

THE HUMBLE CITY SOUL

A PICKY EATER'S GUIDE:

Volume 1

HEALTHY SWEET TREATS

INCLUDES: Easy to use conversion guides, "Pro Tips" and reference sections designed to make your favorite recipes healthier.



7 Delicious
+Healthy
recipes to get
you started!

JOËL JONES {CNP} - HOLISTIC NUTRITIONIST

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A Humble City Soul E-Book

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This E-Book contains information that is intended to help readers become informed consumers and achieve a healthy lifestyle. It is presented as general advice. Always consult your doctor / nutritionist for your individual needs.

For more information about The Humble City Soul's publications and services please visit www.thehumblecitysoul.com.

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I'd like to say a special thanks to Alex, Jessica and Mom.

You three have always supported me in whatever I've done.

This E-Book included :)

I couldn't have done it without you guys.

xo Jo

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Legend

GF - Gluten Free
DF - Dairy Free
V - Vegan

EV - Easily Adapted to Vegan
Low Cal - Low Calorie
Low Carb - Low Carbohydrate

ABOUT THE AUTHOR

Congratulations! Investing in your health isn't always the easiest decision to make...but it's a necessary one. I'm excited to be a part of your health journey. There is a vast amount of information available out there, which is why I've created a series of digestible size guides that are easy, fun and get you on track for a healthier lifestyle.

Who says you can't have your cake and eat it too? This book shows you how!



I've been rebuilding my health+lifestyle steadily over the last 6 years, and it feels great to be able to sustain a balanced life. I'm learning a lot along the way, and love the process so much that I became a Holistic Nutritionist and Yoga teacher. Drawing from my education and experience, I'm able to share what I have learned with you.

There are a few principals that I always come back to, so planning my meals don't consume my day. Who has time for that?!

First, keep it simple! Eating well shouldn't be frustrating. Eating whole foods, hydrating (drinking water and other replenishing fluids), and consuming natural sugars+refined sugar alternatives keeps us on a healthy track, without putting the focus on what we can't eat. A small indulgence here and there is fine....it's all about balance.

I've put together a guide with a good variety of treats that don't require an expert skill level to prepare. There are a few interesting techniques that I demonstrate, that aren't complicated to understand.

Refer to the appendices at the back of the book for more in depth information directly related to the recipes in this guide. I encourage you to use the appendices to transform your favorite recipes into healthier, refined-sugar free versions of themselves.

XO Joël Jones

GUIDE OVERVIEW

This guide is much more than a recipe book. Making sustainable changes to your life takes more than a few good recipes...but it's a good way to start! In addition to recipes, I've included four appendices full of useful information, helping to bring awareness to the simple, sustainable changes that even the pickiest of eaters can embrace.

Within these appendices, I've also given important information about how to substitute refined sugar, white flour and dairy with healthier options. Vegan substitutes are also included!

"Pro Tips" are embedded in each recipe to help guide you through the process, and can be applied to your own cooking adventures. These useful technique suggestions will have you producing treats like a pro!

A Picky Eater's Guide to Healthy Sweet Treats is a collection of **7 healthy+simple** recipes from my kitchen to yours.

I wrote this guide for the person who wants to learn the fundamentals and ease themselves into cooking for a healthy lifestyle. This guide has a well rounded selection of recipes you can prepare, share with family and friends, and feel confident in your skills.

All of the recipes included can be made exactly as I've laid them out, or can be adjusted to individual taste and dietary needs.

Replacing high sugar, processed, nutrient deficient snacks with the recipes from this book is a positive move towards a healthier lifestyle.

For more information about The Humble City Soul and Joël Jones' official bio please visit www.thehumblecitysoul.com

MY FOOD PHILOSOPHY

I believe almost anything can be eaten in moderation, and it's up to us to prioritize our health. Now, prioritizing doesn't have to mean boring and it **definitely** needs to be tasty!

I have a little something to say about food quality and what it means to choose the best quality food available.

Eat whole foods!! I strongly believe in eating our food as close to its natural state as possible. Fresh fruits and vegetables are the backbone of my diet, and the diet I would recommend to anyone searching for a simple way to improve their health.

What's the natural state of fruits and veggies? Fresh! I encourage you to opt for fresh produce versus canned. The canning process often results in the loss of vital nutrients our bodies need to work optimally. Fresh seasonal produce gives us a good dose of necessary enzymes. Enzymes are catalysts that speed up specific chemical reactions (i.e metabolic & biologic) that would normally happen slowly, or not at all, without vitamins. **Note:** Frozen fruits and veggies are a close second place to fresh. When fresh produce is not available, their frozen counterparts are a great substitution.

Should you buy organic?

I always urge people to buy organic whenever they can. Overall, organic produce tastes better and isn't sprayed with harmful pesticides. I've cooked with conventional and organic ingredients, and time after time, organics come out on top for taste {my opinion}. That being said, I know it isn't always feasible to eat entirely organic. So to that I say, "whenever you can!"

Rule of thumb:

If you're going to eat the skin of the fruit or veggie purchase it organic. Otherwise, there's a bit of wiggle room in terms of pesticide exposure.

