

Apple Cinnamon Muffins

Ingredients:

- pinch of salt
- 2 tsp (9.5 g) gluten-free baking powder
- 2 tsp (9.5 g) ground cinnamon
- 1 cup (237 mL) unsweetened applesauce
- 1/3 cup (79 mL) coconut oil (melted)
- 1 banana
- 1/2 cup (118 mL) unsweetened coconut milk (or almond milk)
- 1 large (or 2 small) apple, peeled and grated
- 1.5 cups (340 g) gluten-free flour
- MINI MUFFIN PAN NEEDED*****



Directions:

1. Preheat the oven to 400 F (204 C).
2. Mix the first 3 ingredients (the dry stuff) in a bowl.
3. Mix in each wet ingredient (except the grated apple) one by one, careful to not overmix. Just until it's all incorporated!
4. Stir in the grated apple.
5. Spray a mini muffin tin with nonstick spray.
6. Pour the mixture into the muffin tin.
7. Bake for 25 minutes, until a toothpick or fork comes out cleanly.

Recipe found on: Baby Led Weaning Ideas

<http://www.blwideas.com/allergy-friendly-apple-cinnamon-muffins/>

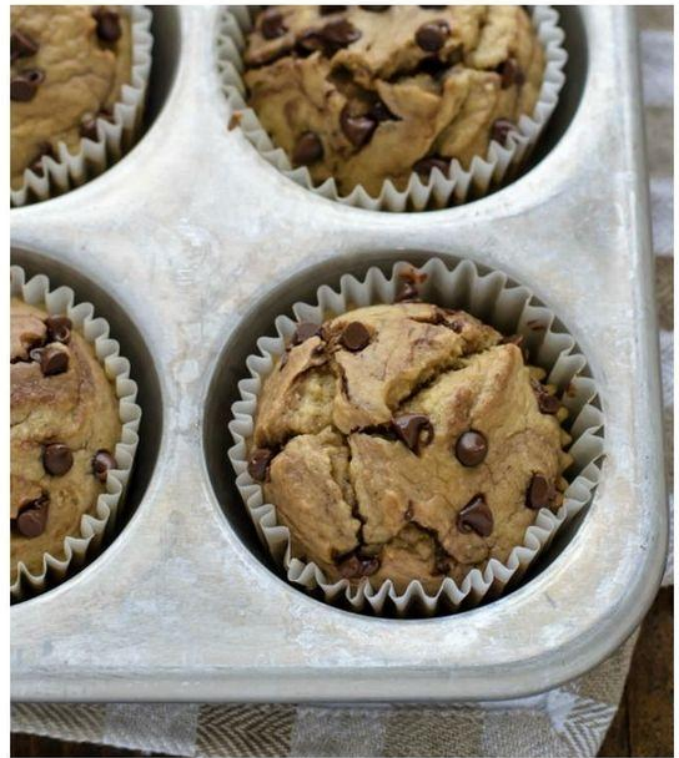
Blender Banana Oatmeal Muffins

Ingredients:

- 2 cups oats
- 2 large very ripe bananas
- 2 large eggs
- 1 cup plain Greek yogurt
- 2 to 3 tablespoons honey
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon pure vanilla extract
- 1/8 teaspoon kosher salt
- Up to 1/2 cup mix-ins: chocolate chips (mini or regular), chopped dark chocolate, nuts, dried cranberries, or blueberries (fresh or frozen and rinsed)

Directions:

