

# 22 SUGAR-FREE DESSERTS:

THE TASTIEST WAY  
TO GREAT HEALTH!

Discover these Natural Medicines for your sweet tooth: wholesome, healthy ingredients for delicious sugar-free desserts!



# **22 SUGAR-FREE DESSERTS: THE TASTIEST WAY TO GREAT HEALTH!**

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## INTRODUCTION

Sugar, with all its sweetness, is very harmful for our bodies. People with medical conditions like diabetes and those who are concerned about their calorie intake know the importance of cutting sugar out of their diet.

But should that stop you from enjoying delicious desserts?

Let's say No to sugar but Yes to delicious desserts.

Here are some sugar-free dessert recipes that are healthy and tasty.



# ENERGY BALLS





## ENERGY BALLS (4 WAYS)

### 1. Coco Bliss Balls

#### Ingredients

- (GF) Oats - 1/2 Cup
- Natural small dates (dried) - 10 pieces
- Vanilla essence (natural) - 1/2 tsp
- Hazelnuts (toasted) - 1/3 cup
- Shredded coconut - 3 to 4 tbsp
- Unsweetened almond but. - 1 to 1 1/2 tbsp

**Optional:** Roll in shredded coconut rasps

#### Directions

- Soak dates in hot water for minimum 40 minutes
- In a food processor grind oats into flour and transfer into a medium sized mixing bowl.
- Chop up hazelnuts in food processor until chunky
- Rinse out food processor with little water and puree dates until smooth (this step might require lukewarm water depending on gadget), pour into mixing bowl.
- Bring all ingredients from the list together in a mixing bowl and mix thoroughly until a thick and sticky batter forms.
- Slightly wet your fingers and roll into equal sized energy balls.
- Put in the fridge for at least 45 minutes before serving. Store in fridge in airtight container.

### 2. Nuttiness Balls

#### Ingredients

- (GF) Oats - 1/2 cup
- Natural small dates (dried) - 10 Pieces
- Cashews - 1/2 Cup
- Pecans - 1/2 Cup
- Unsweetened peanut butter - 1 to 1 1/2 tbsp

**Optional:** Roll balls in crushed nut of choice (e.g. peanuts)

#### Directions

- Soak dates in hot water.
- In a food processor grind oats into a fine flour and transfer into a medium sized mixing bowl.
- Grind both cashews and almonds into small chunks
- Wipe out food processor gently with little water and puree dates until a sticky paste forms (this step might require lukewarm water depending on gadget).
- Bring all ingredients from the list together in a mixing bowl and mix thoroughly until a thick and sticky dough ball forms.
- Slightly wet your fingers and roll into equal sized energy balls.
- Put in the fridge for at least 45 minutes before serving. Store in fridge in an airtight container.

### 3. Seeds Style

#### Ingredients

- (GF) Oats - 1/2 cup
- Natural cranberries (dried) - 2 tbsp
- Natural apricots (dried) - 2 tbsp
- Pumpkin seeds - 3 to 4 tbsp
- Walnuts - 1/3 cup
- Powdered cinnamon - 1/3 tsp
- Salt - 1/3 tsp

**Optional:** Roll balls in cinnamon

#### Directions

- In a food processor grind oats into a fine flour and transfer into a medium sized mixing bowl.
- Pulse the walnuts and pumpkin seeds in the food processor until they release their natural fats and start to almost transform into a paste.
- With a sharp knife, chop apricots into really small chunks.
- Puree cranberries until a sticky paste forms (this step might require lukewarm water depending on gadget).
- Bring all ingredients from the list together in a mixing bowl and mix thoroughly until a thick and sticky dough ball forms.
- Slightly wet your fingers and roll into equal sized energy balls.
- Put in the fridge for at least 45 minutes before serving. Store in the fridge inside an airtight container.

### 4. Choco Choice

#### Ingredients

- (GF) Oats - 1/2 cup
- Natural small dates (dried) - 10 pieces
- Vanilla essence (natural) - 1/2 tsp
- Almonds - 1/2 cup
- Peanuts (toasted) - 1/2 cup
- Unsweetened cacao powder - 2 to 3 tbsp

**Optional:** Roll balls in cacao powder

#### Directions

- Soak dates in hot water.
- In a food processor grind oats into a fine flour and transfer into a medium sized mixing bowl.
- Grind pecans and peanuts into small chunks
- Wipe out food processor gently with little water and puree dates until a sticky paste forms (this step might require lukewarm water depending on gadget).
- Bring all ingredients from the list together in a mixing bowl and mix thoroughly until a thick and sticky dough ball forms.
- Slightly wet your fingers and roll into equal sized energy balls.
- Put in the fridge for at least 45 minutes before serving. Store in the fridge in an airtight container.
- in the center and cooked to a crisp. Take them out and cool to room temperature and enjoy.

