

## DESSERT GUIDE

By Dr. Tim

A key point that we've tried to drive home is that our goal is to help you make *long term sustainable changes*. You now have the tools to make better, smarter decisions about the foods that you choose to eat in order to reach your health goals and maximize your health.

But, we don't live in a vacuum, right? We have to make room to indulge in some of our favorite treats *on occasion*. :-) So, what does that look like? We teach our Life stylers and Health Participants to enjoy something that we call "Zagging." Zagging occurs when you take a break from the normal healthy foods you enjoy to "zag" off the course for a bit and treat yourself to a food, beverage or meal that you normally wouldn't have.

Zagging is really part of The Lifestyle Plan. If you're on the Advanced Fat Loss Plan for weight loss reasons or looking to improve your health and body nutritionally, staying away from zag meals is best until other areas of your health are under control.

Most desserts in this guide are going to fall under The Nutrition Plan. The reason for this is because of the sugar content within the desserts. Now, we're not talking about processed sugars, because we know that on the Renew Nutrition Plan we've eliminated those items from our diet. The sugar we're speaking of is related to sweeteners like honey, organic pure maple syrup or organic cane sugar (Cane sugar is unprocessed or unrefined. It is also referred to as raw sugar). Even though these sugars are far and away better than processed sugars, they should still only be consumed in moderation (as with all desserts).

You can also experiment with other sweeteners like Stevia and Xylitol. However, in our experiences we've found that these natural sweeteners can be difficult to bake with and if used in large amounts (as with a dessert recipe) can alter the taste of the end result.

So...without further ado, check out our baked recipes and treats below! This is only a snapshot of the many possibilities. Happy zagging!

To True Health and Real Results,

Dr. Tim

**P.S. I am pleased to say that the majority of the desserts are completely gluten/pesticide free and a few are even vegan. Just look for the symbols below for guidance.**



## TIPS FOR ZAGGING

On certain occasions, zag meals are just a part of life. If you're on The Renew Plan, you should be enjoying a dessert every now and then. Lifestyling is not about deprivation. It's about creating a realistic healthy life that is *long term sustainable*. Who would seriously be happy without having a dessert or their favorite (but not so healthy) meal every now and then? No one! Zagging is not a license to create bad eating patterns, but it is a part of taking a **real** approach to long term health. Below are a few tips for zagging that you should keep in mind.

### 1. Zag without guilt, but don't zag too often.

This is probably the most important rule of zagging. When you're having a dessert or meal that you love, eat it, enjoy it and don't feel guilty! You are scheduling the indulgence, so consider it a "treat", not a "cheat". Lifestyling is a guilt free approach to health. With this in mind, remember that zagging too often can make it very difficult to stick to your long term health goals. It doesn't take long for your taste buds to start craving those unhealthy foods (especially sugar!). Zagging too much can cause cravings that can really be difficult to get under control. As a general rule, a couple of zag meals per month should be enough.

### 2. Zag with H<sub>2</sub>O.

Water is your best ally when you know that you're going to enjoy a meal or snack that isn't part of your normal routine. Especially at times like Thanksgiving and Christmas when unhealthy foods are practically unavoidable, you should double up on the water drinking. Drinking more water will help purge your body from the toxic "invaders" and help keep you from crashing.

### 3. If possible, zag early.

If you know that you're going to treat yourself, try to do so earlier in the day. Have your zag meal or snack before or during lunch in a given day. That gives you the rest of the day to burn off the sugar and other "not so healthy" substances that you would normally find in conventional foods. Try your best not to zag late at night or before bed. You will compromise your quality of sleep and store (bad) fats easier than you would if you zagged earlier in the day.

