

#TastyTemptationsSCS Recipes

Healthy Gingerbread Loaf

Servings: 12 slices

Ingredients

For the bread:

- 2 cups spelt or whole wheat flour
- 1 tbsp ginger
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 eggs, large
- 1 cup applesauce, unsweetened
- 1/4 cup molasses
- 1/4 cup maple syrup or honey
- 3 tbsp avocado oil
- 1 tsp pure vanilla extract
- Cooking spray

For the glaze:

- 1/4 c plain nonfat Greek yogurt
- 4 tsp coconut sugar or brown sugar
- 1 tbsp pure maple syrup

Instructions

1. Preheat oven to 350 degrees F, line 9x5 loaf pan with parchment paper and spray with cooking spray.
2. In a medium bowl, add flour, ginger, cinnamon, nutmeg, baking powder, baking soda and salt; whisk well to combine.
3. In another medium bowl, whisk eggs for 10 seconds. Add applesauce, molasses, maple syrup, oil and vanilla; whisk until mixed well. Pour into a bowl with dry ingredients and mix with spatula gently, just enough to combine or until you see no more white flour pockets. Do not stir vigorously or over mix.
4. Pour into prepared loaf pan and bake for 45 minutes or until toothpick inserted comes out clean. Remove from the oven, let cool for 5 minutes and transfer to a cooling rack to cool off for 1 hour.
5. To prepare the glaze, stir together the yogurt, coconut or brown sugar, and maple syrup in a small bowl until the coconut sugar has dissolved.
6. Drizzling small amounts on a pastry brush, glaze the loaf and cut into 12 slices using serrated knife.
7. Store in an airtight container for up to 5 days or freeze for up to 3 - 4 months.

5-Minute Healthy Strawberry Frozen Yogurt

Prep time: 5 minutes 4 servings

Ingredients

- 4 cups frozen strawberries
- 3 Tablespoons agave nectar or honey
- 1/2 cup plain yogurt (non-fat or full fat)
- 1 Tablespoon fresh lemon juice

Instructions

- Add the frozen strawberries, agave nectar (or honey), yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.
- Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

Best-Ever Healthy Apple Crisp

Prep Time: 20 minutes Cook Time: 45 minutes 6 servings

Ingredients

For the apples:

- 5 granny smith apples
- 1 tablespoon pure maple syrup
- 3 tablespoons water
- 2 teaspoons cinnamon

For the crumble topping:

- 1 cup old-fashioned oats
- 1/2 cup almond flour
- 1/2 cup chopped almonds, walnuts, or pecans
- 3/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup melted coconut oil or butter
- 1/4 cup pure maple syrup

Instructions

1. Preheat oven to 350 degrees. Peel apples and dice into cubes of approximately equal size. In a large bowl, toss with maple syrup, water, and cinnamon. Pour apples into greased 9x9 inch baking dish.
2. In the same (now empty) bowl, add oats, almond flour, nuts, cinnamon, salt, coconut oil or butter, and maple syrup. Stir crumble topping together and pour into baking dish on top of apples.
3. Bake at 350 degrees for 40 to 45 minutes until apples are soft, covering pan loosely with aluminum foil halfway through to prevent from over-browning.
4. Serve hot with vanilla ice cream or whipped cream.

Peppermint Fudge No Bake Energy Bites

Prep time: 10 minutes Servings: 9 bites

Ingredients

- ½ cup raw almonds
- ⅓ cup pitted medjool dates (about 6)
- 1 tablespoon cocoa powder
- ¾ teaspoon vanilla extract
- ⅛ teaspoon peppermint extract
- 1 tablespoon coconut oil
- 1 tablespoon mini dark chocolate chips
- ½ cup crushed peppermint

Instructions

1. Put almonds in a food processor and chop.
2. Add the dates and blend well.
3. Add the cocoa powder, vanilla extract, peppermint extract, and coconut oil. Blend for several minutes until starting to combine. Add a couple drops of water if necessary to help it move.
4. Add the chocolate chips and pulse a few final times to combine well. You don't want to pulverize the chocolate though.
5. Take a heaping teaspoon of the mixture in your hand and roll into a ball. The coconut oil will soften and it will be very messy. The warmth of your hand will allow the coconut oil to help bind the bite. You will end up pushing it more together than actually rolling it. While it is still warm press into the peppermint.
6. Allow the finished bites to set in the fridge for 30 minutes.

Chocolate Pomegranate Bark

16 servings

Ingredients

- 8 ounces dark chocolate
- 1/2 to 1 cup pomegranate seeds
- 1/2 cup dry roasted almonds

Instructions

1. Melt the dark chocolate in the microwave or a double broiler.
2. Mix half of the pomegranate seeds and almonds into the chocolate.
3. Spread the mixture into a glass baking dish lined with parchment paper. You can spread it as thin or thickly as you wish.
4. Top with the remaining seeds and nuts and press down gently so that they will stick.
5. Refrigerate for 2-3 hours or until firm.
6. Cut roughly with a knife or break the bark into uneven pieces. No need to be perfect.
7. Store in an airtight container in the refrigerator for up to two weeks, or freeze for up to 6 months.

Dark Chocolate Super Bark

16 servings

Ingredients

- About 8 ounces of dark chocolate, I used Trader Joe's 73% Super Dark chocolate bars (the higher the percentage of cacao the better)
- Assorted dried fruits, chopped nuts, and seeds

Instructions

1. Melt the dark chocolate in the microwave or a double broiler.
2. Spread the melted chocolate into a glass baking dish lined with parchment paper. You can spread it as thin or thickly as you wish.
3. Sprinkle your choice of dried fruits, chopped nuts and seeds on top of the melted chocolate and press down gently for the toppings to stick.
4. Let the chocolate set at room temperature, or put the bark in the refrigerator to speed things up.

Avocado Chocolate Mousse

Prep time: 5 minutes 4 servings

Ingredients

- 4 ounces chopped semisweet chocolate or chocolate chips (at least 60% dark)
- 2 large, ripe avocados (about 8 ounces each)
- 3 tablespoons unsweetened cocoa powder
- 1/4 cup unsweetened almond milk cashew milk blend
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon kosher salt
- Optional: 1–3 teaspoons light agave nectar or maple syrup (OK to substitute pure maple syrup, though the flavor will change somewhat)
- For serving: fresh raspberries, sliced strawberries, whipped cream and chocolate shavings

Instructions

1. Place the chopped chocolate or chocolate chips in a microwave-safe bowl. Microwave in 15-second bursts, stirring between each and watching carefully so that the chocolate does not burn. When the chocolate is almost completely melted, remove it from the microwave and stir until smooth. Set aside and let cool until just barely warm.
2. Halve and pit the avocados, then scoop them into a food processor fitted with a steel blade. Add the melted chocolate, cocoa powder, almond milk cashew milk blend, vanilla extract and salt. Blend until very smooth and creamy, stopping to scrape down the bowl as needed.
3. Taste and add a few teaspoons of agave if additional sweetness is desired. Spoon into glasses. Enjoy immediately as a pudding, or for a thicker, mousse-like consistency, refrigerate until well chilled, 2 hours or overnight. Serve topped with raspberries, cream, and chocolate shavings.
4. The mousse can be stored in the refrigerator, covered, for up to 1 week.