

LOW SUGAR
DESSERTS

delicious treat

SWEETENED WITH NATURAL INGREDIENTS

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LOW SUGAR

DESSERTS



By now, you know that sugar is bad for you. Eating too much of it increases your risk of type 2 diabetes, heart disease, and obesity. The problem is that the standard American diet is chock-full of the sweet stuff, so cutting back is a pretty big feat.

Researchers have found a strong link between sugar and heart disease, but also discovered many American adults eat more sugar than what is recommended for a healthy diet. According to studies, you are at an increased risk of death from heart disease if your daily added sugar calories make up more than 15 percent of your daily caloric intake. That's roughly 300 calories if you're on a 2,000 calories-a-day diet. To put that number into perspective, drinking just ONE 20 oz sugary drink can easily put you over this limit.

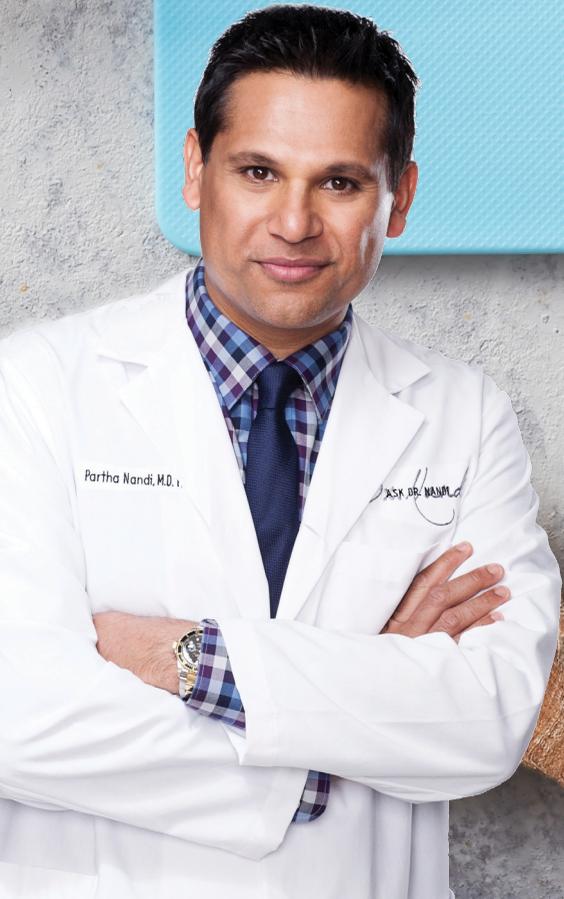
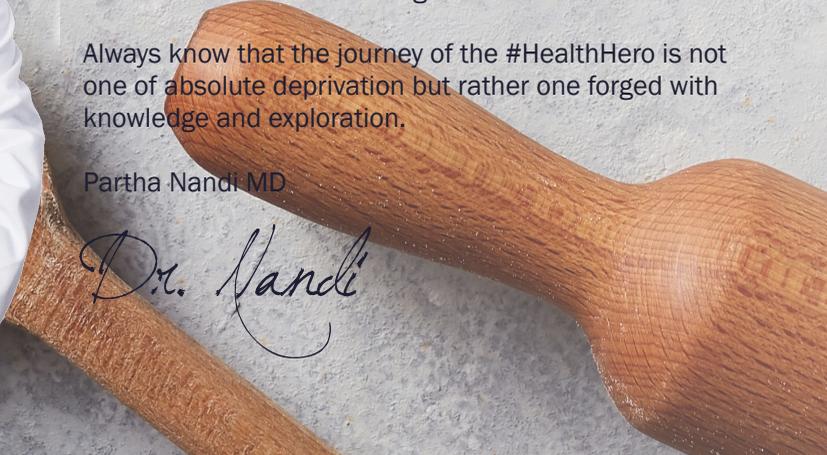
The standard recommendation for generally healthy individuals is that no more than 10 percent of your daily calories come from added sugar. We differentiate "added" sugar because some whole foods—fruit in particular—naturally contain a good deal of sugar, but this isn't a reason to avoid them.

So what can you do if you have a sweet tooth but know that cutting back on added sugars (that is, sugar that isn't naturally occurring in your food) is always a good idea? It can be hard to know where to begin. My Low Sugar Dessert Cookbook is full of delicious alternatives that will satiate those cravings.

Always know that the journey of the #HealthHero is not one of absolute deprivation but rather one forged with knowledge and exploration.

Partha Nandi MD

Dr. Nandi



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COOKIES &
BAKED GOODS

delicious



APPLE & CINNAMON CRISP

Serves 8

INGREDIENTS

6 cups apples, thinly sliced, peeled, (Red apples and Granny Smith work well)

1/4 tsp brown sugar stevia extract

3/4 cup sprouted brown rice flour

3/4 cup old fashioned oats

1 tsp cinnamon, slightly heaping

1/2 tsp nutmeg

4 Tbsp safflower oil

2 Tbsp unflavored soy milk

PREPARATION

Pre-heat oven to 350 F.

Slice apples.

In a large mixing bowl, sprinkle 1/3 the stevia, cinnamon, nutmeg and oil onto apples in the bowl.

In a large mixing bowl, add remaining ingredients and mix well with a spoon.

Mix with your fingers until texture becomes crumbly.

If too dry, you can add more oil/soymilk. If too wet, add more brown rice flour.

Transfer apples to a medium casserole dish.

Sprinkle dry mixture over apples and even it out.

Bake for 30-35 minutes until crisp becomes golden brown.

Allow to cool.

SIMPLE CINNAMON APPLE LOAF

Serves 6

INGREDIENTS

1 cup apples, peeled, grated

1/2 cup apples, chopped into very small cubes

1/4 cup raisins

1/2 cup pecans, roughly chopped, divided

5 Tbsp extra virgin olive oil

2 large eggs

1 1/2 tsp cinnamon, ground

1 tsp baking powder

1 cup brown rice flour

PREPARATION

Pre-heat oven to 375 F.

Grease a medium loaf tray with extra virgin olive oil.

In large bowl, mix grated apple, chopped apple, raisins and 1/4 cup pecans.

In a medium bowl, beat eggs and extra virgin olive oil well.

Combine with apple mixture.

In a third bowl, mix brown rice flour 3/4 Tbsp cinnamon and baking powder together. Make sure ingredients are well combined.

