

# *Katrina's* Delightful Desserts

*Paleo  
Vegan  
Soy-Free  
Gluten-Free  
Dairy-Free*

*Allergy Free*  
**I Can't Eat What?**  
*Since 2002*

*Written by*  
**Katrina Nixon**

# *Katrina's* Delightful Desserts



**All our desserts are Paleo, Gluten Free, Soy Free, Dairy Free, and Vegan, and did I mention they are delightful?**

*Written by*

**Katrina Nixon**

*author of [www.icanteatwhat.com](http://www.icanteatwhat.com)*

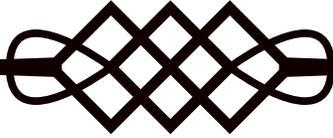
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*Photographed by*

**Chad Nixon**



# Getting Started



Here are some of the main ingredients that I use for baking.

**Almond Meal**, almond flour or ground almond is made from ground sweet almonds. Almond flour is usually made with blanched almonds (no skin), whereas almond meal can be made both with whole or blanched almonds. The consistency is more like corn meal than wheat flour.

**Almond Milk** is slightly beige in colour and has a creamy texture and nutty taste. It can be made at home by grinding almonds with water, or it can be purchased. Unlike animal milk, almond milk has neither cholesterol nor lactose and being a plant food, it is often consumed by vegans, vegetarians, and others forgoing dairy. Commercial almond milk often comes in plain, vanilla, or chocolate flavors and is sometimes enriched with vitamins.

**Arrowroot** was very popular in the Victorian era, and Napoleon supposedly said the reason for the British love of arrowroot was to support the commerce of their colonies. It can be consumed in the form of biscuits, puddings, jellies, cakes, hot sauces, and also with beef tea, milk or veal broth.

**Chia Seed Meal** can be used For weight loss, Chia seeds are an appetite suppressant, and Chia gel may be used to replace eggs within recipes.

**Baking Powder** and baking soda are chemical leavening agents that cause batters to rise when baked. The leavener enlarges the bubbles which are already present in the batter produced through creaming of ingredients. When a recipe contains baking powder

and baking soda, the baking powder does most of the leavening.

**Coconut Oil** is commonly used in cooking, especially for frying, and is a common flavor in many South Asian curries. In recent years despite its high saturated fat content, virgin coconut oil has become popular and was described in a New York Times article as having a "haunting, nutty," flavor with a touch of sweetness, which works well in baked goods, pastries, and sautés.

**Coconut Flour** is a delicious, healthy alternative to wheat and other grain flours. Ground from dried, defatted coconut meat, coconut flour is high in fiber and low in digestible carbohydrates.



**Flaxseed Meal** can provide a nutritional punch to many baked goods. Add flaxseed meal to bread, pancakes, muffins, bars, cookies and other recipes for extra nutrition and a nutty flavor.

**Gluten Free All-Purpose Baking Flour** is just the thing for those sensitive to gluten. Gluten Free All-Purpose Baking Flour can replace wheat flour in a variety of recipes with the addition of xanthan gum or guar gum.

**Grape Seed Oil** is pressed from the seeds of grapes, and is thus an abundant by-product of winemaking. This oil is great for high heat cooking & has a light flavor

**Millet Flour** is wonderfully nutritious and a good source of protein, essential amino acids and dietary fiber. Millet is also an excellent source of manganese, phosphorus and magnesium.

**Sorghum Flour** is a powerhouse of nutrition and adds a superb flavor to gluten-free baking. It is high in protein, iron, and dietary fiber, making sorghum flour welcome in pantries around the world. Sorghum flour is high in antioxidants, which support cardiac health.

**Xanthan Gum** has a number of powerful properties. First, it works as an emulsifier, encouraging liquids that normally don't like one another to mix together. Second, it works as thickener, increasing the viscosity of liquids and batters. Third, it can create a creamy texture.

**Pure Stevia Extract Powder** is excellent for those sensitive to sugar, diabetics or those who want to lower sugar intake. The best tasting brands are, Trader Joe's Organic, Now Foods, and 365 brand.

Allspice

Ground Cloves

Garlic Powder

Ground Cinnamon

Nutmeg

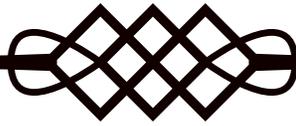
Salt

Cream of Tartar

Savory



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# Chocolate Chip Banana Bread

This bread is great for those over-ripe bananas. Even my kids eat this bread in a flash. It doesn't stay long after it's out of the oven. If you tolerate them, you can use regular eggs, instead of the flaxseed eggs. If you have a nut allergy, you can use ground sunflower seeds in place of the almond meal. I've done that and it's great! Be aware that when sunflower seeds are cooked they turn green. Don't be alarmed, it's just their color. Just tell your kids that Shrek made it for them! Enjoy!

