



These are recipes I started collecting when I decided to make changes in the ingredients I put in my body. I don't know where I got all the recipes; however, I will give credit for those I know.

DESSERTS

Fudge

- 1 cup almond butter
- ¼ cup coconut oil melted
- ¼ tsp Vanilla Extract (preferable organic)
- Pinch sea salt

Mix until smooth in a bowl. Line a square cake pan with parchment paper. Spread in the pan. Freeze for several hours (until almost solid), remove from freezer and cut into squares. Can be stored in an airtight container in the freezer

Apple Crisp

Dr. Meghan – www.justenjoyfood.com

- ¼ Cup Xylitol (can sub Raw Honey)
- ¼ cup water
- 2 tsp. cinnamon
- 6 large apples, peeled and thinly sliced
- 1/3 cup coconut flour
- ¼ tsp. salt
- 6 TBSP butter, room temperature

Preheat oven to 350 degrees and take out an 8x8 inch (9x9 inch) baking pan

Combine 2 TBSP xylitol, water and cinnamon in the bottom of the baking pan. Place sliced apples over the top

In a small bowl blend the remaining 2 TBSP xylitol, coconut flour, salt and butter until crumbly. Spread over the apples evenly

Bake for 40-50 minutes until the apples are tender and the crust is a golden brown

Snowballs

Dr. Josh Axe

- 1 cup almond butter
- 2 TBSP honey
- ½ cacao powder
- 2 tsp cinnamon
- 1 tsp nutmeg
- 2 pinches sea salt
- 1/c coconut flakes

Combine all ingredients except coconut in a large bowl and mix thoroughly

Form into balls and roll in coconut flakes



No Bake Pumpkin Pie Cookies

- 1 cup raw pecans
- 1 cup raw almonds
- 9-10 medjool dates
- 3 TBSP raw pepitos
- ½ cup pumpkin
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ginger
- ¼ tsp ground cloves

In food processor, grind up almonds, pecans, pepitas & spices. Add dates and continue to pulse. Add pumpkin until dough starts to form. Roll in balls and put in refrigerator for 30-60 minutes to get firm. You can leave in balls or flatten once they have been in fridge. Makes 10-12 cookies

Fabulous Brownies

www.ElanasPantry.com

- 1 (16 oz) jar almond butter (I recommend fresh ground at health food store)
- 2 eggs
- 1 ¼ cups raw honey
- 1 TBSP vanilla extract
- ½ cup cocoa powder (could use cacao powder for healthier version or if using cocoa powder read ingredients to be sure it's pure - organic, nothing added)
- ½ tsp celtic sea salt
- 1 tsp baking soda
- 1 cup chocolate chips (get 70% or more dark chocolate – preferably with no sugar added or use cacao nibs – they are great)

In a large bowl, blend almond butter with a hand blender until smooth

Blend in eggs, then blend in honey and vanilla

Blend in cocoa, salt & baking soda, then fold in chocolate chips

Grease a 9" x 13" baking dish

Pour batter into dish

Bake at 325 degrees for 25-40 minutes

Makes about 24 brownies



Gluten Free Banana Bread

Dr Josh Axe

Ingredients:

4 eggs
3 medium overly ripe bananas, mashed
¼ cup honey (preferably raw, local)
¼ cup coconut or almond milk (unsweetened)
1 Tbsp vanilla extract
2 tsp baking soda
2 ¼ cups almond flour
½ tsp sea salt
½ tsp cinnamon

Directions:

Preheat oven to 350 degrees F
In a bowl mix eggs, banana, honey, coconut/almond milk & vanilla
In a separate bowl, combine the remaining ingredients
Combine both mixtures and stir until well incorporated
Grease a bread pan and pour in batter (use coconut oil or real butter to grease pan). Bake for 35-50 minutes

This gluten free banana bread recipe is a great snack. It's full of healthy fats, fiber and amazing flavor.

Gluten Free Blueberry Muffins Recipe

Ingredients:

2 cups almond flour
3 eggs
1/3 cup honey
½ tsp baking soda
Pinch of sea salt
1 tsp vanilla extract
5-6 Tbsp coconut oil or ghee, melted
1 cup fresh blueberries

Directions:

Preheat oven to 350 degrees F
In a bowl, combine almond flour, baking soda & sea salt
In a separate bowl, combine eggs, honey, vanilla & coconut oil/ghee
Combine both mixtures together. Once mixed well, add blueberries & mix
Fill a muffin pan with liners. Fill each liner with batter
Bake in oven for 20-30 minutes.