Scrape roughly 3/4 mixture into loaf tray and smooth top.

Sprinkle remaining cinnamon onto top and then scrape the remaining flour mixture into loaf tray.

Smooth and top with remaining pecans.

Bake for 22-25 minutes.

Remove from oven and cool before serving.

health benefits of cinnamon

Rich in fiber

Fights off viruses

Natural pain reliever

Supports brain health

Aids in lower blood sugar levels



health benefits of ginger

Aids digestion

Anti-inflammatory

Improves bone health

Prevents cancer cell growth



GINGERSNAP COOKIES

Makes 16 cookies

INGREDIENTS

2 egg whites

2 Tbsp salted butter, softened

Dairy-free substitute: vegan butter

1 1/2 cups almond flour

1/2 tsp vanilla extract

4 full droppers liquid stevia

1/2 tsp salt

2 Tbsp ginger, ground

3 tsp cinnamon

1/2 tsp cloves, ground

1 tsp nutmeg, ground

2 tsp yacon syrup

PREPARATION

Preheat oven to 350 F.

In a medium mixing bowl, whisk egg whites and softened butter.

Add almond flour, vanilla extract, sweetener, ginger, cinnamon, cloves nutmeg and yacon syrup to bowl and mix very well.

Set aside.

Line a baking sheet with parchment paper.

Freeze dough for 12-15 minutes to firm it up. Do not let it freeze.

Take dough out of freezer, place on cookie sheet.

Place another sheet of parchment paper gently on top of dough.

Use a rolling pin to flatten out the dough a bit. The dough should be about 1/4 inch in thickness.

Remove top layer of parchment paper.

Use a cutter to cut out cookie and remove any excess dough from cut outs.

Excess dough can be used for more cookies.

Bake for 17-20 minutes.

For soft cookies remove immediately.

For harder cookies, leave cookies in oven (turned off) for 10-12 more minutes.0

PUMPKIN & SUNFLOWER SEED COOKIES

Makes 16 cookies

INGREDIENTS

2 cups old-fashioned oats
1 cup pure pumpkin puree
1/3 tsp liquid stevia
2 tsp pumpkin pie spice
1/2 cup sunflower seeds, shelled
1/4 cup plus 1 Tbsp peanut
butter
Pinch salt

PREPARATION

Pre-heat oven to 350 F.

Line a baking sheet with
parchment paper.

Combine all ingredients in a
medium mixing bowl and
mix well.

Take roughly 1/4 cup mixture
and form into cookie.

Place on parchment paper.

Bake for 12-13 minutes.

Allow to cool in oven for 10-15
minutes.

Remove from oven and serve.

HEALTH
HERO 



MINI VEGAN BLACK FOREST CAKES

Serves 8



INGREDIENTS

Dry Ingredients:

1 cup plain flour (or gluten-free option of your choice)

1 tsp baking powder

2-3 Tbsp cocoa powder

2 Tbsp soft brown sugar

Wet Ingredients:

1/2 cup oat milk

1 tsp apple cider vinegar

1/2 cup coconut oil

1/4 cup vegan butter

Cream and cherry filling:

3 cups coconut cream, chilled

1-2 Tbsp powdered stevia

1 cup frozen cherries, defrosted

1/3 cup cherry liqueur

Vegan Chocolate shavings, to decorate

PREPARATIONS

Preheat oven to 350 F.

Soak cherries in liqueur while cakes are baking and drain just before using.

Grease two small 6 inch cake tins.

Using your hand, crumble soft brown sugar into a large mixing bowl.

Sift all other dry ingredients into same bowl.

Using a small saucepan over medium heat, add butter and coconut oil and melt. Stir occasionally.

Combine milk and apple cider vinegar in a small cup.

Set aside to curdle.

Fold in wet ingredients with dry ingredients. Stir until just combined.

Divide batter into cups and smooth out tops.

Bake for 25-30 minutes. Test by using a skewer. If you can pass a skewer into a cake and it comes out clean, they are ready.

Cool on a wire rack.

In a mixing bowl, whisk coconut cream and stevia into stiff peaks and set aside in fridge.

When cakes are totally cooled, slice them in half through middle.

Slather coconut whipped cream onto first slice, then top with soaked cherries.

Place second slice on top of the first and again coat with coconut whipped cream.

Top with third slice.

Repeat until you are left with final, topmost slice.

Place on top of third and cover with more coconut whipped cream.

Using a spatula, cover sides of cake.

Decorate with chocolate shavings (top with cherries optional).

ALMOND COOKIES

Makes 16 cookies

INGREDIENTS

2 cups almond flour
1 tsp stevia powder
1/2 cup vegan butter, unsalted
1/2 tsp salt
1 tsp vanilla extract
1 tsp almond extract
1 large egg

PREPARATION

Preheat oven to 300 F.
Soften butter in a mixer.
Add remaining ingredients and mix well.
Form dough in walnut sized balls and place on ungreased cookie sheet.
Bake for 5-6 minutes and remove from oven.
Press down on balls to flatten them out in a round shape.
Return to oven and bake for 16-18 more minutes.
Allow to cool on sheet before removing.
You can melt more butter and brush cookies if you desire.

health benefits of almonds

Rich in fiber & vitamins

Prevents cardiovascular disease

Supports lower cholesterol

May reduce risk of colon cancer



CHOCOLATE MINT BITES

Serves 15

INGREDIENTS

1 cup walnuts
1 cup dates, pitted
1 Tbsp full-fat coconut milk
1 1/2 tsp peppermint extract
1/3 cup cacao powder
1/2 cup coconut, finely shredded
Sea Salt

Optional: 1 Tbsp organic no sugar added cherry preserves

PREPARATION

In a food processor, pulse walnuts until well chopped.
Add dates and pulse.
Combine well.
Add cacao, finely shredded coconut, peppermint extract and coconut milk.
Stir until combined.
Add cherry preserves (optional).
Pulse until well combined.
You may need to add a bit more milk if dough is too hard.
Pour mixture into a non-stick cake pan and refrigerate.
Cut into squares and add one or two bits of sea salt to the top.

QUESTION

How does sugar affect the body?

