



BARE MEDICINE

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RECIPES FOR HEALTHIER SWEETS

Stovetop Rice Pudding (from *The New Moosewood Cookbook*)

Yields 4-6 servings

1 c short-grain brown rice
3-3 ½ c organic milk (or sugar-free rice, almond or soy milk)
½ - ¾ tsp sea salt
3 Tbsp grade B organic maple syrup (higher mineral content)
½ tsp vanilla extract
½ tsp cinnamon (or more!)
a dash of nutmeg
chopped walnuts or almonds (optional)

Rinse rice in a strainer, drain well and place in a saucepan with milk. Bring to a boil, cover and lower heat as much as possible. Simmer rice until it's very tender (can take up to 1 ½ hours).

About an hour into the cooking, stir in salt, sweetening, vanilla, spices & optional nuts.

(Optional) If you want it extra creamy, puree about a cup of the rice in a blender with ½ c additional milk. Return to the rest of the rice and mix well.

Sprinkle cinnamon, nutmeg and optional nuts on top and serve warm, or let cool and refrigerate for at least 4 hours if you desire it cold.

Banana-Oat Cake (from *The Yeast Connection Handbook*)

Yields about 9 pieces

2 c oat flour
¼ tsp sea salt
½ c mashed banana
2 tsp baking powder
2 organic eggs
3 Tbsp cold water
2 Tbsp unrefined vegetable oil (preferably coconut oil, slightly warmed until liquid)

Mix dry ingredients. Beat eggs. Add water, oil & mashed banana. Blend all ingredients together. Put the batter in a greased 8x8 pan & bake at 350° for 25-30 minutes in a preheated oven. Cut into 9 pieces and serve.

Quick & Easy Berry Treat

Yields 1 serving

1 c frozen berries (blueberries, raspberries and/or blackberries)
sugar-free, non-GMO soy milk

Put berries in a small bowl, then pour just enough soy milk to almost cover the berries. Mix it up until the soy milk freezes from the berries, and it looks like “ice cream.”

Berry Yogurt Freeze (*The Fat Flush Cookbook*)

Yields 2 servings

2 c berries (blueberries, raspberries and/or blackberries)
4 Tbsp plain whole milk yogurt (unsweetened)
¼ - ½ tsp Stevia Blend (e.g. Stevia Plus, Omnibalance, etc)

Place berries, yogurt & stevia blend in blender and blend until smooth. Pour into popsicle molds or paper cup with popsicle sticks and freeze until solid.

Fat Flush Cheesecake (*The Fat Flush Cookbook*)

Yields 8 servings

1 pound 2% cottage cheese
1 c mashed ripe banana
2 packets Stevia Plus (or a bit over 1 tsp stevia blend)
Juice of 1 lemon
4 eggs, beaten
½ teaspoon vanilla extract

Preheat oven to 350°. Place cottage cheese in a blender & blend until smooth. Add mashed banana, lemon juice & stevia & blend until mixed. Beat eggs one at a time & add to the mixture, blending well after each addition. Stir in vanilla extract. Pour the mixture into a lightly greased (butter or coconut oil), 8” springform cake pan. Bake for 35 min. Remove from oven & loosen cake from sides of pan with a knife. Cool & then chill for several hours or overnight before serving.

Coconut Rice

Yields 4-6 servings

6 cardamom pods or ¼ tsp ground
1 Tbsp coconut oil or coconut butter
1 ¼ c basmati rice
1 cinnamon stick
¾ c unsweetened coconut milk (whole, not light)
1 ¾ c water
½ tsp sea salt
¼ tsp stevia blend
unsweetened grated coconut (optional)

Remove seeds from cardamom pods if using, and discard pods. Grind seeds to a powder in a mortar/pestle or grinder. In a medium saucepan with lid, melt coconut oil/butter over medium-low heat. Add cardamom and rice and stir until well coated, about 1 minute. Add cinnamon stick, coconut milk, water, salt & stevia blend. Stir well. Bring to a boil, reduce heat to lowest setting, cover & cook for 25 minutes. Remove from heat and let stand 5-10 minutes. Fluff with a fork and serve hot with optional grated coconut as a garnish. If you prefer it cold, let rice cool, then refrigerate for at least 4 hours & serve.

Fruit Crisp (from Dr Jared Zeff, ND, LAc)

Take mixed berries, or the berry of your choice, and sprinkle 3 or 4 Tbsp of maple syrup (or 1 tsp stevia blend) into the bowl. Mix these ingredients together. You may sprinkle lemon into the mix as well if you desire. Spread the fruit mix into a 8x8 baking dish.

Topping:

½ c	Flour	1/3 c	Oil or Butter
2/3 c	Quick Oats	2 TBsp	Maple Syrup
1 tsp	Cinnamon		

The topping will require you to brake it off into little pieces to sprinkle over the fruit mix. After all of the ingredients have been put into the baking dish, you may either bake the dish at 350 for 10 – 15 minutes, or you may microwave the crisp, uncovered, for 10 minutes.

OTHER SWEET SNACK IDEAS:

Ricotta cheese with fresh or frozen berries

Organic whole milk cream-top yogurt (occasional special treat!) unsweetened, with or without fruit

Greek yogurt (unsweetened) with a dab of honey and crushed walnuts

These suggestions kind of give you an idea about alternatives to super sugary sweets & treats, and will hopefully inspire you to come up with some tasty concoctions of your own! There are thousands of healthy snack & treat recipes online. Here are 2 of my favorite websites:

www.wholefoodsmarket.com

www.marthastewart.com

Or you can just go to www.google.com and search “healthy no-sugar snacks” and similar phrases

GENERAL SWEET SUBSTITUTIONS (from *The Fat Flush Cookbook*)

When the recipe says:

You can use instead:

1 Tbsp brown sugar

1 Tbsp date sugar

1 Tbsp sugar

1 tsp stevia blend, or ½ Tbsp honey, molasses or pure maple syrup

1 c sugar

½ c honey (if baking, for every ¾ c honey used, decrease other liquids by ¼ c; if there are no other liquids, add ¼ c fresh ground flaxseeds per ¾ c honey & lower baking temperature to a maximum 250° - honey can caramelize at higher temperatures)

1 oz or square baking chocolate

3 Tbsp carob powder, plus 1 Tbsp water, plus 1 Tbsp coconut oil