

21 HEALTHY TREAT SUBSTITUTIONS



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As the mother of two young children, I know all about the value and necessity of treats. And oh how many occasions for treats there are...

There are after-lunch treats, after-dinner treats, after-school treats, birthday treats, rainy day treats, party treats, play date treats and good-report-card treats.

I can't, in good conscious, give my kids (or myself) sugar and grain filled treats at each and every one of these abundant occasions. To do so would be to invite obesity, heart disease, diabetes and high blood pressure.

So I look for wholesome, real food treats for us to enjoy. Turns out I have quite the knack for converting traditional, unhealthy treat recipes into real food creations, as you'll discover in the following pages. :)

Some of my favorite, must-try recipes in this book include...

Melt-In-Your-Mouth Coconut Sugar Cookies. These sweet, soft cookies are my son's favorite. I have to hide a few of these cookies in the back of the freezer whenever I make a batch to make sure that he doesn't eat them all!

To-Die-For-Blondies. These tender cookie bars are ahhh-mazing! Make these for your next bake sale or to bring to a gathering – it's a total crowd pleaser!

Double Chocolate Coconut Brownie Bits. When it comes to brownies, these are my ultimate favorite. Dark chocolate and coconut flakes combine for a decadent

creamy, chocolate indulgence. I make these in a mini muffin pan, which creates the perfect, bite-sized treat.

Passion Fruit and Mango Sorbet. If you are able to get your hands on some fresh passion fruit, then drop everything you're doing and make this tropical, refreshing treat. The combination of sweet mango and tangy passion fruit makes this quick and easy sorbet recipe unforgettable.

Andrew's Fun Dip. This recipe came as a result of my 7 year old son challenging me to make a healthier version of the pure-sugar Fun Dip candy. I took his challenge head-on and ended up with this fun recipe for jicama slices dipped in freeze dried fruit powder. The kids have so much fun with this one!

Plantain Chips I and II. Most of the grain-filled treats that I gave up were crunchy and salty, so there a distinct void opened up for something healthy to replace those. I found exactly what I was looking for when making baked plantain chips. These thin slices of plantain are baked to crunchy perfection and then salted. Yum-o! I also make another version with cinnamon and riper plantains that turns out sweet and salty.

Now go on and enjoy a few healthy treats!

Happy Cooking :)
Diana Keuilian

PS – Don't forget to visit www.RealHealthyRecipes.com for hundreds of quick and delicious recipes.

DISCLAIMER:

The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

21 Treat Recipes

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Melt-in-Your-Mouth Coconut Sugar Cookies

Prep: 20 minutes **Bake:** 15 minutes **Oven:** 300 **Makes:** 36 cookies

One cookie equals:

95 calories, 8g fat, 34mg sodium, 4g carbohydrate, .6g fiber, and 1g protein



Ok, these cookies don't really have sugar in them, but you'll be amazed at how the coconut crystals taste so much like traditional sugar cookies. When I first made these Andrew ate nearly the whole batch!

Here's what you need:

- ½ cup coconut oil
- ½ cup palm shortening
- 1 cup coconut crystals
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/8 teaspoon salt
- 3 egg yolks
- ½ teaspoon vanilla extract
- 1 cup blanched almond flour
- ¼ cup coconut flour
- 2 Tablespoon arrowroot starch

1. In a large mixing bowl beat the coconut oil and palm shortening with an electric mixer on high speed for 30 seconds. Add coconut crystals, baking soda, cream of tartar, and salt. Beat until combined, scraping sides of bowl occasionally. Beat in the egg yolks and vanilla until combined. Beat in the almond flour, coconut flour and starch. Chill the dough in the fridge for 15 minutes.
2. Shape dough into 1-inch balls. Place 2 inches apart on a lightly greased cookie sheet. Press the balls to flatten slightly. Bake in a 300 degree oven about 15 minutes until sides are set. Cool on the baking sheet for 10 minutes before transferring to a cooling rack.

Fudge Ecstasies

Prep: 20 minutes **Bake:** 8 minutes **Oven:** 350 **Makes:** 36 cookies

One serving equals:

69 calories, 5g fat, 15mg sodium, 5g carbohydrate, 1g fiber, and 1g protein



Get ready for a melt-in-your-mouth chocolate cookie experience that you'll not soon forget! These fudge chocolate cookies are a delightful way to get your chocolate fix.

