

Dessert Recipes

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Spiced Pears and Pomegranate

Pomegranates are among one of the healthiest fruits on earth. One cup of arils (which are the edible seeds inside) contain:

Fiber: 7 grams

Protein: 3 grams

Vitamin C: 30% of the RDI

Vitamin K: 36% of the RDI

Folate: 16% of the RDI

Potassium: 12% of the RDI

Pomegranates are also an excellent source of anti-inflammatories and anti-oxidants.

Ingredients

- 3 pears - peeled, cored and cut into wedges
- 1 pomegranate, skin and light-colored membrane removed
- 1 tablespoon fresh lemon juice
- 2 tablespoons light brown sugar
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 2 tablespoons of chopped or whole unsalted almonds (optional)

Instructions:

Place the sliced pears and pomegranate seeds into a bowl. Toss with lemon juice to coat. Combine the brown sugar, nutmeg, and cinnamon in a small cup or bowl, then mix into the fruit. Cover and refrigerate for at least 1 hour before serving to blend the flavors. Serve in individual dishes, and garnish with a sprinkling of chopped or whole almonds.



Healthy Apple Streusel

Fall is such a perfect time to make healthy treats and this dish is no exception!

For the streusel:

- $\frac{3}{4}$ cup old-fashioned oats (or gluten-free oats)
- $\frac{1}{4}$ cup gluten-free flour (or regular flour)
- 1 tsp ground cinnamon
- 2 tbsp pure maple syrup
- 1 $\frac{1}{2}$ tbsp butter, melted
(I use Promise vegetable oil spread.)



*You may need to use a little water to break up the streusel as it tends to clump together.

For the filling:

- 6 cups diced red apples (use Fuji or Gala for sweetness)
- 1 tbsp flaxmeal (You can also use cornstarch in place of the flax meal and water.)
- 4 tbsp water (see note above)
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp ground nutmeg

Instructions:

1. Preheat the oven to 350°F, and coat an 8" square pan with nonstick cooking spray.
2. To prepare the streusel topping, mix together the oats, flour, and cinnamon in a small bowl. Make a well in the center. Pour in the maple syrup and melted butter. Stir until fully mixed.
3. To prepare the filling, toss the apples with the flax meal, cinnamon, and nutmeg in a large bowl until completely coated.
4. Put the filling in the pan, and gently press down with a spatula. Sprinkle evenly with the topping. (The topping tends to clump, so try to break it up into fairly small pieces.)
5. Bake at 350°F for 50-60 minutes or until the apples are tender. Cool completely to room temperature; then refrigerate for at least 3 hours before serving to allow the juices to fully thicken.

Once refrigerated, you can heat up individual pieces if you'd like. (Optional: Add some vanilla Greek yogurt on the side.)

Pumpkin Cream Cheese Muffins

Muffins (Serving size: 12 muffins):

- About 2 cups of gluten free baking flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1 teaspoon cinnamon
- 2 teaspoons pumpkin pie spice
- 1 cup pumpkin puree
- 1 cup brown or cane or coconut sugar
- 1/3 cup coconut oil OR vegan butter
- 1/2 cup unsweet almond milk
- 2 teaspoons vanilla extract



Cream Cheese:

- 1/2 cup vegan cream cheese, at room temperature (or use 1/3 less fat regular cream cheese)
- 1 1/2 tablespoons unrefined brown or cane sugar
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon pure vanilla extract
- 1 egg yolk substitute - I used 1 tbsp flax meal and three tbsp water

Instructions:

- Preheat oven to 425°F. Grease a muffin pan with vegan butter or oil and set aside.
- In a mixing bowl, add the flour, baking soda, baking powder, salt, cinnamon and pumpkin pie spice ingredients and whisk together to remove any lumps.
- In a standing mixer or another bowl, mix the sugar, pumpkin puree, and coconut oil until partially mixed/whisk for about 1 minute. Add in the almond milk and vanilla extract and combine for another minute.
- Add the dry ingredients mix one cup at a time, working into the wet ingredients on a medium to low speed until it's all combined. Don't over mix or over whisk - up to 2 minutes.

Cream Cheese Swirl:

- Mix all of the ingredients for the cream cheese swirl together until completely smooth.