MY FOOD PHILOSOPHY

When in doubt, I consult the trusty **clean 15/dirty dozen** lists. These lists are based on the produce that are least and most exposed to pesticides.

Whenever possible purchase the dirty dozen organic. For your convenience, I've included both lists in this book.

Get shopping!

The Clean 15 (in order of least contamination)

If you buy conventionally grown produce, these items are the least exposed to pesticides.

Onions
Sweet Corn
Pineapples
Avocado
Cabbage
Sweet peas
Asparagus
Mangoes
Eggplant
Kiwi
Cantaloupe
Sweet potatoes
Grapefruit
Watermelon
Mushrooms



The Dirty Dozen (in order of contamination)

Whenever possible, I suggest buying items on the dirty dozen list organic.

Apples
Celery
Sweet bell peppers
Peaches
Strawberries
Nectarines
Grapes
Spinach
Lettuce
Cucumbers
Blueberries
Potatoes

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Double Chocolate-Zucchini-Oat Muffins

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Makes 18 muffins

Nutrition per muffin:

Cal: 271 | **Sugar:** 8.3g | **Fat:** 12g | **Sat. Fat:** 4.3g

Sodium: 14.3g | **Pro:** 5g | **Carb:** 21g

Diet. Fiber: 4g

• Nutritional Benefits •

Oat bran {including oatmeal} and zucchinis are good sources of dietary fiber, which keep us feeling full for longer. Fiber also helps to regulate blood sugar. That makes these double chocolate delights a great way to start your morning.¹

Healthy fats heal our bodies. From building our cell walls to improving heart health, the good fat {mono saturated} and fatty acid content from the walnuts and coconut milk help support overall health and leaves you feeling satiated.²

Ingredients

1 ½ lb stemmed zucchini {roughly 2 medium zucchinis}

½ cup coconut flour

1 ½ cups oat flour

1 ½ tsp baking soda

1 tsp baking powder

½ cup cocoa powder

1 ½ tsp sea salt – course grain if you have

1 cup chopped walnuts, toasted

toasting helps bring out the oils and adds flavor ←

1 cup semi-sweet chocolate

{I use Callebaut chocolate bits – chocolate chips work too!} ←

½ cup olive oil

1 cup non-dairy buttermilk substitute {Appendix B}

2 eggs {vegan - Appendix C}

1 cup coconut sugar

½ cup pure maple syrup

2 teaspoons vanilla extract

Pro Tip:

Don't have oat flour? No worries! Simply measure and mill {blend/food process} oatmeal that you already have until it's a course flour texture. Use as directed.

● Get 'Em Made ●

1. Preheat oven to 350°F. Lightly grease muffin pan with coconut oil or use muffin liners. Set aside.
2. Grate zucchinis - either by hand or in the food processor. When finished, press the zucchini between 2 clean kitchen cloths {lint free}, and put a plate on top for weight. Let sit for 15 minutes. **Note:** this allows the zucchini to provide moisture to your muffins, without making them soggy.
3. In a large bowl, whisk flours, cocoa powder, baking soda, baking powder and salt. Stir in walnuts and chocolate.
4. In a separate bowl, whisk olive oil and non-dairy buttermilk substitute. Add eggs, coconut sugar, maple syrup, vanilla and beat until smooth. Stir in zucchini.
5. Pour the wet ingredients into the dry and stir, being careful to not over mix. Pour batter into the muffin pan.
6. Bake on middle rack for 25-30 minutes, or until a toothpick comes out clean with a few damp crumbs.
7. Cool the muffins in pan for 10 minutes, then transfer muffins to a cooling rack.

Leaving muffins in the pan for 10 minutes before transferring them to a cooling rack allows the muffins to continue to bake away from direct heat, resulting in an optimal texture.

Loaf variation:

Divide batter between two loaf pans and bake until toothpick comes out clean {approx 50 minutes}. Rotate pans halfway through. Cool loaves in their pans for 20 minutes, then remove from pan and transfer to a cooling rack.

BANANA PANCAKES

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Makes 3 Servings

Gluten Free
Dairy Free
Low Cal

Nutrition per serving

Cal: 120 | **Sugar:** 12g | **Fat:** 3.5g | **Sat. Fat:** 1g
Sodium: 44g | **Pro:** 5g | **Carb:** 18g
Diet. Fiber: 2g

• Nutritional Benefits •

Banana pancakes are full of potassium, which helps to lower blood pressure, and is a key electrolyte required to regulate heart function and fluid balance in the body.¹

Bananas are high in pectin (a soluble fiber), which soothes the gastrointestinal tract, lowers cholesterol **and** normalizes bowel function.¹

Ingredients

2 ripe bananas

2 eggs

$\frac{1}{8}$ tsp baking soda

coconut oil {enough to lightly coat the pan to prevent sticking}

Optional: $\frac{1}{2}$ tsp cinnamon + 1 tsp vanilla

Pro Tip:

Use very ripe bananas for sweeter pancakes.
{don't be afraid to choose bananas
with black spots}

Get 'Em Made

1. Crack eggs into a mixing bowl and whisk in the baking soda.
 2. In a separate bowl mash your bananas.
 3. Add the egg mixture to the mashed bananas. Whisk well.
 4. Heat a frying pan on medium and add enough coconut oil to lightly coat the bottom of the pan.
 5. When the pan is warm, add 3 tbsp of batter {this will make small pancakes}. Cook for 1-2 minutes per side {the pancake should puff slightly, and pan side should be golden brown}.
- Note:** Batter will be runnier than conventional pancakes. Make them small, and pancakes will be easier to flip and handle.
6. When both sides are done, remove from heat.
 7. Stack and serve with your favorite toppings {I enjoy maple syrup and applesauce}.

