



BEYOND diet

DESSERTS DONE RIGHT



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Introduction

This guide includes some delicious soup recipes, submitted by our very own Diet Solution customers. All recipes have been thoroughly reviewed and approved by me to ensure that each one follows all Diet Solution requirements.

Because the Diet Solution does promote the inclusion of many different foods into your daily meal plans, it is essential to keep your soups new, fun and interesting. Eating the same foods again and again leads to boredom and abandonment. To prevent this from happening, I highly encourage you to try at least one new recipe per week that suits your meal plan. Also, be adventurous and try some foods that you have never tried before.

Also, remember that allowable food servings and portion sizes differ for each person, depending on metabolism type and the number of calories required daily. Please adjust recipe portions to suit your meal plan, as instructed in the Chapter on Daily Meal Planning, according to the Allowable Servings Guide and the Food Choices charts. For example, if you are a Carb Type allowed four 1-oz servings of protein for dinner and a soup recipe calls for 6 oz of chicken (or doesn't specify a portion size), eat only 4 oz of chicken with your meal. You do not need to be this precise all the time, especially if several different ingredients are included in your soup. It is best to listen to your body and pay attention to hunger/fullness cues.

Remember, fresh food is best, and the more whole and natural the food you eat, the healthier you will be—and the better you will feel. Enjoy your delicious soups!

With all of the recipes presented here (and with any other recipe you may choose to use), adhere to all the principles taught in the manual. Here are a few points to remember and consider for each recipe:

Go Organic	Organic ingredients are always best.
Salt	Use an unrefined sea salt or, preferably, Celtic sea salt or Redmond's Real Salt.
Oils	The best oils to use for cooking are coconut oil, butter or ghee. Choose the one that tastes best to you in each soup.
Water	Water should be pure and filtered.
Honey	Honey should always be raw.
Sweeteners	Stevia or Xylitol can be used instead of raw honey.
Nuts & Seeds	Nuts and seeds should always be raw and preferably organic. Cooking and/or roasting nuts damages the health benefits of raw nuts. If you are going to roast your own nuts, use the lowest temperature possible (preferably below 300 degrees) and even that will do some damage to the nuts, so choose raw whenever possible.
General Ingredients	Fresh ingredients with minimal processing are always best.
Yogurt	Yogurt should be full fat and organic.
Butter	Organic butter from grass fed cows is your best choice.

Cookies



Crispy Quinoa Cookies

Ingredients

1/2 cup raw organic honey
(or organic maple syrup)
1/2 cup raw organic butter
1/2 cup raw organic nut butter
1/2 tsp vanilla
1 cup rice flour
3/4 cup quinoa flakes
1/4 tsp baking soda
1/4 tsp Celtic Sea Salt
(optional)
1/2 cup raw nuts, chopped
(optional)



Directions

1. Preheat oven to 350°F. Beat honey, butter, nut butter and vanilla in a medium sized bowl until creamy.
2. Combine rice flour, quinoa flakes, baking soda and salt in a small bowl. Add to honey mixture and beat until well blended. Add nuts if desired.
3. Drop round teaspoon sized portions about 2 inches apart onto a non-greased cookie sheet. Bake for 12-15 minutes or until light golden brown. Cool for 1 minute before removing from cookie sheet.

Maple Oatmeal Cookies



Directions

Heat oven to 350 degrees.

Cream butter and sugars (stevia and maple syrup).

Add eggs and vanilla. Mix well.

In another bowl mix flour oats and baking soda.

Add flour mixture to sugar mixture and mix well.

Add oats and raisins.

Drop by spoonfuls on a cookie sheet and shape into cookies.

Cook 8-10 minutes

Ingredients

3/4 cup real organic butter
(1 1/2 sticks)

1 Tbsp stevia

1/4 cup real maple syrup

2 organic eggs

1 tsp vanilla

1 cup whole ground oats
(oat flour)

1 tsp baking soda

1 tsp cinnamon (heaping)

3 cups whole oats

1 1/2 cups raisins

Submitted by: Cindy K.

Pecan Maple Cookies

Ingredients

1/3 cup walnut oil
1/2 cup maple syrup
1 tsp vanilla extract
1 egg
1 3/4 cup brown rice flour
1 tsp baking soda
1/2 cup small pecan pieces



Directions

Mix all of the ingredients well.

Using a teaspoon, put on greased baking sheet.

Cook at 350 F for 10 to 15 minutes

Submitted by: Jan P.

Peanut Butter Cookie



Ingredients

1 cup of peanut butter
2/3 cup of granulated stevia
(powered stevia does not
work well)
1 lg. egg
1 tsp. vanilla

Directions

Preheat oven to 325°F.

Combine peanut butter, Stevia, egg and vanilla to thoroughly blend.

Drop by teaspoon 2 inches apart on ungreased cookie sheet.

Flatten with the back of a fork. Bake 15 minutes until lightly browned.

Cool on rack.

Serving: Makes 32 Cookies

Submitted by: Gina R.

Almond Butter Cookies

Ingredients

1/2 cup almond butter
1/2 cup Xylitol
1/4 cup organic heavy
whipping cream 10%
1/2 cup slivered almonds
1/2 tsp baking powder
1 1/2 cups almond flour
1/2 tsp Celtic Sea Salt
1/2 tsp cinnamon
2 tsp vanilla extract

Prep time: 10 minutes

Cook time: 10 minutes at
375 F

Serves: 2



Directions

Mix together all ingredients and drop by teaspoonfuls onto a cookie sheet lined with parchment paper.

Press cookies with the tines of a fork. Bake for 10 minutes. (Upper oven shelf).

Transfer on a rack until cool and put the cookie in the fridge (in an airtight container).

Submitted by: Alain P. & Brigitte B.

Cool Summertime Lemon Cookies



Directions

Process till a doughy meal forms. If it seems dry, add water a little at a time until you get the consistency that will form a tight ball if you were to roll it—sticky but not wet (think playdough).

Next, drop it onto a sheet of wax paper.

Keeping hands wet to avoid sticking, form into a log, wrap both ends of the log first, then roll tightly to make a packed, compact roll.

Put in freezer for an hour, then pull out and with a sharp knife, cut into slices.

Store in refrigerator in single layers, or keep in the freezer to enjoy when your sweet tooth hits!

Makes 12-1/2 inch cookies.