Putting it all Together:

- Scoop 1/4 cup into each muffin cup, then distribute the left over batter equally. Dollop a little less than tablespoon of the swirl onto each muffin. Using a knife, swirl until completely swirled in.
- Bake for 5 minutes at 425°F then at 15 minutes for 375°F. Don't remove them from the oven, just lower the temperature. -The muffins are finished when a knife or tester comes out clean.

Healthy Baked Apples

Ingredients:

- 2 large apples (any variety, the sweeter the better)
- 1 tablespoon brown sugar (You can also use sugar in the raw.)
- 1/2 tablespoon pure maple syrup
- 1 tablespoon butter, melted (Promise Activ is a good brand.)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1—1 1/2 tablespoon old-fashioned oats



Instructions:

1. Preheat oven to 350 degrees.
2. Cut the apples in half around the middle. Remove the core and seeds with a small spoon or knife. Place the apples in an ovenproof baking dish.
3. In a small bowl, combine the brown sugar, butter, cinnamon, nutmeg, maple syrup and oats. Spoon this mixture into the centers of your apple halves. Pour water into baking dish.
4. Bake apples for 40 to 45 minutes, or until the apples are tender, basting them occasionally with the juices from the baking dish.
5. Serve warm and with plain or vanilla Greek yogurt and drizzle with maple syrup and cinnamon.

Cranberry Pumpkin Chia Parfait

The perfect fall dessert or breakfast.

1st layer: Pumpkin Chia Pudding

- Blend a 1/4 cup pumpkin purée
- 1/2 cup nut milk (I used unsweet almond)
- 1/4 tsp pumpkin pie spice
- 1 tbsp maple syrup
- A dash of turmeric (optional)

-Pour into a bowl or mason jar and add 2 1/2 - 3 tbsp chia seeds stirring off and on for 15 min to avoid clumping

-Refrigerate overnight

2. 2nd layer: Greek yogurt with cashew butter mixed in.

3. 3rd layer: cranberry compote using cranberries, orange zest and juice, maple syrup, cinnamon and nutmeg.

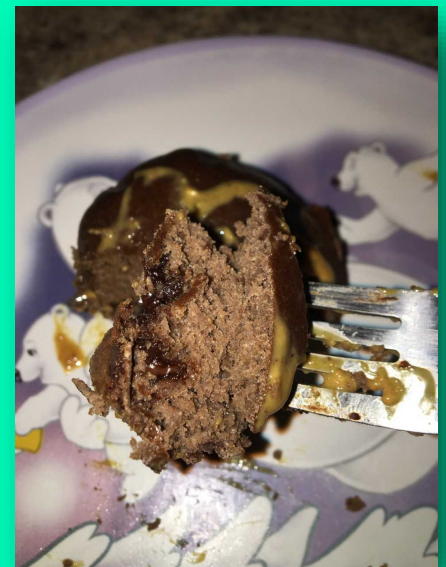
On top I used, mandarin oranges, cashews, vanilla granola, dates, and a cinnamon stick for garnish.



Chocolate Protein Pancake Muffins

Makes 12 Muffins

- 2 cups of Kodiak Cake Power Cake Mix
- 2 scoops chocolate protein powder
- 1/4 cup maple syrup
- 1.5 cups almond milk
- 2 tbsp of dark chocolate chips
- Dash of vanilla extract and cinnamon to taste
- Mix wets and dries separately, then combine
- Bake at 350 degrees for 15 minutes



White Chocolate Macadamia Nut Oatmeal Cookies

OH. MY. GOODNESS!

Ingredients:

- 3/4 cup old-fashioned oats
- 3/4 cup almond flour
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/4 cup pure maple syrup
- 1/3 cup cashew butter
- 1 tbsp coconut oil (melted)
- 1 egg
- 1 tsp vanilla
- 1/2 cup macadamia nuts, chopped
- 1/4 cup white chocolate chips



Instructions:

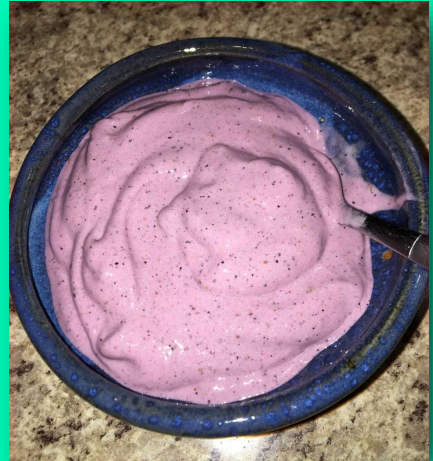
Preheat oven to 350 degrees

1. In a large bowl, mix oats, flour, baking powder, baking soda and salt.
2. In a medium bowl, combine cashew butter, maple syrup and melted coconut oil.
3. Stir in egg and vanilla.
4. Add wet ingredients to dry and stir until fully combined.
5. Stir in macadamia nuts and white chocolate chips.
6. Chill in freezer for 30 min.
7. Roll into balls (about 2 tbsp size) and press down lightly (they will partially flatten on their own) onto parchment paper lined tray.
8. Bake for 12 - 15 min. or until golden.

Fluffy Froyo Protein Bowl

Ingredients and Instructions:

- 1.5 frozen bananas
- 1/2 cup Frozen Mango
- 1/2 cup frozen blueberries
- 1/2 cup coconut yogurt
- 1 date (for extra sweetness)
- 1/2 cup unsweet almond milk
- Blend together and serve



Dark Chocolate Avocado-Banana Silk Pie

Filling:

- 2 medium avocados
- 3 large bananas
- 3/4 cup dark chocolate cocoa powder
- 1 tsp baking soda
- 1/4 cup milk
- 1 tbsp pure maple syrup
- Blend it all together

Crust:

I basically used the same recipe I did for the raw chocolate chip cookie dough except I added a bit more: cashews, walnuts, oats, honey, vanilla, dark chocolate chips,

- Blend the cashews, walnuts and oats until they become a fine powder.
- Add the honey and vanilla and blend until everything is mixed together.
- Stir in the chocolate chips then roll into balls.



Put crust in pie pan then added the filling and put in freezer for 4 hours. No baking needed. Let thaw for 20 - 30 minutes, then ready to eat. Garnish with nuts, white chocolate chips, cool whip or whatever you choose!

Cranberry Pecan Banana Bread

Ingredients:

- 2 cups gluten-free flour (or regular flour)
- 3/4 cup coconut sugar
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 very ripe bananas, mashed
- 1 tbsp buttermilk Kodiak cake mix
- 1 large egg
- 1 tablespoon vanilla extract
- 1/2 cup almond milk
- Nearly a 1/2 cup butter, melted (I use Promise vegetable oil spread.)
- 1 cup fresh or frozen cranberries
- 1/2 cup chopped pecans (or you can use walnuts or pistachios)
- 3 tbsp old-fashioned oats
- NUTELLA® hazelnut spread, 1 tbsp per serving (optional, but, oh so delicious!)



Instructions:

- Pre-heat oven to 350° F. Line a 8" x 4" loaf pan with parchment paper or grease with non-stick cooking spray.
- Whisk together flour, sugar, baking powder, Kodiak cake mix, baking soda, and salt in a medium mixing bowl.
- In a separate bowl, stir together mashed banana, almond milk, egg, vanilla and butter.
- Pour the wet ingredients over the dry ingredients and fold the ingredients until all the flour has been incorporated and a batter is formed.
- Gently stir in the cranberries and chopped pecans.
- Scrape the batter into the prepared pan and evenly spread all batter into the corners and around sides.
- Sprinkle oats over the top and bake for 60 minutes.
- When finished, the loaf should be domed and golden, and a toothpick inserted into the center should come out clean.
- Let the loaf cool in the pan for 15 minutes before removing and slicing. Serve with NUTELLA® hazelnut spread on each slice or drizzle honey or maple syrup on it.

Mrs. Claus Cookies

The perfect holiday cookies!

