How to Indulge Your Sweet Tooth – High-Quality-Style!

Alternative Sweetener Cheat Sheet

Sweetener	Sweetness level	HQ form to buy	Benefits	Things to consider
Stevia	About 300 times sweeter than table sugar	The actual stevia plant or check the label to verify it is from 100% whole leaf stevia. Look for RebA.	Non-caloric, no impact on blood sugar, and may reduce blood pressure	Many people dislike the aftertaste, many companies sell highly processed forms of stevia combined with other sugars
Xylitol	About the same sweetness as table sugar	From a non-GMO plant source	Low caloric, not a significant impact on blood sugar, some studies show it can help reduce plaque buildup and harmful bacteria in the mouth	Potential minor digestive issues in some people, can be toxic to household pets, like dogs; is very processed
Erythritol	About 70% as sweet as table sugar	100% erythritol	Nearly non-caloric, tastes very similar to table sugar, does not spike blood sugar or insulin, easily digested	Potential minor digestive issues in some people
Coconut Palm Sugar	About the same sweetness as table sugar	Check the label for coconut crystals, coconut sugar or coconut palm sugar	Has a low glycemic index, contains some nutrients and fiber	Still contains a moderate amount of fructose which should be limited
Agave	1.5 times sweeter than table sugar	Organic agave	Lower glycemic index than regular table sugar	Agave contains a high percentage of fructose which is not healthy for your body.
Honey	Slightly sweeter	Raw, local & organic	Can help boost immune system	Just don't overdo it

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Sweetener	Sweetness level	HQ form to buy	Benefits	Things to consider
	than table sugar		& seasonal allergies	
Lucuma Powder	Has a sweet, maple flavor	100% lucuma powder	Good source of fiber & nutrients, can help boost the immune system; does not impact blood sugar levels	Does not dissolve in beverages
Maple Syrup	About 3 times as sweet as table sugar	Organic pure grade B maple syrup	Lower fructose content than table sugar, contains some trace minerals	Don't overdo it; it's still sugar
Monk Fruit (lo han gou)	About 200-300 times sweeter than table sugar	Pure monk fruit or pure lo han gou sweetener	Non-caloric, no impact on blood sugar, may have anti-inflammatory benefits	Beware of certain processed brands that contain other sweeteners as well

12+ Simple Healthy Dessert Recipes – Enjoy!

1. **Peanut Butter Cups** (adapted from Mark Hyman's recipe)
   Prep: 30 min Serves: about 10 (may vary)
   Bottom layer
   - 2T coconut oil
   - ¼ cup smooth peanut butter
   - ½ tsp pure vanilla extract
   - 1T honey
   - ¼ cup unsweetened cocoa powder

   Top layer
   - 2T coconut oil
   - ½ cup smooth peanut butter
   - ½ tsp pure vanilla extract
   - 1T honey

   In one bowl combine all ingredients from the bottom layer until smooth. Pour a thin layer into small baking cups. Put tray in freezer or fridge for 20 minutes. Meanwhile, combine all ingredients for the top layer until smooth. Once chocolate layer is solid, pour your new mixture on top of the

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chocolate for a peanut butter top. Put back in fridge until firm. Store in refrigerator or they will melt. Enjoy cold.

2. **Baked Peach with Whipped Cream**
   Prep: 15 min Serves: 2

   - 1 peach cut in half, pit removed
   - ½T butter
   - ½ cup whipping cream
   - ½ tsp pure vanilla extract
   - 2T pre-sliced raw almonds
   - Optional: dash of cinnamon

   Preheat oven to 350°. Place halved peaches facing up on baking sheet. Evenly place the butter on each half. Bake for about 25 minutes, until they are browned. Keep an eye on them so they do not burn though. While the peaches are baking, in a mixing bowl, add whipping cream and vanilla extract. Mix on high until you have whipped cream. Set aside in refrigerator until peaches are done.

   Once peaches are done, top with the whipping cream and sliced almonds. Optional: add cinnamon

3. **Coconut Ice Cream** (adapted from Paleo Leap)
   Prep: 15 min Serves: 4

   - 1 can full fat coconut milk
   - 4 egg yolks
   - 4T pure vanilla extract
   - ½ cup chopped raw almonds, pecans or pistachios

   ~Read through the full recipe beforehand~
   You will need an ice cream maker for this recipe. Simmer water in a pot and place another pot on top to create a double boiler. Keep the bottom pot at a simmer through the whole process of this recipe until you form the custard. In the top pot, add coconut milk and vanilla extract. Let sit until hot (not to a boil). In a separate bowl, whisk the egg yolks together. Then, slowly add some of the hot coconut milk mixture to the eggs until all is combined. Go slow to ensure you do not cook the eggs. Pour the egg yolk and coconut milk mixture back into the top pot of the "double boiler" you made. Whisk continuously for a few minutes until the mixture forms a thick custard. Remove from heat and let cool in refrigerator for 30-45 minutes.

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Put cold mixture in your ice cream maker and follow instructions until smooth ice cream consistency is achieved. Store in freezer. Serve with the raw, chopped nuts sprinkled on top.

