gram scale and can weigh things out, that is the easiest way to make sure your portions are accurate. The nice thing about this snack is that it’s quick to toss together and can easily be taken on-the-run.

Portion out the salami and nuts.

For the soda, fill a cup with ice and add the flavored stevia. Pour in the sparkling water and coconut cream, stir and enjoy!

INGREDIENTS
- 1 oz (28g) salami (get a good quality salami such as Boars Head)
- 10g pecans (about 5 pecan halves)
- 10g cashews (about 7 cashews)
- For the soda:
  - 12 oz plain sparkling water
  - 8 drops flavored liquid stevia of choice (I find root beer, cola, or chocolate all work great for this)
  - 1 tbsp coconut cream

NUTRITIONAL INFORMATION

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Fiber: 1.7g
Effective Carbs: 3.8g
Hummus and Veggies

INGREDIENTS:
- 1 cup macadamia nuts
- ¼ cup tahini
- 1 clove fresh garlic
- ¼ cup olive oil
- ½ tsp salt
- ½ tsp cumin
- 2 tbsp lemon juice
- ¼ cup water

DIRECTIONS:
1. Place all ingredients into a high-powered blender or food processor and blend until smooth. (If your blender or food processor isn’t high powered, you can soak the macadamia nuts overnight to soften them up a bit.)
2. Stop the blender and scrape the edges a few times to make sure everything is blending together well.
3. Add extra water if you want a thinner texture.

TIP
This is intended to be served with crunchy veggies of choice! Carrots, snap peas, raw bell peppers, cucumbers, whatever you like!

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Each Serving is 2 Tbsp
Pumpkin Chocolate Chip Muffins

INGREDIENTS
- 4 eggs
- 1 cup canned pumpkin
- ¼ cup unsweetened coconut cream
- 2 tbsp coconut oil
- ¼ cup + 1 tbsp xylitol
- 30 drops stevia, vanilla flavor
- 1 tsp pumpkin pie spice
- dash of salt
- 1 tsp baking powder
- 1 cup almond flour
- ½ cup ground golden flaxseeds
- 2 tbsp coconut flour
- 1 scoop egg white protein powder (Jay Robb brand)
- ¼ cup Enjoy Life dark chocolate chips

DIRECTIONS:
1. Mix eggs, pumpkin, coconut cream, coconut oil, xylitol, stevia, pumpkin pie spice, and dash of salt and stir until well combined (or toss in a blender to combine).
2. In a separate bowl, combine the almond flour, flaxseeds, coconut flour, egg white protein, and baking powder.
3. When well mixed, pour the wet mixture into the dry mixture and stir. Stir in the chocolate chips. Let the mixture sit for 2-5 minutes so the flours can absorb the liquid.
4. Spoon them into cupcake molds and bake at 350 for about 30 minutes or until a toothpick comes out clean.

NUTRITIONAL INFORMATION

| Servings | 12 |
| Cal./Serv | 124 |
| Total Fat | 9.1g |
| Total Carbs | 7.7g |

| Fiber | 2.7g |
| Protein | 5.7g |
| Effective Carbs | 5.5g |
Chocolate Pudding or Ice Cream

INGREDIENTS
• 1 can full-fat (no sugar) coconut milk
• ¼ cup cacao powder
• 2/3 cup just like sugar
• 3 eggs
• 1 envelope gelatin

**INSTRUCTIONS:**

1. Mix all ingredients in a saucepan very well! Either whisk rapidly or use a small hand mixer for a minute. You could also put everything in a blender and mix it that way and then pour into the saucepan.

2. Constantly stir over a medium-low heat until it starts to bubble around the edges. You don’t need to bring it to a full boil, just make sure it doesn’t get lumpy while it’s heating up.

3. Pour into a bowl and refrigerate for 2 hours (or overnight). You can eat as pudding at this point!

4. If you are going for ice cream, put in an ice cream maker and then enjoy! If it is too thick to put into the ice cream maker, add a little more coconut milk and use a whisk to mix before putting into the ice cream maker.