## INGREDIENTS

1/2 cup almond meal or sunflower seed meal (grind sunflower seeds in your blender or coffee grinder)  
1/2 cup arrowroot starch  
1 t. tapioca starch  
1 t. cream of tartar  
3/4 t. baking soda  
3/4 t. stevia powder  
1 1/2 t. xanthan gum  
1/2 t. ground nutmeg  
2 pureed bananas  
2 flaxseed meal eggs (recipe pg. 37) or 2 regular eggs  
1/2 cup "Enjoy Life" chocolate chips

## DIRECTIONS

1. Preheat the oven to 350.
2. In small bowl combine 2 T. flaxseed meal and 6 T. water. Set aside.
3. In large mixing bowl combine almond flour/meal, arrowroot starch, tapioca starch, cream of tartar, baking soda, xanthan gum, nutmeg and stevia.
4. Puree the bananas in a blender or small chopper. Add to the dry ingredients.
5. Add the Sunflower Butter, and flaxseed "egg" mixture.
6. Fold in the chocolate chips and stir till smooth.
7. Pour into greased mini loaf pans and bake at 350 for 50 minutes. Let cool 10 minutes before removing from the pan. If you're like us, you won't have any leftovers!



# Sugar Free Chocolate Sauce

This chocolate sauce is awesome for those who don't tolerate sugar. I've added some cinnamon to cut the after taste of the stevia. Cinnamon is also anti-inflammatory and great for digestion. Pour some over my shortbread or scone recipe with fresh berries for a decadent, healthy treat.

## INGREDIENTS

1/4 teaspoon sea salt, optional  
1/3 cup cocoa powder  
1/4 - 1/2 teaspoon pure stevia powder, to taste\*  
1/2 teaspoon cinnamon (this cuts the after taste of the stevia and is very anti-inflammatory)  
1/2 teaspoon vanilla extract  
1/2 cup melted coconut oil

## DIRECTIONS

1. Place dry ingredients in a small bowl and stir thoroughly. Add the vanilla and Coconut oil and whisk till smooth. Pour over fruit or scones.
2. \*It's also great if you use half the stevia with 1 T. monk fruit. Monk fruit is a healthy sugar alternative that tastes great!



# Chocolate Sun-Butter Fudge

This melt in your mouth recipe will keep them coming back for more!! It calls for coconut sugar, which has a much lower glycemic index. It's also high in protein to off-set the sugar. I adapted this recipe from The Spunky Coconut's Chocolate Fudge recipe that you can find in The Paleo Chocolate Lover's Cookbook. It's a great party treat, too!

## INGREDIENTS

1 1/2 cups water  
1/2 cup coconut sugar  
1 1/2 cups coconut butter  
1/2 cup coconut oil  
1/2 cup honey  
1/2 t. liquid vanilla stevia  
1 cup sunflower butter  
3/4 cup cocoa powder

## DIRECTIONS

1. In a small pan stir the coconut sugar into the water over medium heat until dissolved.
2. In a food processor with an S blade, puree the sugar water, coconut butter, sunbutter, honey, vanilla, stevia, cocoa powder and coconut oil until smooth.
3. Line an 8" x 8" baking pan with unbleached parchment paper and pour mixture into pan spreading evenly.
4. Refrigerate to set for at least 1 hour.
5. Cut into bite sized pieces and enjoy!



# Chocolate Chip Scones

Here's another version of the scone recipe to curb your chocolate fix! You could also use this as a healthy treat for you and the kids!

## INGREDIENTS

1/2 cup coconut flour  
1/4 cup tapioca flour/starch, optional  
1/2 cup almond meal  
1/2 t. baking soda  
1 t. xanthan gum  
2 T. flaxseed meal  
1/2 t. stevia powder  
2 t. baking powder  
1/2 cup unsweetened applesauce  
1/4 cup melted coconut oil or grape seed oil  
1 t. vanilla extract  
1/2 cup Enjoy Life chocolate chips  
1/2 cup almond, boxed coconut or rice milk

## DIRECTIONS

1. Preheat oven to 350.
2. Mix the first 5 ingredients. In separate bowl mix the wet ingredients and add to the dry ingredients.
3. Fold in the chocolate chips.
4. Drop large spoonfuls of batter onto a greased cookie sheet to form 6 scones and Bake at 350 for 25 minutes.



