



SUGAR-FREE RECIPES

Whether you want to avoid sugar to help you heal from chronic disease or just feel like the best version of yourself, these recipes will help you enjoy snacks, sauces, breakfast & treats - sans sugar!

LEMON CHEESECAKE MOUSSE

makes 6-8 mousses

16 ounces cream cheese, softened
1/2 cup milk
1 teaspoon lemon extract
1 cup heavy cream
zest from 1 lemon, for garnish

Beat the cream cheese with an electric mixer until smooth and creamy. Scrape down sides of the bowl as needed.

Pour in the milk and lemon extract and beat again to mix well.

Add the cream and beat on medium-high speed until the mixture thickens, 5-10 minutes. The mixture should be fluffy and cling to a spoon.

Spoon into small bowls and refrigerate for at least 1 hour before serving. Make up to 24 hours ahead.

Sprinkle with lemon zest just before serving, if desired.

RASPBERRY GUMMIES

serves 4-6

4 tablespoons gelatin
1/2 cup cold water
1 1/2 cups raspberries, fresh or thawed from frozen
2 tablespoons warm water

Set a small baking dish or candy molds at the ready.

Place cold water in a small saucepan and sprinkle gelatin over. Stir well, then heat over low heat until gelatin is fully dissolved. (Rub a bit between your fingers - when it's ready you won't feel any granules.)

Meanwhile, place the raspberries and warm water in a blender and pulse to puree.

When the gelatin is ready, turn on the blender and drizzle the gelatin mixture into the raspberries. Pour the mixture into the baking dish or molds and refrigerate until firm, 1-2 hours.

To serve, pull out of the mold or cut into squares.

Store in an airtight container in the refrigerator for up to 1 week.

GINGERBREAD SMOOTHIE

serves 2 - from IQuitSugar.com

1/2 cup cashews, soaked overnight
1/2 banana, frozen
1/2 cup sweet potato purée
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cardamom
1/4 teaspoon sea salt
2 cups milk or almond milk

The night before: Set cashews to soak, place banana in the freezer, and mash sweet potato, if necessary.

In the morning, drain cashews, then add all ingredients to a blender. Blend until smooth.

SLOW COOKER QUINOA-BERRY BREAKFAST CAKE

serves 8-10 - from IQuitSugar.com

2 cups almond flour
3/4 cups brown rice flour
1 teaspoon ground cinnamon
1 teaspoon baking powder
1/2 teaspoon sea salt
2 eggs
1/4 cup coconut oil, melted
1 1/2 tablespoons rice malt or barley malt syrup
juice & zest of 1 lemon
1 cup cooked quinoa
1 carrot, peeled & grated
1 cup fresh berries

Line a 5 quart slow-cooker insert with parchment paper so that it reaches up and over the sides. This is so you can lift the cake out once it's done baking.

Whisk together the almond meal, brown rice flour, cinnamon, vanilla, baking powder and sea salt in a large mixing bowl. Be sure there are no lumps.

In a separate bowl, whisk together the eggs, coconut oil, malt syrup, lemon juice, and zest. Add in the quinoa and grated carrot.

Pour the wet mixture into the dry mixture and stir together until a smooth batter forms. Add in berries and stir once or twice.

Scrape batter into the prepared slow cooker and smooth out the top. Cook on low for 4 hours or on high for 2, then check the cake's progress by inserting a toothpick in the center - it should come out clean. If not, continue to cook on high with the lid off.

When finished, lift cake from the slow cooker and allow to cool slightly before slicing to serve.

Serve with yogurt or sour cream.

GRANOLA BARK

serves 4-6

2/3 cup coconut oil, melted
1/2 cup nut butter
1 tablespoon rice malt or barley malt syrup
1/2 teaspoon sea salt
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg
2 cups granola

Line a rimmed baking sheet with parchment paper. Set aside.

Melt coconut oil, nut butter, malt syrup, salt, and spices in a heavy-bottomed saucepan over medium-low heat until everything is melted and can be whisked together. Remove from the heat and pour onto the prepared baking sheet.

Sprinkle the granola evenly over the top and place in the freezer until firm, 20-30 minutes, then snap into shards.

Store in an airtight container in the refrigerator for up to 1 month.