4. **Fruit & Veggie Ice Pops**
   Prep: 15 min Serves: 4

   - ½ green apple, cored
   - 1 full lime, peeled
   - 1 large handful of spinach
   - ½ inch fresh ginger, peeled
   - ½ ripe banana

   You will need a high powered blender and ice pop molds for this recipe.

   Add all ingredients to blender. Blend on high until completely smooth. Poor into ice pop molds. Freeze for at least 3 hours before eating.

5. **Fried Bananas**
   Prep: 5 min Serves: 2

   - 2 bananas, peeled (slightly green)
   - 2T coconut oil
   - Cinnamon to taste

   In a large frying pan, heat coconut oil on medium high heat. While pan is getting hot, slice bananas to about ½ inch thickness. Place sliced bananas in hot pan and fry until they are golden brown (just a couple minutes on each side).

   Remove from heat when done and sprinkle with cinnamon to taste.

6. **Candied Walnuts**
   Prep: 5 min Serves: 4

   - 1 cup raw walnuts, chopped or whole
   - 1 tsp cinnamon
   - 2T coconut oil
   - 1T honey (optional)
   - Salt to taste

   In a medium hot frying pan, add coconut oil, walnuts, salt and cinnamon. Cook until toasted, about 10 min. In the last couple minutes, add the optional honey for a sweeter taste.

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7. **Watermelon Lime Sorbet** (adapted from Food For My Family)
   Prep: 15 min Serves: 8

   - 1 cup filtered water
   - ¼ cup sugar of your choice like honey, coconut palm sugar or other
   - 6 cups frozen cubed watermelon
   - 1/3 cup fresh squeezed lime juice

   Cube and freeze watermelon the day before.

   Create a syrup by boiling water with sugar until fully dissolved. Remove from heat and let cool. In a high powered blender, mix all ingredients until smooth. Don't over blend otherwise it may melt. Serve immediately and enjoy!

8. **Oat, Coconut, Chocolate Delight**
   Prep: 5 min Serves: 2

   - ¼ cup shredded coconut flakes
   - ½ banana
   - ½ cup uncooked oats
   - 2T dark chocolate (at least 70% cocoa)

   Mash banana with a fork, set aside. Grate a dark chocolate bar on a cheese grater to get small flakes. Mix all ingredients together and serve raw.

9. **Mexican Chocolate Mousse** (adapted from Cook Eat Paleo)
   Prep: 5 min Serves: 6
   - 2 ripe avocados
   - ½ cup cocoa powder
   - ½ cup full fat coconut milk
   - ¼ cup honey (or to taste)
   - 1tsp cinnamon
   - 2tsp pure vanilla extract
   - ¼tsp ground ancho chili (or to taste)

   Combine all ingredients in a food processor or high speed blender until smooth. Let set in refrigerator for at least 30 minutes and enjoy.

10. **Pumpkin Pie Mousse**
    Prep: 5 min Serves: 4
    - 1 can organic pumpkin pie filling
    - 1 can full fat coconut milk
    - 1T pumpkin pie spice mix (or to taste)

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- Optional: Sweetener of your choice to taste

Mix all ingredients until fully combined. Chill for at least 30 minutes and enjoy.

11. Peanut Butter Mousse
Prep: 5 min Serves: 4

- ½ cup organic plain Greek yogurt
- ½ cup organic smooth peanut butter
- 1T full fat coconut milk

Mix all ingredients together until smooth.

12. Frozen Yogurt Ice Pops
Prep: 5 min Serves: 3

- 1 cup organic plain yogurt
- ½ cup fruit of your choice
- 2 dates

You will need ice pop molds for this recipe.

Combine all ingredients and blend on high until smooth. Pour mixture into ice pop molds, freeze until solid (about 4 hours).

13. **Sweet Potato Pie** (adapted from Skinny Girl Dish book)
Prep: 15 min Serves: 6

- 2 cups cooked sweet potato, mashed
- 4 egg whites, beaten until peaks are starting to form
- 1tsp pure vanilla extract
- 2tsp apple pie spice

Preheat oven to 350°. In a bowl, stir together the sweet potatoes and 1/3 of the beaten egg whites until full combined. Then fold in another 1/3 until combined, and finally do the same for the last 1/3 of the egg whites. Evenly pour the mixture into small ramekin dishes & place into hot oven. Bake for 30 minutes. They should be slightly firm to the touch when ready. Serve immediately.

14. **Banana Bread** (adapted from Primally Inspired)
Prep: 15 min Serves: 12

- 4 very ripe bananas, mashed
- 1/3 cup coconut oil
- 4 eggs

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- 1tsp pure vanilla extract
- 1 ½tsp cinnamon
- ½ cup coconut flour
- 1tsp Original Himalayan Crystal Salt
- Optional: 1/3 cup raw walnuts

Preheat oven to 350°. Lightly grease a bread pan with coconut oil. Mix all ingredients together until well combined. Add mixture to the greased bread pan. Bake for 30-35 minutes. The top will be golden brown.

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