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Fudgy Bean Brownies

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Makes 12 Brownies



Gluten Free
Dairy Free
Easily Vegan

Nutrition per brownie

Cal: 200 | **Sugar:** 12g | **Fat:** 10g | **Sat. Fat:** 8g

Sodium: 17g | **Pro:** 5g | **Carb:** 21g

Diet. Fiber: 2g

• Nutritional Benefits •

Beans are a rich source of cholesterol lowering fiber, which prevents blood sugar levels from rising too quickly after consumption.¹

Antioxidants, folic acid, B6 and magnesium! These bean based brownies have an antioxidant+vitamin kick that is beneficial for our hearts, brains and overall health.¹

Ingredients

- 1 (15-ounce) can kidney beans, drained and rinsed
- 3 large eggs {vegan - Appendix C}
- $\frac{1}{3}$ cup coconut oil, melted
- $\frac{1}{4}$ cup cocoa powder
- $\frac{1}{8}$ tsp sea salt
- 1 tsp pure vanilla extract
- $\frac{1}{2}$ cup pure maple syrup
- $\frac{1}{2}$ cup semi-sweet chocolate chips
- $\frac{1}{3}$ cup chopped raw walnuts {optional}

Pro Tip:

PROTEIN PUNCH!

Add $\frac{1}{2}$ cup of chocolate protein powder instead of $\frac{1}{4}$ cup of cocoa powder.

{substitute dairy-free choco chips if needed} ←

Get 'Em Made

1. Preheat oven to 350°F.
2. Prepare muffin pan {either grease or use muffin liners} or an 8x8-inch baking dish.
3. Combine beans, eggs, coconut oil, cocoa powder, salt, vanilla and maple syrup in a food processor/blender. Blend until smooth. Remove the blade {when possible} and gently stir in your chocolate chips and walnuts.
4. Transfer mixture to the prepared muffin pan or baking dish.
6. Bake for 22-26 minutes if using a muffin pan, 30-35 minutes for an 8x8 dish, or until brownies are set in the center and a toothpick comes out clean. Cool completely, {cut into squares if using a pan} and enjoy!

Storage

Store brownies in the fridge for 3-5 days on a plate covered with plastic wrap.

Blueberry-Zucchini-Oatmeal Muffins

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Makes 12 Muffins

Gluten Free
Diary Free
low Cal
Easily Vegan

Nutrition per muffin

Cal: 136 | **Sugar:** 10g | **Fat:** 4g | **Sat. Fat:** 2.5g

Sodium: 15g | **Pro:** 3g | **Carb:** 14g

Diet. Fiber: 2g

• Nutritional Benefits •

A whole lotta flavour without all the fat! The zucchini in this recipe provides moisture and fiber while maintaining a low calorie count.

Blueberries are an excellent source of flavanoids {antioxidants}, vitamin C, soluble & insoluble fiber. These small berries give a nutrient dense pop of flavor in every bite!¹

Ingredients

¼ cup + 2 tbsp coconut flour {¾ cup whole wheat flour

works if you're not gluten free}

1 cup ground steel cut oats {or oat flour}

1 egg {vegan - Appendix C}

⅓ cup applesauce

1 medium zucchini, grated

1 tsp vanilla

1 tsp almond extract

1 tsp cinnamon

1 tsp baking soda

¼ tsp salt

½ cup pure maple syrup

2 tbsp olive oil

¼ cup almond milk

¾ cup blueberries

Pro Tip:

Applesauce is a great substitute for butter & oil in baking recipes.

The result will still

be moist but

without the

added calories.

Substitute 1:1



● Get 'Em Made ●

1. Preheat oven to 350°F. Line a 12-muffin baking pan with muffin liners {you can also grease the pan with coconut oil}.
2. Mix dry ingredients in a large bowl {flour, ground oats, cinnamon, baking soda, salt}.
3. Mix wet ingredients in a separate bowl, except the blueberries {egg, applesauce, zucchini, vanilla & almond extract, maple syrup, olive oil and almond milk}.
4. Pour the wet ingredients into the dry ingredients and mix well. THEN fold in the blueberries {gently stir so the blueberries do not break}
5. Fill your muffin pan.
—————→ {I use ⅓ cup batter per muffin and that works well}
6. Bake for 18-22 minutes on the middle rack, or until a toothpick come out clean after testing.
—————→ {I use a convection oven and the muffins finish in 21 minutes}
7. Remove from the oven and let muffins cool for 10 minutes in the pan, then transfer muffins from the pan to a cooling rack.
8. Enjoy!