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Blueberry Muffins

**INGREDIENTS**
- 1 cup almond flour
- ¼ cup ground flaxseed meal
- 2 tbsp coconut flour
- 1 tsp baking powder
- 1 tsp baking soda
- pinch salt
- 3 eggs
- 2/3 cup full-fat (no sugar) coconut milk
- 1 tbsp coconut oil, melted
- ¼ cup xylitol
- 15 drops liquid stevia
- 1 cup fresh blueberries

**DIRECTIONS:**
- In a bowl, combine almond flour, ground flaxseed meal, coconut flour, baking powder, baking soda, xylitol, and salt. Stir well.
- In a separate bowl, mix the eggs, coconut milk, melted coconut oil, and stevia. Mix well.
- Pour the wet mixture into the dry mixture and stir until well combine then add the blueberries.
- Pour into greased muffin pan (or cupcake liners) and bake for 30 minutes at 350.

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**Warrior Bar**

**INGREDIENTS**
- ¼ cup chopped pecans
- ¼ cup almond slivers
- ¼ cup chopped cashews
- ½ cup chopped macadamia nuts
- ¼ cup shelled sunflower seeds
- ¼ cup shelled pumpkin seeds
- ½ cup almond butter
- ¼ cup Nature’s Hollow Sugar-Free maple syrup
- 1 tbsp coconut oil (for the pan)
- 30 drops liquid stevia
- ¼ cup Enjoy Life dark chocolate chips

**DIRECTIONS:**
1. Chop all nuts and seeds and measure after they are chopped. Put all in a bowl and add a dash of salt if desired.
2. In a separate microwave safe bowl, combine the almond butter, sugar-free maple syrup, and liquid stevia. Microwave for 20 seconds and stir until all melted together. Pour over the nut mix and stir until well combine. Then add the chocolate chips and stir.
3. Put the coconut oil in a 9 x 9 pan to coat the bottom and make sure it doesn’t stick.
4. Bake at 325 for 20 minutes. Cut into 12 squares after removing it from the oven and let cool completely before eating.
5. Store in the fridge to firm up.

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- Fiber ............ 3g
- Protein ........... 5.6g
- Effective Carbs .. 5.3g
# Apple Crisp

## INGREDIENTS

**Apple portion:**
- 1 medium apple
- 1 tbsp butter* 
- 1 tsp xylitol

**Topping:**
- 2 tbsp softened butter* 
- 5 drops liquid stevia 
- 1 tbsp xylitol 
- ½ tsp vanilla 
- ½ tsp cinnamon 
- 1 tbsp ground golden flaxseeds 
- 3 tbsp almond flour

* You can substitute coconut oil for the butter if you don’t tolerate dairy well.

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## DIRECTIONS:

Start with making the crust.
- In a small bowl, combine softened butter, liquid stevia, xylitol, vanilla, and cinnamon. Stir well.
- Next add the ground flaxseeds and almond flour. Stir until well combine. It will be thick.

Next make the apple portion:
- Peal the apple and slice very thin. Use a mandolin if you have one.
- Either line the bottom of two small glass dishes or a slightly larger one with the sliced apples.
- Sprinkle with the xylitol and slice 1 tbsp of butter into about 3 parts and put on top.
- Lastly spread the crust on top of the apples (it doesn’t have to look pretty!)
- Bake at 350 for 25 minutes and serve warm.

For an extra bit of yum add some homemade whipped cream! In a small bowl combine heavy whipping cream, vanilla, and xylitol, then whip with a hand mixer until peaks form.
Brownies

**INGREDIENTS**
- ½ cup almond flour
- ¼ cup ground golden flaxseeds
- ½ scoop vanilla egg white protein powder (Jay Robb brand)
- ¼ cup organic cacao powder
- 1 tsp baking soda
- 1 tsp baking powder
- dash of salt
- ½ cup xylitol
- 1/3 cup coconut oil
- 3 eggs
- 1 cup fresh spinach
- ¼ cup sour cream *
- 20 drops liquid stevia
- 1 tsp vanilla
- ¼ cup Enjoy Life dark chocolate chips
- ¼ cup chopped pecans

**DIRECTIONS:**
1. In a large bowl combine the almond flour, flax seeds, protein powder, cacao powder, xylitol, stevia, baking powder, and baking soda.
2. In a blender, put the fresh spinach, sour cream, eggs, coconut oil, chocolate chips, vanilla, and stevia. Blend until smooth.
3. Pour the wet into the dry and stir until well mixed.
4. Grease an 8x8 pan, pour the batter in, and sprinkle the chopped pecans on top.
5. Bake at 350 for 25 minutes.

