



# THE SWEET TREAT LOVER'S **RECIPE BOOK**

**8 COMPLIANT RECIPES TO SATISFY YOUR SWEET TOOTH**

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HOW TO SATISFY YOUR SWEET TOOTH THE SMART WAY

# OUR THOUGHTS ON SUGAR

**The challenge of sweets is as obvious as it is diabolical** – we love them, and our physiology is primed to crave sugary treats. At the same time, sugar has some known (and very harsh) effects on our health. Primary among them is increased insulin resistance, which could lead to chronic conditions like type 2 diabetes, gout, and (as the research is beginning to show) cancers and Alzheimer's disease.

**Avoiding these diseases may be as simple as understanding that insulin resistance can be avoided in many cases** by greatly reducing sugar consumption, short-circuiting a process that begins with the chronically elevated blood sugar of the daily dessert.

**For this reason, we recommend limiting your sugars**, no matter what Nutrition Level of the Whole Life Challenge you select. This book is meant to help you in that quest – providing dessert recipes that balance the need to satisfy your cravings with the health imperative of reducing and eliminating sugar.

**In some recipes, we suggest sugar substitutes like honey and agave** (which still influence insulin levels), while in others, we ask that you move all the way to our recommendations of stevia and monkfruit (which do not).

You'll choose which work for you.

**Enjoy the desserts, and be sure to continue to build your understanding of sugar** – it may be the number one thing you can do to positively influence your health.

**And above all, remember that all desserts are desserts**, and should be eaten in moderation.

## ABOUT RECIPE COMPLIANCE

Each recipe in this book features a graphic listing compliance with the Whole Life Challenge Nutrition Levels.

**WLC COMPLIANCE LEVEL: KICKSTART | LIFESTYLE | PERFORMANCE**

If the recipe meets the standards of any given Level, that Level is listed in the graphic. If the recipe doesn't meet the standard, it isn't listed. This makes it easy for you to decide if a recipe is suitable for your chosen Nutrition Level without examining the ingredient list in detail.





# DATE NUT SCONES

BY ALMA SCHNEIDER

WLC COMPLIANCE LEVEL: KICKSTART | LIFESTYLE | PERFORMANCE

## INGREDIENTS

2/3 cup cashews, chopped  
1/2 cup raisins or dates, chopped  
1 2/3 cup cashew or almond flour  
1/4 cup coconut flour  
3/4 tsp salt  
3/4 tsp baking soda  
3 very ripe bananas  
1 tsp vanilla  
2 eggs, beaten  
1/2 cup cacao nibs  
1/3 cup coconut oil, melted and cooled (or butter)

## DIRECTIONS

Preheat oven to 350 degrees.

Line baking sheet with parchment paper.

In a medium sized bowl, combine almond flour, coconut flour, salt, and baking soda.

In another bowl, whisk eggs, mashed banana, cooled coconut oil or softened butter, and vanilla.

Pour wet mixture into dry ingredients and stir to combine.

Add cacao nibs, nuts, and chopped dates.

Spoon batter into 2-3 tbsp lumps onto parchment paper lined baking sheet and bake for 20-30 minutes or until golden brown.



# MATCHA COCOA BARS

BY LIANNE LOW

**WLC COMPLIANCE LEVEL:** KICKSTART | LIFESTYLE | PERFORMANCE

## INGREDIENTS

9 ounces Medjool dates, pitted  
2 ounces slivered almonds  
1 ounce macadamias  
1 1/4 ounce walnuts  
1/3 ounce chia seeds  
1 ounce shredded coconut  
1/3 cup raw cocoa powder  
2 tbsp matcha powder, cooking-grade  
1 tbsp coconut oil  
1 tsp vanilla bean paste

## DIRECTIONS

In frying pan, toast nuts and coconut until light brown. Set aside and let cool completely.

Pulse dates, toasted nuts, and coconut and pulse in food processor until fine and crumbly. Add remaining ingredients and pulse until the ingredients come together into a ball.

Pour the mixture onto a baking mat and press the dough into a rectangle, about one inch thick. Place in fridge to set for two hours.

Cut up into the shape you desire.

Lightly dust with more matcha powder.

To store, place a piece of parchment paper in between the bars or layers of balls to avoid sticking. Keep them in an airtight container in the fridge.





# TAHINI BANANA NO-BAKE DESSERT

BY JANNINE MYERS

WLC COMPLIANCE LEVEL: KICKSTART | LIFESTYLE

## INGREDIENTS

### BASE INGREDIENTS:

- 1 cup raw, unsalted almonds
- 1 cup oats
- 1 tsp vanilla extract
- Dash of sea salt
- 1/4 cup coconut nectar
- 1 to 2 tbsp coconut oil

### FILLING INGREDIENTS:

- 2 bananas
- 1/4 cup tahini
- 1 tbsp almond butter
- 6 dates
- 1/2 cup plain Greek yogurt

## DIRECTIONS

Pulse all base ingredients in food processor or blender until a semi-crumbly dough forms.