● Storage ●

These muffins will last in the fridge, partially covered for up to 5 days. They can also be frozen. **If frozen:** leave muffin on the counter overnight, or toast in the toaster oven {microwave could work as well...I just haven't done it personally}.

Spread your favorite
nut butter on a halved
muffin..Great extra protein
and flavor!

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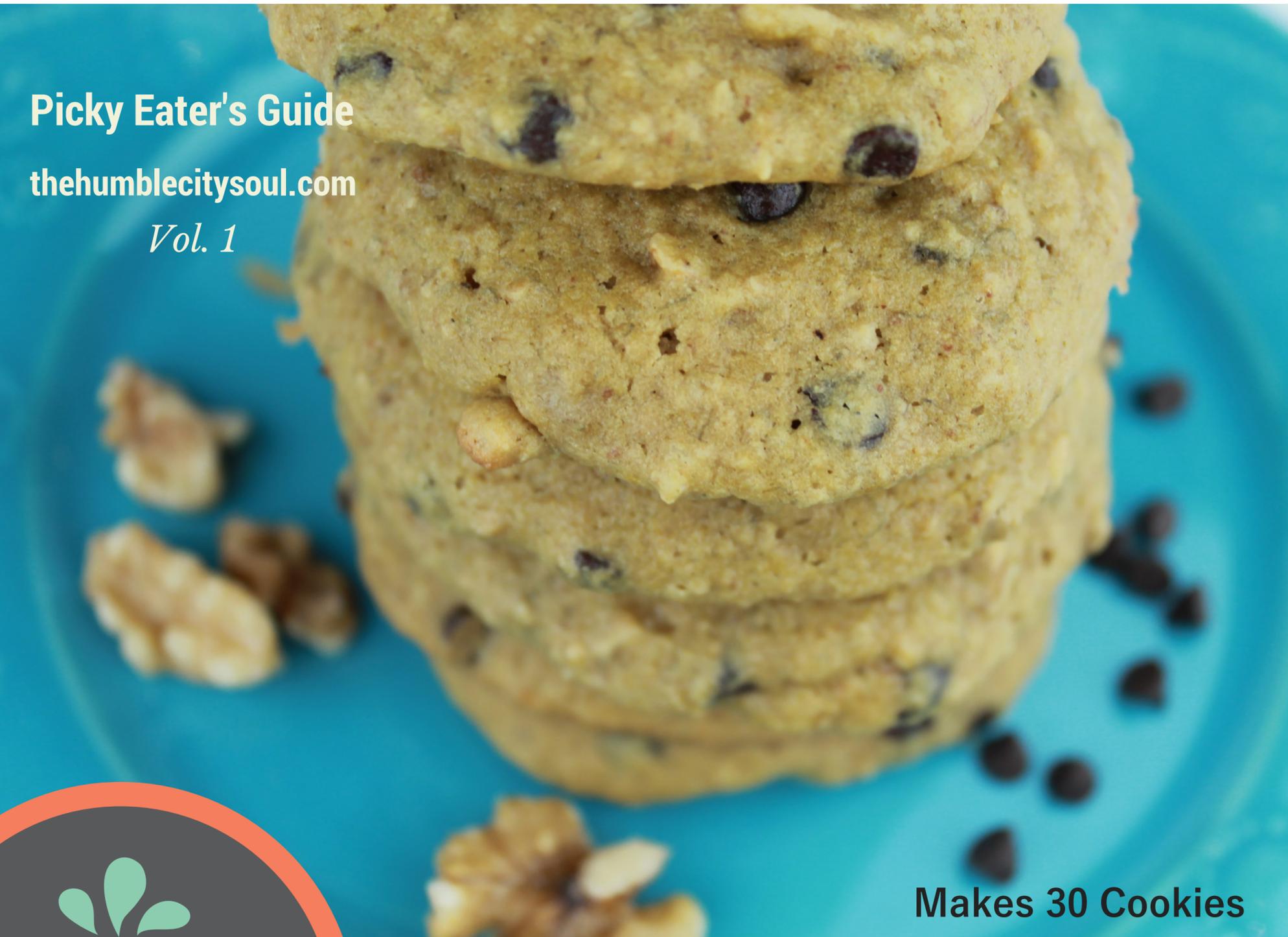
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Soft Baked Banana-Chocolate Chip Cookies

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Makes 30 Cookies



Gluten Free
Dairy Free
Easily Vegan
Low Cal
Low Carb

Nutrition per cookie

Cal: 85 | Sugar: 6g | Fat: 4.5g | Sat. Fat: 3g

Sodium: 4g | Pro: 1.3g | Carb: 6g

Diet. Fiber: 1g

Moist, sweet...and a calorie count that can't be beat!