Ingredients

In a food processor, add:

2 scoops Prograde vanilla protein powder

1 1/2 cups raw unsalted almonds

Zest and juice from one whole lemon (TIP: Roll the lemon first to get the most juice from it)

1 Tbsp water

Submitted by: <http://www.getprograde.com/store.php?page=236>

Cakes



Cinnamon Cake with Fresh Berry Sauce

Directions

In a blender, add:

- 1 egg
- 3 tbsp. applesauce (unsweetened, natural)
- 2 tbsp raw honey
- 3 tablespoons unsweetened, vanilla almond milk

Once well blended, add to that:

- 2 tbsp. almond flour
- 1 tsp. ground cinnamon
- 3 tbsp. gluten-free pancake mix
- 2 scoops Prograde vanilla protein powder

Once mixed, add to a microwave safe dish (glass or ceramic) and microwave for 2 minutes and 15 seconds. It should be done after that, but If it's still slightly "wet," cook longer, going a few seconds at a time so it doesn't get tough or overcooked.

Remove from microwave safe dish, put onto a plate, pick a handful of berries, microwave the berries for 45 seconds till soft and mushy, and pour over the top of the cake like a sauce. ENJOY!!!

Makes 2 servings.

Ingredients

- 1 egg
- 3 Tbsp applesauce (unsweetened, natural)
- 2 Tbsp raw honey
- 3 Tbsp unsweetened, vanilla almond milk
- 2 Tbsp almond flour
- 1 tsp ground cinnamon
- 3 Tbsp gluten-free pancake mix
- 2 scoops Prograde vanilla protein powder



Submitted by: <http://www.getprograde.com/store.php?page=237>

Kari's Almond Apple Cake a la V

Ingredients

Apple Filling:

Prep time: 1 Hour. Stove time: 15 min.

INGREDIENTS:

3 organic Granny Smith apples. Core, peel, and cut them in cubes.

1 cup water in sauce pan

2 tsp cinnamon

2 tsp butter

¼ cup Xylitol

2 ice cubes

1 Tbsp corn starch

Cake Ingredients:

2 cups almonds

1 cup Xylitol

6 Tbsp organic butter

1 Tbsp spelt flour

6 organic egg yolks

3 organic egg whites



Directions

Filling:

Bring 1 C water, 2 tsp cinnamon, 2 tsp butter, and ¼ C Xylitol to a boil.

Stir and add the apples and cook carefully for about 6 minutes, until apples have started to go tender but not anywhere near mushy. Drain the brown liquid from the apples. Put the brown liquid in a jar.

Add 2 ice cubes to the jar and wait until melted. Add 1 Tbsp corn starch to the jar and shake well.

Put liquid from jar back into saucepan and heat carefully while stirring with whisk. When the smoking point is reached, the liquid will thicken. Stir the whole time. When you see the first bubble, it's ready.

Add the apples immediately and blend carefully. You now have the apple filling consisting of cubes of apples in a creamy sauce of sweet, buttery, cinnamon. I would usually have used brown sugar as sweetener, but it's not necessary.

Cake:

Grind 2 C almonds in food processor for a couple of minutes until finely ground. Mix ground almonds with 1 C Xylitol. Mix in 1 Tbsp spelt flour.

Half melt 6 Tbsp butter, stir. The half melted butter will be light yellow.

Mix the yolks into the half melted butter, one at a time. You'll end up with a thick lumpy mush.

Whip 3 egg whites stiff with a hand mixer. They are done when you can hold the bowl upside down without the egg whites falling out.

Fold the butter/egg yolk mush into the ground almond/Xylitol with a silicone spatula. You will get a sort of grainy, lumpy result.

Put the whipped egg whites into the bowl containing the lumpy almond batter. Fold the egg whites carefully into the batter. You'll end up with a batter with the consistency of thick oatmeal, but fluffy.

Grease a porcelain spring form with room temperature butter and pour most of the batter into it. Place the apple filling on top. Decorate the apple filling with the rest of the cake batter.

Bake 65 min at 320F (165C) until dry on top and sides have begun letting go. Testing stick comes out clean.

Submitted by: Vera O.

Kari's Ice Cream a la V

Directions

Heat ½ C water in a small pot. Keep the water around smoking point, not anywhere near boiling.

Add 1/2 C Xylitol to the hot water and dissolve it.

Add ½ tsp vanilla (or less) to pot.

Separate egg yolks from egg whites, one at a time.

Stir 7 eggs yolks carefully into the hot water with a whisk, one by one. Enjoy how the liquid becomes thicker for every egg yolk, while remaining smooth. Bring this yellow cream slowly close to boiling point. When you see the first bubble, it's done. Cool it off immediately (Place the kettle in large saucepan with a little cold water and ice cubes).

Use a hand mixer and whip 1.5 C heavy whipping cream stiff while the yellow cream cools off.

Fold the yellow cream into the whipped heavy whipping cream until even color. This makes 3.5 C finished cream, which freezes real easy without separating. It doesn't have to be stirred or anything in the freezer, and no need for an ice cream maker, just use your regular freezer. Place the cream in containers of your choice. If you choose ½ C sized plastic containers with lids, these are like one portion cups, and easy to eat/serve spouses and kids. If you are making the ice cream for a party maybe a bunt pan would look nice to freeze it in?

Ingredients

½ cup water

1/2 cup Xylitol

½ tsp vanilla (or less)

7 egg yolks

1.5 cup heavy whipping cream



Submitted by: Vera O.

Chocolate Torte

Ingredients

1/2 cup coconut milk
4 unsweetened chocolate squares (4 oz)
2 Tbs baking stevia (equivalent of 1/2 cup sugar)
2 tsp butter
4 egg yolks
1/3 cup coconut milk
1 teaspoon vanilla extract
1 oz praline (pecan liquor)
1 3/4 cup finely grated pecans
4 egg white
pinch of cream of tartar



Directions

Slowly heat the coconut milk and the chocolate until melted, add the stevia and mix well.

Add the butter, then the four egg yolks mixing well between each one, add the coconut milk, the vanilla and the praline liquor.

Mix in the pecans.

Beat the egg whites with the cream of tartar until stiff.

Mix in the chocolate mixture.

Grease and line an 8 inch spring cake mold with well greased wax paper. Pour in the chocolate batter.

Bake in a 350 F oven for 35 to 40 minutes. The cake is baked when there are crevices on the top of the cake.

This makes 12 serving of very chocolaty dessert that can be served with whipped cream or not.

Almonds or filberts can be used in this recipe as well as almond or other liquor.

You can also put in more chocolate (5) or less (3).

Submitted by: Colette B.