SQUIRRELLY ENERGY BARS

serves 4-6

1 ripe banana
2 tablespoons coconut oil
1/4 cup tahini
1/4 teaspoon sea salt
1 teaspoon ground cinnamon
1/2 teaspoon ground cardamom
1 cup pumpkin seeds
3/4 cup sunflower seeds
1/4 cup sesame seeds

Liberal grease a square baking pan or round cake pan with either butter or coconut oil. Set aside.

In a food processor, grind the banana, coconut oil, tahini, salt, and cinnamon into a paste.

Add seeds and pulse until everything is well incorporated. Scrape into the prepared pan and freeze until firm, 1-2 hours.

Cut into squares or wedges. Serve immediately or store in the refrigerator for up to 1 week.

CREAMY COCONUT CUBES

serves 12 - from IQuitSugar.com

1/2 cup gelatin
3/4 cup cold water
3 cups coconut milk (2 14-oz cans)
1 cup heavy cream
1 teaspoon vanilla extract
1/2 teaspoon sea salt

Sprinkle the gelatin over the cold water and stir well. Let sit until the whole thing becomes a thick gel, 4-5 minutes. Set out a square glass baking dish and have at the ready.

Meanwhile, bring the coconut milk, cream, vanilla, and sea salt to a simmer over medium heat. Remove from the heat and immediately stir in the gelatin, whisking until smooth.

Pour into the baking dish and refrigerate until firm, 1-2 hours, then cut into squares.

Store in an airtight container in the refrigerator for up to 1 week.

VINEGAR & SALT ZUCCHINI CHIPS

makes 4-6 servings

3 medium zucchini, thinly sliced
2 tablespoons olive oil
2 tablespoons malt vinegar or white wine vinegar
2 teaspoons coarse sea salt

Slice zucchini as thin as possible using a chef's knife or a mandoline. Ideally, they should be the thickness of 1-2 pennies. Place in a large bowl.

Whisk the olive oil and vinegar together in a small bowl, then pour over the zucchini and toss well.

To make in a dehydrator: Lay zucchini in even layers on the dehydrator trays, then sprinkle with the salt. Dry at 140°F for 6-12 hours, depending on thickness. Flip once if necessary.

To make in the oven: Line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200°F for 2-3 hours, flipping 2-3 times and rotating the tray halfway through the cooking time.

Store chips in an airtight container for 2-3 weeks.

STIR-FRY SAUCE

makes approximately 1 1/2 cups

2 cups chicken or vegetable stock
2 inches fresh ginger, peeled and grated
2 large cloves garlic, grated
1 tablespoon olive oil
1/4 cup rice wine vinegar
2 tablespoons lime juice
1 teaspoon sea salt or 3 tablespoons soy sauce
1/2 teaspoon red chili pepper flakes
1 tablespoon cornstarch or arrowroot powder (optional)

Place all ingredients except cornstarch in a heavy-bottomed saucepan and warm over medium heat until steaming. Hold until time to serve.

To thicken, whisk cornstarch with 2 tablespoons cold water or cold extra stock until smooth. Whisk the slurry into the hot sauce and simmer until thick, 1-2 minutes.

Pour over stirfry at the table or toss with sautéed vegetables in the pan just before serving.

SUGAR-FREE

KETCHUP

makes approximately 1 cup

3/4 cup tomato paste (1 6-oz can)
2 tablespoons apple cider vinegar
1/4 teaspoon dry mustard
1/3 cup water
1/4 teaspoon sea salt
1 pinch ground cloves
1 pinch ground allspice

Whisk all ingredients in a small bowl until smooth. Refrigerate overnight to let the flavors meld.

COOKIE DOUGH

HUMMUS DIP

makes approximately 2 cups - these are ALMOST sugar-free, but be sure to use the chocolate chips with the highest cacao content you can find

1 1/2 cups cooked garbanzo beans (1 14-oz can)
3 tablespoons nut or seed butter
1 tablespoon rice malt or barley malt syrup
4 tablespoons butter, at room temperature
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
large pinch sea salt
1/4 cup dark chocolate chips

Place beans in the bowl of a food processor and pulse until crumbly.

Add remaining ingredients except chocolate chips and grind until the mixture is smooth. Scrape into a serving bowl.

When ready to serve, top with chocolate chips. Serve immediately or reserve in the refrigerator for up to three days.