• Nutritional Benefits •

Combining ripe bananas, organic cane sugar and maple syrup give these banana beauties a satisfying sweet taste - without spiking your blood sugar. Special shout out to oatmeal for providing fiber which buffers the insulin response {helps slow rate of insulin release}.¹

Ingredients

- $\frac{1}{4}$ cup coconut oil, melted
- $\frac{1}{4}$ cup pure maple syrup
- $\frac{1}{4}$ cup organic cane sugar
- 1 tsp baking soda
- 1 $\frac{1}{2}$ bananas {very ripe}
- $\frac{1}{2}$ cup unsweetened applesauce
- 1 egg {vegan - Appendix C}
- 1 cup ground steel cut oats {or oat flour}
- 1 $\frac{1}{4}$ cups quinoa flour
- $\frac{1}{2}$ cup semi-sweet or dark chocolate chips
- $\frac{1}{2}$ cup walnuts, chopped

Pro Tip:

Quinoa flour is a great high protein all-purpose flour substitute. Perfect for baking which masks it's mild flavor.

Substitute 1:1

{I alternate between the two depending on my mood} ←

Get 'Em Made

1. Preheat oven to 350°F.
2. Line 2 large baking sheets with parchment paper.
3. **Electric mixer instructions:** Add everything except the chocolate chips and walnuts to the mixing bowl. Mix well. Stir in chocolate chips and walnuts on slow speed.
Hand mixing instructions: a) In a mixing bowl add coconut oil, egg and applesauce. Beat until creamy. b) Add maple syrup, organic cane sugar, and bananas. Beat until smooth. c) Add quinoa flour, oats {flour or ground} and baking soda. Mix well. d) Stir in walnuts and chocolate chips.
4. Drop heaping teaspoons of batter approx 1 inch apart, onto the baking sheets.
5. Bake for 10-12 minutes, or until cookies are light brown around the edges. Do not overcook {I bake for 11 minutes}.
6. Remove from the oven and transfer cookies to a cooling rack.

Storage

- Store in a container with the lid slightly ajar. 3-5 days.

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Peanut Butter-Maple-Choco Crunch Squares

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Makes 16 Squares


Gluten Free
Dairy Free
Vegan
Low Cal

Nutrition per square

Cal: 112 | **Sugar:** 7.5g | **Fat:** 6g | **Sat. Fat:** 2.5g

Sodium: 1g | **Pro:** 2.5g | **Carb:** 12g

Diet. Fiber: 1g

• Nutritional Benefits •

▶ Hello heart health! Peanut butter is the star of this crunchy delight. Peanuts are a good source of protein, monosaturated fats and the antioxidant resveratrol {linked to lowering bad "LDL" cholesterol}.¹

▶ Can't eat peanuts? Luckily the same beneficial properties in peanuts can be found in a variety of nuts. Experiment and find out which nut butter you prefer.¹

Ingredients

- 2 tbsp coconut oil
- 3 cups puffed brown rice
- ½ cup all natural peanut butter
- ½ cup sticky sweetener

→ {I use ⅓ cup maple syrup + 2 tbsp honey}

- 1 tsp vanilla
- 1 tsp salt
- 2 tbsp mini chocolate chips {**Optional:** more for sprinkling on top}

Not a fan of peanut butter?
Substitute your favorite nut butter 1:1
and enjoy your personalized snack!

Get 'Em Made

1. Place puffed rice in a mixing bowl.
2. Combine all remaining ingredients except chocolate chips in a small pot. Melt on the stovetop {or in the microwave}, then pour over puffed brown rice. Stir, mixing well. Add Chocolate chips and mix well {the chips will melt a bit - but that's okay!}.
3. Line a pan with parchment paper and spread mix evenly.
Optional: sprinkle extra chocolate chips on top.
4. Use an additional piece of parchment paper to press squares down firmly. Pressing the mixture down firmly will help it set and retain its shape.
5. Set in the freezer for at least 30 minutes.
6. Cut and store. Enjoy!