Ingredients:

- 1/2 cup Promise Light Vegetable Oil spread, softened (or unsalted butter)
- 1/2 cup light brown sugar
- 1/2 cup granulated sugar
- 1 tbsp. vanilla extract
- 1 large egg (I usually use brown cage-free.)
- 1 1/2 cups all-purpose flour
- 1 1/2 tsp baking soda
- 1 cup dried cranberries (i.e. Ocean Spray or generic)
- 3/4 cups white chocolate chips
- 3/4 cups macadamia nuts



Instructions:

- Preheat oven to 350 degrees.
- Line 2 baking sheets with parchment paper
- With an electric mixer, mix the butter and both sugars until smooth.
- Add the vanilla and egg, mixing well.
- Sift together flour and baking soda. Spoon in the flour into creamed sugar mixture gradually.
- Stir in cranberries, white chocolate chips, and macadamia nuts.
- Put about 2 tbsp. of mixture on baking sheet about 2-inch apart.
- Bake one sheet at a time until lightly golden on top, about 12—15 minutes

Pumpkin Chocolate Chip Bread

Not only does it taste scrumptious, but it's healthy, too! Pumpkin is rich in vitamins and high in antioxidants.

Ingredients:

- ⅓ cup melted coconut oil
- ½ cup honey (or you can use pure maple syrup)
- 2 brown cage-free eggs
- 1 cup organic pumpkin purée
- 1/4 cup unsweet vanilla almond milk
- ½ teaspoon pumpkin spice blend
- 1 teaspoon baking soda (not baking powder)
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 3/4 cup Bob's Red Mill Gluten-free flour
- 1 tbsp flax meal
- ½ cup mini dark chocolate chips
- Pinch of ground cinnamon, for sprinkling on top



Instructions:

-Preheat oven to 325 degrees Fahrenheit and grease a 9×5-inch loaf pan.

-In a large bowl, stir the oil and honey together with a large spoon. Add the eggs and stir until blended. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 10 seconds in the microwave.)

-Add the pumpkin purée, milk, pumpkin spice, baking soda, vanilla and salt, and use mixer to blend. Lastly, switch to a big spoon and stir in the flour and flax meal just until combined. Go ahead and stir in your chocolate chips now.

-Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.

-Bake for 55 to 60 minutes

-Let cool for 25-30 min before slicing

Chocolate Zucchini Bread

Ingredients:

- 3 eggs
- 1/4 cup melted coconut oil
- 1/3 cup water
- 1 tbsp vanilla extract
- 1/2 cup packed and strained zucchini
- 1/2 tsp cinnamon
- 1/4 cup chopped walnuts
- 1/4 cup hemp seeds
- 1 box Simple Mills Chocolate Cake Mix (from Target) -

This cake mix isn't cheap but since I don't do this very often I decided to splurge this time.



Instructions:

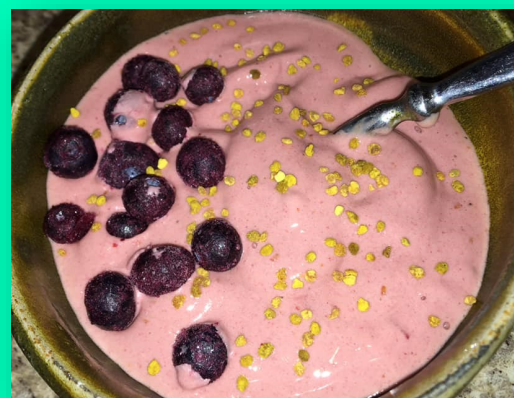
- Preheat oven to 350 degrees
- Whisk together wet ingredients in large bowl.
- Grate 1 medium-sized zucchini into separate bowl.
- Then pat down gently with paper towels to remove moisture.
- Pack together to measure a half cup and add to large mixing bowl.
- Whisk together then fold in remaining ingredients.
- Place parchment paper in loaf tin and pour in batter.
- Drizzle almond butter on the top and take knife to swirl in almond butter to create a marbled-look.
- Bake for around 40-45 min or until a toothpick comes out clean.
- Let cool before slicing.

Homemade Raspberry Froyo

- 2 frozen bananas
- 2 heaping tbsp of coconut Greek yogurt
- 1/2 - 3/4 cup frozen raspberries

The remaining ingredients are optional:

- 1/4 cup unsweetened coconut milk (for smoother consistency)
- 1/2 tsp matcha tea powder (for antioxidants)
- 1 tbsp vanilla protein powder (for extra protein)
- Blend it all together
- Top with frozen blueberries and sprinkle with bee pollen



Strawberry Banana Dark Chocolate Muffins

Strawberry Banana Dark Chocolate Muffins. . . Oh my! You must try these delightful sweets.