Here's what you need:

- 5 oz dark chocolate, 72% cocoa or higher
- 2 Tablespoons coconut oil
- ¼ cup raw honey
- 1 teaspoon vanilla extract
- 1 cup pecans
- ¼ cup blanched almond flour
- ½ teaspoon baking soda
- 2 eggs
- ½ cup mini chocolate chips

1. Grease a cookie sheet with coconut oil; set aside. In a double boiler melt the chocolate, coconut oil and honey. Remove from heat. Add vanilla.
2. Place the pecans in a food processor and pulse until chopped. Add the almond flour and baking soda and pulse to mix. Add the melted chocolate mixture and pulse to mix. Remove the blade and mix in the eggs and chocolate chips.
3. Drop dough by rounded teaspoons 2 inches apart on to the prepared cookie sheet. Bake in a 350 degree oven for 8 to 10 minutes or until edges are firm and the tops are golden. Allow to cool on the pan for 10 minutes before transferring to a wire rack.

Real Healthy Whoopie Pie

Prep: 20 minutes **Bake:** 12 minutes **Oven:** 350 **Makes:** 30 pies

One serving equals ½ a Whoopie Pie:

99 calories, 8g fat, 47mg sodium, 5g carbohydrate, 1g fiber, and 3g protein



In the early 1900's Amish women began the tradition of baking small cookies with leftover cake batter, and then sandwiching them together with sweet, creamy frosting. These little pies would then be tucked away in the farmer's lunch pail. Legend goes that when the farmers would discover the sweet treat in their lunch they would let out a, "whoopie!" that could be heard across the fields. And so the "Whoopie Pie" was born.

I put together this recipe using wholesome ingredients to create a healthier version of the classic Whoopie Pie. It's soft, creamy and oh-so-delicious! Whoopie!

Here's what you need:

Frosting (needs to refrigerate for 12 hours):

- 1 cup coconut milk
- 1 teaspoon vanilla extract
- 1/2 cup pure maple syrup
- 1 teaspoon xanthan gum OR guar gum
- 1 cup coconut oil

Cookies:

- 4 cups almond meal
- 1/2 cup unsweetened cocoa powder
- 1 1/4 teaspoons baking soda
- 1 teaspoon salt
- 1/2 cup coconut oil
- 1 cup coconut crystals
- 1 omega 3 egg
- 2 teaspoons pure vanilla extract
- 1 cup coconut milk

Make the Frosting:

1. Make the frosting the night before. Whisk coconut milk, vanilla extract and maple syrup in a small saucepan over medium heat.

2. Use a hand mixer and blend in the xanthan or guar gum, until the frosting starts to thicken.
3. Remove from heat and blend in the coconut oil.
4. Cover and chill in the fridge for at least 12 hours before using.

Make the Cookies:

1. Preheat oven to 350 degrees F. Grease 2 baking sheets with coconut oil.
2. Mix the almond meal, cocoa powder, baking soda and salt in a medium bowl.
3. In another medium bowl combine the coconut oil, coconut crystals, egg, vanilla and coconut milk.
4. Slowly add the dry ingredients to the wet ones, mixing well.
5. Spoon the batter by the heaping tablespoonful onto prepared baking sheets. Bake for 10-12 minutes, until the centers are cooked through. Remove from oven and allow to cool for 15 minutes before transferring to a cooling rack.
6. Once the cookies have fully cooled, spread about 2 tablespoons of frosting on the bottom of one cookie, then top with another cookie.
7. If you plan to transport your cookies, then I suggest placing them in the freezer for a few hours first. This will ensure that they stay stuck together. Also you may wrap each pie individually in plastic wrap.

To-Die-For Blondies

Prep: 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 18 bars

One bar equals:

185 calories, 14g fat, 32mg sodium, 12g carbohydrate, 1g fiber, and 3g protein



With zero grains, zero refined sugars and a shot of rum, these blonde dessert bars are indulgent and delightful. Dotted with mini chocolate chips and chopped pecans, these dessert bars have a creamy, moist middle and satisfying texture.

Here's what you need:

- 8 Tablespoons coconut oil
- 1 cup coconut crystals
- 1 egg
- 1 teaspoon vanilla extract
- 1/8 cup rum
- 2 grinds of sea salt
- 1 cup blanched almond flour
- 1/2 cup pecans, chopped
- 1/2 cup mini chocolate chips

1. Preheat the oven to 350 degrees F. Lightly grease an 8×8 brownie pan with coconut oil.
2. Gently melt the coconut oil over low heat. Beat the coconut oil and coconut crystals together using an electric mixer. Add the egg, vanilla and rum.
3. In another bowl, combine the salt and almond flour. Add to the wet ingredients, mixing until well combined.
4. Fold in the pecans and chocolate chips.
5. Pour into the prepared pan. Bake for 20-25 minutes, until set in the middle. Cool completely before cutting. Enjoy!

Chocolate Revel Bars

Prep: 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 32 bars

One bar equals:

239 calories, 19g fat, 43mg sodium, 11g carbohydrate, 2g fiber, and 4g protein



These ooey-goey-carmel-y cookie bars are seriously delicious. Traditional Chocolate Revel Bars contain dairy, grains, gluten and refined sugar, so I knew that making a more wholesome version was going to be a challenge! I love how moist and chocolate-y these bars are.

