

7 Healthy Desserts

For a sweet treat you can feel good about!

Gluten Free Baked Apple Cider Doughnuts

1 stick of butter, melted (1/2 c.)

1/2 c. brown sugar

1/4 c. coconut sugar

1 tsp. vanilla

1/2 c. apple cider

2 eggs

1 tsp. cinnamon

1/4 tsp. nutmeg

1 1/4 tsp. baking powder

1/4 tsp. salt

1/4 c. corn starch

1 1/2 c. gluten free flour

blend

Apple Cider Glaze

2 Tbsp. butter, melted

1/2 c. apple cider

Cinnamon Drizzle

1/2 c. powdered sugar

1/4 tsp. cinnamon

1+ Tbsp. apple cider

1 Tbsp. butter, melted

1. Preheat the oven to 350 degrees.
2. In a large mixing bowl, beat the melted butter, brown sugar, coconut sugar, vanilla, and apple cider. Then, beat in the eggs, cinnamon, nutmeg, baking powder, salt, corn starch, and gluten free flour blend. Scoop batter into a piping bag.
3. Grease a doughnut pan with melted butter or nonstick spray. Pipe batter into each doughnut well, until about 1/2 to 2/3 full. Bake for 9-12 minutes, until an inserted toothpick comes out clean. Allow to cool for a few minutes.
4. **APPLE CIDER GLAZE:** In a small bowl, melt the 2 Tbsp. of butter. Next, whisk in the apple cider. While doughnuts are still warm, dip one side of each doughnut into the apple cider glaze.
5. **CINNAMON DRIZZLE:** In a small bowl, whisk the powdered sugar, cinnamon, and apple cider. Then, whisk in the melted butter. Add more apple cider or powdered sugar, until a thick glaze is formed. Pipe or drizzle over the doughnuts.





Healthy Gluten Free Banana Bread

- 3 medium bananas, overripe*
- 2 Tbsp. butter, melted*
- 2 Tbsp. monk fruit or maple syrup (or 1/4 c. brown or coconut sugar)*
- 1 tsp. vanilla*
- 2 eggs*
- 1 Tbsp. orange juice (can omit)*
- 1 tsp. cinnamon*
- 1/2 tsp. baking soda*
- 1/2 tsp. baking powder*
- 1/4 tsp. salt*
- 1 1/2 c. gluten free flour (I used 1 c. of oat and 1/2 c. gf blend)*

Cinnamon Drizzle

- 1 Tbsp. butter, melted*
- 1/3 c. powdered sugar*
- 1/2 tsp. vanilla*
- 1/8 tsp. cinnamon*
- 1+ tsp. milk or cream*

1. Preheat the oven to 350 degrees.
2. In a large mixing bowl, use a fork to mash the bananas. Then, whisk in the melted butter, maple syrup, vanilla, and eggs. Next, whisk in the orange juice, cinnamon, baking soda, baking powder, salt, and gluten free flour.

3. Spray a mini or regular loaf pan. Scoop about 1/4 cup of batter into each mini loaf well. Next, bake for 20-22 minutes, until an inserted toothpick comes out clean. For a large loaf pan, bake for 55-60 minutes.
4. **Cinnamon Glaze:** In a small bowl, whisk the butter, powdered sugar, vanilla, cinnamon, and milk/cream until a thick glaze forms. Add more milk or powdered sugar to reach your desired consistency. Drizzle or pipe over the mini loaves.

Chocolate Peanut Butter Chia Pudding

- 1/2 c. milk*
- 2 Tbsp. chia seeds*
- 1 Tbsp. monk fruit or maple syrup*
- 1 Tbsp. creamy peanut butter*
- 1 Tbsp. dark cocoa powder*

1. In a small bowl, whisk the milk and chia seeds. Then, whisk in the syrup, peanut butter, and cocoa powder. Allow to sit on the counter for 5 minutes. Next, stir again making sure all clumps are gone.
2. Cover and refrigerate for at least 2 hours.