# ALL THINGS RAW



## RAW VEGAN BROWNIES WITH CHOCOLATE GLAZE

### Ingredients

- Almond flour - 1/2 to 3/4 cup
- Natural small dates (dried) - 2 cups
- Vanilla essence (natural) - 1 tsp
- Pecans - 2 cup
- Walnuts - 2 cup
- Salt - 1/2 tsp
- Unsweetened cacao powder - 1 1/4 cup
- Homemade date puree - 1/3 cup
- Natural coconut butter - 2 tbsps

### Directions

- Soak Dates in hot water.
- In a food processor chop nuts into small chunks and set aside in a small bowl. You might want to start with 2 of the 4 cups first, to reach desired texture.
- Puree dates with vanilla essence until caramel-like thick texture forms (this step might require some lukewarm water depending on gadget).
- In a large mixing bowl, mix all ingredients from the list except coconut butter, date syrup and 2/4 cups cacao powder.
- Mix thoroughly (using hands might help with this step) until a thick and unit ball of dough forms.
- Press into a lined/greased/non-stick rectangular tin and transfer into the freezer for 35 minutes, put into the fridge afterwards.
- For the chocolate glaze, melt coconut butter over low heat and add the syrup together with the rest of the cacao powder. Whisk until well combined and pour over the base. Put back into the fridge and let it set for minimum 45 minutes before serving. Store in the fridge.

## RAW VEGAN FIG- CHEESECAKE SLICES

### Ingredients

- Cashews - 2 cups
- Natural small dates (dried) - 10 to 13 pieces
- Vanilla essence (natural) - 1 tbsps
- Pecans - 1 1/3 cups
- Coconut Cream - 1 cup
- Powdered Cinnamon - 1/2 tsp
- Homemade date puree - 1/3 cup
- Natural coconut butter - 2 tbsps
- Fresh figs - preference
- Salt - 1/3 tsp

### Directions

- Soak Cashews in hot water for 40 minutes.
- In a food processor shred pecans and 1 cup cashews into really small chunks.
- Wipe out the food processor and blend dates together with 1/2 tsp. vanilla essence, cinnamon and salt (this step might require some of the date water depending on gadget) until chunky and add to shredded nuts. Mix thoroughly with hands and press batter into a lined/greased/non-stick bake tin with rectangular shape.
- Place in freezer for minimum 35 minutes.
- Add the rest of the cashews into the food processor with some of the water the dates have been soaking in and blend until really smooth together with the fat of 2 cans of coconut milk (makes about 1 cup of coconut cream), 1/2 tsp vanilla essence and coconut butter. Once well combined, pour over the base that's been sitting in the freezer and transfer back into it for another 60 minutes.
- In the meantime, chop up figs into thin/medium thick slices and decorate the cake.
- Cut into slices of preference and store in fridge.



## RASPBERRY CHOCOLATE NUT BUTTER CUPS

### Ingredients

- Unsweetened cacao powder - 1/2 cup
- Natural nut butter - 1/2 cup
- Frozen raspberries - 1/3-1/2 cup
- Natural coconut butter - 2 tbsp
- Salt flakes - 1/2 tsp
- Shredded coconut - 1 tbsp
- Coconut milk full fat - 3 tbsp
- Vanilla essence (natural) - 3/4 tsp
- Homemade date puree - 1/4 cup

**Decoration Tip:** Sprinkle finished cupcakes with flakey salt and shredded coconut.

### Directions

- In a small pot mix together cacao powder, coconut milk, vanilla essence, and coconut butter over really low heat (keep lower than 50 degrees C) and set aside. Once cooled down a bit, whisk in homemade date puree and pour into a lined/greased/non-stick muffin mold to about 1/3 (save some of the chocolate for the last layer) ; freeze for about 20 minutes.
- Remove base from freezer and press one (or more depending on size of muffin mold) frozen raspberries into the middle.
- Pour about 1 tbsp. of nut butter over the base and berries and transfer back into freezer for around 30 minutes.
- Remove from freezer and pour the rest of the chocolate-date mix over before placing back into freezer for 20 minutes.
- Garnish with salt and shredded coconut.
- Store in Freezer.

## CHOCOLATE PEANUT BUTTER BARS

### Ingredients

- Almond flour - 1 cup
- Homemade date paste - 1/3 cup
- Vanilla essence (natural) - 1 tsp
- Unsweetened cacao powder - 3 tbsp
- Coconut butter - 2 tbsp
- Nutmeg - 1/3 tsp
- Salt - 1/3 tsp
- Unsweetened peanut but. - 1/2 cup
- Coconut milk full fat - 1/3 cup

### Directions

- In a medium sized mixing bowl whisk together almond flour, nutmeg, 1 tbsp coconut butter, and 1 tsp vanilla essence. Transfer into a lined/greased /non-stick rectangular cake tin and press down evenly until a firm layer forms. Bake for about 10 to 15 minutes at around 175 degrees Celsius.
- In the meantime, in a small mixing bowl mix peanut butter, 1/3 tsp salt, and homemade date paste until homogenous.
- Remove base from the oven and let cool down before pouring over the nut-date cream. Once done, transfer to freezer for about 30 minutes.
- In a small pot over low heat combine 1 tbsp coconut butter with cacao powder, coconut milk, and 1/2 tsp vanilla essence until smooth.
- Take the tin out of the freezer and pour chocolate layer over it. Sprinkle a little salt and put it back into the freezer for around 20 minutes.
- Store in the freezer.