Here's what you need:

- 1 cup palm shortening
- 2 cups coconut crystals
- 1 teaspoon baking soda
- 2 eggs
- 2 teaspoon vanilla extract
- 2 ½ cups blanched almond flour
- 1 cup sliced almonds
- 2 cups unsweetened coconut flakes
- 1 ½ cups dark chocolate pieces
- 1 cup canned coconut milk, full fat
- ½ cup pecans, chopped
- 2 teaspoons vanilla extract

1. Set aside 2 Tablespoons of the palm shortening. In a large mixing bowl beat the remaining palm shortening with an electric mixer on medium to high speed for 30 seconds. Add the coconut crystals and baking soda. Beat until combined, scraping sides of bowl occasionally. Beat in eggs and 2 teaspoons vanilla until combined. Beat in the almond flour. Stir in the sliced almonds and coconut flakes.
2. For the chocolate filling, in a medium saucepan combine the reserved 2 Tablespoons palm shortening, chocolate pieces, and coconut milk. Cook over low heat until chocolate melts, stirring occasionally. Remove from heat. Stir in the pecans and 2 teaspoons vanilla.

3. Press two-thirds of the almond flour mixture into the bottom of a 15x10x1-inch baking pan, greased with coconut oil. Spread chocolate filling evenly over the almond flour mixture. Dot remaining almond flour mixture on filling.
4. Bake in a 350 degree oven about 25 minutes or until top is lightly browned (chocolate filling will still look moist). Cool on a wire rack. Chill in the fridge for 20 minutes before cutting into bars.

Divine Chocolate Cake with Cherries

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 20 servings

One serving equals:

264 calories, 16g fat, 277mg sodium, 23g carbohydrate, 5g fiber, and 6g protein



There are certain celebrations in life that simply *require* a beautiful cake to be shared. This need-for-cake doesn't go away when you get your diet in order and give up gluten, dairy, soy and cane sugar.

I've been working on a real food cake recipe for months, and am sooooo excited to have finally gotten it deliciously right with this Divine Chocolate Cake with Cherries. It's been tested on health food lovers and non-health food lovers alike, both of whom licked their plates clean – it's *that* good!

What makes this real food cake even more fun is that it has a secret vegetable ingredient that is virtually undetectable, and makes the cake scrumptiously moist. That secret vegetable ingredients is.....canned beets!

Here's what you need:

- 10 oz dark chocolate, 72% or higher cocoa content
- 1/2 cup coconut oil
- 2/3 cup raw honey or pure maple syrup
- 4 omega-3, free range eggs
- 1 Tablespoon vanilla extract
- 1/2 teaspoon almond extract
- 2 cup blanched almond flour
- 1/3 cup coconut flour
- 1/2 cup unsweetened cocoa powder
- 1 Tablespoon baking soda
- 1/2 teaspoon salt
- 2 (15oz) can of beets, drained

For the Frosting:

- 1 (15oz) can coconut cream (Trader Joe's carries it)
- 2-3 Tablespoons pure maple syrup
- 2 teaspoons vanilla extract
- ¼ teaspoon almond extract
- dash of sea salt
- 1/3 cup coconut oil, melted and cooled
- 2 (10oz) bags frozen organic dark cherries
- 3 Tablespoons warm water

1. Preheat oven to 350 degrees F. Generously grease two round cake pans with coconut oil. Set aside.
2. In a double boiler, gently melt the chocolate. (If you don't have a double boiler then fill a skillet with a few inches of water and set a small pot in the water, place over very low heat.) Add the coconut oil and raw honey and mix until fully combined. Remove from heat and set aside to cool.
3. In small bowl combine the eggs, vanilla and almond extracts. Add the cooled chocolate mixture.
4. In a medium bowl combine almond flour, coconut flour, cocoa powder, baking soda and salt. Pour in the wet ingredients and mix until fully combined.
5. Using a food processor or high speed blender, puree the drained beets until smooth. Making sure the beets are pureed and not chopped is the key to making this recipe work!
6. Mix the beet puree into the batter. Pour into prepared pans and bake for 25 minutes, or until fully set. Allow to cool in the pan for at least 30 minutes before removing from pans. Chill the cakes in the fridge while you prepare the frosting.
7. For the Frosting: Chill the can of coconut cream overnight in the fridge. Open the can and drain out any water – this is very important step, otherwise your frosting will be runny.
8. Using an electric mixer with a whisk attachment, beat the coconut cream until fluffy. Add the syrup, vanilla and almond extracts and sea salt. Before adding the coconut oil check that it is not warm to the touch. It should be still runny but not warm. If it's too warm then the coconut cream will curdle. Add the coconut oil and beat on high for 3-5 minutes. If your frosting is too runny then place the bowl in the freezer for a few minutes and the beat again.
9. Prepare your cake: Save one bag of cherries to decorate the top of your cake. Place the other bag of cherries in your food processor or high speed blender and puree with the warm water into a cherry paste.
10. Place one of the cakes on your cake plate, then spread the cherry paste in an even layer over the top of it. Spread a layer of frosting over the cherry, then top with the remaining cake. Spread the remaining frosting over the top of the cake, then decorate with the saved cherries.
11. Store the cake in the freezer until you are ready to serve. This will keep the frosting and cherries firm and from sliding off.