Storage

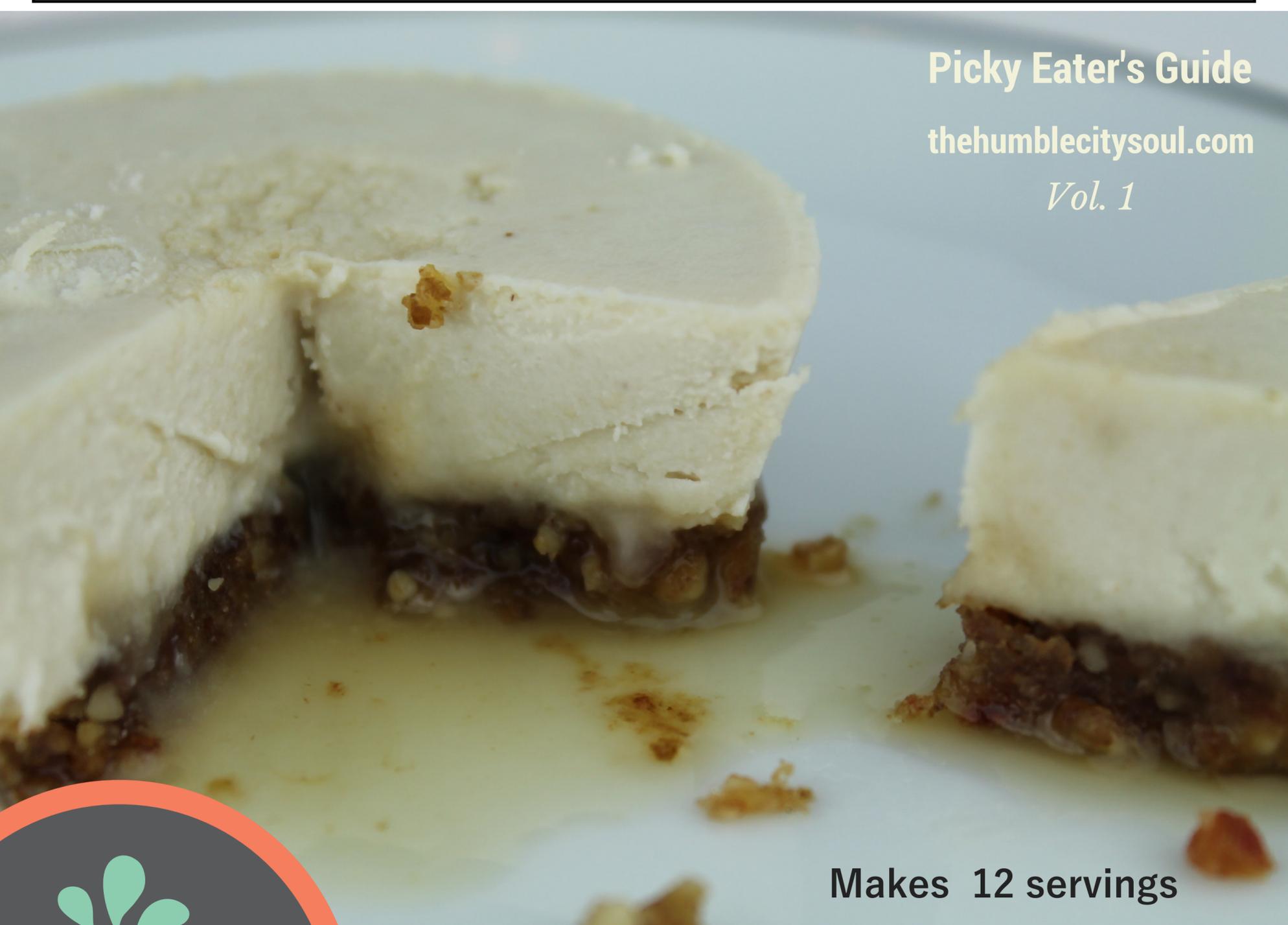
The treats can be stored in the freezer {which is how I store them} or in a cool, dry place – covered.

Frozen Creamy Cashew Maple Delight

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Makes 12 servings

Nutrition per serving

Cal: 305 | **Sugar:** 22 g | **Fat:** 41g | **Sat. Fat:** 9g

Sodium: 6g | **Pro:** 5g | **Carb:** 45g

Diet. Fiber: 6g

• Nutritional Benefits •

Cashews, compared to other nuts, are lower in fat, and are higher in protein. They are approximately 65% oleic acid which is known for protecting against heart disease and cancer. ¹

Dates contain beta-glucan, a soluble fiber shown to decrease the body's absorption of cholesterol and keep blood sugar levels from spiking {this is accomplished by delaying absorption of glucose in the small intestine}. ¹


Gluten Free
Dairy Free
Vegan

Pro Tip:

What is Quick Soaking?

Covering beans/nuts with boiling water in a heat resistant bowl for 1 hour. I prefer to leave my cashews soaking for 3+ hours for extra softness, and a silkier texture after blending.

Ingredients

Crust

1 cup walnuts

1 cup {approx 11} pitted dates

Filling

1 ½ cups raw cashews, quick soaked

⅓ cup coconut oil, melted

½ cup + 2 tbsp full fat {or extra rich} coconut milk

⅓ cup of fresh lemon juice

½ cup pure maple syrup {agave nectar and honey can also be used}

1 tsp vanilla

Gooey Center

12 tsp pure maple syrup { 1 tsp per dessert}

Get 'Em Made

1. Add walnuts to a food processor and blend into a meal {course flour texture}. Set aside in a bowl.
2. Add dates to the food processor and blend until dates are broken down into small pieces and form a ball.
3. Add the walnut meal back to the processor with the dates and blend until it forms loose dough. It should stick together when you press it between your fingers, but shouldn't be too sticky or too dry. Add dates for more moisture or more walnuts for more dryness, if necessary.
4. In a non-stick 12-muffin pan, divide dough evenly {I scoop a heaping tablespoon per dessert}. Press the dough down firmly using your fingers or the bottom of a water glass.

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Get 'Em Made

Note: If you do not have a non-stick muffin pan, grease a 12-muffin pan and cut strips of parchment paper and lay them in the muffin wells (with little tabs sticking out of the top) before adding the crust mixture. These will make easy pull tabs when the frozen treats are ready to be removed.

5. Set crust in the freezer while you prepare the filling.

6. Add filling ingredients into a food processor and blend until very smooth. **For the creamiest texture, use the solid coconut milk at the top of the can. If it's well blended that's good too - add it!**

7. Taste filling mixture and adjust flavor if needed. For extra tang add lemon juice, for extra sweetness use a liquid sweetener of your choice.