## FILLED BLUEBERRY OAT CUPS (BAKED OR RAW)

### Ingredients

- Ripe Bananas - 1 1/2 pieces
- (GF) Oats - 1 1/2 cups
- Vanilla Essence (natural) - 1 1/2 tsp
- Natural apricots (dried) - 1 1/3 cups
- Raw blueberries - 1 cup
- Almond flour - 1/2 cup
- Cashews - 1 1/3 cups
- Unsweetened almond but. - 2 tbsp
- Powdered cinnamon - 1 1/2 tsp
- Coconut Milk Full Fat - 3/4 to 1 cup
- Linseeds / Chia seeds - 2 tbsp

### Directions

- Soak cashews in hot water.
- To prepare the base, in a medium sized mixing bowl add together soft oats, nut butter, 1 tsp vanilla essence, 1 tsp cinnamon and one tbsp. of chia seeds or linseeds.
- Mash banana with a fork and chop up apricots (any dried fruit works), add into the mix and knead with hands. The dough should form a ball that's really sticky and not falling apart. If it does, add more nut butter to bind.
- To prepare the filling, in a high-speed blender or food processor puree soaked cashews with blueberry, 1/2 tsp vanilla essence, coconut milk, lime juice, and 1/2 tsp cinnamon until a thick but smooth texture forms. Add almond flour and whisk until fully incorporated.

#### For the baked version:

- Press batter into muffin mold and put into a preheated oven at 160 d. Celsius until the tips turn slightly brown (10-15 minutes).

- Pour batter into the filled muffin mold and put back into the oven for another 35 to 45 minutes. Let sit for 15 minutes before consumption so the filling can harden.

#### For the raw version:

- Press batter into muffin mold and put in freezer until the filling is ready.
- Simply pour batter into the filled muffin mold and place back into the freezer for another 45 to 60 minutes. Store in the freezer.

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## PUFFED RICE CHOCO SQUARES

### Ingredients

- Puffed rice - 1 cup
- Homemade date paste - 1/3 cup
- Natural coconut butter - 1 tbsp
- Cashew milk - 1/3 cup
- Vanilla essence (natural) - 1 tsp
- Unsweetened cacao powder - 3 to 4 tbsp
- Unsweetened almond but. - 1 tbsp

### Directions

- In a small pot over low heat mix together date paste, vanilla essence, coconut butter, cacao powder, cashew milk, and almond butter and gently cook until homogenous and thick
- Mix puffed rice into the "paste" and mix well.
- Carefully press the mix into a lined / greased / non-stick rectangular baking tray with removable sides
- Transfer into the fridge for about 20 minutes or until dense and tight. Store in the fridge.



## RAW APPLE-RAISIN STRUDEL

### Ingredients

- Almond Flour - 3/4 cup
- Rice Flour - 3/4 cup
- Apple - 2 to 3 pieces
- Raisins - 1/3 cup
- Homemade Date Paste - 3 tbsp
- Salt - 1/2 tsp
- Linseeds/Flaxseeds - 4 tbsp
- Vanilla Essence (natural) - 1/2 tsp
- Lemon/Lime Juice - 2 tsp
- Cinnamon - 2 tbsp
- Nutmeg - 1 tsp
- Cayenne Pepper - 1/3 tsp

### Directions

- To prepare the raw dough, in a food processor, blend 2 tbsp linseeds or flax seeds in a high speed blender until they turn into what might seem like a flour. Whisk together with 6 tbsp of water and let soak.
- In a medium sized mixing bowl combine almond flour, rice flour, 2 tbsp homemade date paste, salt, and 3/4 of the soaked seeds. Use your hands to knead into a dough.
- Place the dough between two sheets of plastic or baking paper. Using a rolling pin, start to carefully roll into a 0.5 cm thick layer. Transfer to fridge and let sit until your filling is done.
- Chop up apples into really small cubes.
- For the filling, mix together 1 tbsp date paste, 2 tsp lemon or lime juice, the rest of the soaked seeds, cinnamon, nutmeg, cayenne pepper, vanilla essence, and the apples and raisins. Let set for about 10 minutes and keep covered.

- Remove dough from fridge and peel of the top sheet.
- Spread your filling onto the dough (make sure not to overfill, otherwise the rolling will be difficult and the dough might even break) and slowly, using the lower plastic sheet, roll into a strudel roll.
- Press firmly then cut into smaller, individual rolls.

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## NO BAKE GINGERBREAD CAKE

### Ingredients

- Almond Flour - 3/4 cup
- Pecans - 3/4 cup
- Walnuts - 3/4 cup
- Natural Coconut Butter - 2 tbsp
- Homemade Date Paste - 2 to 3 tbsp
- Coconut Milk Full Fat - 3/4 to 1 cup
- Cashew/Hazelnut But. - 1 tbsp
- Linseeds - 2 tbsp
- Vanilla Essence (natural) - 1/2 tsp
- Gingerbread Spice - 1 tbsp
- Cinnamon - 1 tbsp
- Nutmeg - 1 tsp
- Cayenne Pepper - 1/4 tsp
- Desiccated Coconut - 2 tbsp

### Directions

- Soak cashews in hot water for minimum 40 minutes.
- In a food processor, grind pecans, walnuts, and linseeds into really small pieces.
- For the base, mix ground nuts together with date paste, almond flour, 1 tbsp coconut butter, 1/4 cup desiccated coconut, linseeds, 1 tbsp cinnamon and nut butter.