Strawberry Cheesecake Cobbler

Prep: 15 minutes **Bake:** 45 minutes **Oven:** 350 **Makes:** 18 servings

One serving equals:

244 calories, 16g fat, 59mg sodium, 16g carbohydrate, 2g fiber, and 7g protein



A blog reader sent me the recipe for Strawberry Cream Cheese Cobbler (using traditional ingredients like butter, flour, sugar and cream cheese) to see if I could give it a Real Healthy Makeover. After a brainstorm session and some experimenting in the RHR kitchen, here's what I came up with. The biggest challenge was finding a substitution for the cream cheese while keeping the recipe simple and quick. Soaked raw cashews did the trick. To soak cashews place them in a large bowl (I use a glass 4-cup Pyrex measuring bowl) cover with warm water, then place a small plate on top to keep all of the cashews submerged. Leave it on the kitchen counter for at least 2 hours.

Here's what you need:

- 2 Tablespoons coconut oil, melted

For the Cake:

- 1/3 cup coconut flour
- 1/3 cup blanched almond flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 5 eggs
- 2 teaspoons vanilla extract
- 1/3 cup pure maple syrup, grade b
- 1/4 cup coconut milk, full fat from can
- 2 Tablespoons coconut oil, melted
- 4 cups fresh strawberries, sliced

For the 'Cream Cheese'

- 12 oz (about 2 cups) raw cashews, soaked for 2 hours in warm water
- 3/4 cup coconut milk, full fat from can
- 1 egg
- 2 Tablespoons arrowroot starch
- 1 Tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1/4 cup pure maple syrup, grade b

1. Preheat the oven to 350 degrees F. Spread the 2 Tablespoons of coconut oil in a 9×13 inch baking pan, coating the bottom and the sides.
2. For the cake: In a medium bowl combine the coconut flour, almond flour, baking powder and salt. In another medium bowl combine the eggs, vanilla, maple syrup and coconut milk. Add the dry ingredients to the wet ones. Slowly add the melted coconut oil and mix until all lumps disappear.
3. Pour the cake batter into the prepared pan, spread to evenly cover the bottom. Sprinkle with half of the strawberries.
4. For the 'Cream Cheese': Discard the cashew soaking water. Add all of the ingredients in a high speed blender or food processor. Blend on high until creamy – this will take a few minutes. If you still see little pieces of cashew, keep blending. The consistency will become smooth and creamy.
5. Drop spoonfuls the 'cream cheese' over the strawberries. Sprinkle with remaining strawberries.
6. Bake for 40-45 minutes, until golden and bubbly.

Real Food Strawberry Cheesecake

Prep: 20 minutes **Bake:** 15 minutes **Oven:** 375 **Makes:** 16 servings

One serving equals:

236 calories, 13g fat, 42mg sodium, 24g carbohydrate, 3g fiber, and 5g protein



Since giving up grains, refined sugar and dairy –the 3 main ingredients in traditional cheesecake– I decided to come up with an RHR approved version of this classic dessert. This healthier version isn't as rich as the real thing, so I actually like it a lot more!

So how do you make cheesecake without cream cheese? Great question...

The magic comes from soaked, raw cashews. Once blended, with tasty real food flavors, it becomes rich and creamy. Just like magic!

Here's what you need:

For the Crust:

- 1 Tablespoon raw honey
- 1 packet dry active yeast
- ¼ cup warm water
- ¾ cup blanched almond flour
- ½ cup coconut crystals
- 3 Tablespoons coconut flour
- ½ cup arrowroot starch
- ¼ teaspoon salt
- 1 egg
- 1 Tablespoon coconut oil
- 1 teaspoon apple cider vinegar
- ½ teaspoon vanilla extract

For the Cheesecake Filling:

- 1½ cups raw cashews
- zest and juice from 1 lemon
- ¼ cup filtered water
- 3 Tablespoons coconut oil
- 2 Tablespoons vanilla extract
- crack of sea salt
- 2 Tablespoons raw honey

For the Strawberry Topping:

- 3 cups fresh strawberries, sliced (divided)
- 5 dates, pitted
- juice from 1 lemon

For the Crust:

1. Preheat the oven to 375 degrees F. Lightly grease an 8inch pie pan with coconut oil.
2. Combine the honey, yeast and warm water in a cup. Gently mix until combined. Set aside for 5 minutes, until foamy.
3. In a food processor, combine the almond flour, coconut crystals, coconut flour, arrowroot starch and salt. Pulse until well combined.
4. Add the yeast mixture, egg, oil, vinegar and vanilla extract. Pulse until well combined.
5. Evenly spread dough into the prepared pie pan. Bake for 12-15 minutes, until golden. Cool completely.