Sugar affects your brain by lighting up the brain's reward center. Over time sugar may make it tougher to learn and remember things. Too much sugar can make the repair of collagen slow down. Sugar reduces the elasticity of skin and may cause premature wrinkles. Your liver can metabolize sugar and use it for energy, but only to an extent. The extra gets converted to fat in the liver which raises the risk of obesity, type 2 diabetes and other medical issues.



STRAWBERRY DESSERT LOAF

Serves 6-8

INGREDIENTS

- 1 cup brown rice flour
- 1/2 cup quick cooking gluten-free rolled oats
- 1 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 cup extra virgin coconut oil
- 1 large egg
- 1 1/3 cup Homemade Applesauce (recipe provided in Base Recipe section)
- 1 tsp pure vanilla extract
- 3/4 cup fresh strawberries cut into halves
- 1 tsp stevia powder extract

PREPARATION

- Preheat oven to 350 F.
- Blend coconut oil, egg and stevia in a large mixing bowl.
- Add flour, oats cinnamon, baking soda and salt.
- Pour in applesauce and mix well together.
- Gently add strawberries and combine.
- Grease loaf pan with coconut oil.
- Pour batter in pan.
- Use a spoon to make sure batter is even.
- Bake for 45-50 minutes.
- Check with toothpick. If toothpick is clean when inserted into loaf, bread is done.
- Allow to cool for 30 minutes before removing from pan.

A close-up photograph of a glass bowl filled with a rich, dark chocolate pudding. The pudding is topped with fresh raspberries, blueberries, and several vibrant green mint leaves. The background is softly blurred, showing more of the ingredients and a white surface.

PUDDINGS
& GELATINS
delectable

BANANA PUDDING

Serves 8

INGREDIENTS

24 oz. silken tofu
4 ripe bananas
2/3 cup soy milk
2/3 tsp liquid stevia extract
1 tsp vanilla extract

PREPARATION

Place tofu, bananas, soy milk, stevia and vanilla extract into a blender.

Cover and puree until smooth.

Pour into individual dishes and refrigerate for 1-2 hours.



CHOCOLATE AVOCADO PUDDING

Serves 4

INGREDIENTS

3 medium avocados, skinned and cubed

1/3 cup cocoa powder

3 Tbsp full-fat coconut milk

1 tsp vanilla extract

1/3 tsp liquid stevia extract

Pinch of salt

PREPARATION

Place avocado in food processor and mix well.

Continue to mix until a very smooth consistency.

In medium bowl combine remaining ingredients.

Add 1 Tbsp mixture to avocado puree in food processor and combine.

Continue to add 1 Tbsp of mixture and combine until reaching desired flavor.

Chill for 15-20 minutes.

You may keep in the fridge for one day.



QUESTION

Can sugar cause bloat?

Studies have found that too much sugar can cause bloating and gas. If your digestive system is overloaded with simple sugar or glucose you can suffer from bloating. If the sugars are poorly absorbed in the small intestine and end up in the large intestine, they may act as “food” for gas producing bacteria. The resulting gases are the cause of bloating and excessive gas in the bowel.

HEALTH
HERO



CHIA BANANA PUDDING

Serves 10

INGREDIENTS

2 cups vanilla flax milk
3 large bananas, peeled, 2
chunked, 1 sliced for topping
10 Tbsp chia seeds
5 Tbsp raw honey
1 3/4 tsp vanilla extract
1/4 tsp sea salt

PREPARATION

In a blender, add milk, bananas, chia seeds, honey, vanilla extract and sea salt.
Blend until smooth.
Transfer mixture into cups.
Place in fridge for 2-3 hours to thicken.
Serve chilled and top with sliced bananas.

CHOCOLATE COCONUT PUDDING

Serves 8

INGREDIENTS

1 cup unsweetened light coconut milk
1/4 cup unsweetened cocoa powder
2 Tbsp arrowroot
1/4 tsp salt
1 1/4 cups unsweetened almond milk
1/4 cup brown sugar, packed
2 Tbsp granulated sugar
5 oz. semisweet chocolate, chopped
1/2 tsp coconut extract
3 Tbsp unsweetened coconut, shredded, toasted

PREPARATION

In a medium mixing bowl, add coconut milk, cocoa powder, arrowroot and salt.

Whisk well and set aside.

In a medium saucepan over medium heat, add almond milk, brown sugar and granulated sugar.

Cook and stir until the mixture looks like it will boil.

Add coconut milk mixture.

Cook and stir until saucepan mixture begins to boil.

Reduce heat to low and cook for 2-3 minutes. Continue to stir.

Add chocolate and allow to stand for 30-40 seconds.

Add coconut extract and stir well.

Mixture should be smooth.

Spoon mixture into 8 dessert dishes.

Sprinkle with toasted coconut.

Serve chilled.





VANILLA BANANA BERRY CHIA CUSTARD

Serves 8

INGREDIENTS

2 cups non-dairy half and half cream
(recipe provided in the Base Recipe
section)

4 large egg yolks

1 tsp stevia powder extract

4 tsp vanilla extract

1 cup fresh raspberries

1 cup fresh strawberries

2 bananas, peeled, sliced

1 cup chia seeds

PREPARATION

Mix cream, egg yolks and stevia in a medium heavy saucepan.

Over low heat, cook and stir mixture until it is just thick enough to coat a metal spoon. You want the temperature of mixture to reach at least 165 F.

Do not allow the mixture to boil.

Split mixture evenly between three bowls.

Add vanilla extract to 1st bowl with mixture and stir.

Stir chia seeds into 2nd bowl with mixture.

In a blender, add the 3rd bowl of pudding mixture and strawberries and combine.

Place all three bowls in refrigerator for 1 hour.

Using a rocks glass, fill bottom 1/3 of glass with strawberry pudding and add in some sliced bananas.

The next layer is your vanilla pudding with a few sliced bananas added.

Top with vanilla and chia seed pudding.

Top with fresh raspberries.

MAKE YOUR OWN GELATIN

health benefits of making your own gelatin

Supports and promotes healthy skin

Aids in digestion

Supports bones and joint mobility

An easily assimilable source of collagen

Helps heal the gut lining

Helps fight inflammation, due to the amino acid glycine

Great source of easily digested protein

LEMON GELATIN

Serves 4

INGREDIENT

4 Tbsp granulated gelatin

1/2 tsp stevia extract

1 3/4 cups boiling water

3 cups cold water, divided

1 1/6 cups lemon juice

1/2 tsp grated lemon rind (optional)

PREPARATION

In a large bowl, soften gelatin by soaking in 1 1/2 cups cold water for 2-3 minutes.