# Apple Snickerdoodle Biscuits

If you love apples and cinnamon....This one's for you! So deliciously appleish with just the right amount of cinnamon. Moist, and just sweet enough. Perfect for breakfast or a snack. Packed with nutrient and fiber rich ingredients like apples, coconut flour, coconut oil, cinnamon and sunflower seeds. Did you know that cinnamon AND apples are both great for digestion, high in antioxidants, immune boosting and help regulate blood sugar? Coconut oil is also great for energy, fat burning, and contains Lauric Acid that kills bacteria, viruses, fungi and helps stave off infections. Studies show that the healthiest people groups in the world eat 60% coconut in their diets! If you are among those that don't care for the taste of coconut, like my middle daughter, you won't believe how good these biscuits taste. My daughter loves them, in spite of their coconut contents. So go ahead and give them a try. Let me know how you like them!

## INGREDIENTS

3/4 cup sunflower seed meal  
1/4 cup coconut flour  
1/4 cup tapioca starch  
1/4 cup potato starch  
2 t. baking powder  
1/4 t. baking soda  
1/2 t. pure stevia powder  
1/2 t. xanthan gum  
2 T. cinnamon  
2 T. almond milk, rice milk or boxed coconut milk  
1 cup unsweetened applesauce  
1/4 cup melted coconut oil

## DIRECTIONS

1. For the sunflower seed meal, add 1 cup roasted and salted sunflower seeds to a blender and blend until fine crumbles form.
2. Add all the dry ingredients to a medium mixing bowl and mix thoroughly.
3. Fold in the dairy free milk, applesauce and coconut oil and stir until well mixed.
4. Place large spoonfuls of dough onto a lightly greased baking sheet to form 6 "biscuits."
5. Bake at 375 for 20 minutes.



# Chocolate Chocolate Chunk Ice Cream

Here's another great way to enjoy ice cream again! It's been a long time for me, and I'm so excited to have found a way to eat ice cream without any negative side effects. This ice cream is so healthy you could even eat it for breakfast! The cashews are full of cancer fighting Proanthocyanidins. Proanthocyanidins are a class of flavonols which fight against tumor cells by stopping them to divide further. They are cholesterol free and the antioxidants present keep you away from heart disease. Cashew nuts are rich in vitamins like riboflavin, pantothenic acid, thiamin, niacin, magnesium and antioxidants.etc.

Cacao is also full of antioxidants and magnesium, while dates are loaded with fiber. They won't raise blood sugar and are excellent for lowering Triglycerides.

And if that weren't enough great news, stevia is the healthiest sugar alternative because it helps lower blood pressure and fight diabetes. So go ahead and indulge in this great treat! Your body and brain will thank you!

## INGREDIENTS

1 cup soaked, raw cashews  
8 soaked, pitted dates  
3 cups almond or cashew milk  
1 1/2 t. xanthan gum  
1/2 t. pure stevia powder  
1/2 t. vanilla  
1/3 cup cacao powder

For the chocolate chunks:

Use the Sugar Free Chocolates recipe on page 45.

## DIRECTIONS

1. In a small bowl soak 1 cup raw cashews for one hour in enough water to cover the cashews.
2. In another small bowl soak the pitted dates in enough water to cover the dates, also for one hour.
3. Once the cashews and dates are finished soaking, drain and rinse the cashews, but reserve the date water.
4. Pour the dates and the date water into a high speed blender. Add the soaked cashews, vanilla, cacao powder, stevia and xanthan gum to the blender and blend all the ingredients on high until smooth.
5. At this point take out the frozen sugar free chocolate and using a spoon or butter knife make it into chunks. Pour the ice cream mixture into a bowl and stir in the chocolate chunks. Place the bowl into the freezer for 45 minutes to an hour until it's really cold but not frozen.
6. When the ice cream is really cold turn on your ice cream machine and pour in the mixture.
7. Follow the manufacturers directions for making ice cream. Our Oster machine takes just under 20 minutes.
8. This recipe also works well without an ice cream maker. Just freeze in a container for at least 3 hours to set. Serve immediately and try to share some!!!



# Cherry Berry Ice Cream

There are many ways to ice some Cream with sugar, but to make it gluten, dairy, soy, egg, and sugar free is unbelievable! I've made the coconut milk versions, but I don't digest coconut milk well at all! So, here's a successful way to do ice cream if you're like me and you need to cut out a lot of common ice cream ingredients. It's super creamy and delish!!!

