



Healthy Desserts

GUILT-FREE RECIPES EXCLUSIVELY CREATED
WITH ALLERGEN-FRIENDLY INGREDIENTS



ENTIRELY

GLUTEN-FREE



The Wellness Way

We don't guess...we test!

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By: The Wellness Way

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Cheesecake and Pies

Cheesecake with Blueberry Topping

Ingredients:

Crust

- 1 - 10 oz. bag pecan pieces
- 1/8 Cup coconut oil
- 1/4 Cup xylitol
- 1/2 Teaspoon cinnamon (optional)

Filling

- 4 - 8 oz. packages of organic cream cheese, softened
- 3/4 Cup organic sour cream
- 3 organic free range eggs, beaten
- 1 Tablespoon organic vanilla extract
- 1 Tablespoon "Sweet Leaf Plus" Stevia (10 individual packets = 1 Tablespoon)
- 1 Cup xylitol

Directions:

Mix pecan pieces, coconut oil, cinnamon (optional) and 1/4 cup of xylitol together in bowl. Press mixture in bottom of 13x9 glass pan. In separate bowl, beat cream cheese until smooth. (This is key to making it really smooth and creamy!!) Add in sour cream, eggs, and vanilla. Beat until smooth. Mix in stevia and xylitol. Beat until smooth. Pour the cream cheese mixture on top of crust. Bake at 350 degrees for 45-60 minutes until center is nearly set. Cool 30 minutes. Refrigerate 4 hours. Enjoy!

Blueberry Sauce (optional topping for cheesecake):

- 12 oz. frozen blueberries
- 1/3 Cup xylitol
- 1/2 Teaspoon "Sweet Leaf Plus" Stevia (2 packets)
- 1 Tablespoon arrowroot powder
- 1/2 Teaspoon lemon juice

Directions:

Combine all ingredients in small saucepan. Heat until thickened. Cool.

Notes: This sauce does not have a long shelf life. It is best to make it and keep it at room temperature until you put it on cheesecake. Put it only on a chilled cheesecake.



Key Lime Tartlets (or pie)

Ingredients:

Crust

3/4 Cup shredded unsweetened coconut

1/4 Cup almond flour

1/2 Teaspoon lime zest

1/8 Teaspoon sea salt

1 Teaspoon lime juice

1/2 Cup chopped dates

Filling

2 medium/large avocado

4 Tablespoons pure maple syrup

2 Tablespoons raw unfiltered honey

1/2 Cup lime juice

1 Teaspoon vanilla

A few drop of stevia (to taste)

5 Tablespoons melted coconut oil

4 Tablespoons melted raw coconut butter

Lime Zest (to taste)

Directions:

Crust

In a food processor, combine the coconut, flour, zest, and salt and chop coarsely. Add lime juice and dates and process until it sticks together. Scoop about a tablespoon into each cupcake liner (in cupcake pan) and flatten with spoon or fingers. Place in fridge until ready to add filling

Filling

Blend the avocados, maple syrup, honey, lime juice, vanilla, and stevia until smooth and creamy. Add the coconut oil, coconut butter, zest, and blend. Add more zest if you want more flavor. Pour over the crust. Refrigerate until firm for about 8 hours.

* Dairy Free

* Egg Free



Maqui-Strawberry Vegan Cheesecakes

Ingredients:

Crust

- 1/2 Cup walnuts
- 1/2 Cup almonds
- 3/4 Cup pitted dates
- 2 Tablespoons cinnamon (optional)
- Pinch of sea salt (optional)

Filling

- 1 1/2 Cup raw cashews
- 1 large lemon, juiced (about 1/4 cup)
- 1/3 Cup coconut oil, melted
- 1/2 Cup + 2 Tablespoons full fat coconut milk
- 1/2 Cup pure maple syrup or raw unfiltered honey

Topping

- 1/2 Cup Strawberries
- 10 drops strawberry stevia
- 1-2 Tablespoons maqui berry powder
- 1-2 Teaspoons raw unfiltered honey

*All nuts should be soaked for 3-4 hours and rinsed well with water.

Directions:

Crust

Add nuts, dates, and cinnamon to food processor and puree. Using wet fingers, press about a tablespoon of mixture into each cup. Set in freezer until ready to add filling.

Filling

Add all filling ingredients to a blender and mix until very smooth. If it won't come together, add a touch more lemon juice or splash of coconut milk. Divide the filling evenly amongst the muffin tins.

(Recipe continued on next page)



Maqui-Strawberry Vegan Cheesecakes (continued)

Directions continued:

Add a small spoonful of topping onto each and swirl with a toothpick to make a beautiful design.

Cover with plastic wrap and put in freezer for 4-6 hours, until hard. Pop them out of the tin and store in the fridge for up to 2 weeks.

* Dairy Free

* Egg Free



Peanut Butter Dreams Pie

Ingredients:

Whipped Cream

- 1 can organic unsweetened coconut milk (regular, not light)
- 1/4 Cup powdered birch xylitol

Filling

- 2 Tablespoons unrefined coconut oil
- 1 Tablespoon yacon syrup
- 1/2 Cup + 1 Tablespoon powdered xylitol
- 1 Cup organic peanut butter or sun butter (with no added sugar)
- 2 Tablespoons organic unsweetened coconut milk

Crust

- 1 1/2 Cups raw, organic nuts in any combination (1 Cup walnuts + 1/2 cup cashews or 1 Cup pecans + 1/2 Cup walnuts, etc.)
- 1/8 Cup xylitol
- 2 Tablespoons unrefined coconut oil
- 1/2 Teaspoon cinnamon (optional)

Drizzle Topping

- 1/2 Cup Lily's Dark chocolate chips - stevia sweetened
- 1/2 Teaspoon unrefined coconut oil

Directions:

1) Make the coconut whipped cream. This is easy, but requires a little advance preparation. Put your can of coconut milk in the back of the fridge and leave it there for a few days. This gives it time to really separate and the cream to really thicken, making it easier to spoon just the cream out. Keeping the can in the fridge for a few days really allows the cream to get thick, undisturbed, almost like shortening, and the liquid under it will almost be clear an very thin. It will then be very easy to spoon out the part that whips easily into soft peaks of heavenly yumminess.