Add boiling water, stir until gelatin dissolves.

Add all other ingredients along with the cold water.

Stir until well combined.

Pour into pans.

Refrigerate until set.

HEALTH
HERO



PINEAPPLE GELATIN

Serves 4

INGREDIENTS

4 Tbsp granulated gelatin
1/2 tsp stevia extract
1 3/4 cups boiling water
3 cups cold water, divided
1 1/6 cups pineapple juice
1/2 cup fresh pineapple, very small pieces (optional)

PREPARATION

In a large bowl, soften gelatin by soaking in 1 1/2 cups cold water for 2-3 minutes.

Add boiling water, stir until gelatin dissolves.

Add all other ingredients along with the cold water.

Stir until well combined.

Pour into pans.

Refrigerate until set.

WATERMELON GELATIN

Serves 4

INGREDIENTS

4 Tbsp granulated gelatin
1/2 tsp stevia extract
1 3/4 cups boiling water
3 cups cold water, divided
1 1/4 cups watermelon juice
1/2 cup watermelon cut into small pieces

PREPARATION

In a large bowl, soften gelatin by soaking in 1 1/2 cups cold water for 2-3 minutes.

Add boiling water, stir until gelatin dissolves. Add all other ingredients along with the cold water.

Stir until well combined.

Pour into pans.

Refrigerate until set.

ICE CREAM,
SHERBET & SHAKES

delightful



VANILLA COCONUT ICE CREAM

Serves 8

INGREDIENTS

4 cans full-fat, unsweetened coconut milk

2 vanilla beans

1-2 drops vanilla stevia liquid extract (optional for sweetness)

PREPARATION

Shake coconut milk well before opening cans.

On a rimmed baking sheet, place a sheet of parchment paper.

Pour coconut milk onto the parchment paper.

Place in freezer and leave for 4-5 hours. Should be hard.

Remove from freezer and remove frozen coconut milk off the parchment paper.

Break into chunks and add to food processor.

Process until smooth.

Make sure you scoop down sides as necessary.

Slice open vanilla bean pods and scoop out seeds.

Add to food processor.

Process until seeds are well incorporated and ice cream is a creamy texture.

health benefits of coconut milk

Improves digestion

Relieves constipation

Improves heart health

Lowers blood pressure
and cholesterol

Builds muscle and
supports fat loss

Prevents fatigue

POMEGRANATE SHERBET

Serves 8



INGREDIENTS

- 2 cups pure pomegranate juice
- 1 cup water
- 4 bags red rooibos herb tea
- 24 drops liquid stevia extract

PREPARATION

Combine juice and water in a medium saucepan and bring to boil.

Remove from heat.

Add tea bags, cover and steep for 5-7 minutes.

Remove tea bags and add stevia.

Stir well.

Pour juice mixture into a 2 quart baking dish.

Cover and freeze for 6-8 hours. Stir occasionally so mixture freezes evenly.

When frozen, break mixture into chunks and transfer to food processor.

Process until just smooth. Do not allow to melt.

Return to dish and cover.

Freeze for 3-4 more hours.

When serving, allow to stand for 10 minutes.



HONEYDEW MOJITO SHERBET

Serves 8

INGREDIENTS

1/4 cup cold water
1 tsp lime peel, finely shredded
3 Tbsp lime juice, freshly squeezed
1 packet unflavored, unsweetened gelatin
1/2 cup mint leaves, fresh
4 cups honeydew, seeded, peeled and cubed
1/4 cup cultured coconut yogurt
3/4 tsp powdered stevia extract

PREPARATION

Combine water and lime juice in a small saucepan.

Add gelatin and let stand for 5-7 minutes to soften.

Combine sweetener, mint leaves and lime peel in a food processor. Cover and process until mint leaves are finely chopped.

Add cubed honeydew and yogurt.

Cover and process until smooth texture.

Cook gelatin mixture over medium low heat until gelatin dissolves.

Stir occasionally.

Add gelatin mixture to honeydew mixture.

Cover and process for 90 seconds.

Transfer mixture into a cold pan and place in freezer for 30 minutes.

Check sherbet. Once edges start to freeze, take out mixture and beat with a hand mixer.

Beating mixture helps to make it smooth and creamy.

Return pan to freezer.

Every 25-30 minutes, take it out and beat sherbet again.

Repeat until firmly frozen. Usually 4 mixing sessions. Could be more or less depending on your taste.

Once frozen, mixture should be creamy and smooth.

If sherbet gets too hard, place in refrigerator until it softens. Beat it again if necessary.

TROPICAL PINEAPPLE SHERBET

Serves 8

INGREDIENTS

2 cups peaches, frozen
2 cups pineapple chunks, frozen
1 cup stevia sweetened lemonade

PREPARATION

Place all ingredients in a food processor and process until smooth.

Place sherbet in a freezer container, stir and cover.

Freeze for 2-3 hours.

Allow to stand for 10 minutes before serving.



ORANGE MANGO SHERBET

Serves 8

INGREDIENTS

2 navel oranges, juiced

4 ripe mangoes, peeled and chopped

2 limes, juiced

1 cup unsweetened almond milk

5 drops orange liquid stevia (plain is good as well)

PREPARATIONS

Process all ingredients in a food processor until smooth.

Pour mixture into a shallow container, stir and cover.

Freeze for 6-8 hours.

Allow to stand for 10 minutes before serving.

PEANUT BUTTER & CHOCOLATE COCONUT MILKSHAKE

Serves 4

INGREDIENTS

2 cups unsweetened coconut milk, frozen

1 cup unsweetened coconut milk, room temperature

2 Tbsp unsweetened cocoa powder

2 Tbsp organic peanut only peanut butter (no added salt or sugar)

8-10 drops stevia drops

Sea salt to taste

PREPARATION

Place all ingredients except for room temperature coconut milk in blender.

Blend until well combined and frothy.

Freeze in a flat plastic dish.

In blender, add frozen coconut mixture and remaining coconut milk.

Blend until evenly combined and creamy.

Add more coconut milk, depending on how thick you like your shake.

Serve immediately.

