



Naturally Sweet No-Guilt Recipes: Healthy Treats Without the Sugar



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About THE AUTHOR

Hello there! I'm Lori, a triple-certified Integrative Health Coach passionate about empowering women to take control of their health. My approach is all about partnership—think of yourself as the captain of your ship and me as your trusty navigator.

I firmly believe that everyone possesses the strength to make lasting, healthy lifestyle changes. My role is to help you harness that power. Through one-on-one coaching, group sessions, and wellness workshops, we'll work together to kickstart your transformation.

Ready to live the vibrant, healthy life you've always dreamed of? A health coach might be just the catalyst you need. By investing in yourself, you're making one of the best decisions possible for your future.

Would you like to know more about working with me? Are you interested in individual or group health coaching, or do you want me to speak at your company or organization? Let's connect and see if I can help you! Please [click here](#) to schedule a 30-minute Zoom meeting with me.

I can't wait to support you on your wellness journey. As you dive into these seven naturally sweet recipes to help you kick the sugar habit, I'd love to hear your thoughts. I hope you enjoy them as much as I do!



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Indulge in healthful decadence:
Transformative sweet treat
recipes packed with nutrition to
revitalize your body and
tantalize your taste buds.

Every recipe in this e-book is:

- ✓ made with whole foods
- ✓ gluten-free
- ✓ dairy-free
- ✓ sugar-free
- ✓ corn-free
- ✓ nutrition-dense
- ✓ delicious (of course!)



Beginner Green Smoothie

Makes 1 servings



Ingredients:

- 1 small ripe banana (frozen preferred)
- 1-2 handfuls of organic spinach
- 1 serving protein powder of choice (see note)
- 1 date, pitted (optional, if needed for more sweetness)
- 14 oz. plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, oat or organic soy)
- 1/2 tsp cinnamon
- ½ avocado
- Ice (optional)

Directions:

1. Combine all ingredients in a blender and blend until smooth. It helps to start at a low speed and slowly increase speed as the ingredients begin to blend. Add water or milk if your smoothie needs a little more liquid. This is one of my favorites
2. Enjoy!

Notes from Lori: Avoid protein powders containing sugar, artificial sweeteners, additives, and artificial flavors. Opt for either plant-based or one using only natural ingredients. I use Manitoba Harvest Hemp Pro 50/50 protein powder or Health Force Superfoods Green Protein Alchemy.

This is one of my favorite smoothies for when I am craving sweets. If you are new to smoothies, this is a perfect smoothie for you.





Pumpkin Breakfast Cookies

Makes about 20 cookies,
serving size: 2 cookies

Ingredients:

- 1 ½ C almond meal or almond flour
- ⅓ C unsweetened coconut flakes
- 2-3 tsp pumpkin pie spice
- 1 tsp cinnamon
- Dash of nutmeg
- 1 tsp baking soda
- 1 TB chia seeds, soaked in ¼ C of water for 10 minutes (this will create a chia gel)
- ½ C pureed pumpkin (from a can is fine)
- ½ C almond butter
- 1 TB vanilla
- ¼ C honey or maple syrup
- 1 TB freshly grated ginger
- ½ C walnuts, broken into small pieces
- ½ C dried currants, cranberries or raisins (no sugar added)

Directions:

1. Preheat oven to 375 degrees.
2. Combine dry ingredients (minus the walnuts and the dried fruit) in a large bowl. Make a small well in the middle and add the wet ingredients.
3. Using an electric mixer, mix until well combined, then add walnuts and dried fruit and mix gently until just combined.
4. Line a baking sheet with parchment paper and spoon 2-3 TB per cookie. Smoosh the cookies so they are flat – these won't rise like other cookies do.
5. Bake for 12-15 minutes, let cool, then enjoy. Store in the fridge for a great snack or breakfast on the run for about a week.

Note from Lori: These cookies might look daunting, but are so yummy and always a hit. If you make a batch of these, you'll have breakfast for days and plenty of snacks.