(Recipe continued on next page)



Peanut Butter Dreams Pie (continued)

Directions (continued):

Another tip: put the whipping bowl and beaters in the freezer for 20-60 minutes before whipping the cream, to get a really good chill on them. Coconut whipped cream will last 2-3 days in the fridge, so you can whip it up in advance if you want, but it is really easy once the coconut milk is chilled, to do it as you need it. Open the can of coconut milk. (DO NOT SHAKE!) Take bowl out of freezer and spoon the thick layer of cream from the top of the can into your chilled bowl. Be careful to avoid getting the thin liquid from the bottom of the can, as it will make your cream too soft to whip well. Now whip on high speed with chilled beaters 1-2 minutes, until it starts to get fluffy. Add 1/4 cup powdered xylitol and whip another 1-2 minutes on high, until soft peaks form. Put in a small bowl to put back in fridge.

2) Prepare the crust. Using a food processor, grind up the nuts, xylitol, cinnamon and oil. Press into glass pie plate and up the sides as far as you like. Melt the half Teaspoon of coconut oil and chocolate chips in a small saucepan on low heat, stirring the entire time. Once it is melted, pour 3/4 of it onto the nut crust and, using a spatula, spread it around evenly. Chill in the fridge until you add the filling.

3) Prepare the filling. Add to Mixing bowl: Coconut oil, 1 Tablespoon powdered xylitol and 1 cup peanut butter or sunbutter. Mix well. Add powdered xylitol, a little at a time, beating well after each addition. Mixture should be very thick. Drizzle 1-2 Tablespoons of the leftover coconut milk in to increase creaminess. Mixture should be very thick now. Now, add the chilled coconut whipped cream. Mix about 1 minute, until smooth and creamy. Pour into chilled crust and take the remaining melted chocolate and drizzle on the top. Chill for 1-2 hours until serving. Keeps well overnight. You can serve this to anyone, even without allergies, with no apologies or explanations. It is that amazing!

*To powder xylitol, simply put xylitol in a nutribullet or other high speed blender for about 10 seconds or so.

**If careful, the above recipe can be dairy, soy, egg, gluten, peanut and sugar free!

***If desired, make another batch of the whipped coconut cream to put on top and drizzle the chocolate over it and chill.



Fresh Blueberry Pie

Ingredients:

Crust

- 1 cup shredded dried coconut
- 2 cups raw macadamia nuts
- 1/4 Teaspoon sea salt
- Dash cayenne pepper
- 1/3 cup pitted dates

Filling

- 3 cups blueberries, fresh, or frozen, thawed, and drained
- 1/2 cup pitted dates
- 2 Teaspoons lemon juice
- 1/8 Teaspoon cinnamon

Directions:

In a food processor, process the dried coconut until it is coarsely ground. Add the macadamia nuts, sea salt, and process until the mixture is a coarse meal. Add the dates and process until the mixture sticks together when pressed between your thumb and forefinger. Press the crust into a shallow pie plate. Blend 1 cup of the blueberries with the dates, lemon juice, and cinnamon in a Vita-Mix or blender. Mix the blended blueberry mixture with the remaining blueberries. Using a spatula, fill the crust with the blueberry filling. Chill at least 1 hour to set.

* Dairy Free

* Egg Free



Paleo Turtle Cheesecake

Ingredients:

Crust

1 Cup pecans
1 Cup dates
2 Tablespoons cacao powder
1/8 Teaspoon sea salt

Filling

1 1/2 raw cashews, soaked in water 4-6 hours, rinsed and drained.
1 large lemon, juiced (about 1/4 cup)
1/3 Cup coconut oil, melted
1/2 Cup + 2 Tablespoons full fat coconut milk (use the cream off the top of can for richer texture, but if it will not separate it will still work just as fine.
1/2 Cup pure maple syrup or raw unfiltered honey

Topping

3/4 Cup coconut cream from top of can of full fat coconut milk
3/4 Cup coconut sugar
2 Tablespoons raw unfiltered honey
1/4 Cup non-hydrogenated palm oil shortening

Directions:

Crust

Blend pecans and pitted dates with cacao and salt in food processor until combined and crumbly. Press into bottom of cupcake liners in a tin and place cupcake tin in freezer until ready to add filling.

Filling

Add all filling ingredients to a blender and mix until very smooth. If it won't come together, add a touch more coconut milk. Divide the filling evenly amongst the muffin tins.

(Recipe continues on next page)



Paleo Turtle Cheesecake (continued)

Directions (continued):

Caramel Topping

Place coconut cream, coconut sugar, and honey in small saucepan and heat to boiling. Stir and turn heat down and simmer for 10 minutes. Allow to cool for 5 minutes and stir in the palm oil. Can be stored in a glass jar in the fridge.

Now add a scoop of yummy caramel to the top of the filling and use a toothpick to stir in a design. Chill in freezer for 4-6 hours or until hard. Pop out and store in fridge or top with glazed pecans or more yummy caramel and chocolate drizzle...I guarantee they won't last long!!!

* Dairy Free

* Egg Free



Cookies and Snacks

Healthy Oatmeal Cookies

Ingredients:

- 1 1/2 Cup organic almond butter or organic peanut butter
- 1/2 Cup extra virgin coconut oil
- 3/4 Cup raw unfiltered honey
- 1 to 1 1/2 Cups xylitol
- 3 organic free range eggs or egg replacer (see sheet in back of book)
- 2 1/2 Teaspoons aluminum-free baking soda
- 1 Teaspoon organic vanilla extract
- 4 1/2 Cups raw old-fashioned oats (gluten-free oats)
- 1/2 Cup ground flax seed
- 1 Cup raw organic walnuts, chopped
- 1 Cup raw organic pecans, chopped
- 1 1/2 Cup organic chocolate chips** (optional -- If you use chocolate chips, lower the amount of oats used to 3 and 3/4 cups.)