Cupcakes & Muffins



Simple Blender Black Bean Cupcakes

Ingredients

4 eggs

1 tsp vanilla extract

2 Tbsp olive oil

15 oz can black beans

3 Tbsp unsweetened baking cocoa

3/16 cup–1/4 cup baking stevia (depending on how sweet you like it!)

1 tsp baking powder

foil cupcake baking cups (not paper—it will cause them to stick)

Optional: chopped walnuts or pecan to top



Directions

1. Preheat the oven to 375F.
2. Drain and rinse the can of black beans.
3. In a blender, add everything!!! (except the nuts), and blend till mixed.
4. Pour right from the blender into 9 foil baking cups.
5. Top with nuts if you wish.

Bake for about 25–30 minutes. The cupcakes will be ready when a toothpick inserted into the middle, comes out clean. Remove the foil cake cups as soon as you can to keep from baking further or getting “sweaty.”

Variations

Add a teaspoon of chili powder to the mix.

Add the zest of an orange along with 1 tsp. of orange extract.

Peanut butter - Add 2 Tbsp of sugar-free peanut butter.

Lemon ginger - Include the zest of a lemon (but not the juice), along with 1 tsp. of lemon extract and 1 tsp. of fresh grated ginger.

Spiced pumpkin: Add 1 cup of canned pumpkin, 1/4 tsp ground ginger, 2 tsp cinnamon, 1/4 tsp cloves, 1/4 tsp nutmeg. (You might want to cut back on your stevia if you add these ingredients.)

Add 1 tsp. fresh grated ginger plus the zest of an orange. Stir in 1/4 cup dried cranberries.

Feel free to substitute any canned beans you like!

Submitted by: Steffi R.

Nut Cupcakes with Raspberry Coulis

Directions

1. Preheat oven to 350 F and prepare paper cupcakes.
2. Chop the nuts very fine grained, melt the coconut butter, separate the white of eggs and the yoke. Beat the white of egg, mix the yoke with a fork and chop the dried fruit.

Combine all ingredients in a bowl and stir. Fill the cupcakes with the mix.

Decorate with a few sunflower seeds and pumpkin seeds.

Bake in the oven for 15 minutes.

Directions (Coulis)

Melt the coconut butter in a saucepan and combine with the dried fruits, honey and vanilla-pod.

Add the water en stew slowly until it becomes a sauce. Remove the vanilla-pod, scrape the vanilla seeds and add them to the sauce (coulis).

Serve the cupcakes with the raspberry coulis and decorate with some raspberries and black currants.

Enjoy this delicious dessert

Alternative:

Make a little nut bread with the same ingredients instead of cupcakes (see picture 2)

Cooking time in the oven is about 30 min for the bread.

Ingredients

8.8 oz organic nut mix (walnuts, brazil nuts, pumpkin seeds, sunflower seeds, ...)

2.6 oz organic coconut butter

2 organic tablespoons honey

3 organic eggs

1.7 oz organic dried fruit (apricots, figs, ...)

Ingredients (Coulis)

1 vanilla-pod cut in length

1 tsp organic coconut butter

1 tsp water

3.5 oz organic raspberries

3.5 organic black currants

1 tsp organic honey

Prep Time: 10 min

Cook Time: 15 min

Servings: 12 cupcakes



Submitted by: Carla V.

Berry Cupcakes

Ingredients

(You can use whatever kind of berries you like, or even a mixture. I've done strawberry, blueberry, and raspberry)

1/2 cup coconut flour

1 tsp arrowroot powder

1/4 tsp Celtic Sea Salt

1/2 tsp baking soda

4 large eggs

1/2 honey

1 Tbsp vanilla extract

1/2 cup finely chopped fresh berries

Top with Coconut Whip-cream

1 - 14 oz. can of unsweetened coconut milk (NOT the lite kind!)

1 Tbsp (or to taste) honey

1 tsp vanilla extract



Directions

Preheat the oven to 350°F.

Line 8 muffin cups with paper liners.

In a large bowl, combine the coconut flour, arrowroot powder, salt, and baking soda.

In a medium bowl, whisk together the eggs, agave nectar, and vanilla extract.

Blend the wet ingredients into the coconut flour mixture with a hand mixer until thoroughly combined, then fold in the berries.

Scoop 1/4 cup of batter into each prepared muffin cup.

Bake for 20 to 25 minutes, until a toothpick inserted into the center of a cupcake comes out with just a few moist crumbs attached. Let the cupcakes cool in the pan for 1 hour.

Submitted by: Katrina A.

Yellow Cupcakes with Chocolate Buttercream Frosting



Directions

Preheat oven to 350 degrees F. Line a muffin tin with unbleached parchment liners and spray with cooking spray.

Drain and rinse beans.

Add beans, eggs, vanilla and salt to a food processor. Puree well.

Cream shortening with stevia and erythritol until fluffy. Beat in bean/egg mixture.

Add coconut flour, salt, baking soda and baking powder. Beat on high speed until fluffy.

Spoon batter into lined muffin cups to 3/4 full.

Bake 25 minutes or until golden and springy to the touch.

Let cool, frost and serve. NOTE: Let cupcakes stand 12-24 hours in an airtight glass container

Allow beany flavor to dissipate.

Frosting:

Preparation

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

Submitted by: <http://go.beyonddiet.com/guiltfreedesserts>

Ingredients

- 5 large pasture raised eggs
- 1 large pasture raised egg yolk
- 1/2 tsp sea salt
- 1 1/2 tsp baking powder
- 5 Tbsp Bob's Red Mill Organic Coconut Flour
- 1 16-oz can organic cannellini beans
- 12 Tbsp organic erythritol
- 6 Tbsp Spectrum Organic Shortening
- 1/2-3/4 tsp stevia extract (to taste)
- 2 tsp organic vanilla extract
- 1/2 tsp baking soda
- Frosting:
 - 7 Tbsp Spectrum Organic Shortening
 - 5 Tbsp organic erythritol, powdered
 - 6 Tbsp organic unsweetened cocoa powder
 - 2 Tbsp organic coconut milk
 - 1 tsp organic vanilla extract
 - 1 pinch sea salt
 - 1/4 tsp stevia extract (to taste)

Blueberry Bran Protein Muffins

Ingredients

Makes 6 servings (6 muffins)

1 cup oat bran

½ cup flax meal

4 scoops protein powder,
flavor of your choice (I like
vanilla with this recipe but
chocolate is great too).

2/3 cup frozen blueberries

1 tsp stevia

1 tsp cinnamon

1/4 tsp Celtic Sea Salt

1 tsp baking powder

3 organic egg whites

1 tsp maple extract

2/3 cup water



Directions

In a big bowl, mix all the ingredients (except for the blueberries). Stir until the mix gets thick.