8. Remove pan from freezer and place equal amounts of filling in each cup. Tap pan a few times to release air bubbles.

9. Goopy Filling: Using 1 teaspoon of maple syrup, in one fluid movement, put the tip of the spoon into the middle of the creamy filling and swirl the spoon upwards. This will leave the maple syrup concentrated in the middle of the cream, and after freezing will remain goopy.

9. Cover muffin pan with plastic wrap and set in the freezer for 4-6 hours {I typically leave them in for 5 hours}.

10. Once the frozen desserts are set, remove from the pan. I use a butter knife to pop them out. If you are using a conventional muffin pan pull up on your tabs and remove.

Serving and Storing

Leave frozen treats out to soften on a plate at room temperature for 10 minutes before serving. Store desserts in an air tight container for up to 2 weeks in the freezer.

APPENDIX A

White Flour Alternatives

Cutting out white flour is a great first step in cleaning up your diet.

Whether you're trying to reduce your simple carbohydrate consumption, have a gluten intolerance or have celiac disease {an autoimmune disease triggered by gluten}, this section is a quick reference guide for you to use to substitute flour alternatives that will compliment and taste comparable to their white flour counterparts.

Whole Wheat Flour to White/All-Purpose Flour {1 : 1}

Whole wheat flour is a less refined version of the run of the mill all-purpose flour traditionally used for baking. It has a nuttier taste, and a more full bodied texture {it also gives a more full bodied texture to baked goods}. This flour isn't gluten-free, but can be easily substituted for white flour 1:1.

Coconut Flour to White /All-Purpose Flour {1/4 : 1}

Coconut flour is made from the meat of the coconut, dried and ground into a flour. There is a mild coconut flavor {naturally}, but this tends to compliment baked goods and I find it didn't negatively affect the flavor of any of the recipes in this book. Coconut flour absorbs a lot of liquid, and expands, which is why you only need 1/4 of the amount of all-purpose flour. **NOTE:** Partially converting some of your flour requirements to coconut flour, and the rest in another alternative flour {I often mix coconut and oat flours} is a great way to benefit from the fluffiness of coconut flour, while using another flour to cut some of the coconut flavor.

APPENDIX A

Oat Flour to White/All-Purpose Flour {1.5 : 1}

I love oat flour!! I've been an oatmeal fan for my whole life, so when I started putting a healthier spin on my baking, substituting with oat flour became a no-brainer. I find that substituting with oat flour makes {most of} my baked goods taste even better than with white flour. Oats tend to be a bit more dense and less absorptive, which is why it requires a 1.5 : 1 ratio when using it to substitute traditional flour.

Quinoa Flour to White /All-Purpose Flour {1: 1}

Quinoa flour is great because it can be substituted 1:1 with white / all-purpose flour and it has a **protein punch** that adds a great nutritive benefit to using it. It has a mild flavor, but when using it in baking the taste isn't noticeable.

Dairy Alternatives

There are many reasons people choose to live a dairy-free lifestyle. I adopted a dairy-free lifestyle when a good friend and holistic nutritionist told me I was lactose intolerant {to which I thought she was crazy because I loved cheese...as it turns out, it doesn't love me}.

Lactose intolerance, eating a plant based diet {not eating food derived from animal products} and weigh loss are among the top 3 reasons I've observed that people switch to a dairy-free lifestyle. Due to my lactose intolerance, my recipes are dairy-free so I can enjoy all the goodness without the lasting discomfort {bloating and cramping} afterwards.

Lactose intolerance is fairly common, and the severity of lactose intolerance can vary. **What is lactose intolerance?** This intolerance occurs when your body no longer produces the enzyme lactase, which breaks down lactose {the sugar in milk}. For some, eating dairy gives them a little gas, but otherwise it isn't that bad. For others, ingesting milk can lead to diarrhea, severe bloating and nausea.

Identifying lactose intolerance can also be difficult. Due to the amount of time the body takes to process dairy products, reactions to dairy may not appear until the next day {cramping, bloating, water retention}. If you suspect you have a dairy intolerance I suggest going dairy free for 2 weeks. After 2 weeks, drink 1 glass of milk and see what happens. **IF** you have no reaction at all, then dairy may not be the issue. **IF** it results in you having to quickly go to the bathroom or a tummy ache then dairy isn't right for you.

For more information about how my nutritional services can help your lactose intolerance or help transitioning to a dairy free lifestyle, please visit **my website www.thehumblecitysoul.com**.

APPENDIX B

Dairy Alternatives

Almond Milk/Soy Milk/Rice Milk to Cow's Milk – {1:1}

Almond Milk: Mildly flavored nut milk made from almonds. This is my go-to nondairy milk choice. Almond milk is great because it can easily be substituted for milk in most recipes. My most common use is in baking (I'm not a huge cereal person), but I also use it in dishes such as mashed potatoes....or anywhere that calls for milk.

Soy Milk: Neutral tasting milk made from soy beans. I find soy milk is the closest tasting alternative to cow's milk {especially in lattes}. **NOTE:** Soy should not be over consumed i.e. not eating or drink soy products every day. I recommend only consuming soy on the odd occasion because it contains phytoestrogens that mimic estrogen in the body and could potentially affect a person's hormonal responses.¹

Rice Milk: Neutral tasting milk made from rice. This is another great cow's milk alternative. It can easily be used in baked goods and will not affect the flavor. I find the texture a bit thin/watery...but you be the judge!