## INGREDIENTS

1 cup soaked, raw cashews  
1 1/4 cup almond, rice or cashew milk  
6 pitted dates  
1 t. xanthan gum  
1/2 t. pure stevia powder  
1/2 t. vanilla  
3/4 cup frozen Very Cherry Berry blend or other berry blend  
Fresh berries for garnishing

## DIRECTIONS

1. In a small bowl soak 1 cup raw cashews for at least an hour, then drain and rinse. Soak the 6 dates in the almond milk at the same time in a separate bowl.
2. Place soaked cashews and all the other ingredients (except the berries for garnishing) into a blender and blend until smooth.
3. Freeze mixture for one hour, then pour into ice cream maker and follow the manufacturer's instructions for use. My Oster Ice Cream Maker takes about 20 minutes. It's not top of the line, but it works well.
4. This recipe works great without an ice cream maker. Simply freeze mixture in an airtight container for at least 3 hours.
5. When it's finished try not to eat the whole batch yourself, unless you want a bunch of enemies!



# Banana Pudding

This is a great way to enjoy the health benefits of bananas without a lot of time and added sugar. The cashew butter makes it so creamy and decadent, but adds great protein and minerals. Eat it with a spoon or make freezer pops for summer fun!

## INGREDIENTS

2 bananas  
2 T. cashew butter  
1/4 t. stevia powder or 1 teaspoon monk fruit  
1/8 t. vanilla  
2 t. melted coconut oil

## DIRECTIONS

1. Place all ingredients into blender and blend until smooth. Enjoy immediately or refrigerate till later.



# *Pina Colada Pudding Shake*

Here's a great twist on an old favorite! We like these as is or in a freezer pop for summer. Sooooo good!!!!

## INGREDIENTS

1 banana  
1/4 cup coconut cream or 1/4 cup raw cashews  
1/4 t. stevia powder or 1 t. monk fruit  
1/2 cup frozen or fresh pineapple (frozen makes it smoother)

## DIRECTIONS

1. Place all ingredients in blender and blend until smooth. Enjoy immediately or freeze into freezer pops.



# Cherry Colada Pudding Shake

If you like Pina Colada's.....Here's a great way to enjoy the healthy benefits of cherries and add some color to your table! Love it!

## INGREDIENTS

1 banana  
1/2 cup fresh or frozen pineapple  
1/4 cup coconut cream or 1/4 cup raw cashews  
9 pitted, fresh or frozen cherries  
1/4 t. stevia powder or 1 t. monk fruit

## DIRECTIONS

1. Place all ingredients into a blender and blend until smooth. Enjoy immediately or freeze into freezer pops!



# Amazing Berry Brownies

I finally came up with a gluten, dairy, soy, egg, grain and sugar free brownie recipe that actually tastes fantastic! Sound crazy? It is crazy! Crazy good!!! All three of my kids and my husband love these! They're sweetened with fruit and stevia instead of honey, syrup or sugar, so they suit all of our needs. I hope your family will love them as well!

## INGREDIENTS

1/2 cup Arrowroot starch/flour or tapioca starch  
3/4 cup cashew or almond meal  
1/2 cup coconut flour  
1/4 cup cocoa powder  
1/2 t. salt  
3/4 - 1 t. stevia powder or 1 Tablespoon monk fruit  
2 1/2 t. baking powder  
1 t. baking soda  
1 t. vanilla extract  
5 T. unsweetened raspberry fruit spread  
3 T. unsweetened applesauce  
1 flaxseed egg (recipe on page 52)  
1/4 cup melted coconut oil  
1/4 cup almond, rice or boxed coconut milk

## DIRECTIONS

1. Preheat oven to 350.
2. In a medium mixing bowl combine all dry ingredients. In a small bowl combine the wet ingredients, including the flaxseed meal "egg."
3. Add the wet ingredients to the dry ingredients and mix thoroughly.
4. Grease a square baking pan. Instead of flour I used 1-2 t. cocoa powder to "flour" the pan. Then sprinkle a pinch of salt on the bottom of the greased and "cocoaed" pan.
5. Spread the batter evenly into the pan.
6. Bake at 350 for 25 minutes.
7. If using the Raspberry topping spread it over the hot brownies and cool before serving.
8. For the Raspberry topping make my Sugar Free Chocolate Sauce recipe (page 11) and add 1 T. raspberry unsweetened fruit spread. Combine thoroughly and spread atop the brownies.