For the Cheesecake Filling:

1. Soak the cashews in warm water for 10 minutes. Discard the soaking water.
2. In a food processor, combine the cashews, lemon zest and juice, water, oil, vanilla extract, salt and honey. Continue to blend until smooth and creamy.
3. Spread the filling over your cooled crust. Chill for 20 minutes before adding the strawberry topping.

For the Strawberry Topping:

1. Arrange 1½ cups of the sliced strawberries over the top of the cheesecake filling.
2. In a food processor, combine the remaining strawberries, dates and lemon juice. Blend until smooth.
3. Pour the strawberry sauce evenly over the arranged strawberries. Chill for 20 minutes before serving and store in the fridge. Enjoy!

Double Chocolate Coconut Brownie Bites

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 32 servings

One serving equals:

174 calories, 12g fat, 58mg sodium, 10g carbohydrate, 2g fiber, and 3g protein



These moist, decadent brownies are filled with shredded coconuts, giving it a delightful texture. One of these chocolate morsels will give you a boost of energy, as these are filled with nutrient-dense, delicious ingredients.

Here's what you need:

- 7 oz dark chocolate
- 1 cup coconut oil
- 3/4 cup raw honey (or pure maple syrup)
- 4 eggs
- 2 Tablespoons vanilla extract
- 1/2 teaspoon almond extract
- 1 1/2 cups blanched almond flour
- 3/4 cup unsweetened, shredded coconut
- 1 teaspoon sea salt
- 1/2 cup mini chocolate chips

1. Preheat oven to 350 degrees F. Lightly grease a mini muffin pan with coconut oil.
2. In a double boiler, gently melt the chocolate, coconut oil and raw honey. Remove from heat, allow to cool, add the eggs, vanilla and almond extracts.
3. In a medium bowl combine the almond flour, coconut and salt. Add the wet ingredients and mix well.
4. Fill the mini muffin tins nearly to the top. Bake for about 15 minutes, until golden and set. It's OK for the middles to be a moist, this is the best part!
5. Store in an airtight container in the fridge. Enjoy!

Fudgy Brownies

Prep: 15 minutes **Bake:** 30 minutes **Oven:** 350 **Makes:** 16 brownies

One brownie equals:

187 calories, 13g fat, 22mg sodium, 15g carbohydrate, 1g fiber, and 3g protein



Brownies are one of my all-time favorite indulgences. It's chocolate perfected into moist cake-like form. I'm so happy that Real Healthy brownies taste even better than grain and sugar filled ones. Thank goodness!

Here's what you need:

- ½ cup coconut oil
- 4 ounces dark chocolate, chopped
- 2/3 cup raw honey
- 2 eggs
- 1 teaspoon vanilla extract
- 2/3 cup blanched almond flour
- ¼ teaspoon baking soda
- ½ cup chopped walnuts

1. In a medium saucepan melt coconut oil, chocolate and honey over low heat, stirring constantly. Remove from heat; cool.
2. Meanwhile, grease an 8x8x2-inch or 9x9x2-inch baking pan; set aside. Stir the eggs, 1 at a time, into the chocolate mixture. Stir in the vanilla.
3. In a small bowl stir together the almond flour and baking soda. Add almond flour mixture to chocolate mixture; stir just until combined. Stir in walnuts. Spread into prepared pan.
4. Bake in a 350 degree oven for 30 minutes for 8-inch pan or 25 minutes for 9-inch pan. Cool on a wire rack. Chill for 20 minutes in the fridge before cutting into bars.

Honeydew and Mint Sorbet

Prep: 10 minutes **Freeze:** 2 hours **Makes:** 4 servings

One serving equals:

107 calories, 0g fat, 73mg sodium, 24g carbohydrate, 1g fiber, and 3g protein



Cool thing #1 about these sorbet recipes is that it's fruit only. Zero sweeteners. Most sorbet recipes call for at least a cup of refined sugar, which I was not about to use. Rather than use any sweetener I stuck with real, whole fruits. The result is a spectacular tropical fruit flavor explosion.

Cool thing #2 about this recipe is that **YOU DO NOT NEED AN ICE CREAM MAKER!** Yippee for those of you who don't have an ice cream maker, and yippee for those of us who just don't feel like pulling it out from whatever dark corner of the kitchen cupboard it's collecting dust in.