Add the blueberries and stir (with a spoon or a spatula)

Scoop into a muffin pan coated with cooking spray.

Bake at 350 degrees for 25 minutes.

Banana Walnut Muffins



Directions

Preheat oven to 350 degrees F.

Place an unbleached parchment paper liner on baking sheet. Add walnuts and toast 4-5 minutes. Cool and chop.

Using a hand-held blender, cream erythritol coconut oil until fluffy. Add vanilla and eggs, one at a time, beating well after each addition.

Sift coconut flour. The sifted amount should be 1/2 cup - no more! Combine sifted coconut flour with baking powder, salt and stevia. Beat into batter.

Beat in eggs. Fold in walnuts.

Pour batter three quarters of the way up into a muffin pan lined with greased muffin papers.

Bake 35 minutes.

Ingredients

1/2 tsp. stevia extract

2 medium organic bananas

1/4 tsp. Celtic sea salt

4 Tbsp. organic virgin coconut oil

1/2 cup organic walnuts, chopped

8 Tbsp. Bob's Red Mill Organic Coconut Flour

1 tsp. organic vanilla extract

1/2 tsp. non-aluminum baking powder

8 Tbsp. organic erythritol

6 large pastured eggs

Submitted by: <http://go.beyonddiet.com/guiltfreedesserts>

Pumpkin Spice Muffins

Ingredients

1½ cups almond meal (You can buy this in the bulk section sometimes, but if not, you can make your own by grinding up raw almonds)

¾ cup cooked pumpkin or sweet potato (I like using sweet potatoes)

3 lrg whole eggs

1 tsp baking powder

1 tsp baking soda

½ tsp ground cinnamon

1½ tsp pumpkin pie spice

1/8 tsp salt

1/4 cup coconut palm sugar
(I use Coconut Secret brand)



Directions

Grease muffin tins with coconut oil or butter. I usually get at least 9 muffins.

Mix all ingredients. Pour mix into the muffin tins.

Bake at 350F for 15-25 minutes on the middle rack. They should fluff up some at the top, and a toothpick should come out clean if they are done.

Stick almonds in the top when they come out hot.
(Optional)

Submitted by: Helen P.

Pies, Crumbles & Tarts



Raw Apple Crumble Pie

Ingredients

Filling:

- 5 organic Granny Smith apples sliced very thinly
- 1 lemon, juiced
- 2 Tbsp of cinnamon
- 2 Tbsp honey
- ½ tsp ground ginger
- ½ tsp nutmeg

Pie crust:

- 1 cup raw hazelnuts
- 1 cup raw cashews
- ½ cup dates
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp coconut oil

Crumble topping:

- ¼ cup raw hazelnuts
- ¼ cup cashews
- ¼ cup quinoa flakes
- ¼ cup dried cranberries



Directions

1. Begin with the pie crust by soaking the hazelnuts and cashews for 20 minutes.
2. Slice the apples with a mandolin and let them marinate with the lemon juice, cinnamon, nutmeg, ginger, and honey for 30 minutes.
3. Drain the pie crust nuts, then combine in a food processor with the dates, vanilla, and cinnamon. Pulse until it sticks together and is fine. Use coconut oil to coat your pan, then mold the pie crust and put it in the freezer for 20 minutes.
4. For the topping put the hazelnuts, cashews, quinoa, and cranberries into a food processor and pulse until fine.
5. Drain the pie filling, then pour filling into your pie crust and sprinkle the crumble on top.

Makes 10 servings

Submitted by: Kristin B.

No Bake Apple Pie



Directions

Crust:

Grind all ingredients in a food processor until crumbly and sticky. Press in the bottom and sides of a pie pan. Place in fridge whilst making filling

Filling:

Core apples with an apple corer, then slice making 1/4 inch thick 'donuts'. If you have an apple slicer machine they work well too. Place apple slices in a large bowl of water with lemon juice whilst cutting to avoid the apple from going brown.

Drain the apples then place in a skillet with the rest of the ingredients and cook for about 10 minutes, or until just tender. Remove apples with a slotted spoon. Reduce liquid to about a half. Fill the pie shell with cooled apples. Glaze with liquid.

Serve with yogurt or cream.

Submitted by: Del K.

Ingredients

Crust

1/2 cup walnuts
1/2 cup almonds
4-5 dates
dash of salt

Filling

3 sliced green apples or pink ladies
2 cups of water with the juice of 1 lemon
1/4 tsp cinnamon
1/2 tsp allspice
2 Tbsp of raw organic honey
1/3 cup of apple juice
1/3 cup of raisins

Banana Lemon Pie

Ingredients

Quantity: 9x9" pan = 9 slices
(3x3")

3 cups pecans or walnuts
(unsoaked). I used pecans.

1 1/2 cups raisins (unsoaked)
I used no sugar added
unsulphured cranberries.

4 medium bananas
(I use only 2)

Juice and rind from 1 1/2
medium lemons

Poppy seeds, berries, slices of
colorful fruit, flowers or sprigs
of mint (optional)



Directions

Add raisins to the nuts in food processor and process them until the mixture starts to clump together.

Press the mixture into a 9x9" pan.

Grate the lemon rind on top of the nut/raisin crust.

Juice lemons into a bowl.

Slice bananas into the lemon juice; stir gently to coat the bananas with juice.

Spread banana slices/lemon juice on the crust.

Optional: Decorate with poppy seeds, berries, slices of colorful fruit, flowers or sprigs of mint.

Submitted by: Chris & Jane P.

Pumpkin Pie



Directions

Preheat oven to 425 F

Stir together the flour, almond meal and salt in a 9 inch pie pan, make a well in the center and add the coconut oil and mix well until a dough is formed.

Press mixture into pie pan going up the sides as much as you can.

Crimp the edges.

Ingredients

Crust:

3/4 cup of Spelt flour plus 2 Tbsp

3/4 cup of almond meal flour

1 tsp salt

1/2 cup of unrefined coconut oil melted or 1 stick of butter melted

2 Tbsp almond milk or coconut milk

Filling:

1 can (15oz) pumpkin

2 tsp cinnamon

1/2 tsp of ground ginger

1/4 tsp ground nutmeg

1/4 tsp ground cloves

3/4 cup of raw unfiltered honey

2 large eggs slightly beaten

1 tsp vanilla

1 cup of almond milk or coconut milk

Submitted by: Christine C.