Ingredients:

- 3 bananas mashed
- 1/2 cup applesauce
- 1/3 cup coconut oil, melted
- 1/3 cup maple syrup
- 2 tsp vanilla extract
- 2 1/2 cups oat flour (I just put my old-fashioned oats in a blender.)
- 1 tsp baking soda
- 1 tsp baking powder
- 1/3 cup flax meal
- 1 heaping cup chopped strawberries
- About 1/3 cup dark chocolate chips



Instructions:

1. Mix all wet ingredients together in a bowl.
2. In a separate bowl, mix all dry.
3. Add all wet ingredients to dry and mix together then stir in strawberries and dark chocolate chips.
4. Grease muffin tins or use liners.
5. Scoop batter into them and top with extra chopped strawberries, sliced bananas and dark chocolate chips.
6. Preheat oven to 400 degrees. Bake a tin of six muffins for about 20 min or until a toothpick comes out clean.

Dark Chocolate Banana Bread

If you have some extra ripe bananas that you don't want going to waste and you're craving chocolate, then this bread is for you!

Ingredients:

- 1/4 cup raw honey and a 1/4 cup pure maple syrup or you can use 1/2 cup of one or the other
- 2 eggs
- 1/3 cup melted coconut oil
- 3 mashed ripe bananas
- 1 tsp vanilla extract
- 3/4 cup all-purpose flour
- 3/4 cup almond flour (or you can just use regular flour)
- 1/2 cup dark chocolate cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 cup dark chocolate chips
- Dark chocolate chips to sprinkle on top



Instructions:

1. Preheat oven to 350 and spray bread pan with cooking spray or you can use parchment paper
2. Combine eggs, honey and oil. Add in mashed bananas and vanilla. (I used a mixer to combine.)
3. In a separate bowl, combine flours, cocoa powder, baking soda and salt. Slowly add the dry ingredients to the wet mixture. (I used a mixer again.)
4. Stir in 1/2 cup chocolate chips.
5. Spoon batter into pan and sprinkle choc chips on top
6. Bake for 60 - 70 min or until toothpick comes out clean. Cool for 10 min before eating

Treat yourself. You deserve it!

Oatmeal Raisin Zucchini Cookies

How about a cookie with whole grains, fiber, protein, some veggies, fruit, etc.? You won't be able to put these down and they make a great breakfast cookie. Yes, that's right, cookies for breakfast. Bring it!

Ingredients (Makes about 18 cookies):

- 1 3/4 cups oats
- 3/4 cup flour or gluten-free flour
- 1 ripe banana, mashed
- 1 medium zucchini, grated
- 3/4 cup almond or cashew milk
- 1/3 cup melted coconut oil
- 1/4 cup maple syrup
- 2 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp sea salt
- 3/4 cup yellow raisins or regular raisins



Instructions:

- Preheat oven to 350 degrees, line cookie sheet with parchment paper.
- Squeeze all moisture out of grated Zucchini with paper towel (or else the water will come out on cookie sheet while baking.)
- Combine all ingredients in mixing bowl and mix together.
- Scoop out batter on to cookie sheet. Bake 12 cookies for about 30-35 min (depends on your oven).

Soft Baked Chocolate Chip Cookie Squares

These simple but yummy things deserve your attention.

Ingredients and Instructions:

- 2 cups almond flour
- 1/4 cup and 2 tbsp of light brown sugar
- 1 egg
- 1/3 cup coconut oil, melted and cooled
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 cup dark choc chips
- Combine flour, baking soda and salt in medium size mixing bowl
- In a small bowl, combine coconut oil, brown sugar and egg and whisk together. Add to dry ingredients until dough forms, then fold in choc chips.
- Flatten onto parchment paper in 8 x 8 square oven dish. Bake on 350 for 35-40 minutes (unless you have a super macho stove that bakes faster than mine.)
- Let cool then slice into squares.



