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(Keep Scrolling Down for the Dessert Recipes)

How-to Indulge Your Sweet Tooth— The Healthy Way!

Alternative Sweetener Cheat Sheet

Sweetener	Sweetness level	High Quality form to buy	Benefits	Things to consider
Stevia	About 300 X sweeter than table sugar	The actual stevia plant / 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.	Unusual aftertaste. Beware of highly processed stevia combined with other sugars.
Xylitol	About the same sweetness as table sugar	From a non- GMO plant source	Low-caloric, no significant impact on blood sugar. Some studies show it reduces plaque buildup and harmful bacteria in mouth.	Potential minor digestive issues for some, is highly processed, and can be toxic to house pets like dogs.
Erythritol	About 70% as sweet as table sugar	100% Erythritol	Nearly non- caloric, tastes similar to table sugar, does not spike blood sugar or insulin, easily digested.	Potential minor digestive issues for some.
Coconut Palm Sugar	About the same sweetness as table sugar	Check label for coconut crystals, coconut sugar or coconut palm sugar	Low-glycemic index, contains some nutrients and fiber.	Has 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 than table sugar.	Raw, local & organic	Can boost immunity & allay seasonal allergies.	Just don't overdo it
Lucuma Powder	Has a sweet, maple flavor	100% Lucuma powder	Good source of fiber & nutrients, can boost immunity; does not impact blood sugar levels.	Does not dissolve in beverages.
Maple Syrup	About 3 X 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 (luo Han Guo)	About 200-300 X sweeter than table sugar	Pure monk fruit or pure Luo Han Guo sweetener	Non-caloric, no impact on blood sugar, may have anti-inflammatory benefits.	Beware of processed brands that contain other sweeteners too.

A Baker's Dozen+ Simple Healthy Dessert Recipes

****The recipe you sampled is below, remember I poured mine into a pan (lined with parchment) and I swapped out peanut butter for almond butter!****

Double Peanut Butter Choco Cups (Packed with healthy nut fats!)

Prep: 10 min (+30 mins chill time) Serves: 10

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 a bowl combine all bottom layer ingredients until smooth, can heat in a pot to get a smooth consistency. Pour a thin layer into small baking cups. Put tray in freezer or fridge for 20 minutes. Meanwhile, combine all top layer ingredients until smooth. Once bottom chocolate layer is solid, pour your new mixture on top of the chocolate layer for a peanut butter top. Put back in fridge until firm. Store in refrigerator or they will melt. Enjoy cold.

*Courtesy of: <https://drhyman.com/blog/2013/11/14/double-peanut-butter-chocolate-cups/>

Baked Peach with Whipped Cream (Fresh fruit, nuts and healthy, full-cream fats!)

Prep: 15 min Serves: 2

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

Preheat oven to 350°F / 180°C. Place halved peaches facing up on baking sheet. Evenly place the butter on each half. Bake for about 25 minutes, until browned. While peaches are baking, in a mixing bowl, add whipping cream and vanilla extract. Mix on high until you have whipped cream. Place in refrigerator until peaches are done. Then top with the whipping cream and sliced almonds and optional cinnamon.

Coconut Vanilla Ice Cream (Mega protein boost!)

Prep: 15 min Serves: 4

NOTE: You need an ice cream maker for this recipe.

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

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.

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.

*Courtesy of: www.paleoleap.com/paleo-coconut-vanilla-ice-cream/

Fruit & Veggie Ice Pops (About as healthy as ice pops can get!)

Prep: 15 min Serves: 4

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

- ½ green apple, cored
- 1 full lime, peeled
- 1 large handful of spinach

- ½ inch fresh ginger, peeled
- ½ ripe banana

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

Fried Bananas (Fruit and coconut oil—healthiest dessert ever!)

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.

Candied Walnuts (You'll go nuts for these sweet 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 honey for a sweeter taste.

Watermelon Lime Sorbet (Super fresh and sour for hot days!)

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 (Cube and freeze the day before)
- ¼ cup fresh squeezed lime juice

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!

*Courtesy of: www.foodformyfamily.com/recipes/watermelon-lime-sorbet-slices

Oat Coconut Chocolate Delight (Chocolaty, oaty, fruity and hecka healthy raw!)

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.

Mexican Chocolate Avocado Mousse (Nothing beats avocado mousse!)

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.

*Courtesy of: www.cookeatpaleo.com/mexican-chocolate-avocado-mousse/

Pumpkin Pie Mousse (A super simple last-minute quickie!)

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)
- Optional: Sweetener of your choice to taste

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

Peanut Butter Mousse (Nut butter and Greek yogurt protein deluxe...oh my!)

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.

Frozen Yogurt Ice Pops (These yogurt and fruit pops are sweet enough!)

Prep: 5 min Serves: 3

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

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

Sweet Potato Pie (Oh me oh my, nothin' like sweet potato pie!)

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°F / 180°C. 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 till firm to the touch. Serve immediately.

*Courtesy of: The Skinnygirl Dish Recipe book

Banana Bread (A totally gluten-free banana bread!)

Prep: 15 min Serves:12

- 4 very ripe bananas, mashed
- ¼ - ½ cup coconut oil
- 4 eggs
- 1tsp pure vanilla extract
- 1 ½tsp cinnamon
- ½ cup coconut flour
- 1tsp Original Himalayan Crystal Salt
- Optional: ½cup 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.

*Courtesy of: www.primallyinspired.com/no-sugar-no-grains-easy-and-amazing-banana-bread