Pumpkin Pie 2

Ingredients

½ tsp Celtic Sea Salt
1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground cloves
2 Tbsp raw honey
2 large organic eggs
1 can (15 oz) 100% pure pumpkin
1 can (13.5 oz) coconut milk
¼ cup rolled oats (uncooked)



Directions

Spread rolled oats evenly in the bottom of a pie pan.

Mix salt, cinnamon, ginger and cloves in a small bowl.

Beat eggs in a large bowl. Stir in pumpkin, honey and spices.

Gradually pour in coconut milk.

Pour carefully into pie pan, assuring that oats remain evenly distributed on bottom of pan.

Bake in preheated 425 degree oven for 15 minutes. Lower temperature to 350 degrees and bake for 40-50 minutes or until knife inserted near the middle comes out clean.

Cool on wire rack for 2 hours. Serve immediately or refrigerate.

Submitted by: Barbara N.

Pear Crumble



Directions

Put filling ingredients in a sauce pan and soften pears, just takes about 3 minutes.

Transfer to an oven safe container, and pour topping over the top and spread evenly.

Place in the oven for 30 minutes at 300 degrees.

Ingredients

Topping

1/2 cup Spelt flour

1/2 cup oats

1/4 tsp cinnamon

1/2 cup walnuts, chopped
fine

2 1/2 Tbsp Butter

Mix all these ingredients in a bowl and set aside.

Filling

1 Tbsp maple syrup

1/3 cup Walnuts chopped

1/2 cup Raisins

1/2 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp ginger

2 Tbsp water

1 tsp vanilla

5 pears diced into chunks
(I leave the skin on, but you could peel it.)

Submitted by: Tina W.

Cranberry Tart

Ingredients

Add ingredients in order listed

2 beaten (organic) eggs

3/4 cup stevia

1/2 cup organic butter
(melted)

3/4 cup Bob's Red Mill all
purpose gluten-free flour

1/4 cup almond flour

1/2 - 3/4 cup slivered almonds

2 cups whole cranberries



Directions

Bake 55-60 min at 325 in a deep 10" pie pan or 8x8x3in pan, greased (I used olive oil)

If frozen cranberries are used, cook an additional 15 min

Can use frozen or fresh raspberries in lieu of cranberries, but add a little extra flour.

Submitted by: Jan P.

Mousses & Puddings



Pineapple Mousse

Ingredients

2 sachet of neutral gelatin
1 cup of cold water
1 can (14oz) of unsweetened
crushed pineapples
stevia
1/8 salt
2 egg whites
Half a cup to a cup of
raspberries or blueberries
(or any cut fruit of your
choice)



Directions

Separate the pineapples from its juice

In a small sauce pan sprinkle 1 sachet of gelatin in 1/2 cup of cold water. Let rise for 5 minutes, then heat over low heat until the gelatin is dissolved. Remove from heat.

Add the pineapples, stevia (to your taste) and salt

Refrigerate, stirring from time to time until the mixture starts to firm up

Remove from the refrigerator and add the egg whites. Using an electric mixer whisk the mixture until you get a mousse.

Pour in a mould or in dessert cup. On top put the raspberries or other fruit and put back in the refrigerator for 1 hour.

In a small sauce pan sprinkle 1 sachet of gelatin in 1/2 cup of cold water. Let rise for 5 minutes, then heat over low heat until the gelatin is dissolved. Remove from heat.

Add the pineapple juice and a bit of stevia

Gently pour over the mousse to cover approximately the raspberries

10- Refrigerate 2 or 3 hours before serving (or overnight).

You can leave as is or unmold it in a plate. Suggestion: A leaf of mint is a nice decoration.

Make 3 generous servings.

Submitted by: Gabrielle B.

Easy Chocolate Mousse



Directions

Place dates in small bowl.

Cover with hot water and allow to soak for 15 minutes or until soft.

Drain. Peel and cut avocados into pieces.

Place in food processor bowl with S blade in place. Add drained dates, cocoa powder, stevia or agave nectar and almond milk.

Process until smooth, stopping to scrape down sides of bowl.

Add vanilla extract and coconut oil and continue processing until mixture is smooth and creamy.

Spoon into small dessert dishes and chill for several hours.

Garnish with fresh raspberries if desired.

Submitted by: Jerry G.

Ingredients

1/2 cup organic medjool dates, pitted (about 12 dates)

hot water to cover dates

2 ripe and soft avocados

1 Tbsp organic vanilla extract

1 Tbsp coconut oil

1/2 tsp organic stevia (Trader Joe's brand)

1/4 cup + 2 Tbsp organic cocoa powder

4 Tbsp almond or coconut milk

fresh raspberries for garnish

No of Servings: 6

Preparation Time: 30 minutes

Elisa's Dark Chocolate Mousse

Ingredients

(Serves 6)

Ingredients:

6 free-range, organic eggs

250g dark chocolate

1 punnet fresh raspberries

Directions

Bring some water to the boil in a large saucepan. Find a bowl that can rest on the edges of the pan with its base touching the water.

Break the dark chocolate into small pieces and place in the bowl. Gently melt the chocolate until it is completely liquid. Have patience, this takes time but it is a crucial step to getting this mousse perfect every time!

Meanwhile, separate the egg whites and yolks into different bowls (the yolks go in a large bowl). Beat the egg whites until they are firm and soft peaks have formed. Now beat the yolks until they are creamy and golden.

Remove the melted chocolate from the heat and slowly pour it into the yolk mix combining it gently as you go. Once this is mixed, gradually combine the egg whites, folding it through the chocolate mixture gently. Continue this until all the egg whites are turned through. The texture of the mousse should be light and fluffy, and now a dark brown (no white should be showing from the eggs).

Pour the mixture into individual ramekins (small bowls) and set in the fridge for a few hours. This can easily be made the night before entertaining. Before serving, top each mousse with the fresh raspberries and serve.



High Protein Chocolate Mousse



Ingredients

Makes 2 servings

1 cup organic egg whites
1 tsp pure cocoa powder
125g organic cottage cheese
1 pinch stevia
1 cup chocolate protein powder
pinch cream of tartar

Directions

Beat egg whites into stiff peaks using a pinch of cream of tartar

Mix together firm egg whites and cottage cheese. Stir gently adding gradually protein powder, cocoa powder and stevia.

Refrigerate minimum 2 hours before serving.