Add tablespoonfuls of dough mixture to muffin/cupcake pan and press mixture down firmly.

Pulse all filling ingredients in food processor or blender until creamy.

Pour mixture over crumb bases.

Place in freezer for at least 30 minutes.

Top with the item(s) of your choice – cinnamon, fruit, or cacao powder.



# BUDDA BING! SMOOTHIE

BY V "PALEO BOSS LADY" CAPALDI

**WLC COMPLIANCE LEVEL:** KICKSTART | LIFESTYLE | PERFORMANCE

## INGREDIENTS

1 1/2 cups greens

1/2 can full fat coconut milk

1 whole avocado

1/4 cup organic cacao nibs/powder

1/2 cup organic frozen cherries

1 teaspoon organic turmeric

1 date

Filtered water as needed for  
desired consistency

## DIRECTIONS

Pour all ingredients into blender.

Blend for 30 seconds or to desired consistency.

Pour into a glass.

Top with frozen berries or nibs.

Serve with straw and spoon to enjoy!



# ALMOND DATE COCONUT TRUFFLES

BY ALMA SCHNEIDER

WLC COMPLIANCE LEVEL: KICKSTART | LIFESTYLE

## INGREDIENTS

1/2 lb almond butter crunchy  
2 oz date syrup double check the  
ingredients  
2 oz coconut toasted  
2 oz cacao nibs  
2 oz raisins  
1 oz oats

### NOTES:

If you use store-bought date syrup,  
be sure to check the ingredients  
for anything non-compliant.

## DIRECTIONS

Mix all ingredients in medium bowl.

Refrigerate until cold.

Roll into small truffles, about 1/2 inch in size.  
Should make about 24 truffles.

Roll truffles in additional toasted coconut.





# PEPPERMINT PATTY SMOOTHIE

BY V "PALEO BOSS LADY" CAPALDI

**WLC COMPLIANCE LEVEL:** KICKSTART | LIFESTYLE | PERFORMANCE

## INGREDIENTS

1 1/2 cups greens

2/3 can full fat coconut milk

1/2 cup of cacao powder

1/2 cup cacao nibs in smoothie

1/2 cup cacao nibs to garnish

1/2 avocado

5 drops peppermint oil

9 ice cubes

Filtered water as needed for  
desired consistency

## DIRECTIONS

Pour all ingredients into blender.

Blend for 30 seconds or to desired consistency.

Pour into a glass.

Top with frozen berries or nibs.

Serve with straw and spoon to enjoy!





# CHIA PUDDING DANCE PARTY

BY V "PALEO BOSS LADY" CAPALDI

**WLC COMPLIANCE LEVEL:** KICKSTART | LIFESTYLE | PERFORMANCE

## INGREDIENTS

1/2 cup organic chia seeds

1/2 cup filtered water

1 can full-fat organic coconut milk

1/4 cup organic coconut flakes

1 tablespoon organic cinnamon

### **OPTIONAL:**

Organic cacao powder

Organic fresh or frozen berries

Organic banana slices

## DIRECTIONS

Put all ingredients (except the optional toppings) into a 24oz Mason jar or other container with lid.

Secure the lid and dance like nobody's watching while you shake the Mason jar and its ingredients. Trust me. Just do it.

Open the jar and use a spoon to break up any clumps of chia seeds that may have formed.

Return the lid and give it another dance party to hustle those flavors together.

Place in the refrigerator for at least two hours. The longer, the better. Overnight is ideal.

When ready, serve alone or sprinkle a spoonful of organic cacao powder or a bit of organic fruit on top.



# FUDGSICLE

BY V "PALEO BOSS LADY" CAPALDI

**WLC COMPLIANCE LEVEL:** KICKSTART | LIFESTYLE | PERFORMANCE

## INGREDIENTS

1 can full fat coconut milk  
3 tbsp unsweetened cocoa powder  
2 tsp vanilla  
5 soft dates (you can soak them in water for 5-10 minutes if they aren't soft)  
Pinch of sea salt

## DIRECTIONS

Blend all ingredients in a high speed blender or food processor.

Pour into popsicle molds and freeze.





# SUBMIT YOUR RECIPE

## HERE'S HOW

- Create your original, Whole Life compliant recipe
- Take some well-composed and well-lit high resolution photos
- Send us the recipe, ingredient list, and preparation instructions to the email below
- We'll contact you right away to let you know when we'll be publishing your recipe on the website
- Enjoy Your 15 minutes of culinary fame!

**SUBMIT YOUR RECIPE AT THE FOLLOWING URL:**

<http://info.wholelifechallenge.com/submit-a-recipe>