# Chocolate Fig Protein Balls

This recipe comes from a desire to give my husband something healthy and quick in the morning. For the past 15+ years he's been running out the door with cereal bar for his breakfast. He usually leaves before I'm up so I made this to give him something with no refined sugar or GMO's. It's super high fiber, and contains tons of minerals and omega 3 oils, and a little vegan protein powder. It would be a great addition to a lunchbox or an afternoon snack.

## INGREDIENTS

12 dried figs (I used Smyrna figs, sulphur free)  
2 T. chia seeds  
1/4 cup raw cacao powder or regular cocoa powder  
2 t. raw honey  
1 t. Himalayan pink sea salt, or regular sea salt  
1 t. pure stevia powder  
1 1/2 cup raw cashews  
1/2 cup almond meal  
2 scoops Vitacost Earthblends Pea Protein Powder, vanilla or chocolate  
1/2 cup unsweetened, shredded coconut

## DIRECTIONS

1. Soak the figs in enough water to cover them for 30 minutes to soften.
2. Drain the figs and place into food processor with an S blade.
3. Process the figs with the rest of the ingredients until it forms a large ball.
4. Remove the dough from the food processor and form into 1" balls.
5. Roll balls in shredded coconut to coat.
6. Store in refrigerator for up to 5 days.



# Shortbread

This recipe is excellent for strawberry shortcake. I also like to eat it solo for breakfast or a snack, and it's great with Trader Joe's Very Cherry Berry Blend frozen berries. Then pour my sugar free chocolate sauce over it and it's like magic shell!

## INGREDIENTS

1/2 Cup Potato Flour or Arrowroot flour  
1/4 Cup Tapioca Starch  
3/4 Cup Almond Meal, Cashew Meal or Sunflower Meal  
2 teaspoons Baking Powder  
1/4 teaspoon Baking Soda  
1/2 teaspoon Salt  
1/2 teaspoon Stevia powder  
1 Tablespoon Pure Maple Syrup or honey  
1/3 melted coconut oil  
1/3 Cup Almond, boxed Coconut milk or Rice Milk

## DIRECTIONS

1. Preheat oven to 375 degrees .
2. Mix all ingredients in a mixing bowl.
3. Drop large spoonfuls of batter onto a greased baking sheet to form 5 or 6 "biscuits."
4. Bake for 12 min



# Strawberry Shortcake Recipe

When I first made this easy Strawberry Shortcake Recipe my family made me crazy asking for tastes while I was preparing it. They consumed it in 5 minutes!!! I felt like I always do when I slave over the hot, wood stove, with sweat on my brow, only to see the amazing creation I've made devoured in no time! Actually, it didn't take that much effort and I do have a modern stove. Thankfully. If I didn't I wouldn't be sharing my recipes with you. :) Oh well, if they love it that much I definitely take it as a compliment. Let me know how many compliments you get when you serve this.

## INGREDIENTS

One batch of my Grain Free Shortbread recipe. (page 33)  
One batch of my Strawberry Cashew Cream Sauce recipe. (below)  
1 lb. fresh strawberries

## DIRECTIONS

1. Prepare one batch of my Grain Free Shortbread recipe and let cool for at least 15 minutes, unless you like your shortbread warm with your strawberries.
2. Prepare one batch of my Strawberry Cashew Cream Sauce.
3. Place one Shortbread on a dessert plate and top with sliced strawberries and Strawberry Cashew Cream Sauce. If you like more shortbread, you can make a double batch of Shortbread and use two "biscuits" per person, as pictured. Bon Appetite!

## Strawberry Cashew Cream Sauce

### INGREDIENTS

3/4 cup soaked, raw cashews  
3 pitted dates  
6 large strawberries  
1/8 t. pure stevia powder  
2-3 T. dairy free milk of choice

### DIRECTIONS

1. Soak 3/4 cup raw cashews for 1 hour in filtered water. Drain and Rinse.
2. Place all ingredients in a blender and blend until smooth. Pour over Strawberry Shortcake and you'll love every last bite! Try not to eat the plate!
3. If you have leftovers, store them in an airtight container for up to 4 days.



# Marvelous Mango Pudding

This would be great for breakfast, a snack or a dessert! It's actually the same ingredients that I use for the Marvelous Mango Pudding Pops, but I don't freeze this. It is unbelievable as a pudding. The texture and flavor are incredible. Enjoy!

## INGREDIENTS

1/2 cup raw cashews  
1/4 cup unsweetened, shredded coconut  
6 oz. plain, dairy free yoghurt of choice  
2 mangoes  
1/4 teaspoon stevia powder or 2 packets Monk Fruit in the Raw  
1/4 cup unsweetened dairy free milk of choice  
1/2 teaspoon vanilla

## DIRECTIONS

1. Place all ingredients in a blender and blend until smooth.
2. Serve immediately or chill for one hour. Keeps in an airtight container for up to 4 days.