Directions:

Cream together almond butter, coconut oil, honey, and xylitol in bowl. Add eggs, baking soda, and vanilla, and beat well. Add oats, flax seed, walnuts, pecans, and chocolate chips (if applicable). Blend. Drop by spoonfuls onto ungreased cookie sheet. Bake at 325 degrees for 10-12 minutes. Cool. Delicious snack for kids and adults!

* Dairy Free (If you do not include organic chocolate chips. You can use dairy free chocolate chips, but they do have a small amount of sugar.)



Chewy Peanut Butter Cookies

(aka "Happy Daddy Cookies")

Ingredients:

1/3 Cup organic non-hydrogenated palm oil shortening
1 1/2 Cups of brown rice flour
1/2 Cup peanut butter
3/4 Cup xylitol
1/8 Cup unrefined coconut oil
2 Teaspoons aluminum-free baking powder
1 Tablespoon maca powder
1/2 Teaspoon sea salt
1 Teaspoon vanilla
1 Teaspoon xanthan Gum

Directions:

Preheat oven to 350 degrees. Lightly grease a cookie sheet. In a medium bowl, combine shortening, Peanut butter and brown rice flour. Beat well, scraping sides during mixing. Add remaining ingredients and mix well. Cookie dough will be tacky and soft.

Drop my rounded spoonfuls onto pan. Use fork to make criss-cross by pressing down gently and then sprinkle xylitol on each.

Bake for 15-18 minutes or until slightly brown along edges and tops take on color. When pull out of oven, gently press cookies in a crisscross pattern. Cool on wire rack.

* Dairy Free

* Egg Free

* Nut Free (if replace peanut butter with sun butter)



Triple Threat “Big Daddy” Cookie

(Makes about 25 cookies)

Ingredients:

1/3 Cup coconut oil – unrefined, organic
1/2 Cup coconut sugar (or xylitol)
1 Cup brown rice flour
1/3 Cup cacao powder
2 eggs or egg replacer (see sheet in back of book)
1/2 Teaspoon Ant extract
1/4 Teaspoon aluminum-free baking soda
1 Teaspoon aluminum-free baking powder
1/2 Teaspoon sea salt
1/2 Teaspoon xanthan gum
1 Teaspoon vanilla
1/2 Cup dairy free chocolate chips
1/4 Cup powdered xylitol *
Optional - Caramel Sauce (see recipe on page 8 or 27)

Directions:

Preheat oven to 350 degrees. Lightly grease a cookie sheet or use parchment paper.

In a medium-sized bowl, combine the oil and sugar(or xylitol). Beat well. Add the brown rice flour and beat well. Scrape down the sides of the mixing bowl several times during mixing. Add the remaining ingredients and beat well until the dough comes together (still very soft).

*To powder xylitol – place about a cup of it into a blender along with 1 Tbsp tapioca starch, process, and voila!

(Recipe continued on next page)



Triple Threat “Big Daddy” Cookie (continued)

Directions continued:

Take rounded teaspoonfuls of dough into your hands and form balls. Drop them into the powdered xylitol and gently cover them with the powdered mixture. Place them on the prepared pan and gently press the balls down to about a ¼ inch thickness.

Bake the cookies for 10 minutes. While cooling on a wire rack, drizzle the Caramel Sauce on them . . . and try not to eat the whole pan in a sitting!

* Dairy Free

* Nut Free



Rolled Sugar Cookies

Ingredients:

1/3 Cup Non-Hydrogenated shortening or coconut oil spread

1 3/4 Cup brown rice flour

1/2 Cup raw unfiltered honey

1/4 Teaspoon aluminum-free baking soda

1 Teaspoon aluminum-free baking powder

1/2 Teaspoon sea salt

1 Teaspoon organic vanilla

1 1/2 Teaspoon xanthan gum

10 drops of flavored stevia of your choice



Directions:

Preheat oven to 325 degrees. Lightly grease a cookie sheet. In a medium bowl combine shortening and brown rice flour and beat well. Scrape down sides. Add rest of ingredients. Once dough comes together, continue to beat 1 more minute to make it easier to handle. Dough will be very soft - refrigerate for 15 minutes before rolling out.

Roll out the dough about 1/4" thickness and cut with cookie cutters. Top with sprinkles and bake, or wait until baked and decorate. Bake 7-9 minutes until the edges just begin to brown. Cool on wire racks.

Top with icing or gluten free sprinkles.

* Dairy Free

* Egg Free

* Nut Free



Cherry Almond Cookies

Ingredients:

1 1/2 Cups almonds
1/2 Cup walnuts
1 1/2 Cups pitted, packed dates
1/2 Teaspoon almond extract
1/2 Cup dried cherries

Directions:

Grind 1/2 cup almonds into a powder in a food processor; set aside. Place the remaining 1 cup almonds and walnuts in the food processor and process until coarsely chopped. Add the dates and almond extract and process until the mixture sticks together. Remove the mixture to a mixing bowl. Add the dried cherries and mix. Form the dough into 2-inch round balls and flatten each ball slightly with the palm of your hand. Roll each cookie in the almond powder that you set aside. Store refrigerated or frozen in a sealed container. Cherry Almond Cookies keep for 1 month refrigerated and 3 months frozen.

* Dairy Free

* Egg Free



Chocolate Almond Cookies

Ingredients:

1 1/2 Cups dehydrated almonds
1/2 + 1/8 Cups coconut oil, softened
1 Cup arrowroot
1/2 Cup cocoa powder
1/2 Cup xylitol
1/2 Teaspoon sea salt
1 1/2 Teaspoons organic vanilla extract
1 Teaspoon almond extract
Extra almonds
Coconut flakes (optional)
ChocoPerfection Dark Chocolate Baking Chips (optional)

Directions:

Place almonds in food processor and process to a fine meal. Add remaining ingredients, except extra almonds, and process until well blended. Form dough into walnut-sized balls and place on buttered cookie sheets. Press an almond into each ball and top with coconut flakes, (if desired). Bake at 300 degrees for about 20 minutes. After 5 minutes in the oven, press cookies down lightly with a fork and top with chocolate chips (if desired). Let cookies bake for the remaining 15 minutes. Let them cool completely before placing in airtight container. Store in refrigerator.