Simply use a freezer-safe bowl that has high enough sides to comfortably beat the mixture without spilling. The addition of beaten egg whites miraculously turns the runny juice mixture into something creamy. Once it has been in the freezer long enough, and gotten thick enough, you'll find that it has a wonderful scoop-able consistency. Enjoy!

Here's what you need:

- 1 Honeydew, peeled, seeded and diced
- 2 Tablespoons fresh mint leaves, minced
- juice and zest from 1 lime
- 2 egg whites

1. Combine the honeydew, lime juice and zest and mint leaves in a blender until smooth. Pour into a freezer-safe container. Freeze for an hour.
2. Beat the egg whites until stiff peaks form. Fold the egg whites into the fruit mixture. Freeze for another hour.
3. Mix the sorbet, and return to the freezer until desired consistency has been reached.

Passion Fruit and Mango Sorbet

Prep: 15 minutes **Freeze:** 2 hours **Makes:** 6 servings

One serving equals:

96 calories, 0g fat, 24mg sodium, 17g carbohydrate, 1g fiber, and 5g protein



Passion fruit, also known as purple granadilla, grows on vines with the oval, purple fruit hanging by the dozens under large green leaves. The small, but flavorful, fruit is a nutritional powerhouse containing vitamin C, provitamin A beta carotene, fiber, iron, and potassium. But, more importantly for this recipe, the fruit pulp has this refreshing, sweet-tangy flavor that's perfect for a cool treat.

Here's what you need:

- 1 cup Mango Orange Juice (Fruit only)
- 1 cup Passion Fruit pulp (10-12 passion fruits)
- 1 cup diced Mango
- 2 egg whites

1. Combine the juice, passion fruit pulp and diced mangoes into a freezer-safe container. Freeze for an hour.
2. Beat the egg whites until stiff peaks form. Fold the egg whites into the fruit mixture. Freeze for another hours
3. Mix the sorbet, and return to the freezer until desired consistency has been reached.

Strawberry Watermelon Sorbet

Prep: 15 minutes **Freeze:** 2 hours **Makes:** 6 servings

One serving equals:

65 calories, 0g fat, 30mg sodium, 15g carbohydrate, 4g fiber, and 2g protein



Here's what you need:

- 1 lb strawberries, hulled
- 1 small watermelon, peeled, seeded and diced
- 2 egg whites

1. Combine the strawberry and watermelon in a blender until smooth. Pour into a freezer-safe container. Freeze for an hour.
2. Beat the egg whites until stiff peaks form. Fold the egg whites into the fruit mixture. Freeze for another hour.
3. Mix the sorbet, and return to the freezer until desired consistency has been reached.

Cantaloupe Mango Sorbet

Prep: 15 minutes **Freeze:** 2 hours **Makes:** 4 servings

One serving equals:

110 calories, 1g fat, 37mg sodium, 26g carbohydrate, 3g fiber, and 3g protein



Here's what you need:

- 2 mangoes, diced
- 1 small cantaloupe, peeled, seeded and diced
- 2 egg whites

1. Combine the mangoes and cantaloupe in a blender until smooth. Pour into a freezer-safe container. Freeze for an hour.
2. Beat the egg whites until stiff peaks form. Fold the egg whites into the fruit mixture. Freeze for another hour.
3. Mix the sorbet, and return to the freezer until desired consistency has been reached.

Ice Cream Cones

Prep: 20 minutes **Chill:** 2 hours **Makes:** 6 servings

One serving equals:

117 calories, 4g fat, 98mg sodium, 15g carbohydrate, 0g fiber, and 2g protein



Here's what you need:

- 2 egg whites, beaten until fluffy
- 1 Tablespoon coconut oil
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/2 cup coconut crystals
- 1/4 cup blanched almond flour
- 1/4 cup arrowroot starch
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt

1. Beat the egg whites until fluffy, but not stiff. Mix in the coconut oil and extracts.
2. In another bowl combine all of the dry ingredients. Slowly add the dry to the wet and mix until fully combined, and all lumps disappear.
3. Heat a medium skillet over medium low heat. Lightly grease with coconut oil. Drop about 3 Tablespoons of the batter into the center of the skillet, and tilt it to help the batter spread into a circle 3-4 inch in diameter. Cook until bubble form and the batter seems set, then flip.
4. Once flipped, press the 'pancake' down firmly with a metal spatula. Cook for another minute or so, flip again and press down again. The batter should become a very dark brown color, but not be burned.
5. Remove from heat, place on a wire rack briefly until it's cooled enough to handle, about 30 seconds. Roll it into a cone shape, pinching the tip so it becomes sealed. Press firmly

along the seam, pinching with fingers both inside the cone and outside the cone. At this point you can drop a few chocolate chips down into the bottom of the cone to melt and help seal up any cracks.

6. Lay the cone, seam side down, on a wire rack. Once you've made all 4 cones, move the cones to the fridge to chill for 10-15 minutes. Enjoy!