STRAWBERRY BANANA COCONUT MILKSHAKE

Serves 4

INGREDIENTS

4 cups frozen strawberries

2 cups frozen bananas

1 cup coconut water

2 tsp fresh lime juice

2 tsp vanilla extract

PREPARATION

Add all ingredients to a blender.

Blend until all ingredients are combined.

* The riper the bananas, the sweeter the milkshake will be.

VANILLA MILKSHAKE

Serves 4

INGREDIENTS

4 cups unsweetened almond milk, divided

1 3/4 tsp vanilla extract

1 tsp stevia extract

PREPARATION

Combine 2 cups almond milk, vanilla extract, and sweetener.

Pour mixture into a plastic dish and place in freezer.

Allow to completely firm and freeze.

In a blender, add frozen almond milk and remaining almond milk.

Blend until evenly combined and creamy.

Add more almond milk, depending on how thick you like your shake.



A close-up photograph of a person's hand, wearing a blue denim sleeve, sifting flour over a large, rounded ball of dough. The dough is resting on a wooden surface. The flour is captured mid-air, creating a soft, white cloud. The background is a blurred wooden surface. A decorative white frame with a dark border is overlaid on the image, containing the text.

PIES
& MORE

tasty

LEMON CARDAMOM MERINGUE TREATS

Makes 24-30

INGREDIENTS

3 egg whites
1/4 cup sugar
1 Tbsp arrowroot
1/4 tsp ground cardamom
1/2 tsp vanilla
1 tsp lemon peel, finely shredded
1/4 tsp cream of tartar

PREPARATION

Allow egg whites to stand at room temperature. About 30-35 minutes.

Line a large cookie sheet with parchment paper and set aside. You may need two sheets.

Preheat oven to 300 F.

In a medium mixing bowl, add sugar, arrowroot and cardamom.

Stir well and set aside.

In a medium mixing bowl, add egg whites, cream of tartar and vanilla.

Using an electric mixer on high, beat until soft peaks form.

Slowly add sugar mixture 1 Tbsp at a time.

Hard peaks should form.

Add in lemon peel and fold in.

Using a piping bag with an extra large star tip, spoon in egg white mixture.

Pipe mixture into 24- 30 swirls onto parchment lined cookie sheet.

Leave room between swirls. About 1 inch.

Bake for 20-22 minutes.

CANTALOUPE SOUP

Serves 6

INGREDIENTS

1 cantaloupe, peeled, seeded, cubed
2 cups orange juice, freshly squeezed
1 Tbsp lime juice, freshly squeezed
1/3 tsp ground cinnamon
6 mint sprigs (optional)

PREPARATION

Peel, seed and cube cantaloupe.

In a food processor, add cantaloupe and 3/4 cup orange juice and process until smooth.

In a large bowl, add cantaloupe mixture and remaining orange juice. Stir.

Add lime juice and ground cinnamon. Stir well.

Cover and place in fridge for 60-90 minutes.

Garnish with mint. (optional)

Serve chilled.

QUESTION

How does sugar affect your mood?

Sugar can cause anxiety and irritability. Reactive hypoglycemia can be bad for those suffering from bipolar disorder. This “sugar crash” happens especially after eating high sugar foods. This causes your body to release an excessive amount of insulin to process all the sugar. The rapid reduction of blood sugar level happens, causing your body to release adrenaline to compensate. This is the “fight or flight” chemical that causes the anxiety and irritability.



KEY LIME PIE

Serves 10

INGREDIENTS

- 8 oz. vegan cream cheese, softened
You may also substitute any non-dairy cream cheese style product
- 1 Tbsp lime juice, fresh
- 1 tsp lime peel, grated
- 1/2 cup water, boiled
- 1 packet stevia sweetened lime gelatin
- 2 cups Non-Dairy Whipped Topping
(recipe provided in the Base Recipe section)
- 1/4 cup vegan butter, melted
- 1 cup gluten free graham cracker crumbs
- 1/8 tsp avocado oil

PREPARATION

Graham Cracker Crust:

Preheat oven to 350 F.
In a medium mixing bowl, combine butter and graham cracker crumbs. Press crumbs on bottom and sides of a lightly oiled pie dish.
Cook for 7-8 minutes in oven.
Set aside to cool.

Filling:

In a small bowl, dissolve gelatin in boiling water and stir.
In a large mixing bowl, beat cream cheese until very smooth.
Slowly add dissolved gelatin.
Combine well.
Stir in lime juice and lime peel.
Add in whipped topping and blend well.
Pour into pie plate.
Cover and chill for at least 4 hours.
Top with Dr. Nandi's Whipped Topping.

HOT CHOCOLATE MIX

INGREDIENTS

For the mix:

- 1 cup pure, organic cocoa powder (mix of dark and standard is a great choice)
- 1 1/4 cups granulated stevia
- 1/3 cup powdered coconut milk
- 1 tsp sea salt

For a single cup:

- 2 Tbsp hot chocolate mix
- 2 Tbsp water, boiling
- 3/4 cup full-fat coconut milk, well heated

PREPARATION

Hot cocoa mix:

- In a medium mixing bowl, combine all the mix ingredients.
- Stir until totally combined.
- Store in an airtight container.

health benefits of Cocoa

Rich in minerals

Lowers cholesterol

Combats depression

Filled with antioxidants

Improves brain health

Supports skin health

CUP OF COCOA

- In a large mug, add 2 Tbsp dry mix.
- Add 2 Tbsp of boiling water to mug.
- Mix until completely dissolved.
- Add heated coconut milk and mix well.
- Top with homemade whipped topping from page 28 as an option.

THAI FRUIT SKEWERS

Serves 8

INGREDIENTS

- 1/2 cup unsweetened coconut milk
- 1 Tbsp finely shredded lime peel
- 1/6 tsp cayenne pepper
- 2 kiwis, peeled, quartered
- 8 fresh pineapple pieces, 1 1/4 inch cubed, peeled
- 8 fresh banana pieces, 1 1/4 inch cubed, peeled
- 8 fresh red grapes
- 8 cape gooseberries
- 1/4 cup fresh mint, snipped into small ribbons
- 1/3 cup shredded coconut

PREPARATION

Combine coconut milk, cayenne pepper and lime peel in a medium mixing bowl.

Stir well.

Add all fruit.

Coat fruit and cover.