* Dairy Free (unless use baking chips)

* Egg Free



Chocolate Chip Cookies (Version 1)

Ingredients:

2/3 Cup organic palm shortening
1 Tablespoon Grapeseed Oil
1 Cup xylitol mixed well with 1 tsp Molasses (to make brown Xylitol)
1/2 Cup xylitol
1 Tablespoon organic vanilla extract
1/3 Cup filtered water
2 1/4 Cups gluten free multi-purpose flour blend of your choice
1 Teaspoon sea salt
1 Teaspoon xanthan gum
1 1/2 Teaspoons aluminum-free baking soda
1/2 Teaspoon aluminum-free baking powder
1 – 10 oz. bag of Enjoy Life semi sweet chocolate chunks

Directions:

Preheat oven to 375 degrees
Cream shortening, oil, and both xylitols.
Add vanilla and water. Mix well.
In a separate bowl combine gluten free flour, sea salt, xanthan gum, baking soda, and baking powder
Add to creamed mixture and beat until smooth
Add in chocolate chunks
Bake for 8 to 10 minutes

*To make Double Chocolate Cookies add in 1/2 cup of raw cacao with the rest of the dry ingredients.

*Add nuts if desired

* Egg Free

* Dairy Free

* Nut Free



Chocolate Chip Cookies (Version 2)

Ingredients:

2 sticks of Earth Balance Soy Free Buttery Sticks
1 Tablespoon avocado oil
1 Cup coconut sugar
1/4 Cup xylitol
1 Tablespoon pure maple syrup
1/3 Cup filtered water
2 1/4 Cups Nu Life Gluten Free Flour Blend
1 1/2 Teaspoons aluminum-free baking soda
1/2 Teaspoon gluten free baking powder
1 bag of Enjoy Life Semi Sweet chocolate or carob chips

Directions:

Preheat oven to 350 degrees

Cream butter, oil, coconut sugar, and xylitol

Add water. Mix well.

In a separate bowl combine gluten free flour, baking soda, and baking powder

Add to creamed mixture and beat until smooth

Add in chocolate or carob chips

Bake for 8 to 10 minutes

* Egg Free

* Dairy Free

* Nut Free



Be Ginger Finger Cookies

Ingredients:

1/3 Cup organic coconut spread or non-hydrogenated shortening
1/2 Cup xylitol + 1/8 Teaspoon stevioside
2 Teaspoons molasses (unsulfured)
3/4 Cup brown rice flour
3/4 Cup sorghum flour
1 Tablespoon Reishi
1/2 Teaspoon aluminum-free baking soda
1/2 Teaspoon sea salt
1 Teaspoon xanthan gum
3/4 Teaspoon ginger
1/2 Teaspoon organic vanilla extract
5 drops of vanilla stevia
1 egg or egg replacer (see sheet in back of book)

Directions:

Preheat oven to 375 degrees. In a medium bowl – combine shortening, sugar, and molasses. Beat well – scrape down sides. Add remaining ingredients & beat well. Batter will form a soft dough – keep beating for another 30 seconds to stabilize dough. Take a little less than a Tablespoon of dough and roll into “finger” shape, or what looks like a tootsie roll.

Bake 7-8 minutes until edges are slightly browned. Cookies will crisp during cooling on wire rack. When cool enough to touch, roll in powdered xylitol.

* Dairy Free

* Nut Free



Honeyed Nuts

Ingredients:

2 Tablespoons organic extra virgin olive oil
2 Tablespoons raw unfiltered honey
Sea Salt to taste

1 Cup organic almond slices
1 Cup organic sunflower seeds
1 Cup of your favorite seed or nut

Directions:

In bowl, blend olive oil, honey, and sea salt.
Next, mix the nuts with the honey mixture. Store in refrigerator.

* Dairy Free

Chocolate Chip Peanut Butter Balls

Ingredients:

1/2 Cup organic 60% - 73% cacao chocolate chips or dairy free chocolate chips
1/2 Cup organic unhulled sesame seeds
1/2 Cup organic shelled sunflower seeds
1/2 Cup organic shelled pumpkin seeds
1/2 Cup raw unfiltered honey
1/2 Cup organic peanut butter (unsweetened)
1/2 Cup gluten free oat bran or gluten free oats
1/4 Cup almond flour
1/2 Cup organic unsweetened coconut (in separate bowl)
1 - 2 Tablespoons chia seeds (in bowl with coconut)

Directions:

Combine all ingredients except coconut and chia seeds. Form into balls and roll in coconut and chia mixture. Refrigerate or freeze. Yields about 3 dozen balls.

* Dairy Free

* Egg Free

* Nut Free (if replace peanut butter with sun butter)



Healthy Fudge Squares

Ingredients:

3/4 Cup organic sunflower seeds

3/4 Cup organic sesame seeds

1/2 Cup organic unsweetened coconut

Mix together above ingredients and set aside.

3/4 Cup raw unfiltered honey

1 Cup organic peanut butter or organic almond butter

2/3 organic cocoa powder



Directions:

Slightly warm honey and peanut butter in saucepan until soft enough to stir in cocoa. Add all seeds and coconut. Put mixture in 8 x 8 pan. Cut into squares. Makes 40 small squares.

* Dairy Free

* Egg Free



Chocolate/Peanut Butter Haystacks

(Use a variety of gluten free nuts, cereals, etc. . . to make your own unique haystacks)

Ingredients:

2 Cups Dairy Free Chocolate Chips (or use 2 oz square unsweetened baking chocolate and melt with about 1/2 cup raw unfiltered honey)

1 Cup Peanut Butter

2 Cups chopped pecans

2 Cups gluten free pretzel sticks

1 Cup gluten free puffed brown rice

1 Cup gluten free puffed flax

Half batch of homemade marshmallows cut into small squares

Directions:

Melt chocolate chips or chocolate squares in small saucepan over low heat with a tiny bit of coconut oil (less than 1/4 Teaspoon). Add peanut butter and stir till smooth. Put all dry ingredients in a large bowl and pour chocolate mixture over it. Mix gently to cover all dry ingredients with chocolate mixture. Quickly add homemade marshmallows and stir to combine (don't stir too much or they will start to melt from the warm chocolate mixture) Drop by spoonfuls on cookie sheets covered with parchment paper. Refrigerate or freeze.