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- Press base into a lined/greased/non-stick round cake tin until really firm. Transfer into freezer for about 20 minutes.
- To create the filling, in a food processor or high speed blender mix together soaked cashews with a little bit of the water they have been soaking in, coconut milk, cayenne, gingerbread spice, nutmeg, 1 tbsp coconut butter, and vanilla essence. Blend until thick but smooth, no chunks left.
- Remove base from freezer and pour batter into the mold/tin. Add back into freezer for another minimum 45 minutes.
- Garnish with desiccated coconut
- Store in the freezer.



## CASHEW BUTTER FUDGE

### Ingredients

- Unsalted Cashew Butter - 1 1/2 cup
- Coconut Butter - 2 tbsp
- Vanilla Essence (natural) - 1 tsp
- Homemade Date Paste - 1 tbsp
- Nutmeg - 1/2 tsp
- Maca Powder - 1 tbsp
- Salt - 1 tsp

### Directions

- In a small pan over low heat whisk together cashew butter, coconut butter, and homemade date paste.
- Remove from the stove and whisk in nutmeg, 1/3 tsp salt, and maca powder until fully incorporated. You want to end up with a smooth and homogenous paste like texture.
- Transfer batter into a lined / greased / non-stick rectangular cake tin in the way that the fudge is about 2 cm high.
- Garnish with a tiny bit more salt and freeze for minimum 2 1/2 – 3 hours. Cut into pieces of preference afterwards.



# QUICK FIX





## CHOCOLATE MOUSSE

### Ingredients

- Unsweetened Cacao Powder - 1/3 cup
- Avocado - 1 piece
- Powdered Cinnamon - 1/3 tsp
- Oat Milk - 1/3 cup
- Homemade Date Puree - 1/4 cup

### Directions

- Mix all ingredients in a food processor or high speed blender and let sit in fridge for about 5 to 10 minutes before consumption.

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## CHIA SEED PUDDING (2 WAYS)

### Ingredients

- Chia Seeds - 6 tbsp
- Cherries - 1/3 to 1/2 cup
- Vanilla Essence (natural) - 2 tsp
- Pistachios - 1 tsp
- Almond Milk - 12 tbsp
- Powdered Cinnamon - 1 tsp
- Pumpkin Spice - 1 tsp
- Apple - 1/3 cup
- Poppy Seeds - 1 1/2 tsp

### Directions

- Soak 3 Tbsp. of chia seeds with 6 Tbsp. of almond milk in a small mixing bowl together with vanilla essence. You can swap milk with water (equal amounts) if necessary.

### For the Cherry-Pistachio option:

- Add 1/2 tsp. of cinnamon and poppy seeds into the chia mix and stir well.
- Roughly chop up pistachios.
- Transfer 1/3 of chia mix in a jar, sprinkle pistachios, add some cherries. Repeat another until end of jar
- Garnish with whole pistachios and poppy seeds, making sure the last layer is cherries.
- Store in the fridge.



### For the Cinnamon-Spice-Apple option:

- Chop up the apple into very small cubes and add into a small pot (non-stick would be the best option here) together with cinnamon, pumpkin spice and a little water. Let simmer over low temperature and keep stirring until the apple looks soft and slightly golden.
- Use the other half of the prepared chia mix from above and pour into a jar.
- Add cinnamon apple mix on top
- Garnish with a sprinkle of cinnamon and a few drops of vanilla essence.
- Store in the fridge.

## PERSIAN-STYLE STUFFED DATES

### Ingredients

- Medjool Dates (dried) - 6 pieces
- Pistachios - 2 tbsp
- Unsweetened Cashew Butter - 1/3 cup
- Honey - 1 tsp
- Desiccated Coconut - 3 tbsp

### Directions

- Remove the pits of the medjool dates and place them on a plate.
- In a small bowl whisk together cashew butter with (raw) honey until homogenous.
- Fill the dates with the cashew-honey cream and gently press pistachios into the soft part.
- Grab a date and carefully press the open top part into the shredded coconut.
- Let them set in the fridge for about 10 minutes. Store in the fridge.



## PEANUT BUTTER-BANANA STACK

### Ingredients

- Banana - 2 pieces
- Unsweetened Peanut But. - 1/3 cup
- Honey - 1/2 tbsp
- Wooden Toothpick (short)

### Directions

- In a small pot over really low heat, combine honey and peanut butter until homogenous.
- Cut bananas into 1.5 cm thick pieces each and spread honey-butter mix on top side.
- Start stacking the first tooth pick by carefully pushing it through one banana slice.
- Keep stacking banana slices on top of each other. The peanut butter will 'glue' them together.
- Place in freezer for about 30 minutes before consumption.



# BAKED GOODIES





## OAT COOKIES (2 WAYS)

### Ingredients

- Ripe Bananas - 2 pieces
- (GF) Oats of choice - 2 1/2 to 3 cups
- Sunflower Seeds - 2 to 3 tbsp
- Vanilla Essence (natural) - 1 1/2 tsp
- Sesame Seeds - 2 tbsp
- Pecans - 1/3 tbsp
- Cranberries - 1/2 cup
- Raisins - 1/3 cup
- Natural small Dates (dried) - 8 pieces
- Tahini - 2 tbsp

### Directions

- Mash banana with a fork and mix together in a mixing bowl with oats and vanilla essence.
- Chop up dates into really small pieces and add into bowl.
- Pour in tahini and mix until a sticky ball forms.