### 4. Zag it yourself!

There are few restaurants out there that can make meals better or healthier than you can! Now that you have several healthy recipes in your repertoire, hopefully you're confident enough to prepare some really tasty dishes in the kitchen. Knowing that you've selected fresh, quality ingredients should bring you a lot of satisfaction. At most restaurants, it is very difficult if not impossible to know that your foods were prepared using high quality and non-toxic ingredients. Restaurant food is okay to have occasionally and for many people it may be unavoidable due to career choices. However, if you're going to zag we encourage you to do it yourself. We also think foods taste better when we cook them ourselves as well. Maybe you would agree?

### 5. Zag with the best and avoid the rest!

We would be lying if we said that all zag foods were alike. That's not 100% true. There are definitely some foods that are worse than others. That's why we want to give you a quick reference guide that will help you make an informed decision.

Ingredient(s)	Examples	Rating
<b>As a dessert sweetener: Pure, organic raw local honey is first choice</b>	Example: See below for <i>delicious</i> dessert recipes that you can make with honey	<b>#1</b> <sub>BEST</sub>
<b>As a dessert sweetener: Pure, organic maple syrup is first choice</b>	Example: Have this over almond flour pancakes; it can also be used in dessert recipes as well	<b>#2</b>
<b>Organic Cane sugar (also called raw sugar)</b>	Example: Organic cane sugar can be found in many healthier desserts and treats that in health food stores	<b>#3</b>
<b>Spelt flour, sorghum flour, almond flour (even better than wheat) Wheat flour</b>	Example: Some breads and pastas are made with almond flour as opposed to wheat/white flour which should be avoided completely	<b>#4</b>
<b>Everything Below is Highly Discourages... White Flour (other names: All purpose flour, enriched flour, unbleached flour, bleached flour)</b>	Example: white flour is found in your common conventional desserts and sweets that you would find in your local grocery; white flour is also used to make white pastas and most conventional cakes; fried foods are also often battered in white bread crumbs as well	<b>#5</b>
<b>Processed sugar (other names: refined sugar, white sugar, brown sugar, high fructose corn syrup and others)</b>	Example: processed sugars are found virtually everywhere (refer to The Renew Plan for more detailed information); these sugars are found in most sweet snacks, desserts and treats that you would find in the grocery store; they're also used in desserts at most mainstream restaurants	<b>#6</b>
<b>Canola oil, vegetable oil, soybean oil, peanut oil, vegetable shortening</b>	Example: these products are also found in a variety of conventional pre-packaged (or processed) foods as well. Most potato chips are baked or fried in canola oil or vegetable oil.	<b>#7</b>
<b>Trans fat, hydrogenated oils, partially hydrogenated oils, margarine</b>	Example: Trans fats and hydrogenated oils are created when bad (or good) fats are overheated and then become denatured; almost all fried foods contain trans fat (unless the food is fried in a high heat oil)	<b>#8</b>

### **Papaya Yogurt Parfait: Serves 6**

Courtesy of WholeLiving.com

- 3 containers (5.3 ounces each) plain nonfat Greek yogurt
- 5 tablespoons honey
- 1 1/2 teaspoons grated lemon zest, plus 1 tablespoon juice
- 1 piece fresh ginger (about 2 inches)
- 1 papaya (1 pound), peeled, halved lengthwise, seeds discarded, cut into 1/2-inch cubes
- 1 package (6 ounces) fresh blackberries
- 1 package (6 ounces) fresh raspberries
- 1/4 cup chopped fresh mint, plus sprigs for garnish
- 1/2 cup non-grain granola

In a small bowl combine yogurt, 3 tablespoons honey, and zest; set aside.

Using the large holes of a box grater, grate the ginger (no need to peel) into a small bowl. Squeeze ginger through a fine-meshed sieve or strainer placed over a medium bowl to get a total of 1 tablespoon ginger juice. Discard pulp. To the bowl with the juice, add remaining 2 tablespoons honey and lemon juice; whisk to combine. Add papaya, blackberries, and raspberries and toss gently to coat.

To serve: Spoon half the fruit and juices among six 8-ounce tall glasses. Sprinkle chopped mint over the fruit. Top with half the yogurt mixture and half the granola. Layer with the remaining fruit, yogurt, and granola. Garnish with mint sprigs.