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Chocolate Hazelnut Freezer Cookies

INGREDIENTS
- 1/3 cup Justin’s Chocolate Hazelnut Butter
- 2 tbsp coconut oil
- 1/3 cup unsweetened shredded coconut
- 1/4 cup chopped or ground pecans

DIRECTIONS:
1. Put the Justin’s nut butter and coconut oil in a microwave container and microwave it for about 20-30 seconds. (You can do this on the stovetop instead of in the microwave if you prefer).
2. Stir in the shredded coconut and the pecans until well mixed.
3. Pour into a mold and freeze for 1 hour.
4. Store in the freezer or refrigerator.

NUTRITIONAL INFORMATION
Servings .......... 16  Cal./Serv .......... 71  Fat ................. 6.8g  Carbs .............. 2.3g
Fiber ............. 0.9g  Protein .......... 1g  Effective Carbs 1.4g

Yields 16 cookies - 1 cookie per serving
**Lemon Bars**

**INGREDIENTS**

**Crust**
- ½ cup almond flour
- ¼ cup coconut flour
- 1 scoop egg white protein powder (Jay Robb brand)
- ¼ cup Nature’s Hollow sugar-free maple syrup
- 4 tbsp butter

**Filling**
- 4 eggs
- ½ cup fresh lemon juice
- zest from 2 lemons
- 2 tbsp coconut cream
- ¼ cup xylitol
- 20 drops liquid stevia
- 1 packet gelatin

**DIRECTIONS:**

1. Start with the crust: Pre-heat oven to 350. Have the butter super cold, out of the freezer is best. Using a cheese grater, grate 4 tbsp.
2. Mix the almond flour, coconut flour, protein powder, Nature’s Hallow syrup, and salt into the butter until well combine.
3. Press firmly into the bottom of an 8x6 glass baking dish.
4. Bake at 350 for 20-25 minutes or until it starts to crisp up a little.
5. For the filling: In a medium sauce pan, combine all of the ingredients for the filling. Heat over low to medium heat while constantly stirring until well heated but not boiling.
6. Pour this over the crust and put it in the oven for about 20-25 minutes or until the center isn’t runny. It will continue to firm up as it cools and while in the fridge.

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Candied Pecans

INGREDIENTS
- ½ cup (60g) raw pecan halves
- 2 Tbsp butter
- 1 Tbsp xylitol
- 5 drops liquid stevia
- salt

DIRECTIONS:
- Pre-heat the oven to 275.
- In a microwave safe dish, melt the butter and stir in the stevia, xylitol, and a dash of salt.
- Put the pecan in a small glass-baking dish where they can all lay flat and pour the mixture over them.
- Bake in the oven for 30 minutes, remove and stir, and then continue baking for an additional 30 minutes.
- Let cool before serving.

NUTRITIONAL INFORMATION
- Servings: 3
- Cal./Serv: 211
- Total Fat: 22g
- Total Carbs: 3.7g
- Fiber: 2.1g
- Protein: 2.2g
- Effective Carbs: 1.6g
Mango-Ginger Muffins

INGREDIENTS
- 1 cup almond flour
- ¼ cup ground golden flaxseeds
- 2 tbsp coconut flour
- dash of salt
- ¼ cup xylitol
- 1/3 cup coconut oil
- 1 tbsp baking powder
- 1 tbsp baking soda
- 1 mango (207g) cut and peeled
- 2 tbsp fresh grated ginger
- 3 eggs
- 1 tsp lemon juice
- 30 drops liquid stevia

DIRECTIONS:
1. I only make this recipe when mangos are in season so I get fresh ones. It works with frozen ones and ginger you get from the spice isle, but they taste more like corn bread than a fruity muffin. Peal the mango and cut out the seed. Place the flesh in a blender or food processor along with the eggs, lemon juice, stevia, coconut oil, and grated ginger. Blend until smooth.
2. In a bowl, combine the almond flour, flaxseeds, coconut four, salt, xylitol, baking powder, and baking soda.
3. Pour the wet mixture into the dry mixture and stir until well combine. Let it sit for about 5 minutes so the flours have time to absorb some of the liquid.
4. Place into a cupcake pan or silicone baking cups and bake at 350 for 30 minutes or until a toothpick comes out clean.