1. Preheat the oven to 400 degrees F.
Lightly grease a 12-cup standard muffin tin or line with paper liners. If using liners, lightly grease them as well. Set aside.
2. Place the all ingredients but the mix-ins in a blender or the bowl of a food processor fitted with the steel blade: oats, bananas, eggs, Greek yogurt, honey, baking powder, baking soda, vanilla extract, and salt. Blend or process on high, stopping to scrape down and stir the ingredients once or twice as needed, until the batter is smooth and the oats have broken down almost completely, about 3 minutes. By hand, stir in the mix-ins. If the batter is warm from the appliance's motor, the chocolate chips may melt and swirl as they are stirred. If this bothers you, let the batter cool for 10 minutes before adding them
3. Divide the batter among the prepared muffin cups, filling each no more than three-quarters of the way to the top. Sprinkle with additional chocolate chips or nuts as desired. Bake for 15 minutes, until the tops of the muffins are set and a toothpick inserted in the center comes out clean. Place the pan on a wire rack and let the muffins cool in the pan for 10 minutes. They will deflate but still taste delicious. Remove from the pan and enjoy!



Recipe found on: Well Plated by Erin

<http://www.wellplated.com/banana-oatmeal-muffins/print/>

Wendy's Copycat Chocolate Frosty

Ingredients:

- ¾ cup of Almond Milk
- About 15 ice cubes
- ½ tsp Vanilla
- 1-2 Tbsp unsweetened Cocoa powder
- 1/3 of a Banana Blend

Directions:

1. Combine all ingredients into a blender



Recipe found on: Just a Pinch Recipes

<http://www.justapinch.com/recipes/drink/non-alcoholic-drink/skinny-shake.html>

Four Ingredient Flourless Protein Brownies

Ingredients:

- 3 medium, overripe bananas (approximately 1 cup or so)
- 1/2 cup smooth peanut butter or almond butter (can sub for any nut/seed or soy nut butter)
- 2 T - 1/4 cup cocoa powder (more = richer taste)
- 1-2 scoops of protein powder (WHEY PROTEIN POWDER NOT RECOMMENDED)

Directions:

1. Preheat the oven the 350 degrees, grease a small cake pan or loaf pan and set aside.
2. In a small microwave-safe bowl or stovetop, melt your nut butter.
3. In a blender, food processor, or using your hands, combine the bananas, cocoa powder, protein powder and nut butter until smooth.
4. Pour the mixture into the greased pan and bake for around 20 minutes or until cooked through. Remove from the oven and allow to cool completely before slicing into pieces.



Recipe found on: The Big Man's World

<http://thebigmansworld.com/2015/10/28/four-ingredient-flourless-protein-brownies/>

Protein Thin Mints

Ingredients:

- 3/4 cup hemp protein powder
- 1/2 cup cocoa
- 1 tsp peppermint extract
- ½ tsp honey
- 7-8 tbsp coconut oil, liquid

Directions:

1. Place all ingredients into a bowl and stir together
2. Scoop onto a plastic container.
3. Then set in fridge or freezer to set.
4. Keep refrigerator or store in freezer



Recipe found on: Purely Twins

http://purelytwins.com/2015/09/15/raw-protein-thin-mints-gluten-free-low-sugar-vegan/#_a5y_p=4514697

Reese's Peanut Butter Copycat Eggs

Ingredients:

- 2/3 cup sugar free peanut butter
- 2/3 cup peanut powder
- 2 tbsp THM Gentle Sweet
- 1/2 tsp vanilla
- 3.5 oz sugar free chocolate, or 85% dark chocolate



Directions:

1. Combine peanut butter, peanut flour, sweetener, and vanilla. Mix thoroughly. You may need to knead it with your hands to incorporate all the peanut flour. Divide into 12 pieces and shape into eggs. Put on a baking sheet lined with wax paper. Refrigerate for an hour or two.
2. Melt the chocolate in the microwave or in a double boiler. Microwave in short increments stirring every 20-30 seconds. To cover the eggs it is easiest to pick one up and spread the bottom with chocolate using a small spatula. Put it back down on the tray chocolate side down. Once you've done all the bottoms you can use the spatula to spread the chocolate on the tops and sides.