Chill in refrigerator for 2-4 hours and stir occasionally.

Drain fruit and throw away liquid.

Thread fruit pieces on 6 inch skewers.

Start with a red grape, followed by kiwi, gooseberry, banana and finish with pineapple.

Sprinkle skewers with coconut and mint.



**HEALTH
HERO**



APPLE AND DARK CHOCOLATE NACHOS

Serves 6

INGREDIENTS

6 apples, Fuji or Honeycrisp Granny Smith, cored, each apple cut into 20-30 slices

1 1/2 cups smooth organic peanut butter, melted

1 1/2-2 cups granola with almonds (depends on how much granola you desire)

1 cup semi-sweet chocolate chips, melted

1 cup dark chocolate chips

PREPARATION

Arrange layer of apple slices on a plate.

In a saucepan over low heat, add your peanut butter. (CAUTION if not warmed on LOW heat the peanut butter will get hard)

Whisk continuously as it melts. Blend together as oil separates from the solids. About 4-5 minutes.

Set aside for a moment.

In a saucepan, bring roughly an inch of water to a simmer.

Set a heatproof bowl in mouth of the pot. Water cannot touch bottom of bowl.

Add chocolate and stir occasionally as it softens.

When there are just a few chips left, remove bowl from heat because they will melt from residual heat.

Set aside.

Drizzle peanut butter and chocolate over apple slices.

Add some dark chocolate chips and granola for texture.

Add another layer of sliced apples.

Drizzle again with peanut butter, granola and chocolate. Add more dark chocolate chips.

Continue until all ingredients are used up.

Save some granola to sprinkle on top of apple nachos.

QUESTION

Can sugar go bad?

Sugar is a food that has pretty much an infinite shelf life as far as an expiry date goes. If sugar is stored properly, it should not make you sick to eat it because of its age. It will never spoil nor will it smell strange. This is true of all types of sugar. Improperly stored sugar can go "off" by getting wet or infected by bugs.

COCONUT DATE BALLS

Makes 16-20 individual balls

INGREDIENTS

- 1/2 cup cashews
- 14 Medjool dates, pitted
- 3/4 cup coconut, shredded and divided
- 1 1/4 Tbsp coconut oil
- 1 1/4 Tbsp water

PREPARATION

- Using a food processor, add cashews and pulsate for 10-15 seconds.
- Add dates, 1/2 cup coconut flakes, coconut oil and water.
- Process for minimum 60 seconds.
- The mixture should be fairly smooth with no big nuts or dates.
- Use about a Tbsp size of mixture and form a ball.
- In a small bowl, roll balls in remaining shredded coconut to cover.
- On a parchment lined baking sheet, place the balls and place in the fridge for 60 minutes.
- Serve cool or thawed.



APRICOT & ALMOND BALLS

Makes approximately
30 individual balls

INGREDIENTS

- 1 cup flaked almonds
- 3/4 cup dried apricots
- 3 tsp lemon juice
- 1 1/4 tsp vanilla extract
- 1 1/2 tsp cinnamon, ground
- 3/4 cup almond butter
- 1 1/2 cups gluten free rolled oats
- 1/4 cup raisins
- 1/2 cup unsweetened shredded coconut, divided
- 1-2 Tbsp raw honey (depends on taste)

PREPARATION

- Chop 1/4 cup almonds into small pieces.
- In a small bowl, add 1/4 cup rolled oats, 1/4 cup coconut and chopped almonds set aside.
- Pulse 3/4 cup almonds in food processor into fine crumbs. Set aside in a small bowl.
- Cut apricots in half and add to food processor along with raisins.
- Pulse dried apricots and raisins until they form a sticky paste.
- Using a medium mixing bowl, combine apricot/raisin paste, lemon juice, vanilla extract, cinnamon, honey, almond extract and almond butter.
- Add 1 1/4 cups rolled oats and 1/4 cup coconut to the medium mixing bowl and stir until thoroughly mixed.
- Roll mixture into balls.
- Roll balls in chopped almonds, coconut shaving and rolled oats mixture.
- Store in an airtight container in refrigerator.
- * You can freeze balls. Remove from freezer for at least 45 minutes before eating.



BASE
RECIPES

basics



HOMEMADE APPLESAUCE

Serves 20

INGREDIENTS

6 lbs Fuji, Granny Smith or Golden Delicious apples

1 1/4 cups water

1 1/4 tsp cinnamon

1/3 tsp salt

1/2 cup stevia

PREPARATION

Peel, core and quarter apples.

Combine apples, water, cinnamon and stevia in a large saucepan.

Bring mixture to a boil over high heat and cover.

Reduce heat to low and simmer for 30-35 minutes. Apples should be tender.

Remove pot from heat.

*Mash cooked apples with potato masher in pot for a chunky sauce.

*Puree cooked apples in a blender for a smoother applesauce.

health benefits of apples

Heart healthy

Boosts immune system

Excellent source of fiber
and antioxidants

Reduces bad cholesterol

Lowers risk of Type 2
Diabetes





NON-DAIRY WHIPPED CREAM

INGREDIENTS

- 1 cup full-fat coconut milk
- 3/4 tsp vanilla extract
- 1/2 tsp powdered stevia extract

PREPARATION

Set cup of coconut milk and a mixing bowl in the refrigerator overnight to chill. Be careful to not hit coconut milk to ensure separation.

Place beaters in freezer for 5-10 minutes before using.

Skim hardened coconut cream from the top and leave the liquid behind.

Place hardened cream in your chilled mixing bowl.

Beat with mixer for 30-35 seconds until creamy.

Add stevia extract and vanilla extract and mix until creamy and smooth. About 1 minute.

Taste and adjust sweetness as needed.

NON-DAIRY HALF AND HALF CREAM

INGREDIENTS

- 2 cans full-fat coconut milk
- 1 cup unsweetened rice milk

PREPARATION

Allow coconut milk to settle for 45 minutes.

If the temperature of the room is warm, place coconut milk in fridge.

Coconut cream will rise to top.

Skim off and save.

Blend 1 part coconut cream with one part rice milk to create desired amount of half and half.