*You can make this without peanut butter and marshmallows for just a chocolate bark option, or you can add a few drops of flavored stevia or extracts to make different flavors – experiment . . . it's fun!

* Egg Free



Pumpkin Pie Bars

Ingredients:

Crust

2 Cups almond meal
6 Tablespoons coconut oil, melted
1/4 Cup xylitol
3/4 Cup brown rice flour
Extra coconut oil for greasing pan

Filling

1 can pure pumpkin
1/2 Cup pure maple syrup
1 can full fat coconut milk, refrigerated for at least a day.
2 Tablespoons tapioca flour
3 Teaspoons pumpkin pie spice
1/2 Teaspoon sea salt
1 Tablespoon organic vanilla extract
2/3 Cup water
2 Teaspoons agar-agar powder (can use flakes if you put them through food processor)

Directions:

Crust

Grease a 13 x 9" pan with coconut oil and set aside. Preheat oven to 375 degrees. Combine all ingredients in a food processor and mix until well combined. Mixture should form a dough. Depending on room temperature, this mixture may look runny like pancake batter or solid like cookie dough.

Filling

Transfer to the baking pan and press with spoon so that dough is distributed evenly across the pan. Bake for about 20 minutes or until dough begins to turn golden brown on the edges. Cooking time may be shorter for metal pans. Allow to cool completely, even refrigerating before adding the pumpkin pie mixture.

(Recipe continued on next page)



Pumpkin Pie Bars (continued)

Directions:

Scoop the solid portion of the canned coconut milk into a blender. Of the remaining liquid in the bottom of the can, pour out $\frac{1}{4}$ cup and save for other purposes or discard. Pour the remaining liquid in the can into the blender. Add the pumpkin, maple syrup, tapioca flour, pumpkin pie spice, salt and vanilla and blend until smooth. Set aside.

Pour water into a large saucepan. Sprinkle the surface with the agar-agar powder and whisk. Bring to a boil. Simmer gently for 1-2 minutes. Whisk the pumpkin mixture into the agar-agar mixture. Return the mixture to a boil, whisking constantly, while simmering for 2-3 minutes.

Pour the hot pie filling onto the pre-baked crust. Refrigerate until firm and set, a minimum of 3 hours. Cut bars into the desired size. Serve chilled. The agar-agar should keep the bars solid even at room temperature for an extended period of time.

* Dairy Free

* Egg Free

* Nut Free



Lemon Lavender Bars

Ingredients:

Crust

1/2 Cup almond flour
1/2 Cup tapioca flour
3 Tablespoons raw unfiltered honey, warmed if solid
2 Tablespoons ghee or coconut oil, warmed if solid
Zest of 1/2 lemon



Filling

5 large organic eggs or egg replacer (see sheet in back of book)
1/2 Cup fresh lemon juice
1 Tablespoon tapioca flour
1/2 Cup raw unfiltered honey, warmed if solid
1 drops of lavender essential oil (alter to taste)
3 drops of lemon essential oil (alter to taste)

Directions:

Crust

Preheat oven to 350 degrees. Mix together almond flour, tapioca flour, honey, and lemon zest. Press into the bottom of a 8x8 glass baking pan and bake for 15 minutes or until light golden brown. Remove from oven and set aside.

Filling

Whisk eggs well in a medium mixing bowl. In a separate bowl, mix the lemon juice and tapioca flour until fully combined. Add in the eggs and whisk well. Whisk in the raw honey. Add a few drops of lavender and lemon oil and pour over the crust. Bake for 21-25 minutes or until just set. The bars will continue to firm as they cool. Remove from oven and allow to cool completely, then refrigerate for at least 4 hours until ready to serve.

* Dairy Free

* Nut Free



Orange Blossom Cookies

Ingredients:

3 Cups almond flour
1/4 Cup coconut flour
1/3 Cup coconut oil, melted
1 Tablespoon organic vanilla extract
1/2 Teaspoon aluminum-free baking soda
1/3 Cup raw unfiltered honey
5 - 10 drops orange stevia
1 Banana (optional)



Directions:

Preheat oven to 350 degrees. Place all ingredients (except banana) in a bowl and mix. Form 1 - 1 1/2 inch balls with the dough and place on a cookie sheet. Press dough balls down with a wet fork creating a cross hatch pattern. Wet the fork after every cookie to prevent the dough from sticking. Bake for 13-15 minutes (until tops are golden brown). After cooling, top cookies with banana slices and enjoy!

* Egg Free

* Dairy Free



Salted Caramel Brownies

Ingredients:

Brownie

1 Cup gluten free flour blend
1/2 Cup xylitol
3/4 Cup cacao powder
1/2 Teaspoon aluminum-free baking powder
1/2 Teaspoon sea salt
1/3 Cup cacao butter, melted and cooled
1/4 Cup coconut milk
1/4 Cup water
3 Tablespoons pure maple syrup
1 Tablespoon yacon syrup



Dairy Free Caramel Sauce

1/2 Cup xylitol - add 1/2 teaspoon molasses to make brown xylitol
1 Tablespoon tapioca flour
1/2 Teaspoon sea salt
1/3 Cup coconut milk fat (full fat, unsweetened coconut milk)
3 Tablespoons pure maple syrup
1 Tablespoon coconut oil

Directions:

Mix flour blend, xylitol, cacao powder, baking powder, and salt. Stir in melted and cooled cacao butter, coconut milk, water, maple and yacon syrup. Mix well and pour into a greased 8x8 inch square baking dish. Heat oven to 325 degrees and bake 20-25 minutes.

In a small saucepan, combine browned xylitol, tapioca starch, and salt. Whisk until combined. Open a can of unshaken coconut milk. Do not stir. Remove 1/3 of the thick coconut milk fat from the top of the can.

(Recipe continued on next page)



Salted Caramel Brownies (continued)

Directions continued:

Add to the saucepan with the maple syrup and coconut oil. Cook and stir on medium heat until bubbly. Continue to cook another 3 minutes. Pour the caramel over the brownies. The remaining caramel can be covered and chill in the refrigerator.