# Sunbutter Fudge

For those of you that are sensitive to nuts here's a great treat that is low in sugar and high in protein. I bring this to parties when I want to bless people with a fantastic dessert item. It's gone quick and no one can believe it's so simple and so low in sugar. It's adapted from The Spunky Coconut's Sunbutter Fudge recipe. I use my Sugar Free Chocolate Sauce (page 11) to drizzle over the top. It melts fast out of the fridge, so don't leave it out too long or it turns into fudge soup!

## INGREDIENTS

1/2 cup melted coconut oil  
1/4 cup honey (or maple syrup if vegan)  
1 cup sunflower butter  
1/4 t. pure stevia powder  
1/2 t. vanilla  
1/2 t. sea salt  
1 batch sugar free chocolate sauce

## DIRECTIONS

1. In medium mixing bowl combine all ingredients and mix thoroughly.
2. Pour batter into 8" x 8" baking pan and set aside.
3. Make my sugar free chocolate sauce recipe and pour over the top. With a spoon swirl the chocolate into the fudge batter.
4. Freeze to set for one hour and cut into bite sized squares. Store in refrigerator if there's any left!
5. Variation: Place cupcake liners into cupcake tin. Spoon 1 1/2 T. of sunbutter fudge into bottom of liner then drizzle with 1 T. sugar free chocolate over the top. Freeze or refrigerate for 30 minutes until firm.



# Fairytale Raspberry Pudding

Ok, so I wanted to name this Shrek pudding because it's so incredibly green! I hope your kids won't mind the color. Some kids won't eat anything green! When I gave this to my gals they asked for more immediately! I had a hard time sharing! Really, I wanted to eat it all myself.

This would also freeze well into freezer pops for the summer. MMMMMMMM.....

## INGREDIENTS

2 large, ripe avocados  
2 heaping T. sugar free raspberry fruit spread (I like Trader Joe's Organic fruit spread)  
1/2 t. stevia powder  
1/2 t. gf vanilla extract  
dash of salt  
1 T. melted coconut oil  
fresh raspberries

## DIRECTIONS

1. Place the avocado and raspberry spread into a high speed blender or ninja and blend until smooth. Be patient, this might take some time and side scraping.
2. Once it's smooth add the coconut oil to the blender and blend again.
3. Pour the mixture into a mixing bowl and add the rest of the ingredients. Mix well and serve immediately. If you wait, it'll start to oxidize like an apple and turn brown on the outsides. If you need to save it for a while, then add 1/2 t. lemon juice.
4. Garnish with fresh raspberries.



# Orange-Spice Macarcons

This is one of my favorite sweet treats. They are super simple and packed with nutrition and flavor. They won't last long after you make a batch so you might need to hide some for later!

## INGREDIENTS

3 T. melted coconut oil  
1 T. GF vanilla extract  
1 1/4 cup shredded coconut, unsweetened  
3/4 cup almond meal  
1/8 t. sea salt  
1 T. pure maple syrup or honey  
3/4 t. pure stevia powder extract  
1 t. orange zest  
1 t. orange juice, fresh squeezed  
1/4 t. ground cloves

## DIRECTIONS

1. In a high speed blender place all ingredients and blend on high for a few minutes, scraping sides often. Be patient with this step, it really takes some time. Just keep scraping the sides (with your blender off, of course:)) It will get smooth, I promise!
2. Pour batter into mixing bowl and continue to stir.
3. If you want to eat these raw like we do, just form them into 1" balls and enjoy right away or refrigerate for 30 minutes to firm them up a bit.
4. If you want, you can bake them. Just flatten them a bit, but keep them thick and place them on a lightly greased cookie sheet. Bake at 350 for 10 minutes or until golden.



# Sugar Free Chocolates

These will take care of your sugar fix without compromising your dietary needs. Super yummy, chocolatey, creamy bliss!

I have a little bit of dark chocolate every day because chocolate helps keep blood pressure down and it also contains tons of antioxidants, iron, magnesium, copper, manganese, potassium, zinc and selenium. It also helps me to have some healthy energy without all the caffeine of coffee, which is too much for me. There is a lot of controversy around how chocolate affects adrenal health, but for years it has helped me to have a little bit in the morning, kinda like the need people feel for coffee. If I eat too much I get jittery, but in moderation, I feel great. Days that I don't have any, I definitely feel less energy.