Coco-Nutty Granola

Makes 10-12 servings



Ingredients:

- 2 C raw almonds
- 1 C raw walnuts
- 1 C raw pecans
- ½ C coconut oil, or your preferred oil/fat
- ⅓ C honey or maple syrup, more or less as desired
- 1 TB vanilla or almond extract
- 1 C sunflower or pumpkin seeds
- 1½ C sesame seeds and/or chia, poppy, or hemp seeds (feel free to combine what you have available)
- ¼ C flax meal, ground
- 1 tsp sea salt
- 2 C unsweetened coconut flakes

Directions:

1. Preheat the oven to 300°.
2. Roughly chop the nuts and place them in a large bowl.
3. Whisk together the oil (you may need to melt it, if using coconut oil), honey/maple syrup, and vanilla or almond extract. Pour over the nuts and mix well.
4. In a separate bowl, toss the seeds, flax meal, and salt together and, sprinkle them all over the nut mixture and mix well. Fold in the coconut flakes. Place in the oven for 20-30 minutes or until crunchy, stirring halfway through.
5. Remove from the oven or crack open the oven door, and let the nuts cool.
6. Store in an airtight container on your countertop. Serve with almond or coconut milk, or eat a handful as a snack.

Notes from Lori: For a time-saver, utilize your food processor to chop nuts or opt for pre-chopped ones like I do. This recipe is yours to customize: experiment with adding spices, tweaking the bake time, incorporating or excluding seeds, introducing dried fruit, oats, buckwheat groats, quinoa, and more. This versatile 'cereal' allows for endless creativity. Keep it stored in the fridge and enjoy it throughout the week as a quick snack or breakfast.



Chocolate Chia Pudding

Serves 1

Ingredients:

- ¼ C chia seeds
- 8 oz coconut milk
- 1 TB maple syrup
- 1 TB raw cacao powder
- ½ C chopped strawberries or bananas (optional)



Directions:

1. Place the first four ingredients in a mason jar with a tight-fitting lid. Close and shake well to combine, then store in the fridge overnight. Top with fruit in the morning, and enjoy.

Notes from Lori: This recipe is a lifesaver for those busy mornings when you don't have time to prepare breakfast. Just whip it up the night before, let it sit in the fridge, and voila - you have a nutritious, ready-to-go meal waiting for you when you wake up!

But don't limit this recipe to just breakfast. It's also an excellent afternoon snack to boost energy levels and keep hunger at bay until dinner. And the best part? It does all this while satisfying those pesky chocolate cravings. Plus, it's flexible - feel free to add your favorite toppings like fresh fruits, nuts, or granola for extra crunch and flavor.



Chocolate Cashew Bliss Balls

Makes approx. 16-20 balls



Ingredients:

- 16 dates, pitted and soaked for at least 4 hours
- 2 cups raw cashews or cashew butter
- 3 TB 100% maple syrup or raw honey
- 2 tsp vanilla extract
- 4 TB raw cacao powder
- 1 TB hemp seeds

Coating:

- ½ cup hemp seeds
- 1½ cups unsweetened shredded coconut

Directions:

1. Combine all ingredients on the left side column of ingredients in a food processor until smooth.
2. Combine the shredded coconut and hemp seeds on a plate or shallow bowl.
3. With your hands, roll the mixture into small balls.
4. Roll the balls in the hemp seed/ coconut coating.
5. Put parchment or wax paper on a plate or shallow container. Place balls on the paper and refrigerate until hard.
6. This recipe makes approx. 16-20 balls, for a smaller portion, use half the ingredients.
7. Enjoy!



Mint Kombucha Fizz (Mojito) Mocktail

Serves: 2



Ingredients:

- A handful of fresh mint (about 6-8 mint leaves for each glass)
- 1/2 of a lime, sliced (Roll the lime to loosen the limes in the skin before cutting.)
- 1 cup Kombucha (I like to use GT's Kombucha Organic & Raw Original)
- 1 cup coconut water (plain, no sugar added)
- 2-3 slices of cucumber (organic preferred)
- Ice

Directions:

1. Divide mint and lime between two wide-rimmed cocktail glasses.
2. Muddle lime and mint together to release the juice and aroma.
3. Add ice, 1/2 cup of Kombucha to each glass and top with coconut water
4. Stir and top with sliced cucumbers.