### **Blueberry and Cream Cupcakes: 9 Cupcakes**

Courtesy of ElanasPantry.com For the cupcakes:



- ½ cup coconut flour, sifted
- ¼ teaspoon celtic sea salt
- ¼ teaspoon baking soda
- 3 eggs
- ½ cup honey
- ½ cup grapeseed oil
- 1 tablespoon vanilla extract
- 1 cup frozen blueberries (for cupcakes)
- fresh blueberries (for decorating)

For the frosting:

- 1 cup heavy cream
- 2 tablespoons honey

#### Cupcakes

1. In a small bowl, combine coconut flour, salt and baking soda

2. In a large bowl, combine eggs, honey, grapeseed oil and vanilla and blend well with a hand mixer
3. Mix dry ingredients into wet, blending with a hand mixer
4. Gently fold in frozen blueberries
5. Scoop batter one heaping ¼ cup at a time into paper lined cupcake pan
6. Bake at 350° for 20-25 minutes
7. Cool 1-2 hours and then top with Whipped Cream Frosting (see below)
8. Decorate each cupcake with 4-5 fresh blueberries (place on top of frosting)
9. Serve

### Frosting

1. Place the cream and agave in a large (and if possible deep) bowl
2. Whip with a hand blender until stiff peaks form
3. Spread over cupcakes or cake
4. Serve

### **Chocolate Chip Ice Cream Sandwich: 24 Cookies (ice cream recipe serves 4)** Courtesy of ElanasPantry.com



For the cookies:

- 2 ½ cups blanched almond flour
- ½ teaspoon celtic sea salt
- ½ teaspoon baking soda
- ½ cup grapeseed oil \*You can also purchase ice cream if you
- 1 tablespoon vanilla extract prefer. We recommend the brand Purely
- ½ cup honey
- 1 cup dark chocolate chips 73% cacao

Decadent found in most health food stores.

For the ice cream\*:

- 1 cup (raw) cashews
- 2 cups water
- 4 Tbsp honey
- 1 tablespoon vanilla extract
- 1 pinch celtic sea salt



### Cookies

1. Combine dry ingredients in a large bowl
2. Stir together wet ingredients in a smaller bowl

3. Mix wet ingredients into dry
4. Form ½ inch balls and press onto a parchment lined baking sheet
5. Bake at 350° for 7-10 minutes
6. Cool and serve

### Ice Cream

1. In a Vitamix or blender, combine all ingredients and blend on high speed
2. Pour mixture into an ice cream maker and process according to instructions
3. Serve

### For ice cream sandwiches

1. Scoop ice cream
2. Place between two chocolate chip cookies
3. Serve

### **Pumpkin Bars**

Courtesy of ElanasPantry.com



- ½ cup pumpkin (acorn, butternut or other squash) puree
- ½ cup honey
- 2 eggs
- 1 cup blanched almond flour
- ¼ teaspoon celtic sea salt
- ½ teaspoon baking soda
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon cloves

1. In a food processor, combine pumpkin, agave and eggs and pulse for 2 minutes
2. Pulse dry ingredients into wet for a full minute, until well combined
3. Pour batter into a greased 8x8 baking dish
4. Bake at 350° for 30-35 minutes
5. Serve naked or with frosting

### **Berry Pie**

Filling recipe courtesy of *Nourishing Traditions* by Sally Fallon

Crust recipe courtesy of *The Gluten-Free Almond Flour Cookbook* by Elana Amsterdam

For the pie crust:

- 1 ½ cups blanched almond flour
- ¼ tsp sea salt
- ¼ tsp baking soda
- ¼ cup grapeseed oil
- 1 tbsp honey
- 1 tsp vanilla extract



Preheat oven to 350 degrees F.

In a large bowl, combine almond flour, baking soda and salt. In a medium bowl, whisk together grapeseed oil, honey and vanilla extract. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into a 9 ½ inch pan or deep dish pie pan. Bake for 10 to 15 minutes. Remove from the oven and let cool completely before filling.