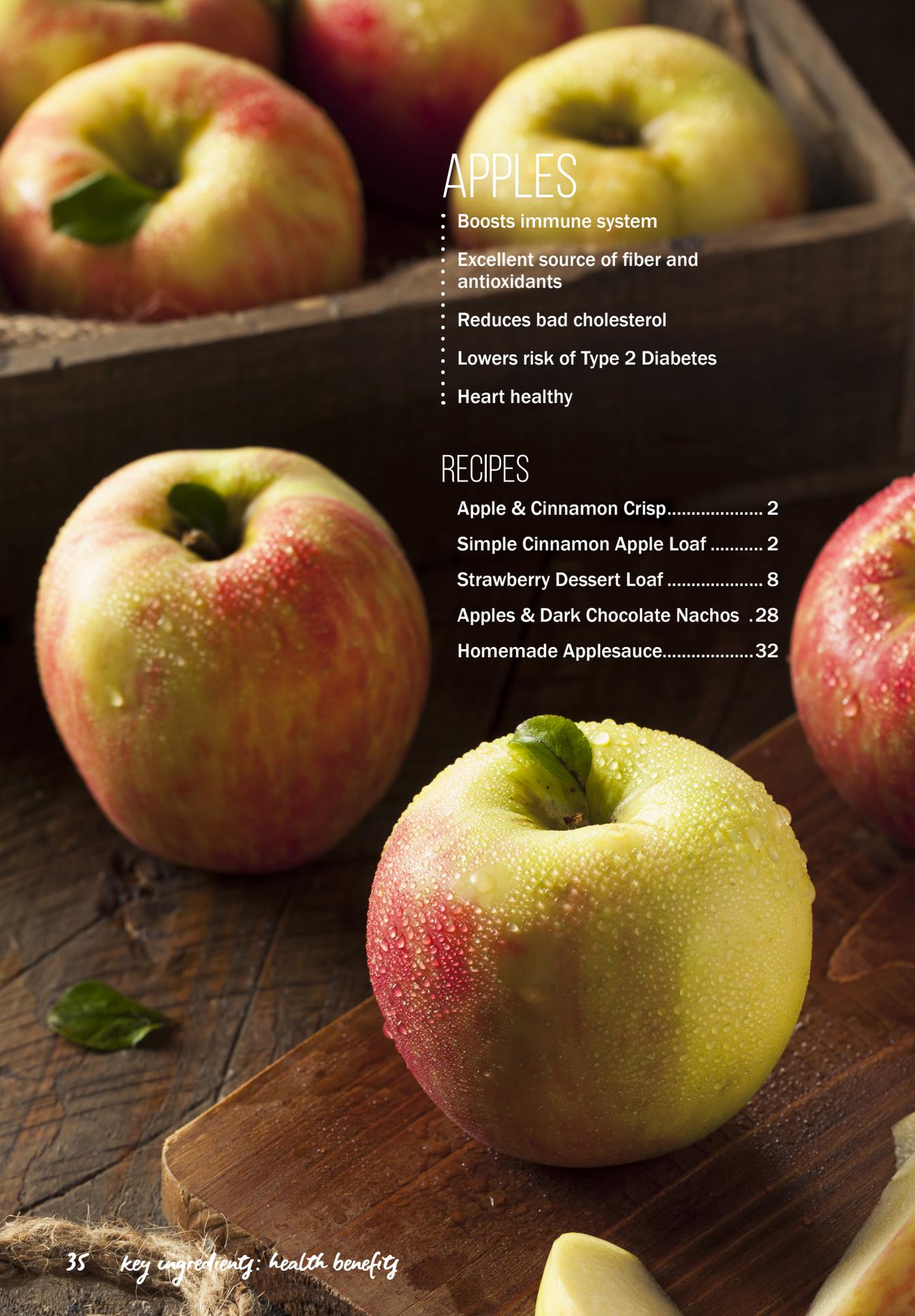
KEY INGREDIENTS
health benefity

ALMONDS

- : Rich in fiber, vitamins, antioxidants,
: and healthy unsaturated fatty acids
- : Prevents cardiovascular disease
- : Supports lower cholesterol
- : May reduce risk of colon cancer
- : 1 oz. of almonds contains $\frac{1}{8}$ of our
: daily protein needs

RECIPES

Gingersnap Cookies	3
Almond Cookies.....	6
Chocolate Avocado Pudding	11
Orange Mango Sherbet.....	21
Vanilla Milkshake	22
Apricot & Almond Bites	30



APPLES

- Boosts immune system
- Excellent source of fiber and antioxidants
- Reduces bad cholesterol
- Lowers risk of Type 2 Diabetes
- Heart healthy

RECIPES

Apple & Cinnamon Crisp.....	2
Simple Cinnamon Apple Loaf	2
Strawberry Dessert Loaf	8
Apples & Dark Chocolate Nachos .	28
Homemade Applesauce.....	32



CINNAMON

- Aids in lower blood sugar levels
- Supports brain health
- Natural pain reliever
- Fights off viruses
- Rich in fiber

RECIPES

Apple & Cinnamon Crisp	2
Simple Cinnamon Apple Loaf.....	2
Gingersnap Cookies	3
Strawberry Dessert Loaf.....	8
Cantaloupe Soup	24
Homemade Applesauce.....	32



COCOA

- : Rich in minerals
- : Combats depression
- : Filled with antioxidants
- : Lowers cholesterol
- : Improves brain health
- : Supports skin health
- : Improves cardiovascular health

RECIPES

Black Forest Cakes.....	5
Chocolate Mint Bites.....	7
Chocolate Avocado Pudding.....	11
Chocolate Coconut Pudding.....	13
Peanut Butter & Chocolate Coconut Milkshake	22
Hot Chocolate.....	26

COCONUT MILK

- : Improves heart health
- : Lowers blood pressure and cholesterol
- : Builds muscle and supports fat loss
- : Prevents fatigue
- : Improves digestion
- : Relieves constipation

RECIPES

Chocolate Mint Bites	7
Chocolate Avocado Pudding	11
Chocolate Coconut Pudding.....	13
Vanilla Coconut Ice Cream	18
Peanut Butter & Chocolate Coconut Milkshake	22
Hot Chocolate Mix	26
Non-dairy Whipped Cream.....	33
Non-dairy Half & Half Cream	33



LIME

- : Promotes weight loss
- : Good source of vitamin C
- : Supports healthy skin
- : Aids digestion
- : Heart healthy