#### For Raisin-Pecan Version:

- Separate half of the base.
- Chop up pecans and add into the half, together with raisins

#### For the Cranberry-Seed Version:

- Into the other half of the base mix sunflower seeds, sesame seeds and cranberries.
- On a lined / greased baking tray shape cookies and put into a preheated oven (around 150/160 deg. Celsius) for around 30 to 40 minutes. Let cool down. Store in the fridge.

## CHAI GINGERBREAD MUFFINS

### Ingredients

- Spelt Flour / Oat Flour - 2 cups
- Natural small Dates (dried) - 8 pieces
- Vanilla Essence (natural) - 1 1/2 tsp
- Chai Spice Tea - 2 bags
- Pumpkin Spice - 1/3 tsp
- Ginger Spice - 1/3 tsp
- Nutmeg - 1/3 tsp
- Apple Cider Vinegar - 1/2 tbsp
- Baking Powder + Soda - 1 tsp
- Almond Milk - 1 1/2 cups

### Directions

- To make this recipe gluten free, use GF oat flour
- In a small bowl whisk together almond Milk with apple cider vinegar and set aside.
- Bring about 100 ml of water to a boil and add in the 2 tea bags. Let sit for minimum 12 minutes.
- Preheat oven to about 170 degrees Celsius.
- In a large mixing bowl add spelt flour, all the spices, 1 tsp of baking powder, and 1 tsp of baking soda.
- Chop up 8 dates (I recommend medjool dates) and throw into the mix.
- Whisk everything together and start incorporating the wet into the dry mix until a smooth and slightly runny batter forms.
- Add in the chai tea that you prepared
- Pour batter into a lined/greased/non-stick muffin mold and bake for about 25 minutes or until golden brown on top
- Test with a toothpick.

## APPLE-BLACKBERRY-MILLET-CRUMBLE

### Ingredients

- Millet - 1 cup
- Oat Milk - 2 cups
- Vanilla Essence (natural) - 1 tsp
- Fresh Blackberries - 2 cup
- Natural small Dates (dried) - 8 to 10 pieces
- Nutmeg - 1/3 tsp
- Cinnamon - 1 tsp
- Fresh Apple - 1 to 2 pieces
- Oats - 1/3 cup
- Almond/Cashew Butter - 2 tbsp
- Honey - 1 tsp

### Directions

- Wash millet
- In a medium sized pot whisk together oat milk, vanilla essence, and nutmeg.
- Start to slowly add in the millet, bring to a boil, and let simmer until it starts to thicken up
- Start preheating your oven to about 175 degrees Celsius and remove millet from stove once it thickened and let cool down a little
- Chop up apples and dates into really small / bite size chunks and mix into the millet mix
- Transfer mix into a lined/greased/non-stick round cake tin and gently press millet mix into the tin. Bake for about 10 minutes.
- Wash blackberries, remove base from oven and gently press them into the base
- For the crumbly topping, mix together honey, nut butter and oats until a sticky and homogenous ball forms. Spread it over the berries without pressure so the oats simply lay on top of the blackberries
- Bake in the oven for about 35 minutes and garnish with cinnamon and a honey drizzle.

## CHOCOLATE-QUINOA SNACK BARS

### Ingredients

- Quinoa - 1 cup
- Almond Milk - 1 3/4 cup
- Vanilla Essence (natural) - 1 1/2 tsp
- Unsweetened Cacao Powder - 1/2 cup
- Homemade Date Paste - 1/3 cup
- Tahini - 3 tbsp
- Salt - 1/2 tsp
- Cinnamon - 1 tsp
- Pumpkin Seeds - 1/3 cup
- Natural Plums (dried) - 1/3 cup

### Directions

- Rinse quinoa.
- Cook quinoa in almond milk and let simmer down.
- Once ready, transfer into a medium sized mixing bowl and let cool down.
- Preheat oven to about 180 degrees Celsius.
- Chop plums into really small pieces.
- Mix quinoa with the rest of the given ingredients.
- Press the batter into a lined/greased/non-stick rectangular small baking tin.
- You want to end up with a layer that's about 1 to 1.5 cm thick.
- Transfer into the oven and bake for about 45 minutes.
- Let cool down and cut before consumption.

## RASPBERRY-PEACH (BREAKFAST) SQUARES

### Ingredients

- (GF) Oat - 2 cup
- Fresh Raspberries - 1 cup
- Fresh Peach (cut) - 1/2 cup
- Ripe Banana - 1 piece
- Unsweetened Nut Butter - 2 tbsp
- Salt - 1/2 tsp
- Sunflower Seeds (ground) - 1/4 cup
- Linseeds/Chia seeds - 1/3 cup
- Coconut Cream - 1 cup
- Orange/Lime Peel - 1 tsp
- Tapioca Starch - 1 tbsp
- Vanilla Essence (natural) - 2 tsp
- Natural Coconut Cream - 1 tbsp



### Directions

- Preheat oven to 175 degrees Celsius.
- In a food processor grind 1 cup (GF) oats into a fine flour.
- To prepare the base, mix together 1 cup ground (GF) oats with 2/3 cup coconut cream, 1 mashed ripe banana, 1 tsp vanilla essence, ground sunflower seeds, flaxseeds or chia seeds, coconut butter and tapioca starch. Press into a lined / greased / non-stick rectangular baking tin and bake for about 15 to 20 minutes or until slightly golden brown.
- For the filling, chop up peaches into really small cubes and mix together with raspberries and orange or lime peel (I recommend orange).
- Remove the tray out of the oven and let it cool down for a bit. Spread fruit mix on top and let set
- For the crumbly top part, mix together 1 cup (GF) oats with nut butter, 1 tsp vanilla essence, salt, and 1/3 cup coconut milk. Mash together with hands until well incorporated .
- Crumble the top batter over the fruit layer and add back into oven for another 25 minutes or until golden brown.
- Let cool down a little before serving as the berries will be really hot.