Buttermilk Substitute

Do you have a recipe that calls for buttermilk, BUT you're going dairy-free? Voila!

Non-dairy buttermilk:

1 cup of coconut milk + 1 tbsp of raw apple cider vinegar {my choice} or fresh lemon juice. **Note:** Soy, almond and rice milks may also be used. My preference is coconut milk for it's richness. The vinegar acts like cultured bacteria in buttermilk when baking.

Mix together and let sit on the counter for 5 mins. Use in place of butter milk in recipes.

APPENDIX C

Vegan Alternatives

Egg Replacement:

Flax or Chia Egg: instructions per egg – 1 tbsp ground flax or chia seed mixed with 3 tbsp water and let sit for 15 minutes in the fridge. Your “egg” should be thick, sticky and egg-like.

Use as a replacement for eggs in baking.



Butter {and oil} substitute

Butter and oil can be replaced 1:1 with applesauce to cut down on calories, but deliver a moist end product.

Sugar Alternatives

Indulging in a little something sweet shouldn't put your health at risk. Over consuming refined {white & brown} sugars raises blood glucose levels and causes toxicity in our bodies. Whether we want to admit it or not, the over-consumption of refined sugars are linked to chronic health conditions such as heart disease, diabetes and obesity, which are all rooted in metabolic issues.

I don't want to suck the fun out of dessert, but I feel it's necessary to point out the real risks. That being said this appendix provides alternative sweetening options that will give you the sweet kick you're looking for, without contributing to harmful, long-term health effects.



Too much of a good thing can still be harmful. Please consume sugar alternatives moderately. Enjoy them as a part of a balanced lifestyle!



Here's a short list of my favorite sugar alternatives. Not to be confused with artificial sweeteners that can be damaging to our health, and I strongly recommend avoiding them.

Maple Syrup

Hands down, one of my favorite sweeteners is maple syrup.

Being a Canadian gal - loving maple syrup is in my blood. I've been eating maple syrup since I was a young child, and I enjoy going to the many maple syrup festivals we have just outside of Toronto.

For those who are less familiar with maple syrup, let me give you a brief overview of what it is: Maple syrup is the sap from Maple trees. It is sweet, delicious and packed with nutrients. Maple syrup doesn't have any added colors or chemicals and can be easily substituted for white and brown sugar {refined sugars}.

APPENDIX D

When I was first moving away from processed foods, using maple syrup as a refined sugar alternative was a no-brainer for me. Maple syrup should not be confused with pancake syrup. At first glance, they may seem interchangeable, but their content is anything but similar.

Pancake syrup is primarily made of high fructose corn syrup and often contains only 1% or no Maple syrup at all. When purchasing maple syrup, be sure that it says 100% pure on the bottle.³

{Using Maple Syrup as a Sugar Substitute}

Maple syrup can easily be used as substitute 1:1 with other liquid sweeteners.

To substitute for dry sugar sweeteners, use $\frac{3}{4}$: 1, maple syrup to granulated sweeteners.

Honey

Honey not only tastes great, but in some cases is a really good substitute for sugar. I featured honey in one recipe only, because though I love the taste, heating honey is not ideal. The nutritive properties of honey die off when it's heated too high. That being said, if you have a recipe that doesn't require a lot of heat {like my peanut butter-maple-choco squares p17} using honey is delicious and less harmful to your body than using high fructose corn syrup for your liquid sweetening needs. **Note:** Honey is a mineral rich sweetener that has many positive nutritive properties. High fructose corn syrup is a simple sugar that has negative effects on our blood sugar.

{Using Honey as a Sugar Substitute}

Honey can easily be used as substitute 1:1 with other liquid sweeteners. To substitute for dry sugar sweeteners, use $\frac{3}{4}$ cup honey to 1 cup granulated sweeteners.

APPENDIX D

Fruit

Fruit is nature's candy! A large part of replacing refined sugar in sweet treats is finding suitable fruit fillers. I use fruits such as bananas, dates and applesauce to add sweetness and to bind dry ingredients.

Not only are fruits sweet, but they have fiber. Fiber helps buffer our insulin response to sugars {natural and otherwise}. Meaning that even though our healthy treats taste great, they won't spike our blood sugar. Spikes in blood sugar are what cause weight gain and sugar crashes.

The more slowly and steadily our blood sugar rises, the smoother the decline.

The following recipes use fruit in the above mentioned methods:

Pg 8 - Banana Pancakes

Pg 12 - Blueberry-Zucchini-Oat Muffins

Pg 15 - Soft Baked Banana-Chocolate Chip Cookies

Pg 19 - Frozen Creamy Cashew Maple Delight

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- 3."Sugar Alternative." Pure Canadian Maple Syrup RSS. <http://www.purecanadamaple.com/benefits-of-maple-syrup/sugar-alternative/>
4. Haas, Elson M., and Buck Levin. Staying healthy with nutrition: the complete guide to diet and nutritional medicine. Berkeley: Celestial Arts, 2006. Print.