Kodiak Cakes Blueberry Muffins

Ingredients:

- 1 3/4 cup Kodiak Cake Mix (contains protein and healthier ingredients from standard cake mix and great for making pancakes, waffles, muffins, etc.)
- 2 whole eggs
- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup sugar
- 1/2 cup unsweetened almond milk
- 3/4 cup frozen wild blueberries
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp baking powder

Instructions:

1. Preheat oven to 400 degrees and line muffin pan with muffin liners and spray lightly with cooking spray.
2. In a large bowl, whisk together eggs, yogurt, almond milk, sugar, vanilla extract, baking powder and cinnamon. Add Kodiak cakes and mix well.
3. Stir in wild blueberries.
4. Scoop evenly into muffin liners.
5. Bake for about 30 min or until tooth pick comes out clean. Allow to cool for 5-10 min.



Blueberry Lemon Bread

Ingredients:

- 1 1/2 cups of gluten-free flour or regular flour
- 1 tsp baking powder
- 1/2 tsp salt
- 2 large eggs
- 1/3 cup plain Greek yogurt
- 1/3 cup melted coconut oil (allow to cool before using)
- 1/3 cup honey
- 1 tsp vanilla extract
- Juice and zest of one lemon—about 2 tsp zest and 2 tbsp. juice
- 1 cup blueberries (fresh or frozen)
- 1 tsp cornstarch



Instructions:

1. Preheat oven to 350 degrees. Grease and flour an 8x4x2 loaf pan, whisk together flour, baking powder, and salt then set aside.
2. In a separate bowl whisk together eggs, yogurt, oil, honey, vanilla extract, and juice and zest of 1 lemon. Stir in dry ingredients and whisk until mixed through.
3. In a separate bowl, toss blueberries with 1 tsp cornstarch and 1 tsp lemon juice, stirring until well combined. Gently fold blueberries into batter.
4. Pour the batter into the greased and floured loaf pan. Bake 50 minutes or until a toothpick poked in the center comes out clean.

Brownie Bites

If you like chocolate and you're willing to try a new twist on brownies, then give these a try!

Brownies made from chickpeas. Oh yeah!! You're getting protein and fiber in these babies. You can also heat up some frozen cherries to use as a topping. Yum!

Ingredients:

- 1 can of chickpeas, drained and rinsed
- 1/4 cup almond flour
- 2 tbsp flax meal
- 1/2 cup almond butter
- 1/3 cup pure maple syrup
- 2 tsp vanilla extract
- 2 tbsp unsweetened almond milk
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/3 - 1/2 cup dark chocolate chips



Instructions:

1. Preheat oven to 350 degrees and line 8 x 8 pan with parchment paper
2. Add everything (except chocolate chips) to blender or food processor and blend until smooth. Then, stir in chocolate chips.
3. Add batter to baking dish and add some chocolate chips on top.
4. Bake for 35 - 45 minutes. Let cool then serve.

White Chocolate Peanut Butter Chip Banana Power Muffins

Sweet tooth fix = White Chocolate Peanut Butter Chip Banana Power Muffins. . . That's a mouthful, but that's what I'm calling these babies! Kodiak Cake Mix makes baking easy, delicious, and packed with protein!

These are the bomb!

Ingredients:

Makes 12 muffins

- 2 cups Kodiak Cake Power Cake Mix (Buttermilk)
- 2 ripe bananas, mashed
- 1 cup unsweetened almond milk
- 1 egg
- 1/4 cup pure maple syrup
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/4 cup white Chocolate chips
- 1/4 cup peanut butter chips (Have some to sprinkle on top of each muffin, too.)



Instructions:

- Preheat oven to 425 degrees and spray a muffin pan with nonstick cooking spray.
- Add Kodiak Cake Mix to large mixing bowl
- In smaller bowl, add mashed banana, milk, egg, maple syrup, cinnamon, and vanilla extract and mix together good.
- Pour wet mixture into large bowl with cake mix and stir together until combined.
- Pour in white chocolate and peanut butter chips and stir together.
- Use large spoon and pour batter into muffin pan filling each one 3/4 of the way full.
- Sprinkle extra chips on top of each muffin.
- Bake for about 15 minutes or until toothpick comes out slightly moist. Let cool for 5 minutes. Enjoy!