# REFRESHING



## PAPAYA BOAT

### Ingredients

- Fresh Papaya - 1 piece
- Mixed Seeds - 2 tbsp
- Strawberries - 1/3 cup
- Peaches - 1/3 cup
- Fresh Mint Leaves - preference
- Tahini - 1 tbsp
- Powdered Cinnamon - 1/4 tsp
- Powdered Turmeric - 1/4 tsp

### Directions

- Cut Papaya in a half (lengthwise) and remove seeds (they're edible, so don't throw out), place in fridge.
- Chop up strawberries and peaches into small cubes and mix together.
- Chop up mint leaves and mix together with berries.
- Remove papaya from fridge and pour the berry mix into the empty part of the papaya.
- Drizzle 1 tbsp tahini and sprinkle with seed mix
- Garnish with cinnamon and powdered turmeric
- Eat right away.

## HEALTHY GELATO (3 WAYS)

### Ingredients

- Ripe Frozen Bananas - 6 pieces
- Frozen Cherries - 1/2 cup
- Vanilla Essence (natural) - 1 tsp
- Unsweetened Cacao Powder - 1 1/2 tbsp
- Hazelnuts (chopped) - 2 1/2 tbsp
- Shredded Coconut - 3 tbsp
- Frozen Strawberries - 1/2 cup
- Coconut Milk Full Fat - 12 tbsp

### Directions

#### For Cherry-Vanilla Version:

- In a food processor or high speed blender blitz up 2 very ripe, frozen bananas together with 4 Tbsp coconut milk.
- Once a smooth texture forms, add in cherries and pulse together with ½ tsp vanilla essence

#### For Strawberry-Coconut Version:

- In a food processor or high speed blender blitz up 2 very ripe, frozen bananas together with 4 tbsp. coconut milk.
- Once a smooth texture forms, add in strawberries and pulse together with 1/3 tsp vanilla essence and shredded coconut.

#### For Chocolate-Hazelnut Version:

- In a food processor or high speed blender blitz up 2 very ripe, frozen bananas together with 4 tbsp. coconut milk and 1/3 tsp vanilla essence.
- Once a smooth texture forms, add in cacao powder and pulse together with chopped hazelnut chunks.



## HEALTHY MILKSHAKE (3 WAYS)

### Ingredients

- Ripe Frozen Bananas - 3 pieces
- Ripe Bananas - 1 piece
- Vanilla Essence (natural) - 1 tsp
- Unsweetened Cacao Powder - 1 1/2 tbsp
- Frozen Mango - 1/3 cup
- Shredded Coconut - 2 to 3 tbsp
- Frozen Berry Mix - 1/2 cup
- Unsweetened Peanut But. - 1 1/3 tbsp
- Powdered Cinnamon - 1/2 tsp
- Cashew o. Almond Milk - 2 2/3 cup
- Coconut Milk - 1 1/3 cup



### Directions

#### For Mango-Coconut Version:

- In a high-speed blender add together 1 frozen banana, 1/3 unfrozen ripe banana, 1/3 tsp vanilla essence, frozen mango and the shredded coconut. Blend together with 1 1/3 cups of coconut milk until smooth.
- Consume right away.

#### For Peanut Butter-Chocolate Version:

- In a high-speed blender add together 1 frozen banana, 1/3 unfrozen ripe banana, 1/3 tsp vanilla essence, cacao powder, and peanut butter. Blend with 1 1/3 cups of cashew milk until smooth.
- Consume right away.

#### For Berry-Cinnamon Version:

- In a high-speed blender add together 1 frozen banana, 1/3 unfrozen ripe banana, 1/3 tsp vanilla essence, frozen berry mix and cinnamon powder. Blend with 1 1/3 cups of almond milk until smooth.
- Consume right away.

## WHAT IS IN THE INGREDIENTS?

### SUGAR

Everybody loves sweets, but the aftereffects are terrible. It rots our teeth and leads to a whole host of chronic, sometimes life-threatening diseases.

The health risks of sugar are many:

#### Diabetes

Millions around the world suffer from diabetes, which is a silent but deadly disease and has a very high fatality rate. The reason is the sugar that we consume through sweets, simple carbohydrates like rice, flour, desserts, and even some fruits.

#### Weight gain

Sugar-sweetened beverages like soda, desserts, and the sugar hidden in processed foods have been established as a major reason for weight gain in children and adults. Excessive consumption of sugars like fructose, which is found in starchy foods like fries, causes your body's hormonal balance to become dysfunctional. It no longer processes fat efficiently and causes weight gain.

#### Autoimmune disorders

Are you suffering from acne, dandruff, rosacea, or dermatitis? The origin of autoimmune disorders is unknown, but sugar plays a big role in feeding the yeast and abnormalities that cause it. It deregulates your body hormones and causes an imbalance, which affects the immune system.