For the filling:

- 24 ounces of frozen berries or 1 ¼ pounds of fresh berries
- ½ cup of water
- ¼ cup maple syrup
- 1 tablespoon of gelatin dissolved in 3 tablespoons of water over low heat\*

Place half the berries in a food processor or blender with water and maple syrup. Process until the berries are liquefied. Add lemon juice and gelatin mixture while the motor is running. Place the remaining berries in cooled pie crust and pour gelatin mixture over them. Refrigerate several hours before serving.

\*We recommend Bernard Jensen Gelatin Powder or a gelatin that is derived from beef instead of pork and is unflavored and unsweetened.

### **Rice Pudding: Serves 4**

Courtesy of *Now Eat This!* by Rocco Dispirito

- 2 cups of water
- Pinch of celtic sea salt
- 5 packets of xylitol\*
- ¼ vanilla bean, split, seeds scraped out and reserved
- ½ cup wild rice
- ¼ cup of raisins
- ½ cup Greek yogurt
- ¼ cup organic skim milk
- ¼ teaspoon ground cinnamon

1. Combine the water, salt, xylitol, vanilla bean and seeds and rice in a medium saucepan and bring to a simmer. Cover and reduce the heat to low. Simmer gently for 55 minutes.

2. Stir in the raisins and continue to cook until almost all the liquid has been absorbed and the rice is tender (about 15 to 30 minutes).
3. Allow the rice mixture to cool for about 10 minutes. Then transfer it to a medium bowl, discarding the vanilla pod. Stir in the yogurt milk and cinnamon. Adjust consistency with water, if desired. Serve warm.

\*We recommend the brand Xylosweet or NOW. It can be found in the nutritional supplement section of Whole Foods. As a note, avoid xylitol that is made in China. There are typically extra (but harmful) additives in these brands.



### **Brownies: Serves 12**

Courtesy of *Now Eat This!* by Rocco Dispirito



- Butter for greasing the pan plus one tablespoon
  - 1 ½ cups black beans rinsed and drained
  - ½ cup sweetened cocoa powder
  - 1 tablespoon espresso powder
  - 1 egg
  - 2 tablespoons melted dark chocolate (we recommend Green and Black)
  - 2 tablespoons full fat sour cream
  - 24 packets of xylitol\*
  - 1 teaspoon vanilla extract
1. Preheat the oven to 350 degrees F. Spray an 8x8 inch glass baking dish with coconut oil.
  2. Combine the beans, cocoa powder, espresso powder and egg substitute in the bowl of a food processor. Process until the mixture is smooth, about 2 minutes, scraping down the bowl halfway through.
  3. Add the melted chocolate syrup, sour cream, butter, xylitol and vanilla. Process until all of the ingredients are combined, about 1 minute.
  4. Pour the batter into the prepared baking dish, and smooth the top with a spatula. Bake for 28 to 30 minutes, turning the dish halfway through the baking time. A toothpick inserted in the center should come out with soft batter clinging to it.
  5. Let the brownies cool completely in the baking dish on a wire rack. Then cut into 12 squares and serve. Refrigerate leftovers.

\*We recommend the brand Xylosweet or NOW (see page 176). It can be found in the nutritional supplement section of Whole Foods. As a note, avoid xylitol that is made in China. There are typically extra (but harmful) additives in these brands.

### **Frozen Yogurt Pops: Serves 8**

Courtesy of *Now Eat This!* by Rocco Dispirito



- ¾ cup fresh raspberries
- ¾ cup fresh blueberries
- ¾ cup fresh strawberries
- 1/4 cup honey or xylitol
- Two 7 ounce container of full fat Greek yogurt
- Pinch of celtic sea salt

1. Combine all the ingredients in a blender and puree until the mixture is smooth.
2. Pour the mixture into 8 freezer pop molds. Freeze for at least 4 hours and up to 2 days.
3. Run the freezer pop molds under warm water if necessary to unmold them.