Raspberry Lemon Crumble Bars

If you have a sweet tooth but want something a little more tart, then you must try these Raspberry Lemon Crumble Bars. They are a delicious and light treat and go great with hot tea.

Ingredients:

- 12 oz fresh raspberries
- 1/4 cup coconut sugar or regular sugar
- 3 tsp cornstarch
- 1 lemon: juice and zest
- 2 1/2 cups old-fashioned oats
- 1 cup almond flour
- 1/3 cup melted coconut oil
- 1/3 cup pure maple syrup
- Pinch of salt



Instructions:

Filling:

- Preheat oven to 425. In a bowl, combine the raspberries, zest and juice of 1/2 lemon, coconut sugar, and cornstarch. As you stir, roughly chop the raspberries with a spoon then set aside.

Crust:

1. Line an 8 x 8 pan with parchment paper.
2. Place the oats, almond flour, melted oil, maple syrup, pinch of salt, and remaining lemon zest and juice in a food processor and pulse until a dough is formed.
3. Press the dough into the bottom of pan leaving out about 3/4 cup of dough to add as topping.
4. Spread the berry filling across the dough. Spoon it on.
5. Sprinkle the remaining dough on top of the filling.
6. Bake for about 40 min or until crust is golden brown. Let cool before cutting into squares.
7. Store in fridge so it keeps longer. I like to heat mine in microwave before eating.

Gooney Chocolate Chip Pretzel Blondies

Here's some comfort food for those with a sweet tooth or those craving chocolate.

Ingredients:

- 2/3 cup almond butter
- 1/3 cup maple syrup
- 1 tsp vanilla
- 2 eggs
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/3 cup coconut flour
- 1/3 cup dark chocolate chips (plus more for on top)
- 1/3 cup broken pretzels



Instructions:

Step 1

Preheat oven to 350F and line a 8×8 pan with parchment paper.

Step 2

In a large bowl, mix almond butter, eggs, maple syrup and vanilla.

Step 3

In a small bowl combine coconut flour, baking soda, baking powder, and salt.

Step 4

Pour dry ingredients into wet and mix until well combined. Add in dark chocolate chips

Step 5

Pour batter into the 8×8 pan, sprinkle on pretzels and additional dark chocolate chips and bake at 350F for 18-20 minutes or until the edges start to turn a golden brown.

Step 6

Let cool for 15 minutes and enjoy!

Super Fudgy Sweet Potato Brownies

Ingredients:

- 1 cup mashed sweet potato
- 1/2 cup creamy almond butter
- 1 tsp vanilla
- 1 egg
- 3/4 cup dark choc cocoa powder
- 1/2 cup coconut sugar
- 1/4 tsp salt
- 1/2 cup dark chocolate chips (plus more for on top, optional)



Instructions:

Step 1

Preheat the oven 350F. Line a 9×9 baking pan with parchment paper or spray with non-stick cooking spray and set aside.

Step 2

In a large bowl, whisk together the sweet potato, almond butter, vanilla, and egg until smooth.

Step 3

Stir in the cocoa powder, coconut sugar, salt and chocolate chips until fully mixed.

Step 4

Pour batter into prepared pan, smooth to make sure that the batter is evenly distributed in the pan. Sprinkle extra chocolate chips on top (optional).

Step 5

Bake for 22-25 minutes (you want the center to still be semi gooey). Let the brownies cool completely, slice, and enjoy!

Healthy Banana Bread

Don't let those really ripe bananas with all the brown spots go to waste. Just use them to make a healthy version of banana bread. And, enjoy it with a warm cup of tea!



INGREDIENTS:

- ⅓ cup melted coconut oil or extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup mashed ripe bananas (about 2 ½ medium or 2 large bananas)
- ¼ cup milk of choice
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon ground cinnamon, plus more to swirl on top
- 1 ¾ cups gluten-free flour, white whole wheat flour, or regular whole wheat flour
- ½ cup mix-ins like chopped walnuts or pecans

INSTRUCTIONS:

- Preheat oven to 325 degrees Fahrenheit and grease a 9x5-inch loaf pan.
- In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 10 seconds in the microwave.)
- Add the baking soda, vanilla, salt and cinnamon, and whisk to blend.
- Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
- Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
- Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean
- Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.



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