Notes from Lori: Don't have a muddler on hand? No worries! You can use a small, flat wooden tool or even a wooden spoon to muddle your mint for this Mojito Mocktail. Start by placing the mint and lime into a sturdy, wide-rimmed glass. Apply pressure with your makeshift muddler and give it a light twist. You'll know you're done when the leaves are gently bruised but still in one piece, releasing a delightful minty aroma. The goal here is to coax out those flavorful oils, which make all the difference. You can either leave the mint in the glass for added flavor or strain it out if you prefer.

If you fancy a healthier cocktail, add an ounce of vodka or adjust according to your taste. Enjoy your refreshing and revitalizing Mint Kombucha Fizz!



Detox Hot Chocolate Elixir

Serves 1



Ingredients:

- 1 TB raw cacao powder
- ¼ tsp cinnamon
- 1/8 tsp vanilla (optional)
- 1/4 tsp Maca Powder (optional)
- Dash cayenne pepper
- 2-4 oz full-fat coconut milk (canned)
- A squeeze of honey (if needed)
- 8-10 oz of hot water

Directions:

1. Put the first 4 ingredients in a large mug and pour 8-10 oz hot water over the top. Whisk until well combined and frothy.
2. Add coconut milk and a squeeze of honey if needed. Drink up!

Notes from Lori: This Detox Hot Chocolate Elixir is a game-changer. It's my go-to drink - a perfect blend of yummy and healthy. I love how flexible it is, too. Don't have canned coconut milk? No problem! Swap it out for almond milk or a coconut-almond blend from the carton, then omit the hot water.

Got a hot day on your hands? Add a few ice cubes for a cool, refreshing twist on this detox elixir. Trust me, it's just as good cold as it is hot. And let's talk about my secret weapon: the frother. It whips up this drink into a frothy dream. Enjoy!



Join the Fresh Start: Whole Foods[™] Group Coaching Program Today!

Thanks for downloading some of my favorite naturally sweet, no-guilt recipes—I hope you enjoy every bite!

Now, I'd love to invite you to take the next step toward feeling amazing by joining my **Fresh Start: Whole Foods Group Coaching Program**. Imagine transforming into the healthiest version of yourself with ease and deliciousness! All the recipes in this guide (and 80+more) are part of this program, so you already have a taste of what's possible.

Here's Why You'll Love This Program:

- * **Lose weight, boost energy, and improve your overall health**—without complicated plans or extreme diets.
- * **Four-week group coaching program** with a Whole Foods Cleanse to help reset your system and establish sustainable habits.
- * **Five live group coaching calls** for personalized support and guidance.
- * **One individual health coaching session** to fine-tune your experience and help you succeed.
- * Access to **step-by-step videos, guides, and worksheets** to keep you on track.

This isn't about restriction—it's about eating clean, whole foods that fuel your body and leave you feeling satisfied and energized. By the end of the program, you'll have the tools to eat clean for life.

Let's reboot your system and make this the year you feel your absolute best. **[Click here](#)** to learn more and join the journey to health, happiness, and vitality.

**You're just one step away from transforming your health—
let's do this together!**



LET'S STAY CONNECTED!

I hope these recipes inspire you to nourish yourself and add a little more health and happiness to your day!

Ready to dive deeper into your health journey?

Join the [Fresh Start Group Coaching Program](#) or let's create a personalized plan that works for you—no one-size-fits-all here! [Click here](#) to learn more about health coaching or to schedule a free 30-minute session.

Looking for a supportive community? Join my [free Facebook Group](#) for recipes, motivation, and connection. I'd love to see you there!

Let's make health and happiness simple, enjoyable, and totally doable—together.



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