The cinnamon in this recipe is also high in antioxidants and is anti-inflammatory, lowers blood sugar (helps with insulin balance) and has anti-fungal and anti-bacterial properties.

Stevia is great for those who want to cut back on sugar. Stevia is perhaps the only sweetener that is not just "not harmful," but has actual health benefits. You can read about the amazing health benefits of Stevia here. I also love the coconut oil benefits in this recipe because coconut oil has anti-viral, anti-bacterial and anti-fungal properties. The oil is great for skin health and doesn't store as fat, it is used as energy in the body. So, with all those great benefits, this treat is one to keep around.

## INGREDIENTS

1/2 cup melted coconut oil  
1-2 T. ground cinnamon to taste  
Pinch of salt  
1/2 t. stevia powder  
1/3 cup organic cocoa powder or raw cacao powder  
1/2 t. vanilla, optional

## DIRECTIONS

1. Melt the coconut oil in a jar in a pot of warm water on low heat.
2. In a small mixing bowl, combine the cocoa, stevia, salt and cinnamon.
3. Add the melted coconut oil and vanilla.
4. Using a teaspoon, pour mixture into candy molds and freeze. They will be ready in less than 15 minutes. Store in freezer or refrigerator.



# Sweet Potato Pudding

Sweet potatoes can be hard to love. Only two of my kids like them, and it took me until just a few years ago to enjoy the flavor. I learned to love them partly because they are a nutrient packed food with lots of health benefits. In fact, sweet potatoes are one of the healthiest vegetables. A medium sized sweet potato contains more than your daily requirement of vitamin A, nearly a third the vitamin C you need, almost 15 percent of your daily dietary fiber intake and 10 percent of the necessary potassium. Antioxidants abound in sweet potatoes, which also have anti-inflammatory properties. The beta-carotene and vitamin C in these tubers work together to rid the body of cancer-friendly free radicals. Diabetics can eat sweet potatoes without worry as these tubers have a low glycemic index.

So, with that in mind, I've been trying to figure a way to make sweet potatoes that my kids will love. Here's the recipe that took them from turning their noses up at sweet potatoes to asking for more!

## INGREDIENTS

4 medium-large sweet potatoes  
1/4 t. salt  
2 -3 T cashew butter  
1/2 t. pure stevia powder  
1 t. ground cinnamon

## DIRECTIONS

1. Wash and bake 4 medium-large sweet potatoes in a baking pan, uncovered for 1 hour at 400. No need to poke holes!
2. When they're done, let them cool enough to peel them. The skin comes off very easily at this point.
3. Place the peeled, baked potatoes in a medium mixing bowl and add the salt, cashew butter and stevia. Mash and mix together till thoroughly combined.
4. Serve warm as a side dish, dessert or snack.



# Chocolate Covered Raspberry Pudding

Here's another super healthy and yummy treat! A winner with all my peeps. You could also use this as a frosting for cupcakes or cookies.

The bonus is the nutrient packed ingredients. Have you heard how healthy avocados are? Not only are they full of vitamins, minerals and healthy fats, but they're good for healthy nerve function, blood cell function and protection from heart disease.

It's never too late to start eating right for energy and longevity! Bon Appetite!

## INGREDIENTS

2 large, ripe avocados  
6 T. unsweetened raspberry fruit spread  
1 t. stevia powder  
1/2 t. gf vanilla extract  
2 dashes salt  
1/4 cup cocoa powder  
2 T. cashew butter  
1 T. melted coconut oil

## DIRECTIONS

1. Place the avocado and raspberry fruit spread into a high speed blender or ninja and blend until smooth, scraping sides and breathing deeply with patience!
2. Add the coconut oil and blend again.
3. Pour and scrape the mixture into a mixing bowl and add the rest of the ingredients, mixing until smooth.
4. Enjoy immediately or store in the fridge for later. These would also work well as freezer pops! Yummy!



# Mint Infused Persimmon Pudding

If you love persimmons, like we do, then you'll love this new spin on a very high fiber fruit. Persimmons are not only high in fiber, but also in vitamin C, antioxidants, and contain anti-tumor compounds called Catechins which also have anti-infective, anti-inflammatory and anti-hemorrhagic properties. (prevents bleeding from small blood vessels)

We paired them with some fresh mint which is great for digestion, respiratory issues (including asthma), memory loss and pimples! According to OrganicFacts.net one peculiar property of mint that seems quite contrary to its traditional cooling and soothing effects is that it induces sweating if consumed during fever, thereby breaking the fever and speeding the rate of recovery. Mint juice can also be applied to heal and soothe burns. It is also beneficial in the treatment of rheumatism. Furthermore, mint is also said to improve the activity of the brain, although legitimate and consistent research on its neurological impact has yet to be completed.