Double Chocolate Decadence

Ingredients

250g dark chocolate
100g unsalted butter
4 egg yolks 25g
2+1/2 Tbsp xylitol
15 ml (1 Tbsp) strong
espresso style coffee
5 egg whites (at room
temperature)
6g (1 Tbsp) dark cocoa
powder to dust top



Directions

Preheat oven to 170 C (338 F)

Gently heat chocolate & butter in a double boiler till liquid melted but not hot

Place egg yolks in a bowl with half the xylitol & beat

Add chocolate mixture and coffee and mix well

Place egg whites in a clean bowl and whisk till foamy.

Whisk in remaining xylitol

Fold into chocolate mixture, one third at a time.

Place in the centre of oven and bake for 30-35 minutes.

Rest 5 minutes in pan. Turn out onto a cooling rack. Invert onto a serving plate. Cool.

Dust with cocoa.

Submitted by: Merron W.

Mike Geary's Fat Burning Chocolate Pudding



Directions

Put the avocado and almond butter into a bowl and mash together with a fork until smooth. Then add all of the other ingredients into the bowl and mix together vigorously until all is mixed and smooth. If you're good with a food processor, you can use that too, but I just mash everything together by hand.

If everything went right, the consistency will be similar to pudding... except normal pudding makes you FAT with loads of sugar! My healthy pudding recipe will actually HELP you to burn fat, control cravings, and satisfy your body's need for micro-nutrients, protein, healthy fats, and fiber.

If the pudding ends up too thick, simply add a bit more almond milk or coconut milk for more moisture until the consistency seems right.

If you want to get a little wild and add some more nutrient-rich additions, feel free to add some chopped pecans, chia seeds, rice bran, or walnuts at the end. And it tastes great to top this dish with some sliced strawberries!

Ingredients

1/2 of a ripe avocado (soft to touch)

Approx 3 Tbsp of almond butter (preferably raw if possible)

Approx 1/4 cup of unsweetened almond milk or coconut milk (preferably organic)

2 heaping Tbsp of organic cocoa powder

1/2 tsp of vanilla

1 packet of stevia (or enough to your desired sweetness level)

1/2 to 3/4 of a scoop of chocolate protein powder (my new favorite is an awesome GRASS-FED raw whey protein I found here)

Pinch of Celtic Sea Salt

This recipe will make about 2-4 servings and is a great healthy dessert or late night snack.

Submitted by: (<http://www.truthaboutabs.com/fat-burning-chocolate-pudding.html>)

Miscellaneous



Coconut Treats



Directions

Mix oil and seasonings. If shaping treats into 1 inch balls, add 1/2 of the nuts and coconut flakes to the oil mixture and shape it into 1 inch balls.

Then roll the balls in the other 1/2 of the chopped nuts and coconut flakes.

Freeze for at least five minutes.

For an alternative shape, you can mix all the ingredients, then flatten and shape the mixture into one large macaroon and freeze it in a small bowl. (The ingredients freeze in about 5 minutes.) The coconut treat will pop right out of the bowl and you can eat it like a cookie.

Ingredients

Serves 1: Makes 1 large treat or 2-3 small ones

1 Tbsp coconut oil, melted or softened if making one large treat; do not melt if forming into balls, just soften.

1 to 2 tsp ground flax seeds

1/2 tsp pure vanilla extract

1/4 to 1/2 tsp stevia or other healthy low-carb sweetener (sweeten to taste)

1/4 tsp almond extract

1/8 tsp Celtic Sea Salt

dash of cinnamon

dash of nutmeg

1/8 cup chopped nuts (almonds or pecans are good) (optional)

2 to 3 tsp unsweetened coconut flakes; 4 to 5 tsp if rolling in coconut flakes

Submitted by: Mark & Mary H.

Chocolate Chip Cookie Dough Truffles

Ingredients

3/4 cup sorghum flour
3/4 cup almond flour/coconut flour
1 tsp baking soda
1/2 tsp sea salt
1/2 cup melted coconut oil (softened)
1/2 cup warm maple syrup
1/2 tsp vanilla
2 Tbsp warm almond milk
1/2 cup Chocolate chips (or mini chocolate chips)
1-200g bar of dark chocolate, chopped
1 Tbsp coconut oil



Directions

In a small bowl, combine flours, soda, and salt.

In the bowl of your mixer, combine oil, syrup, and vanilla. Stir in warm milk. Add flour to wet ingredients and combine. Stir in chocolate chips. Dough should be the consistency of dough-meets-batter, so a little bit runny. You might have to use more almond flour if using it instead of coconut flour (up to 1/2 cup).

Refrigerate for 30 minutes, don't let it get too hard (coconut oil chills fast). You just want it to be scoop-able so you can roll it into balls.

Using floured hands, roll into 1 inch balls and place on a parchment lined baking sheet. Return to fridge for another 30 minutes (or longer if you want to do this over two days to make life easier). Remove from fridge and re-roll balls so they're in a perfect ball shape.

Melt chocolate bar and coconut oil in a double broiler, or a stainless steel bowl over a sauce pan. Dip pre-rolled balls into melted chocolate mixture using two forks. Return to parchment lined baking sheets and return to the fridge until set. Store in the fridge or the freezer until ready to devour serve to your guests.

Makes about 18 truffles.

Submitted by: Katria A.

Macaroons



Ingredients

- 2 egg whites
- 1 pinch salt
- 1/4 cup stevia
- 2 cups unsweetened flaked coconut
- 1/2 tsp almond extract

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.

Beat together the egg whites with the salt in a small bowl until it forms soft peaks.

Add the stevia slowly while continuing to beat at high speed until stiff peaks form.

Continue to beat until glossy.

Fold the coconut into the egg mixture.

Add almond extract.

Drop mixture by the teaspoonful onto the prepared sheet, spacing about 2 inches apart. (I use the smallest Pampered Chef cookie scoop)

Bake in preheated oven for about 10-12 minutes.

Submitted by: Kathy W.

Chocolate Covered Almond Truffles

Ingredients

2 Tbsp Prograde chocolate protein powder

1 cup unsalted, natural (skin-on) almonds (reserve 8-10 in addition to this on the side.

Cut or crack these into large chunks to embed within your truffle)

1 Tbsp coconut oil

2 Tbsp unsweetened coconut, shredded

2 Tbsp raw honey

6 Tbsp water



Directions

Blend in magic bullet or immersion blender till a firm batter forms, and it becomes small and uniform.

Place in a bowl covered in the freezer for 1 hour.

Remove, roll mixture around 1 large chunk of the reserved almonds, into balls using a teaspoon measure, and put back in the freezer for another 10-20 minutes.

On a double boiler, melt down 1 bar dark chocolate (highest percentage cacao you like) till smooth and liquid.