### **Avocado Ice Cream**



What you need:

- 1 avocado
- 1 scoop grass fed unprocessed whey protein (SP Whey Pro Complete)
- 1 tsp. Vanilla extract
- Stevia ( to taste)
- 1 ½ -2 cups frozen mixed berries

Place all ingredients in your Vita Mix blender. Because of the frozen berries it will need lots of help to get all the berries mixed in. I use a spatula very carefully. Add your favorite garnish like nuts, chocolate chips, etc. Go crazy and make your own variations using the avocado base. It's so much fun and so good.

### **Gluten-Free Chocolate Chocolate Cookies: Makes 18 Cookies**

Courtesy of GlutenFreeGoddess.com



- 1/2 cup buckwheat flour or almond flour
- 1/2 cup sorghum (jowar) flour
- 1/2 cup brown rice flour
- 1/2 cup tapioca flour/starch (same thing)
- 1/3 cup organic cocoa
- 2 teaspoons xanthan gum
- 1 teaspoon sea salt

- 2 teaspoons baking powder
- 1 cup organic cane sugar
- 1/3 cup light brown sugar

Preheat the oven to 375 degrees F. Lightly grease a baking sheet with butter or coconut oil. Whisk together all dry ingredients. Add in the following:

- 1/2 cup coconut oil or butter
- 1 tablespoon vanilla extract
- 1/2 cup vanilla coconut milk - more as needed

As you beat the dough, pay close attention to the consistency. Add more milk a tablespoon at a time, and beat to combine, until you achieve a smooth but sturdy cookie dough. I added two more tablespoons of milk to my dough.

Add in:

- 1/2 cup chocolate chips or vegan chocolate chips

Stir as best you can to combine (the dough is stiff)

Roll a golf ball sized wad of dough between your palms, and place the ball on the lined baking sheet about two inches apart. Repeat this process to make 18 balls. Use your palm to press down on the dough and flatten slightly- not too much- unless you like your cookies thin. Press a few extra chocolate chips into the tops of the cookies, if you like.

Bake in the center of a preheated oven for about 15 minutes until the cookies are set. They will still be slightly soft in the center. If you bake two pans at once, rotate the pans half way through baking.

Remove the pans from the oven, and allow the cookies to cool and "set" for a few minutes; then use a thin spatula to move the cookies to a wire rack. The cookies will get crispier as they cool.

### **Classic Carrot Cake with Creamy Coconut Frosting**

Courtesy of *The Gluten-Free Almond Flour Cookbook* by Elana Amsterdam

- 3 Cups blanched almond flour
- 2 Tsp sea salt
- 1 Tsp baking soda
- 1 Tbsp ground cinnamon
- 1 Tsp ground nutmeg
- ¼ Cup grapeseed oil
- ½ Cup honey
- 5 Large eggs



- 3 Cups grated carrots
- 1 Cup raisins
- 1 Cup walnuts, coarsely chopped

Preheat the oven to 325 degrees F. Grease two 9-inch cake pans with grapeseed oil and dust with almond flour.

In a large bowl, combine the almond flour, salt, baking soda, cinnamon, and nutmeg. In a medium bowl, whisk together the grapeseed oil, honey and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Fold in the carrots, raisins and walnuts. Scoop the batter into the prepared cake pans.

Bake for 30 to 35 minutes until a toothpick inserted into the center of the cake comes out clean. Let the cakes cool in the pans for one hour.

#### Coconut Frosting

- 1 cup unsweetened coconut milk (we like So Delicious)
- 1 cup of honey
- Pinch of sea salt
- 2 tablespoons of arrowroot powder
- 1 tablespoon of water
- 1 ¼ cup coconut oil, melted over very low heat

In a medium saucepan, bring the coconut milk, honey and salt to a boil stirring to combine. Whisk the ingredients together, then decrease the heat and simmer for 8 to 10 minutes stirring frequently. In a small bowl, dissolve the arrowroot powder in water, stirring to make a paste. Raise the heat under the saucepan to medium high. Add the arrowroot paste to the coconut mixture, whisking constantly until the mixture thickens, about 1 minute. Remove the pan from the heat and very gradually blend in the coconut oil with a handheld mixer until smooth.