With all those great benefits this treat is definitely one to add to your table!

## INGREDIENTS

1 cup unsulphured, unsweetened dried Persimmons, or fresh persimmons  
1/2 cup raw cashews  
2 pitted dates  
1/4 teaspoon stevia powder  
1/2 cup almond, rice or boxed coconut milk, unsweetened  
2 T. fresh mint leaves

## DIRECTIONS

1. If using dried persimmons, place them in a bowl of filtered water with the cashews and dates, and soak for one hour. If using fresh persimmons, then just slice them in half, scoop out the flesh and place them in a blender with the cashews and dates. If you have a super great blender, like a VitaMix, you don't need to soak the cashews and dates. If you have a regular blender, then soak the cashews and dates for at least 30 minutes before blending with the persimmons.
2. Drain the water from the fruit, cashews and dates and place in a blender with the stevia, milk and mint leaves. Blend until smooth.
3. Enjoy immediately or refrigerate for one hour to infuse more of the mint flavor into the pudding. Garnish with extra mint for parties. :)

# Flaxseed Meal Egg



For a flaxseed meal egg combine 1 T flaxseed meal with 3 T water and let sit for 5 - 10 minutes. Voila! Your perfect egg substitute!



# Katrina

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Here's how it all started: In 2002 I found myself sitting across from a naturopathic physician, with my test results in his hands. Since the birth of our first child, 19 months earlier, I had struggled with:

- severe insomnia
- itching from head to toe
- heart palpitations
- mood swings
- gas
- major GI distress

I was getting weaker and weaker. I knew that traditional medicine wasn't a good place for me to start because of my reactions to prescription meds in the past. The naturopathic doctor ordered an adrenal stress test and a stool test. The results showed that I had extremely elevated cortisol, and gluten, dairy, soy and egg intolerance. Since I had been diagnosed with IBS 10 years earlier and chose to alter my diet to control the symptoms, instead of taking the prescriptions, I was already using less wheat and dairy, but hadn't completely taken them out of my diet.

This new dietary restriction was mind-blowing. I went home and stared at the food in my cupboards and cried, not knowing what to eat or where to start. Gluten, dairy, soy and eggs were in everything! I felt like I was going to starve! I cried for weeks trying to figure out what to do, what to eat. To make matters worse, as a vegetarian my protein intake came from dairy, eggs and soy. How was I going to get enough protein with these new restrictions? Rice, beans, soy and nuts were my main stay. However, I had intense fatigue after every meal and had to lay down for an hour.

Fast forward 12 years and I've had time to get well acquainted with my health needs. I have found that not only am I sensitive to gluten, dairy, soy and eggs, but also all grains, sugar and legumes. I never stopped having stomach aches and itching until I eliminated those foods. Now I'm eating a lot of vegetables, fruit, nuts and a little fish, with great success. The funny thing is I don't love cooking, but I do love food! Since our girls are also sensitive to gluten, eggs, and dairy, I've spent a lot of time learning how to cook great tasting allergy free food. It isn't cheap, but I think of it as an investment for our future. Keeping that in mind really helps to stay sane when shopping. Even with lots of gluten-free options on the shelves, a lot of them are over-processed and full of sugar! My goal is to eat for wellness and keep meals as simple as possible. So, here we are to encourage you on your journey.

Be blessed as you learn a new way of eating to gain energy, longevity and healing.

Medical information obtained from our cookbook or website is not be intended as a substitute for professional care. If you have or suspect you have a problem, you should consult a healthcare provider.

*Allergy Free*  
**I Can't Eat What?**  
*Since 2002*

# Meet The Team

My three children also have gluten and dairy sensitivity so I've learned how to make our food taste great. Our hope is that you'll find help and encouragement from our website.



## **Chef Master**

### Allergies

Gluten  
Dairy  
Soy  
Grain  
Eggs  
Sugar



## **Food Tester**

### Allergies

Gluten  
Dairy



## **Little Chef**

### Allergies

Gluten  
Dairy  
Eggs



## **Food Tester**

### Allergies

Gluten  
Dairy  
Eggs





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*Allergy Free*  
**I Can't Eat What?**  
*Since 2002*

*Written by*

**Katrina Nixon**

*author of [www.icanteatwhat.com](http://www.icanteatwhat.com)*

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*Photographed by*

**Chad Nixon**

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