Carrot Cake Oat Bars

- 1 large carrot
- 1 c. cashews
- 2 c. old-fashioned or rolled oats
- 1/4 c. brown sugar
- 2 Tbsp. maple syrup
- 1 tsp. pumpkin pie spice
- 1/2 tsp. cinnamon
- 2 Tbsp. butter, cubed

Cream Cheese Drizzle

- 4 oz. light cream cheese
- 1 Tbsp. milk or cream
- 2 - 3 Tbsp. powdered sugar
- 1/4 tsp. cinnamon

- In a food processor, blend the carrots. Next, add the cashews, oats, brown sugar, maple syrup, pumpkin pie spice, cinnamon, and butter. Process until mixture is in tiny pieces and easily clumps together.
- Press into a 9x9 baking dish. Then, cover and refrigerate for at least an hour.
- In a small mixing bowl, beat the cream cheese until smooth. Next, beat in the cream/milk, powdered sugar, and cinnamon. Drizzle or pipe over the oat bars. Store bars in the fridge.



Cannoli Baked Oatmeal

- 2 Tbsp. coconut oil, melted (or butter)
- 1/2 c. applesauce or yogurt
- 1/4 c. brown sugar

- 2 Tbsp. maple syrup
- 1 tsp. vanilla
- 2 eggs
- 1 Tbsp. orange juice
- 1/4 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 c. flour (I used oat)
- 1 c. milk (I used almond milk)
- 2 c. old-fashioned oats
- 1/4 c. mini chocolate chips

FROSTING

- 8 oz. ricotta cheese
- 2 oz. cream cheese
- 1 tsp. vanilla
- 1/8 tsp. cinnamon
- 2 tsp. orange juice
- 1/2 c. powdered sugar
- 1 c. organic whipped topping
- 1/4 c. mini chocolate chips

- Preheat the oven to 350 degrees.
- In a large mixing bowl, whisk the oil, applesauce/yogurt, brown sugar, maple syrup, vanilla, eggs, orange juice, cinnamon, baking powder, salt, and flour. Carefully whisk in the milk. Then, stir in the oats and mini chocolate chips. Next, pour into a greased 9x13 baking dish or 12 lined-muffin cups. Bake for 30 minutes.
- FROSTING: In a large mixing bowl, beat the ricotta and cream cheese until smooth. Then, beat in the vanilla, cinnamon, orange juice, and powdered sugar. Fold in the whipped topping. Pipe over the cooled oatmeal muffins. Finally, sprinkle with mini chocolate chips. Store in the fridge.





Red Velvet Protein Bites

1 1/2 c. raw cashews
1/4 c. almond butter
2 Tbsp. maple syrup
1 tsp. vanilla
2 scoops chocolate protein powder

1/2 c. milk (I used almond milk)
1-2 Tbsp. beet root powder
Plant-based red food coloring

1. In a food processor, pulse the oats and cashews until only tiny pieces remain. Then, add the almond butter, maple syrup, vanilla, and protein powder. In a small bowl, stir the milk and beet root powder. Next, add to the food processor and blend until a mostly smooth dough is formed. If desired, add a few drops of red food coloring and blend. Scoop and roll into balls.
2. In a small bowl, melt the white chocolate chips. Use a spoon to drizzle over the protein bites. Store in the fridge.

S'mores Sweet Potato Bites

2 medium sweet potatoes
Coconut oil
1 Tbsp. sugar
1/3 c. chocolate chips
1/2 c. mini marshmallows
1 gluten free graham cracker sheet, crushed

1. Set the oven to high broil and leave the door cracked.
2. Slice the sweet potatoes about 1/4 inch thick (about 6-8 slices per potato.) Brush with melted coconut oil. Then, high broil for about 6 minutes, until beginning to brown and fork tender. Remove from the oven and sprinkle with sugar.
3. Set oven to low broil. Next, top each potato slice with 4-5 chocolate chips and 4-5 mini marshmallows. Sprinkle with crushed graham crackers. Then, low broil for 1-3 minutes, until marshmallows are browned. Best served warm.