Using a toothpick, dip each truffle round into the melted bar, set back in fridge in mini muffin tins till ready to serve.

Submitted by: <http://www.getprograde.com/store.php?page=273>

Mike Geary's Super Food Peanut Butter Chocolate Fudge



Directions

Note on coconut milk: don't be afraid of the fats in this... coconut fat is mostly medium chain triglycerides (MCTs) that are more readily used for energy and also contain a special fat called Lauric Acid, which is extremely healthy and supports the immune system.

Start by adding the coconut milk (cans of organic coconut milk are available at most health food stores and possibly even your grocery store) and vanilla extract to a small saucepan on VERY low heat -- the lowest heat setting. Break up the extra dark chocolate bar into chunks and add into pot. Add the nut butters and the stevia, and continuously stir until it all melts together into a smooth mixture.

Then add the raisins, nuts, seeds, protein powder, oat bran, and rice bran and stir until fully blended. If the mixture becomes too thick or dry consistency, just add a small amount more coconut milk. If the mixture seems too wet, keep in mind that it will solidify a good bit once it goes in the fridge.

Spoon/pour the fudge mixture onto some waxed paper in a dish and place in the fridge until it cools and solidifies together (3-4 hours). Cut into squares once firm and place in a closed container or cover with foil in fridge to prevent it from drying out.

Enjoy small squares of this delicious healthy "super-food" fudge for dessert and for small snacks throughout the day.

Submitted by: <http://www.truthaboutabs.com/healthy-low-calorie-desserts.html>

Ingredients

3/4 cup organic canned coconut milk (NOT the watered down "light" version which just replaces some of the healthy coconut fat with water...use the real full-fat version)

1 bar (3-5 oz. bar works well) of bakers unsweetened chocolate - 100% cacao content (if you can't find 100% cacao bakers chocolate, look for at least 70-80% cocoa content on the label of any dark chocolate bar - to minimize sugar content)

4-5 Tbsp of peanut butter or your favorite nut butter (almond butter, cashew butter, pecan butter, and/or macadamia butter, etc)

3/4 cup raisins or dried cranberries or goji berries (optional)

1/2 cup whole raw almonds or other nuts (optional)

1/4 cup raw chopped pecans (optional)

1 scoop, about 25 g of your favorite protein powder (I used my new favorite protein - the only raw GRASS-FED whey protein!)

3 Tbsp chia seeds, hemp seeds, and/or flax seeds (optional, but adds crazy amounts of vitamins, minerals, fiber, and antioxidants... plus a nutty taste)

2 Tbsp rice bran (usually only available at health food stores)

2 Tbsp whole oats or oat bran

1/2 tsp vanilla extract

A little natural stevia powder to sweeten (add a small amount to achieve the sweetness you prefer)

Date, Nut & Coconut Balls

Ingredients

8 oz dates
1 Tbsp spoon lemon juice
1/2 cup apple sauce
1/3 cup pecan pieces
1/3 cup walnut pieces
1/3 cup almond pieces
3/4 cup unsweetened coconut



Directions

In a saucepan, put the dates, the lemon juice and the apple sauce.

Heat on slow heat and mix the fruits until the mix is a puree.

Add the nuts and the coconut, mix well.

Use a tablespoon of mixture and make balls, roll in the extra coconut.

Refrigerate and enjoy

Submitted by: Colette B.

Protein Popsicles



Directions

Reserve a few chunks of the fruit on the side

Blend the yogurt, Prograde Protein Powder, and rest of the fruit till smooth.

Next, drop the reserved fruit into whatever popsicle containers you have (I used the plastic kind you buy at the grocery store for \$1)

Pour the yogurt mixture in over the fruit, and freeze till solid.

Ingredients

First, take a handful of frozen or fresh cherries: approximately 1/2 cup (or whatever berry or fruit you happen to have on hand)

1-6oz. container of plain Greek Yogurt

2 scoops of Prograde Vanilla Protein Powder

1 handful of chopped peaches: approximately 1/2 cup

Healthy Almond Crepes

Ingredients

4 eggs
1/8 cup raw honey
1/4 cup applesauce
(unsweetened)
1 2/3 cup almond flour
1/4 tsp baking powder
1/3 tsp salt

Directions

Pre-heat oven to 400 degrees and mix:

4 eggs
1/8 cup raw honey
1/4 cup applesauce (unsweetened)

Set aside when blended well.

Next, take a 1/3-cup measuring cup, pour into it one 1 scoop Prograde Vanilla protein powder, then top off the protein powder in the measuring cup with almond flour.

Dump this first 1/3 cup measuring cup (filled partially with protein powder and partially with almond flour) into a separate bowl. To that, add:

1 2/3 cup almond flour
1/4 tsp baking powder
1/3 tsp salt

Mix dry ingredients into the wet, whisk till you get a thick batter, drop onto an ungreased cookie sheet (1-2 tbsp per crepe) with a tablespoon, and bake.

No need to flip, they will bake perfectly! Take them out when fully cooked, about 7-8 minutes. Put on a plate, add Greek yogurt (in the flavor of your choice-vanilla works great) in a line down the middle. Roll snugly, with the seam facing down onto a plate.

Separately, microwave a handful of berries of your choice with 1 Tbsp agave, or just leave unsweetened. Microwave for 35 seconds till soft, and spoon your berry mixture over the rolled and filled crepe.

This recipe makes about two dozen crepes

Submitted by: <http://www.getprograde.com/store.php?page=273>



Granola Bars



Directions

In a large bowl combine all dry ingredients, and mix.

Heat Maple syrup in small sauce pan just until it starts to boil.

Remove from heat and add peanut butter and vanilla, mix thoroughly.

Pour the wet ingredients into the dry ingredients and mix well, until all the dry ingredients are covered.

Pour mixture into a 13x9 Pyrex dish and press firmly into dish.

Refrigerate or freeze just until cold and hardened (for easier cutting).

Cut into bars or squares.

Makes approx. 20 bars.

Add-in ideas:

Flax seed, Coconut, Dash of Cinnamon

Replace maple syrup with Honey

Submitted by: Katrina A.

Ingredients

2 cups Oatmeal

2 cups Rice Crispys (Nature's Path has a gluten free organic version)

1/2 - 1 cup chopped nuts and or seeds (any kind)

1/2 - 1 cup dried fruit

1/2 - 3/4 cup pure maple syrup

1/2 - 3/4 cup peanut butter (or almond butter)

1 tsp vanilla

Almond Protein Bars

Ingredients

Makes 5 bars

8 scoops chocolate protein powder

4 Tbsp raw honey

1 cup oatmeal

3 Tbsp pure cocoa powder

1/2 cup natural almond butter

3 Tbsp crushed almonds

1/3 cup almond milk



Directions

Mix together the protein powder, oatmeal, almond butter, honey, almond milk and cocoa powder.