Gluten Free Flour Blend

To make flour blend, combine 1 cup of sweet sorghum, 1/2 cup of tapioca starch, 1/2 cup of potato starch and 1/3 cup of quinoa flour. Use appropriate amount for recipe; store remainder in container with a tight-fitting lid. Stir before using.

- * Egg Free
- * Nut Free
- * Dairy Free



Chocolate Cupcake with Maple Bacon Glaze

Ingredients:

Cupcake

- 1 1/2 Cups gluten free flour blend (Namaste brand is recommended)
- 1/2 Cup tapioca flour
- 1 Cup xylitol
- 3/4 Cup cacao powder
- 2 Teaspoons aluminum-free baking soda
- 1 Teaspoon aluminum-free baking powder
- 1 Teaspoon sea salt
- 1 Cup coconut creamer
- 1 Teaspoon apple cider vinegar
- 1/2 Cup grapeseed oil
- 2 Organic eggs or egg replacer (see sheet in back of book)
- 1 Teaspoon organic vanilla extract
- 1 Cup organic fresh coffee (hot)
- 2 Tablespoons pure maple syrup
- 1 Tablespoon lacuma powder (optional)

Glaze

- 2 Tablespoons raw cacao butter
- 1 Teaspoon bacon grease
- 2 Tablespoons pure maple syrup
- 1/2 Teaspoon organic vanilla
- 1 Tablespoon tapioca flour
- 1/4 Teaspoon cinnamon
- Nitrate free bacon
- *Add tapioca to preferred thickness

Directions:

Cupcake

Preheat oven to 325 degrees. Combine flour blend, tapioca flour, xylitol, cacao powder, baking soda, baking powder, salt, and lacuma powder into a large mixing bowl.

(Recipe continued on next page)



Chocolate Cupcake with Maple Bacon Glaze (continued)

Directions continued:

Stir together and put aside. Combine coconut creamer, apple cider vinegar, grapeseed oil, eggs or egg replacer, vanilla, hot coffee, and maple syrup in separate large mixing bowl. Add wet ingredients to dry ingredients and stir in until fully mixed. Place into cupcake liners in pan and place into the oven for 15- 25 minutes or until browned on top, middle is set, and toothpick comes out clean.

Glaze

Combine all ingredients listed in the glaze section above into a oven-top friendly pan. Bake at low to medium heat until it starts sizzling stirring occasionally. After 3-6 minutes take off heat and let harden just enough to coat on the cupcakes.

- * Cook bacon and cut into small bites and sprinkle on top of the glazed cupcakes!
- * Add Enjoy Life mini chocolate chips to the cupcakes batter for a more chocolatey taste!

- * Dairy Free
- * Nut Free



Grain Free Zucchini Muffins

Ingredients:

Muffin

1 1/2 Cups almond flour
1 1/2 Teaspoon cinnamon
3/4 Teaspoon of aluminum-free baking powder
1/2 Teaspoon sea salt
1/2 Teaspoon nutmeg
3 eggs or egg replacer (see sheet in back of book)
1 very ripe banana
1/4 Cup raw unfiltered honey
1 Cup shredded zucchini

Frosting (optional)

3/4 Cup organic palm shortening
1/2 Cup coconut cream (refrigerated over night)
1/2 Cup raw unfiltered honey, melted
2 Tablespoons tapioca flour
1 Teaspoon vanilla

Directions:

Muffin

Preheat oven to 350 degrees. Grease a muffins pan or use muffin liners (works best). Shred zucchini and press between paper towels until excess moisture is removed. Mix all ingredients together in a small bowl. Beat the eggs, then add the honey and banana and beat on medium for about 1 minute, until frothy.

Add the zucchini and mix until combined. With mixer running, add dry ingredients until combined. Spoon batter into prepared pan. Regular muffins bake for 30-35 minutes and mini muffins for 20-25 minutes or until browned on top, middle is set, and toothpick comes out clean.

(Recipe continued on next page)



Grain Free Zucchini Muffins (continued)

Directions continued:

Vanilla Frosting

Scoop off the 1/2 cup of coconut solids that have risen to the top of the can. Beat the coconut solids and palm shortening until thick. Add the rest of the ingredients and mix until completely combined. Refrigerate for at least a half hour and then re-mix to make fluffy.

* Dairy Free



Nut Clusters

Ingredients:

- 2 oz. of unsweetened chocolate
- 2 Teaspoons water
- 1/2 Cup raw unfiltered honey
- 1 Cup organic peanut, sun, or almond butter
- 1/4 Teaspoon vanilla
- 2 1/2 Cups organic nuts



Directions:

Melt chocolate in small saucepan over low heat. Pour melted chocolate in a bowl and combine with water, honey, your choice of nut butter, and vanilla. Mix until smooth. Add nuts. Drop by spoonful onto cookie sheet or other dish. Refrigerate or freeze. Yields 2 dozen clusters.

* Dairy Free

* Egg Free



Candies

Raw Chagalates

Ingredients:

1 Cup organic unrefined coconut oil or melted cacao butter
3/4 Cup raw cacao powder
6 Tablespoons pure maple syrup or raw unfiltered honey
1 Tablespoon chaga mushroom powder
Pinch of sea salt

You can add flavored stevia for endless flavor possibilities.

Directions:

Place spoonful on parchment paper and place in freezer for 10-15 min. Keep refrigerated, as they melt quickly. Melt in your mouth yumminess!!!

* Dairy Free

* Nut Free

* Egg Free



Flavored Raw Chagalates

PB Maca Cacao Chagalates

Filling:

1/2 Cup unsweetened organic creamy peanut butter or sun butter

1 Teaspoon maca

3 Tablespoons powdered xylitol

Dash of sea salt

Use mini cupcake liners and layer chagalate-filling-chagalate. Freeze.

Cacao Cherry Chagalates

Filling:

1/2 Cup organic cherries

Black Cherry liquid stevioside

Blend cherries and stevioside (start with 5 drops and add more to taste) in a food processor or blender. Use mini cupcake liners and layer chagalate-filling-chagalate. Freeze.