#### Mental health

Eating a diet laden in sugars will give you an instant rush after a meal, and a huge fall a few hours later. The up and down spike of blood sugar levels can severely impact your mood.

So much so, you become addicted to food because it acts like a drug, and you only feel happy because your brain releases dopamine instantly when you consume sugar. This is obviously bad for mental health and clarity.

### HEALTHY, NATURAL SWEETENERS

Consider switching from sugar to HEALTHY sugar-free alternatives. It is important to note that not all 'sugar-free' products are healthy. Some are just as damaging as sugar.

For example, aspartame is a common sugar substitute used in commercial sugar-free sweeteners and is known for its harmful effects.

The good news is that you have some healthy, whole food choices:

#### Honey

Raw honey contains antioxidant, antibacterial, and antifungal properties.

If you have a cold or cough, or digestive issues, honey can help soothe the irritation.

Consuming honey in excessive amounts will also lead to weight gain, but in moderation it is a much healthier choice over sugar.

#### Homemade Date Pastes

Dates provide a lot of natural sweetness that can easily substitute conventional, processed sugar! Medjool dates are especially sweet and almost have a caramel-like flavor.

As a bonus, we added a quick recipe to this eBook that might become a new staple in your kitchen.



## 22 SUGAR-FREE DESSERTS: THE TASTIEST WAY TO GREAT HEALTH!

### Fruits

Try to eliminate all refined sweeteners in your recipes and replace them with fruits — nature's candies.

Whether fresh or dried, fruits, including bananas, berries, apricots, dates, and figs are wonderful whole food substitutes for processed sugar. Blend fruits with water or chop into small pieces depending on the dish you are creating.

### MILK VS. MILK ALTERNATIVES

If you're trying to decide whether or not to go vegan, understanding the kind of hormones your farm animals get injected with will help you make a better decision.

Unless you know exactly where your milk is being sourced from, it is highly likely that the animals are injected with growth hormones and contain diseases that can be passed down to us. Studies have been warning us of estrogen and progesterone content of milk that can give rise to tumors and cancers.

The healthy alternative is to switch to a plant-based source of milk, and you have so many excellent choices.

#### Almond milk

Extracted from raw almonds, almond milk is not only delicious, but also nutritious. It's rich in vitamin E, calcium, and vitamin D. Not only is almond milk low in calories, but the application possibilities are also endless. You can make pretty much any recipe with almond milk that requires dairy milk.

#### Coconut milk

The beneficial properties of coconut can now be extracted in coconut milk that can be substituted for daily milk in any dessert or beverage. Coconut milk is also delicious to cook with; many Thai dishes use it as a base.

#### Cashew Milk

Cashew milk offers a wonderful alternative that is a little more subtle in taste compared to many other plant-based options. It provides the body with healthy fats, a variety of minerals, minerals, and proteins.

#### Oat Milk

Oat milk is a wonderful option for people with intolerances or allergies. Being a little higher in fiber than most of the other milk substitutes, oat milk usually leaves you fuller and more satisfied after consumption, which can also help with weight loss or weight balance. Fiber in general is a very important energy source for the human body.

### FRUITS

#### Blueberries

Besides being a strong source of antioxidants, blueberries are also known to boost immunity and reduce risks of heart disease. Add them to your salads, smoothies, baked goods, or enjoy them as a snack.

#### Avocados

Avocados contain heart-friendly fats, are a great source of fiber, can help cut down on cholesterol, and can even help reduce the risk of some cancers like colon cancer. The fiber keeps you full for a long time, which makes it an ideal mid-afternoon snack.

#### Shredded coconut

Shredded coconut is high in fiber and makes a great addition to smoothies, baked goods, and trails mixes.

#### Berries

Almost all types of berries but especially the darker ones (e.g. blueberries, blackberries, and raspberries) are very high in antioxidants and natural sweetness, which is a double win for a healthy body and great taste.



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### Others

Apples, bananas, goji berries, pumpkins are also good sources of fibers and vitamins. You can find them dried up from stores; however, it is best to consume them fresh. The store variety can contain a lot of sugar used for drying it and preserving it.

Bananas are packed with potassium and help keep your heart healthy by providing essential electrolytes. It helps regulate your blood pressure and has very low sodium content, which makes it an amazing snack.

## SPICES

### Turmeric and black pepper

Turmeric and black pepper have a lot of benefits, but together they are an unstoppable combo. Curcumin, a compound found in turmeric, is proven to improve the digestive system, but when you add some black pepper, it increases the bioavailability.

This means you can get more advantages from turmeric and black pepper if you consume them together. They both have antibacterial properties and help your skin and hair, while also aiding in weight loss.

### Ginger

Ginger has been used as a medicine for cold and flu since the old times. It is extremely good for heart health, treats inflammation in your body, and can keep carcinogenic objects at Bay. It also helps improve your brain functionality and reduces muscle pain. This is a primary component of many cuisines around the world, which means you can add it to any savory snacks and dishes that you want to add a little bit more spice to.

### Cinnamon

Cinnamon has some potent antioxidants and can help reduce the inflammatory effects of a lot of food and environmental factors. It helps reduce the growth of pathogenic bacteria in your body and helps improve your gut chemistry, keeping you overall a much healthier and happier person.