Recipe found at: Joy Filled Eats

http://joyfilledeats.com/reeses-peanut-butter-eggs/?utm_content=buffer7e9b5&utm_medium=social&utm_source=pinterest.com&utm_campaign=WNMbuffer

Banana Bread

Ingredients:

- 1 1/2 tbsp butter
- 1/4 cup honey
- 2 eggs
- 1 1/2 cups mashed ripe banana
- 1 cup unsweetened applesauce
- 1 cup gluten free plain flour or regular plain flour
- 1 cup gluten free oat flour (*or made from ground gluten free rolled oats or gluten free quick oats*)*
- 1 tsp baking powder
- 1/4 tsp baking soda
- Pinch of salt
- *Optional:* Nuts, cinnamon/spices, chocolate chips etc



Directions:

1. Preheat your oven to 180C/355F.
2. Grease and/or line a small/medium loaf tin.
3. In a mixer, beat your butter and honey until smooth and creamy.
4. Add in your eggs, banana** and applesauce.
5. Add in your flours, salt and raising agents to your mixer and mix on low until just combined, scraping down the edges to ensure everything is incorporated.
6. Pour your mixture into your prepared loaf tin and tap the bottom of your tin on the counter to even out the mixture.
7. Bake for ~1 hour or until a skewer inserted into the centre of your loaf removes clean. If you're finding your top is cooking faster than the inside, cover your loaf with foil to stop the top from browning too much.
8. Leave to cool before slicing.
9. Store your banana bread in an airtight container at room temperature or in the fridge (the choice is yours!) for up to three days. This loaf also freezes really well - just slice, wrap and store in zip lock bags in the freezer.

Recipe found at: Southern in Law



<http://www.southerninlaw.com/2014/09/the-best-healthy-banana-bread-recipe-gluten-free-sugar-free.html>

Flourless Chocolate Chickpea Brownies

Ingredients:

- Nonstick cooking spray-I use coconut oil spray
- 1 15 oz can Chickpeas drained, rinsed
- 1/4 cup organic grass-fed butter, melted (or extra virgin organic coconut oil)
- 2 large eggs
- 1/2 cup pure maple syrup (I used raw honey instead)
- 2 tsp pure vanilla extract
- 1/3 cup organic unsweetened cocoa powder
- 1/2 tsp baking powder, gluten free
- 1 pinch sea salt
- 1/4 cup semi-sweet or dark chocolate chips

Directions:

Preheat oven to 350 degrees. Line a 9×9 inch baking pan with parchment paper, lightly coat with spray. (I used a 9×11 glass pan and sprayed). Set aside.

Place chickpeas, butter, eggs, honey, extract, cocoa powder, baking powder, and salt in blender; cover.

Blend until smooth. Add chocolate chips, mix by hand until blended. Evenly spread batter into prepared pan. Bake for 25-28 minutes or until a toothpick inserted into the center of brownies does out clean.

Cut into squares.

Recipe given by Tammy Gilles, find more of her recipes at tammygilles.com

Banana Apple Muffins

Ingredients:

- 2 Large eggs, lightly beaten
- 1 cup mashed banana (about 2 medium bananas)
- 1 Tbsp organic grass fed butter, melted
- 1 1/2 cups Almond flour
- 3/4 tsp baking soda, gluten free
- 1 dash sea salt
- 1/2 cup chopped apple (about 3/4 medium apple)

Directions:

1. Preheat oven to 350 F
2. Prepare nine muffins cups by lining with muffin tin liners or coating with spray.
3. Combine eggs, banana, and butter in a medium bowl; mix well. Set aside.
4. Combine almond flour, baking soda, and salt in a medium bowl; mix well.
5. Add almond meal mixture to egg mixture; mix until blended.
6. Add apple; mix until just blended.
7. Divide batter evenly between prepared muffins cups..
8. Bake 16-18 minutes, or until golden brown and toothpick inserted into the center comes out clean.
9. Transfer muffins to rack; cool.



Recipe given by Tammy Gilles, find more recipes on tammygilles.com