RECIPES

Honeydew Mojito Sherbet	20
Orange Mango Sherbet.....	21
Strawberry Banana Coconut Milkshake	22
Cantaloupe Soup	24
Key Lime Pie	25
Thai Fruit Skewers	27

EGGS

- : Full of vitamins and minerals
- : Great source of protein and omega-3
- : Boosts brain function
- : Promotes hair and nail growth
- : Supports eye health
- : Aids in weight loss

RECIPES

Simple Cinnamon Apple Loaf.....	2
Gingersnap Cookies	3
Almond Cookies.....	6
Strawberry Dessert Loaf.....	8
Vanilla Banana Berry Chia Custard....	14
Lemon Cardamom Meringue	24

STRAWBERRIES

- Full of antioxidants
- Aids in fight against cancer
- Supports eye health
- Great for oral hygiene
- Keeps bowels moving
- Helps fight wrinkles

RECIPES

Strawberry Dessert Loaf.....	8
Vanilla Banana Berry Chia Custard....	14
Strawberry Banana Coconut Milkshake	22

PINEAPPLE

- : Anti-inflammatory
- : Bone and eye health
- : Strengthens immune system
- : Boosts immunity
- : Aids digestion
- : High in fiber

RECIPES

Pineapple Gelatin.....	16
Tropical Pineapple Sherbet.....	20
Thai Fruit Skewers.....	27

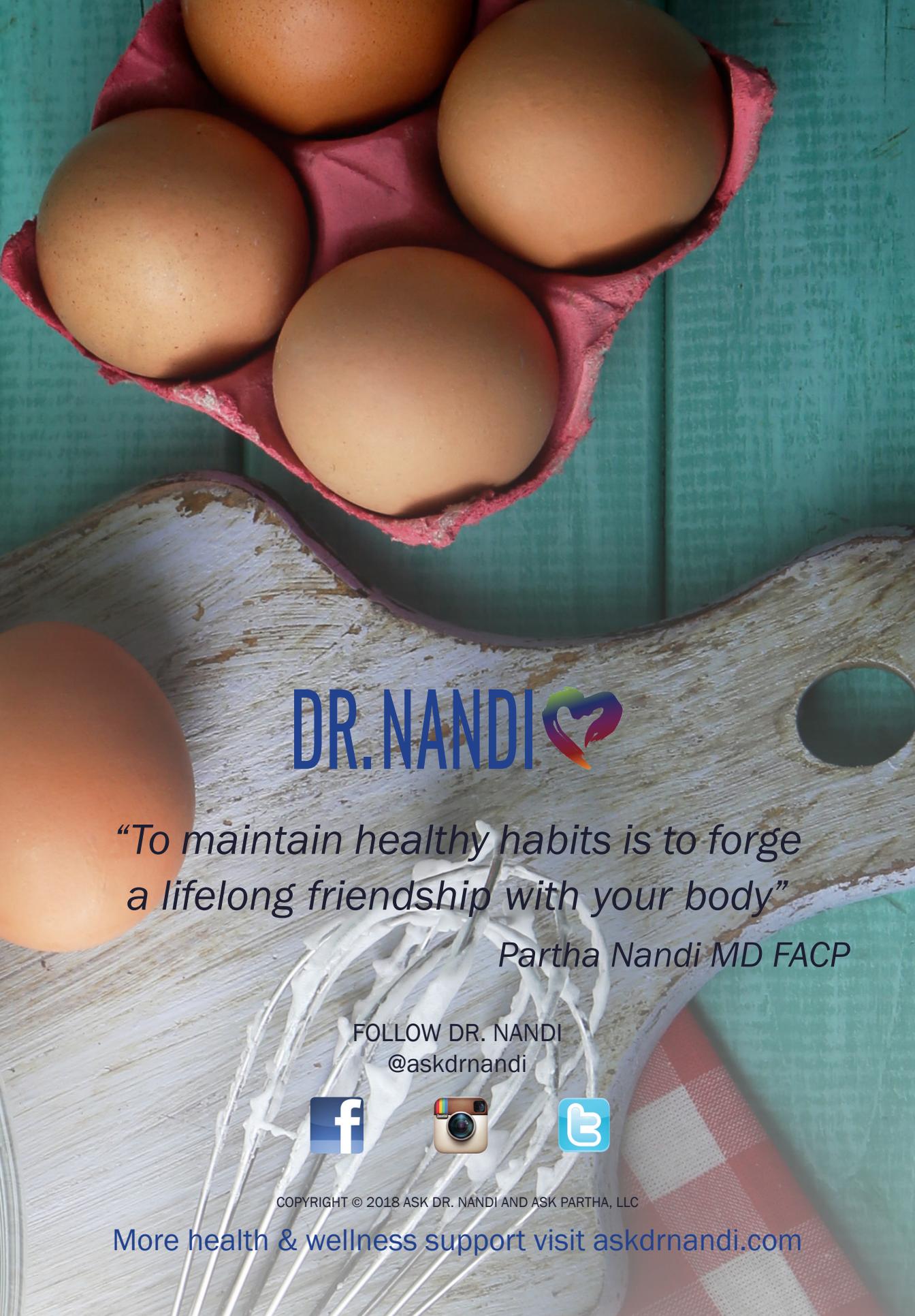


STEVIA

- : Regulates blood pressure
- : Helps regulate blood sugar levels
- : Supports weight loss
- : Helps in fight against cancer
- : Improves cholesterol

RECIPES

Apple & Cinnamon Crisp	2
Gingersnap Cookies	3
Pumpkin & Sunflower Seed Cookies...	4
Black Forest Cakes.....	5
Almond Cookies.....	6
Strawberry Dessert Loaf.....	8
Banana Pudding	10
Chocolate Avocado Pudding	11
Vanilla Banana Berry Chia Custard....	14
Lemon Gelatin	15
Pineapple Gelatin	16
Watermelon Gelatin.....	16
Vanilla Coconut Ice Cream	18
Pomegranate Sherbet	19
Honeydew Mojito Sherbet	20
Orange Mango Sherbet.....	20
Peanut Butter & Chocolate Coconut Milkshake	22
Homemade Applesauce	32
Non-Dairy Whipped Cream	33



DR. NANDI 

*“To maintain healthy habits is to forge
a lifelong friendship with your body”*

Partha Nandi MD FACP

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