NUTRITIONAL INFORMATION
- Servings: 12
- Cal./Serv.: 109
- Fat: 9.3g
- Carbs: 5.9g
- Fiber: 1.7g
- Protein: 2.7g
- Effective Carbs: 4.2g
Muffin In A Cup

INGREDIENTS
- 2 tbsp almond meal
- 2 tbsp ground golden flaxseed
- 1 egg
- 2 tbsp unsweetened applesauce
- 1 tbsp chopped pecans
- 2 tbsp xylitol
- 10 drops liquid stevia
- 1 tbsp coconut oil
- ½ tsp baking powder
- ½ tsp cinnamon

DIRECTIONS:
1. Combine all ingredients except the coconut oil in a small bowl and mix well.
2. In your mug, melt the coconut oil and turn the cup coating the sides of the mug. Once that is done, pour the remaining coconut oil into your muffin mixture and stir.
3. Scrap the mixture into the oiled mug and microwave for 2 minutes. Enjoy!

* For those of you who don’t use microwaves, you can also bake this for 15-20 minutes at 350.

NUTRITIONAL INFORMATION

<table>
<thead>
<tr>
<th></th>
<th>Servings</th>
<th>Calories</th>
<th>Total Fat</th>
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41
Oatmeal Raisin Cookies

INGREDIENTS
- ¼ cup almond flour
- 2 tbsp golden flaxseed meal
- 2 tbsp coconut flour
- ¼ cup raisins
- 3 eggs
- 1/3 cup coconut oil
- ¼ cup walnuts
- ¼ cup quick Gluten-free rolled oats
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt
- 1 tsp cinnamon
- 1/3 cup xylitol
- 30 drops liquid stevia

DIRECTIONS:
1. In a bowl, stir together the almond flour, ground flaxseeds, coconut flour, rolled oats, baking soda, baking powder, salt, cinnamon, and xylitol.
2. In a separate bowl, mix together the eggs, melted coconut oil, and liquid stevia.
3. Pour the wet mixture into the dry mixture and stir well. Mix in the raisins and nuts.
4. I highly recommend cooking these in the bottom of silicone muffin cups or a cupcake pan. You can just put them on a regular cookie sheet, but they will spread out quite flat and look more like pancakes than cookies. Bake at 350 for 15-20 minutes. This recipe makes 24 small cookies, and each serving is 2 cookies.

NUTRITIONAL INFORMATION

| Servings | 12 |
| Cal./Serv | 118 |
| Fat | 9.7g |
| Carbs | 6.2g |
| Fiber | 1.3g |
| Protein | 2.9g |
| Effective Carbs | 4.9g |
Biscotti

INGREDIENTS
- Zest from one lemon
- 1 egg
- 5 drops liquid stevia
- 2 tbsp grapeseed oil
- ½ tsp vanilla extract
- ¼ cup xylitol
- ¼ cup egg white vanilla protein powder (Jay Robb brand)

DIRECTIONS:
1. Make the macadamia nut flour by putting about 1 cup of macadamia nuts in the blender or food processor on a low speed and grinding them a bit. It won’t be a fine flour like almond flour is, but a much chunkier texture, which is fine! Don’t grind it all the way into nut butter. Store what you don’t use in an airtight container in the refrigerator.

2. In a bowl, zest the lemon and mix in the egg, liquid stevia, oil, vanilla, and xylitol.

3. Next add the protein powder, coconut flour, and baking soda, and mix well. It will be a sticky dough texture.

4. Finally add the macadamia nuts and almond slivers. Stir until well combine.

5. Scoop this onto a silicone mat or lightly greased parchment paper on top of a cookie sheet.

6. Spray your hands with some coconut oil cooking spray so they won’t stick to the dough and form the dough into a log, about 7” long x 3-4” wide x 1-1.5” high.

7. Bake at 300 for 25 to 30 minutes or until the center is just cooked through.

8. Remove it from the oven and reduce the heat to 275. Let the log cool for 10-15 minutes or until it can be easily handled.

9. Using a spatula, move it to a cutting board and cut, preferably with a serrated knife, into ½” cookies. I usually get 10-11 out of a recipe.

10. Place the cookies back on the baking sheet, standing up so both sides are exposed, and return them to the oven for 30-40 minutes, or until they start to brown. This dries them out and gives them the crunchy texture.

NUTRITIONAL INFORMATION

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“Many people think diet changes involve being deprived of their favorite foods, but these recipes will prove you wrong! You will love the fact that these delicious recipes are also healthy, easy, and kid- and adult-approved, as well as being recommended by me on a daily basis to my patients.”

Dr. Marlene Merritt, DOM, LAc, Ms Nutr