Form into 5 bars

Place in the fridge for about 30 minutes

Flourless Banana Bread



Directions

Preheat oven to 350 degrees. Grease the bottom and sides of a loaf pan with coconut oil or butter. I always line the bottom with wax paper.

Lightly beat the eggs and mash the bananas with a fork. Add the rest of the ingredients and stir until everything is well mixed. The mixture will be quite wet.

Pour into the loaf pan. Tap the bottom against the counter if the batter has not spread evenly. Lightly sprinkle extra nutmeg over the top.

Bake for 60-70 minutes, or until a toothpick inserted comes out clean. I run a smooth knife around the edge of the pan, and I've never had trouble getting it out.

Cut the slices a bit thick to avoid crumbling.

Ingredients

2 eggs, lightly beaten

3 large, very ripe bananas, mashed

1/4 cup blackstrap molasses (or raw honey -- I used a little of each for the loaf in the photo)

1/4 cup coconut oil, melted

1/2 cup unsweetened applesauce

1 tsp real vanilla extract

1 1/4 cup steel cut oatmeal

1/4 cup old fashioned oatmeal (I like a variety of textures)

1 tsp baking soda

1/4 tsp salt

1/2 tsp cinnamon

1/2 tsp pumpkin pie spice

1/2 cup chopped mixed raw nuts

1/4 cup raisins

nutmeg for sprinkling on top

Submitted by: Stuart P.

Hazelnut Biscotti

Ingredients

3 organic eggs

2/3 cup raw unsalted butter,
room temperature

1 cup organic palm sugar

1/2 cup finely chopped
hazelnuts

2 1/2 cups organic spelt flour

2 tsp baking powder

2 Tbsp finely chopped
hazelnuts for topping



Directions

Preheat oven to 350F. Spread a sheet of parchment paper over a cookie sheet.

In a large bowl, beat eggs with butter; add palm sugar and continue to beat until mixture is well combined. Fold in chopped hazelnuts.

Sift flour with baking powder. Add to egg mixture and mix. Dough will be soft.

Shape dough into 2 logs about 3 x 10 inches. Wet your hands in water to prevent the dough from sticking to them as you shape the logs.

Bake 25 to 30 minutes or until they spring back to the touch. Remove from oven and lower oven temperature to 300F. Let logs cool on cookie sheet for about 10 minutes. Cut into 1/2 inch slices using a serrated knife.

Arrange slices, cut side down, on cookie sheet and bake 15 minutes longer, until surface is dry and crisp. Transfer cookies to wire racks and let cool. Store in airtight container.

Make approximately 30 biscotti

Submitted by: Diana R.

Cranberry Pistachio Biscotti

Directions

In large bowl, beat eggs; gradually beat in sugar, butter and vanilla.

Mix together flour, baking powder and salt; stir into egg mixture to make soft, sticky dough.

Add cranberries and pistachios; mix with spoon, then with floured hands, until dough is smooth and fruit and nuts evenly distributed.

Turn dough out of bowl and shape into a large ball.

Divide in half; shape each into 7-inch log; flatten to 4-inches wide with slightly rounded edges.

Place logs 4-inches apart on greased large baking sheet.

OR

Alternatively, divide dough into thirds; shape each into 7-inch log; flatten to 2-inches wide with slightly rounded edges.

Place logs 4-inches apart on greased large baking sheet. I prefer them smaller.

Bake in 350 of oven for about 20 minutes or until firm to the touch. Let cool for 10 minutes on baking sheet.

Transfer logs to cutting board; with sharp knife, cut on slight diagonal into slices 3/4-inch wide, carefully place on baking sheet cut side up.

Reduce oven temperature to 300 F. Bake slices for 20 to 25 minutes or until firm and dry.

Let cool and enjoy.

Ingredients

3 organic eggs

1/2 cup xylitol

1/2 cup organic butter, melted and cooled

2 tsp vanilla

2 1/2 cups spelt flour

3 tsp baking powder

1/2 tsp Celtic Sea Salt

1/3 cup chopped dried cranberries

1/2 cup shelled pistachios

Makes about 18 large biscotti or 34 small biscotti

Preparation time: about 15 minutes

Baking time 45 to 50 minutes



Submitted by: The Radica Family

Pear Care Jam

Ingredients

1 1/2 cups pears, cored, peeled, and chopped

1 1/2 cups carrots, peeled and shredded

14 oz can organic crushed pineapple

3 Tbsp fresh lemon juice

1 1/2 tsp cinnamon

1 tsp ground cloves

1 tsp nutmeg

3-oz. liquid pectin stevia- for taste

3-1 pint canning jars and lids, sterilized



Directions

Mix all ingredients except pectin in a large pot.

Bring to a boil over medium heat.

Reduce heat to medium-low; simmer for 20 minutes, stirring occasionally.

Add pectin, and return to a boil.

Stir constantly for 10 minutes.

Remove from heat.

Pour into hot sterilized jars, leaving 1/4 inch from the top.

Put on lids and invert.

Cool and store in refrigerator for up to 4 weeks.

Make 3 jars.

Submitted by: Deena O.

Desserts Done Right with Isabel



This guide includes some fantastic recipes, submitted by our very own customers. All the recipes have been thoroughly reviewed and approved by me to ensure that each one follows all of my program requirements.

Because my program does promote the inclusion of many fruits and vegetables into your daily meal plans, it essential to keep your meals new, fun and interesting. Eating the same foods again and again leads to boredom and abandonment. To prevent this from happening, I highly encourage you to try at least one new recipe per week that suits your meal plan. Also, be adventurous and try some foods you have never tried before!

Bon Appétit!

Isabel De Los Rios

So...just who is Isabel De Los Rios?

About Isabel

Isabel De Los Rios is a nutrition, exercise, and lifestyle coach who counsels clients on all principles of good health, including nutrition, stress management, physical fitness, sleep habits, and healthy lifestyles. She teaches health and weight loss from a holistic approach, incorporating all aspects of healthy living.

Isabel is a graduate of Rutgers University with a degree in exercise physiology. She holds advanced certifications from the National Association of Sports Nutritionists, the National Strength and Conditioning Association, and the Corrective Holistic Exercise Kinesiology (C.H.E.K.) Institute based in San Diego, California.