Andrew's Fun Dip

Prep: 10 minutes **Makes:** 2 servings

One serving equals:

149 calories, .2g fat, 11mg sodium, 32g carbohydrate, 14g fiber, and 3g protein



My 7 year old son, Andrew, challenged me to come up with a real food version of Fun Dip. For those of you who don't have school aged children, Fun Dip is a packaged candy that's basically pure sugar with artificial colors and flavors. It has a candy stick that is dipped into colorful sugar, licked off and then dipped again. You know, the atrocious kind of thing that kids end up with after a birthday party or Halloween.

Well, I took Andrew's challenge and ended up with a fun, wholesome snack that's quick to make and entertaining to eat!

Here's what you need:

- 1 oz bag freeze dried strawberries
- 1/2 a jicama, peeled and sliced

1. Throw the freeze dried fruit into a food processor and blend until it becomes a fine powder. (Make sure you remove that little stay-fresh packet before blending!)
2. Serve the powdered fruit in a small bowl or ziplock bag with a handful of jicama sticks.

Real Healthy Flan

Prep: 20 minutes **Bake:** 40 minutes **Oven:** 350 **Chill:** 2 hours **Makes:** 4 servings

One serving equals:

320 calories, 22g fat, 158mg sodium, 29g carbohydrate, 0g fiber, and 8g protein



One of my RHR Facebook fans reached out to me with a request for a dairy and refined sugar free flan recipe. Flan with no dairy or sugar? It sounded impossible.

This recipe for dairy and sugar free flan is dangerously creamy and delicious. Coconut milk, yacon syrup and raw honey are the secret ingredients!

Here's what you need:

- 1/4 cup yacon syrup
- 4 eggs
- 1/4 cup raw honey
- 1 can coconut milk, full fat
- 1/8 teaspoon sea salt
- 2 teaspoons vanilla extract
- dash of cinnamon

1. Preheat oven to 350 degrees F. Pour the yacon syrup evenly into 4 ramekins.
2. Whisk the eggs in a medium bowl, set aside.
3. In a small skillet heat the coconut milk, raw honey, salt, vanilla and cinnamon. Bring just to a boil, stirring constantly. Remove the pan from the stove.
4. Very slowly whisk the egg mixture into the coconut mixture, pouring a little bit at a time. If you go too quickly then you'll end up with bits of scrambled eggs in your flan!

5. Divide the mixture between the 4 ramekins. Place the ramekins in a small baking dish and fill the dish with water up to the center of the ramekins. Bake for 40 minutes until the top of the flan is golden.
6. Remove the ramekins from the baking dish and allow to return to room temperature. Chill for 2 hours or overnight in the fridge.
7. When you're ready to serve, tip the flan upside down onto a plate or simply eat with a spoon. Enjoy!

Red White and Blue Parfait

Prep: 25 minutes **Chill:** 2 hours 20 minutes **Makes:** 4 servings

One serving equals:

312 calories, 22g fat, 102mg sodium, 22g carbohydrate, 3g fiber, and 4g protein



There are plenty of parfait recipes out there, so what makes this version so special? For starters this parfait is grain, gluten, dairy and refined-sugar free (yes, we managed to make it work!). So you know it's a wholesome treat.

The coolest part of this parfait is my new awesome new technique for making coconut whipped cream from canned coconut milk. You will be amazed at how fluffy and whipped-cream-like it turns out – with virtually no fuss. It's really simple.

Here's what you need:

- 1 cup organic strawberries, sliced
- 1 cup organic blueberries
- 1 cup Melt-in-Your-Mouth Coconut Sugar Cookie Crumbles
- 1 batch coconut whipped cream

For the Coconut Whipped Cream:

- 1 can coconut milk, full fat, chilled
- 1 Tablespoon pure maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- about 10 drops liquid stevia
- 2 Tablespoons arrowroot starch
- small grind of sea salt

1. For the Coconut Whipped Cream: Chill the can of coconut milk in the fridge overnight, or place it in the freezer for about 4 hours. Place your mixing bowl and whisk attachment in the freezer for 15 minutes. Pour the cold coconut milk into your cold bowl and beat on high with electric mixer for 60 seconds. Add each remaining

ingredient, as you continue to beat on high. Beat for an additional 60 seconds after all of the ingredients have been incorporated. Place in the fridge for 10 minutes.

2. For the Parfaits: In 4 nice glasses, divide the strawberries, top with cream, blueberries and cookie crumbles. Chill for at least 10 minutes before servings. These keep for up to 48 hrs in the fridge. Enjoy!

Plantain Chips I and II

Prep: 30 minutes **Bake:** 30 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

110 calories, 2g fat, 133mg sodium, 22g carbohydrate, 2g fiber, and 1g protein



This recipe is sooooo simple, and the result is a delicious, sinfully crunchy snack.