Minty Chagalates

Filling:

1/4 Cup organic shredded coconut

2 Tablespoons coconut oil

2 Teaspoons powdered xylitol

1/2 Teaspoon organic peppermint extract

* Dairy Free

* Nut Free (minus PB Maca Cacao Chagalate)

* Egg Free



Vegan Salted Caramels

Ingredients:

1 Cup full fat coconut milk

1/2 Cup coconut sugar

1/3 Cup Earth Balance Soy Free Vegan Butter

1/4 Cup pure maple syrup

1/2 Teaspoon organic vanilla extract

Juice of 1 lemon wedge

2 pinches of ground Himalayan salt or sea salt (omit if you don't like the sweet/salty taste)

Directions:

Throw all the ingredients into a small saucepan (except for the vanilla, lemon juice, and salt) and melt on medium heat. Stir continuously. Once mixture begins to boil, add candy thermometer. Leave alone without stirring until it reaches between the soft and hard ball stages (250-275° F). Please note that it will take awhile for your caramels to get up to 250°. You can always remove them from the heat anywhere after 240° if you don't want to wait - they will be softer and melt a little quicker once it hits room temperature but it will still taste just as good! Know that if you want to wait for 250+° I spike quickly once it does go past 250° so make sure to watch it carefully to prevent burning.

Remove from heat and stir in vanilla, lemon, and salt. Pour onto parchment paper-lined 8x8 pan (or your choice, depending on how thick you want the caramels to be). Allow to cool for 10 minutes. Chill in the fridge for 30-60 minutes or until set. Cut into squares or rectangles with kitchen scissors or knife. Wrap in precut wax paper and store in fridge.

* Nut Free

* Dairy Free

* Egg Free



Paleo Turtles

Ingredients:

- 1 bag of Enjoy Life Chocolate Chips or Carob Chips
- 1/2 Cup pecans
- 1 batch of Vegan Salted Caramels (see recipe on page 35)

Directions:

Line a baking sheet with a piece of parchment paper. Place melted chocolate in a ziploc bag with a slit cut out of the corner and drip 1 tsp. of chocolate onto the parchment paper, making circles. You may want to use the back of a spoon to flatten them down.

For each chocolate circle, place 6 pecan slices on top of the chocolate in the position for the head, legs, and tail - or just set a pecan in the center of the chocolate circle to make it simpler. Place the baking sheet in the freezer for 5-10 minutes.

Remove the baking sheet and place one square of paleo caramel on each and pipe the remaining chocolate on top of the caramel. Smooth out with the back of a spoon to ensure it is evenly spread. PLEASE READ: Do this one at a time because the warm chocolate hitting the items that have been in the freezer will cause the chocolate to quickly harden. If you wait too long, your chocolate will be unworkable. Allow the turtles to fully set in the freezer and store in the fridge or at room temperature.

* Dairy Free

* Egg Free

Paleo Turtles

Ingredients:

- 1 batch Raw Chagalates (see page 33 for recipe)
- 1/2 Cup pecans
- Raw medjool dates, pitted

Directions:

Use same directions as the "Paleo Turtles" recipe above and omit caramel. Place a date on top of the pecans before baking for 5-10 minutes.

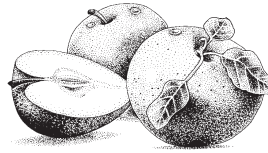


Miscellaneous

Baked Apples

Ingredients:

3 apples chopped
Dabs of organic coconut oil
Cinnamon
Small amount of stevia

**Directions:**

Place chopped apples in glass baking pan. Put dabs of coconut oil over apples. Sprinkle with cinnamon, small amount of stevia, and a small amount of water. Bake in oven at 425° for 20 minutes or until apples are tender.

- * Egg Free
- * Nut Free
- * Dairy Free

Fruitsicles

Ingredients:

1 cup frozen sliced bananas
1 cup frozen strawberries, raspberries, sliced peaches or other fruit
1/2 Teaspoon organic vanilla extract
1/4 to 1/2 cup unsweetened hemp, coconut, almond, or rice milk

Directions:

In a food processor, pulse fruit until coarsely chopped. Add milk a little at a time through top of processor, and puree until creamy. Serve immediately, or freeze in individual-size containers for later. These also make great popsicles. Just pour into molds and freeze. Makes 4 servings.

- * Egg Free
- * Dairy Free
- * Nut Free (if no almond milk is used)



Homemade Chocolate Syrup

Ingredients:

3 Cups pure maple syrup
2/3 Cups olive oil
2 Tablespoons organic vanilla extract
1 Cup cacao powder

Directions:

Mix all ingredients in a blender. Pour into a glass jar with a lid and refrigerate.

* Dairy Free
* Egg Free
* Nut Free

Homemade Marshmallows

Ingredients:

6 Tablespoons boiling water
2 Envelopes unflavored gelatin
1 Cup pure maple syrup
1 Teaspoon vanilla
1/4 Teaspoon sea salt
Tapioca starch
9x12 pyrex dish

Directions:

Add gelatin to boiling water and stir to fully dissolve. Next add syrup, vanilla and salt. Beat with an electric mixer for 12 minutes until the marshmallows are very thick and tripled in size. Pour marshmallows into a 9x12 inch Pyrex dish coated in cooking spray and dusted with starch. Let marshmallows cool for at least three hours, or overnight. Cut marshmallows with a wet knife into squares. Serve as is, in hot cocoa, or use to make other yummy treats!

* Dairy Free
* Egg Free
* Nut Free



Chavacado Mousse

Ingredients:

8 medjool dates, pitted
1/2 Cup water
3 medium avocados, pitted
1 Cup milk (coconut, almond, rice, or hemp)
1/4 Cup raw unfiltered honey
5 to 6 Tablespoons cacao or cocoa powder
1 to 2 Tablespoons chaga mushroom
2 Teaspoons vanilla
Pinch sea salt
(add a flavored stevia, like black cherry, vanilla, black raspberry, etc. to taste)

Directions:

Place the dates into your blender and cover with the 1/2 cup water. Pack the dates down if needed so they are covered, for the most part, in the water. Let soak for about 30 minutes.