### Nutmeg

Nutmeg is an Asian spice that has recently become really popular in the West, which means you can find it near you in the supermarket. It helps you cope with symptoms of insomnia, improves your immunity, and detoxifies your body.

### Cayenne

Famous for being an anti-inflammatory spice that has helped a lot of people suffering from painful arthritis, cayenne is a very powerful and useful spice. Playing a big role in the ayurvedic kitchen, it is packed with antioxidants that have a positive effect on the human's immune system.

## NUTS & SEEDS

Adding a serving of nuts and seeds in your diet can help you keep fuller and give you a feeling of satiety, which means you are much less likely to crave unhealthy foods.

### Walnuts

Walnuts are a source of polyunsaturated fats that add omega-3 fatty acids that helps regulate your blood cholesterol and increases the amount of healthy cholesterol in your body. A healthy, recommended dose of walnuts is about 7 nuts shelled.



## 22 SUGAR-FREE DESSERTS: THE TASTIEST WAY TO GREAT HEALTH!

### **Almonds**

Packed with vitamin E, magnesium, potassium, almonds help your blood get all the nutrients to your body cells and keep your heart healthy. It also has a lot of calcium and keeps your bones strong. Only one ounce of almond can contain as much calcium as 1/4 Cup of milk. This is why almond milk is also a good substitute for cow milk. A handful of almonds is capable of delivering a lot of nutrients that you need in your daily life but might not be getting from your regular fruit and vegetables.

### **Cashews**

Cashews contain fair amounts of vitamin-C, vitamin-B, and folates. They are famous for positively adding to your heart health thanks to their monounsaturated and polyunsaturated fatty acids. They also provide the body with a good amount of healthy fats that keep you satisfied longer and help reduce food cravings.

### **Pecans**

High in vitamin B1, zinc, phosphorus and magnesium, Pecans are a hidden superhero among all nuts. They are low in carbohydrates while at the same time being high in fiber. Pecans are a great addition to your diet (unless allergic) to support healthy hair, skin, and nail growth.

### **Peanuts**

Peanuts don't have the best reputation on the market these days due to being high in fat. However, besides that, they are also providing the body with a natural and whole food source of protein, potassium, phosphorus as well as magnesium and niacin.

### **Chia seeds**

Chia seeds are also a very good source of omega-3 fatty acids. You can consume them in your drinks, salads, or any other food, including dessert. They also contain a lot of fiber, which can help regulate your bowel movements and give you better gut health.

### **Linseeds**

Linseeds (or Flaxseeds) are high in omega-3-fatty acids which are crucial for nerve and brain function. They are also a so-called superfood because of their antioxidant properties that are generally removing free radicals from our cells.

### **Sunflower Seeds**

Packed in fiber and vitamin E, there is a lot of life in those small seeds, which are a great nut-replacer for people with allergies. Since vit.-E is fat-soluble, your body stores the fat and uses it as it needs.

### **Sesame Seeds**

A small seed with a lot of benefits. Sesame Seeds, especially the hulled ones, show large amounts of proteins, vitamin-E, and magnesium. It is said that they help with lowering blood pressure.

### **Pumpkin Seeds**

Containing carotenoids as well as vitamin-E, pumpkin seeds, just like many of the other seeds and nuts we have introduced earlier, are rich in antioxidants which help to reduce inflammation in the body. They go very well with salads, pasta, and raw sweets.

### **Coconut Butter**

Coconut Butter is the healthier option for coconut oil, as it contains the meat and the oil of the coconut, whereas the oil, as the name indicates, only leaves you with the oil of the coconut. It's nutrients generally are magnesium, iron, potassium and protein.

## FLOURS & POWDERS

### **Almond Flour**

Almond Flour is much more nutritious than many (if not even all) of the other types of flours we know. It is known to be high in vitamin-E and magnesium, which makes it a great addition to the normal flour-palette. However, in most recipes you can not simply substitute the given flour with almond flour as it is high in fat which will change the end result.

### **Cacao Powder**

Cacao is a good source of polyphenols which are meant to provide great health benefits for overall well being. Besides that, cacao is also high in antioxidants and may help with reducing blood pressure by improving the nitric oxide levels in the body.

### **Maca Root Powder**

Maca Powder is a mood enhancer thanks to its flavonoid properties. It is also rich in certain essential minerals such as copper, iron, and vitamin-C. Adding it to your smoothie will enhance it with a little vanilla/nutty flavor.

## ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

Throughout his career, Jonathan has turned his attention to seeking truth and exposing errors in conventional medicine.

He has created and produced several groundbreaking self-hosted docuseries — ***Depression, Anxiety & Dementia Secrets, Autoimmune Secrets, Natural Medicine Secrets, and Women's Health Secrets*** — covering innovative, effective natural remedies for cancer, autoimmune disease, neurodegenerative disease, mental health, and heart disease.

These docuseries represent Jonathan's unceasing quest to discover the true root cause of debilitating diseases by gathering

stories and protocols from world-renowned natural medicine doctors, health experts, and their patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

Jonathan's greatest reward has been hearing the testimonials from people whose lives have literally been saved with the natural medicines and protocols he discovered.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, ***Young Citizen of the Year and International Volunteer of the Year***, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019.