Here's what you need:

- 2 large unripe plantains
- olive oil
- juice from 1/2 a lemon
- freshly ground sea salt

Plantain Chips II: For a sweeter treat, use plantains that are slightly more ripe and sprinkle with fresh cinnamon.

1. Preheat the oven to 350 degrees F. Lightly grease 2 large baking sheets with olive oil.
2. Peel the plantains and slice thinly on a diagonal. In a medium bowl toss the plantains with some olive oil, the juice from 1/2 a lemon and a generous sprinkle of salt.
3. Arrange in a single layer on the prepared baking sheets. Bake for 30 minutes, or until golden and crisp.

Apple Dessert Pizza

Prep: 30 minutes **Bake:** 20 minutes **Oven:** 425 **Makes:** 8 servings

One serving equals:

297 calories, 9g fat, 134mg sodium, 39g carbohydrate, 5g fiber, and 4g protein



This dessert pizza was on a flier from a pizza place that happened to land in my mailbox. Mmmmm, that dessert pizza that was being sold for \$6.99 sure looked amazing, but I could just imagine the awful ingredients it was made of. So I came up with this wholesome version of the same product.

Bet you anything my Apple Dessert Pizza tastes better than that one sold for \$6.99! And you know that this one is filled with wholesome ingredients. Yum.

Turns out we *can* have our cake (er, dessert pizza) and eat it too!

Here's what you need:

For the Dough:

- 1 Tablespoon raw honey
- 1 packet dry yeast
- ¼ cup warm water
- ¾ cup blanched almond flour
- 3 Tablespoons coconut flour
- ½ cup arrowroot powder
- 1 teaspoon ground cinnamon
- 2 Tablespoons coconut crystals
- ¼ teaspoon salt
- 1 egg
- 1 Tablespoon coconut oil, melted
- 1 teaspoon apple cider vinegar

For the Apple Filling:

- 3 apples, sliced
- 1 cup coconut crystals
- ½ teaspoon ground cinnamon
- 1 Tablespoon coconut flour
- dash of sea salt

For the Icing:

- 1/3 cup coconut milk, canned and full fat
- 2 Tablespoon coconut flour
- 1 teaspoon vanilla extract
- dash of salt
- 2 Tablespoons pure maple syrup, grade b
- dash ground cinnamon

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a small bowl combine the honey, yeast and warm water. Mix carefully with a fork. Set aside for 5 minutes, until foamy.
3. In a medium bowl combine the almond flour, coconut flour, arrowroot starch, cinnamon, coconut crystals and salt. Work out the lumps with a fork. Add the egg, coconut oil and vinegar to the yeast mixture and mix to combine.
4. Add the wet ingredients to the dry ones. Mix well and form a ball of dough. Work the dough for about 30 seconds with your hands, smoothing out any lumps.
5. Place the dough ball in the middle of your prepared pan. Dip your fingers in coconut oil, then use them to flatten the dough into a circle.
6. In a medium bowl combine the apple filling ingredients. Arrange the apples spiraling out from the middle of the dough, leaving 2-3 inches of bare dough around the edge. Fold the edge in, over the edges of the apples. Bake for 15-20 minutes, until the dough is golden.
7. In a medium bowl combine the icing ingredients. Mix until all lumps disappear. Spread over cooked and cooled pizza.

Cinnamon Slow-Cooker Applesauce

Prep: 15 minutes **Slow Cooker:** 2 hours- high or **Stovetop:** 20 minutes **Makes:** 8 servings

One serving equals:

86 calories, 0g fat, 0mg sodium, 22g carbohydrate, 4g fiber, and 0g protein



There really is no comparison between homemade and store bought applesauce. You can taste the vibrancy of fresh apples and layers of flavor in homemade. And when you have a slow cooker, making applesauce is incredibly simple. All you do is chop the apples and throw the ingredients into the slow cooker for a couple of hours. Then a few strokes of a hand blender and your delicious homemade treat is ready.

Here's what you need:

- 3 lbs organic apples, peeled, cored and chopped (I only peel half of the apples, to add more fiber and texture)
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 2 Tablespoons raw honey
- Juice from 1 orange
- 1/2 cup filtered water

1. Combine all of the ingredients in your slow cooker.
2. Cook on high for 2 hours, or low for 6 hours.
3. Use an immersion blender to puree the cooked apples.

*If you don't have a slow cooker, or want to make it faster, place all the ingredients in a saucepan over medium heat. Cover and cook for about 20 minutes, stirring occasionally, until tender. Use an immersion blender to puree.

I hope you and your family enjoy these healthy treat recipes as much as we do!

Go on and dive into the rest of the books in my Family Friendly Fat Burning Meals Program...



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Happy Cooking :)

Diana Keulian