Then add in the remaining ingredients and blend until very smooth and creamy. Depending on your blender, you may need to add a little extra coconut milk or water.

Pour into small bowls and serve as mousse.

Note:

After blending all of the ingredients together you can immediately serve this as mousse or pour it into popsicle molds for “fudgesicles”.

* Egg Free

* Nut Free (if no almond milk is used)



Faith's Peanut Power Cup-sicles

Ingredients:

Chocolate

1/2 Cup coconut oil or cacao butter

1/4 Cup raw cacao powder

2 Teaspoons stevia (equivalent to 1/3 cup sugar)

1/2 Cup xylitol (powder it in a blender first)

1 Teaspoon sea salt

1/2 Cup peanut butter (or sunbutter, but make sure it has no sugar added)

Peanut Butter Filling

1/4 Cup protein powder (I use rice protein powder)

1/8 Teaspoon sea salt

1 1/2 Teaspoon stevia

2 Tablespoons xylitol

1/2 Cup peanut butter (or sunbutter)

2 Tablespoons coconut oil

Additional Items

Cupcake liners & cupcake pan

Popsicle sticks

Directions:

Using a small saucepan, heat all the ingredients for the chocolate on med/low heat and stir until they are well blended. The xylitol may not melt completely - that is fine! Take off the heat.

Put the cupcake liners in the cupcake pan. Put enough chocolate in the liner to fill it about a 1/4 of the way up. Then stick it in the freezer for about 15-20 minutes.

(Recipe continued on next page)



Faith's Peanut Power Cup-sicles (continued)

Directions continued:

While the chocolate is freezing, make the peanut butter filling. Mix all the peanut butter filling ingredients together in a small bowl.

Next, take out the cupcake pan from the freezer and put about a tablespoon of the peanut butter filling in each of the liners. Then, put enough chocolate to fill almost to the top of the liner. (Make sure to cover the peanut butter filling)

Now put a popsicle stick in each one and put it in the freezer for 2-3 hours, or overnight is fine too!

And voila! You can enjoy a Peanut Power Cup-sicle! Yum!!

* Dairy Free

* Egg Free

Golden Blueberry Chia Pudding

Ingredients:

1 1/2 Cups organic almond milk (or milk of your choice)

1/2 Cup fresh or frozen organic blueberries

1/3 Cup organic chia seeds

4-6 Tablespoons pure maple syrup or raw honey

1/2 Teaspoon organic vanilla extract

1/4 Teaspoon sea salt

2 drop of blueberry stevia

Directions:

Add everything in a blender and blend until smooth. Refrigerate for at least 3 hours (overnight is the best). Enjoy!

*Optional - sprinkle with dried blueberries before serving.

* Dairy Free

* Egg Free

* Nut Free





The Wellness Way
We don't guess...we test!

Egg Alternatives



Ground
Flax

Chia
Seeds

Quail/Duck
Eggs

Agar
Agar

Bananas

Applesauce

Nut/Seed
Butter

1 tbsp

Ground
Flax

+

3 tbsp

Water

=



1
Egg

blend until
mixture is thick,
creamy, &
egg-like

1 tbsp

Chia
Seeds

+



Water

=



1
Egg

mix and let
sit for 15
minutes



3-4
Quail
Eggs

OR



1
Duck Egg

=



1
Egg

1 tbsp

Agar
Agar

+

1 tbsp

Water

=



1
Egg



1/2
Mashed
Banana

=



1
Egg



Unsweetened
Applesauce

=



1
Egg

3 tbsp

Nut/Seed
Butter

=



1
Egg

TWWClinics.com



Summary of Baking Tips for Making Healthy Desserts

Fats

- Use coconut oil in place of other oils (or Earth Balance Soy Free Buttery Spread in place of butter) when baking or cooking.
- Do not heat olive oil. Enjoy it at room temperature.
- Use raw or organic when using dairy products.

Sugar

- Use Xylitol in place of sugar in many recipes. (1 to 1 replacement)
- Use brown Xylitol or coconut palm sugar in place of brown sugar in many recipes.
- Use powdered Xylitol in place of powdered sugar in many recipes.
- Use Stevia drops or Stevia powder in beverages.

Gluten/Grains

- Use coconut flour or gluten-free all purpose flour in place of white flour or wheat flour in many recipes.
- Use 1/2 Teaspoon xanthan gum and 1/2 Teaspoon arrowroot powder to gluten-free cookie recipes to help the cookie hold together better.
- Use nut crusts in place of regular pie crusts in many pie recipes.

Extra Tips

- Add Hemp Hearts, Chia Seeds, flax, or medicinal mushrooms to many recipes for added health benefits.
- Make sure that you use eggs that are free range and organic.
- Make sure your baking soda and baking powder is aluminum free.
- Use organic vanilla extract in place of imitation vanilla extract.
- Use a few drops of berry juice (from a thawed bag of raspberries, blueberries, blackberries, etc.) in place of food coloring when making icing for cut out cookies; or use organic food coloring (www.seelecttea.com).
- Try using some flavored stevia drops from Nature's Stevia. This can give different hints of flavor or add a little more sweetness.

Enjoy!



Healthy Desserts without the Guilt!

Nutrition Facts

Serving Size: A Generous Portion

Servings: As Much as You Want

	Amount Per Serving	% Daily Value
Happiness	A Lot	100%
Smiles	1 per bite	*
Health	Plenty	100%
Sweetness	Ample Amounts	100%
Guilt	0 g	0%

* Daily Value not established.

These statements **have been** evaluated by the **FDA (Fantastic Desserts Association)**. These foods **are intended** to induce a state of euphoria and delight for your taste buds.



The Wellness Way
We don't guess...we test!

The Wellness Way Health Clinics

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The following items are available for purchase (when in stock) at your nearest Wellness Way office location:

- Chaga Powder
- Reishi Powder
- Xylitol
- Hemp Hearts
- Protein Powder
- Coconut Oil
- Cacao Powder
- Cacao Butter
- Maca
- Over 25 flavors of Stevia
- And much more!