Place in the freezer for 30 to 35 minutes until the frosting solidifies and turns an opaque white. Remove from the freezer and whip with a handheld mixer until thick and fluffy. Use to frost the carrot cake. It can also serve as filling between the two cake layers. The frosting can be stored in a glass Mason jar for up to 3 days.

#### Oatmeal Raisin Cookies: Makes 28 to 30 Cookies

Courtesy of [GlutenFreeGoddess.com](http://GlutenFreeGoddess.com)



- 2/3 cup butter or grapessed oil
- 1 1/2 cups organic brown sugar
- 1/2 cup unsweetened organic applesauce
- 2 teaspoons vanilla extract
- 2 tablespoons agave nectar or honey

Preheat the oven to 375 degrees F. Combine the above ingredients in a bowl and beat until smooth and creamy. In a separate bowl, whisk together the dry ingredients (below):

- 1/2 cup rice flour or sorghum flour

- 1/2 cup oat flour (certified gluten-free Lara's Oats)
- 1/2 cup tapioca flour/starch (they are the same)
- 1/4 cup vanilla protein powder (we like SP Complete Vanilla)—see the bottom of page 24 for more information
- 1 teaspoon xanthan gum
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon fine sea salt

Slowly add the dry ingredients into the creamed mixture, beating to combine.

When the dough is smooth, add in the following, by hand, and mix well:

- 2 cups rolled oats- certified gluten-free Bob's Red Mill or Lara's Oats
- 1/2 cup raisins

Use a spoon or ice cream scoop to measure out the dough, and using your palms make 28 to 30 round balls. Place the balls of dough on a cookie sheet about two inches apart. Don't flatten them.

Bake in the center of a preheated oven for about 12 to 15 minutes, until they are golden. They will be quite soft until they cool.

### **Apple and Pear Crisp**

Courtesy of [GlutenFreeGoddess.com](http://GlutenFreeGoddess.com)



Fruit filling:

- 2 Granny Smith apples, peeled, cored and sliced thin
- 2 Yellow Delicious apples, peeled, cored and sliced thin
- 1 large red pear, cored, peeled, sliced thin
- 4 tablespoons unsweetened apple juice
- 1 tablespoon honey
- 1/2 teaspoon gluten-free Apple Pie Spice (or cinnamon, nutmeg, allspice mix)
- Pinch sea salt

Crisp Topping:

- 3/4 cup organic light brown sugar
- 3/4 cup gluten-free pancake and baking mix, such as Pamela's Baking and Pancake Mix
- 1 teaspoon ground cinnamon
- 3-4 tablespoons butter or grapeseed oil

Preheat the oven to 350 degrees F. Smear a deep 9-inch pie plate with butter or grapeseed oil.

In a medium to large bowl, toss the apple and pear slices in the apple juice, honey, Apple Pie Spice, and a small pinch of sea salt.

In a separate bowl, stir together the organic brown sugar, gluten-free flour mix, and cinnamon. Add the butter or oil in dabs and rub between your fingers until moist crumbs form a crumble topping mixture.

Sprinkle a handful of the crumble mixture into the bottom of the prepared pie plate. Spoon in the apple and pear slices; add all the liquid. Top with the remaining crumble mixture.

Bake at 350 degrees F. in the center of the oven, for 35 to 45 minutes, or until the fruit is fork tender and the filling is bubbling and thickened. The top should be golden brown. Cool a bit on a wire rack before serving warm or at room temperature. Cover and refrigerate leftovers.

The crisp may be reheated in the oven or a microwave, but it truly is best eaten the day you make it.

Enjoy!