

Healthy Holiday Desserts

8 Festive Recipes

refined sugar free so
you can enjoy them
guilt-free

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Introduction

Hello, my name is Jesse Lane and I’m a sugar-a-holic.

Being a sugar fiend runs in my family and I am no exception. Whenever we slept over at our Bubby’s (Jewish Grandmother), she would offer us dessert at every meal and **EVERYONE** would eat it, even if it was 8 am.

When I was growing up, we had an exchange student from Japan live with us for several years.

He was astounded by the amount of sugar, dessert and candy my sisters and I consumed and coined us “sugar busters”.

I was fortunate to grow up with a Mom who is an incredible cook who made us delicious and healthy meals. Since my sisters and I were so into desserts, she taught us how to bake at an early age. This was fantastic because most of the sweets we consumed were homemade and free from preservatives, chemicals and everything else you find in store bought goods. I have two sisters and with everyone baking, there were always plenty of sweets in the house.

For the longest time sugar didn’t bother me, but eventually I started experiencing Candida symptoms. Candida is a yeast organism that can flourish in different parts of the body and feeds on sugar. After learning more about Candida, I knew I had to make a change.

I began by decreasing the amount of sugar I was eating and did a Candida cleanse. After I was certain that the yeasty-beasties were under control, I started eating homemade sweets again that were made with alternative sweeteners.

I had so much fun creating recipes that I started writing them down. I’m so excited to share those recipes with you today!

All of the recipes are made with whole food ingredients and do not contain any soy, white flour or processed sugar. Most of the ingredients are also super easy to find as well.



About Jesse Lane



I’m Jesse Lane Lee, BSc, CNP, and I am a cheerful Holistic Nutritionist, motivating speaker, cookbook author and cooking class instructor. I am the founder of JesseLaneWellness.com, a web-based holistic nutrition practice and holistic recipe resource.

I have struggled with Irritable Bowel Syndrome and food allergies on and off for most of my life, starting when I was a baby! I knew something had to change when the Irritable Bowel Syndrome symptoms I was experiencing kicked into high gear while I was studying Engineering at University. I was getting sick so often that I was constantly anxious and worrying about where the washroom was in every building or situation I found myself in.

I started my healing journey by visiting a holistic practitioner who gave me the guidance I needed to heal my leaky gut. As I gathered momentum, I became really excited about cooking healthy food and I started to play in the kitchen.

I had so much fun creating allergen free recipes and the restrictive diet I was following became a source of culinary inspiration.

Today, I feel fantastic and am able to enjoy most of the foods that used to cause an unwelcome reaction.

I love to experiment in the kitchen and create holistically delicious recipes that accommodate a wide variety of food allergies, diets and lifestyle choices. I am the author of Healthy Dairy Free Desserts, Healthy Fresh Salad, and co-author of The Holistic In the City 21 Day Smoothie Guide. I am also a regular recipe contributor to Clean Eating Magazine, KrisCarr.com and MindBodyGreen.com.

I believe that eating healthy whole foods can be easy, fun and most of all delicious!

Holiday Treats

When I was a kid the rule was you couldn't have dessert until you finished everything on your plate. Since I was such a "sugar buster", this was motivation for me to finish all the trees (aka broccoli) on my plate. I was also really smart and ALWAYS left room for dessert.

What my parents didn't know is that it is actually better to enjoy dessert before dinner or as a snack!

Dessert tends to be high in sugar and simple carbohydrates so it digests really quickly. When you eat dessert right after dinner, it sits on top of the more slowly digesting dinner foods, breaks down and starts to ferment. The fermentation of digested sugars leads the unpleasant bloating and gas.

The best time to eat dessert is 30 minutes before a meal or 3 hours after.



Keeping trim over the holidays

With holiday parties every weekend and co-workers bringing treats into the office, the holidays are filled with constant temptations that test your willpower. Here are some tips that will help you find balance during this festive season.

General holiday nutrition tips:

- Strive for balance: 80% healthy foods 20% holiday treats
- Drink lots of water
- Keep healthy snacks on hand so you don't end up munching on cookies
- Prepare healthy freezable or crockpot meals that are ready in a pinch
- Eat something green every day

How to avoid eating unhealthy festive foods

- Offer to bring a healthy dish that you and your taste buds really love
- Ask yourself if you are truly hungry before reaching for unhealthy food
- If you do over eat, don't beat yourself up, acknowledge it and let it go

How to navigate a buffet table

- Eat something healthy before the event
- Browse the buffet selection first
- Put everything on ONE plate
- Fill the plate 50% with veggies
- Eat slowly
- If you go back for more, stick to veggies
- Savour every bite



Recipes

I like to create recipes that accommodate a variety of food allergies, diets and lifestyle choices. All of the recipes in the eBook are vegetarian, and made without processed sugar or flours. Many of them are also vegan, raw, nut free, sugar free, paleo and gluten free.

V

Vegan

Contains no animal products or honey

P

Paleo

Free from legumes, sugar or grains

R

Raw

Ingredients and final product have not been heated

SF

Sugar Free

Does not contain coconut sugar, honey or maple syrup but may contain stevia and fruit

NF

Nut Free

Does not contain nuts

GF

Gluten Free

Does not contain any glutinous grains

Use the symbols to easily find the recipes that fall into specific categories.



Chocolate Peppermint Cookies

Prep time: 15 minutes | Inactive prep time: 30 minutes | Cooking time: 12 minutes |
Serving Size: 18

Double Chocolate Peppermint Cookies are soft and chewy with crunchy cacao nibs and minty deliciousness. Chocolate and peppermint really are a match made in heaven. They are the perfect treat to leave out for Santa because they won't contribute to his ever expanding waistline. They are sweetened with coconut sugar, that is almost half the glycemic index of regular sugar so it doesn't spike your blood sugar.

Ingredients

- 1.5 cups gluten-free rolled oats, processed into flour (or 1.5 cups oat flour)
- 1/2 cup coconut sugar
- 3 Tablespoons raw cacao powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon fine grain sea salt
- 1 egg
- 1/4 cup virgin coconut oil
- 1/4 cup almond butter
- 1 teaspoon peppermint extract or 1/8 tsp pure peppermint essential oil
- 1-2 teaspoons almond milk, as required
- 1/2 cup raw cacao nibs

Method

1. In a large bowl, mix together the oat flour, coconut sugar, raw cacao powder, baking soda, baking powder and salt.
2. In another bowl whisk together the egg, coconut oil, almond butter and peppermint extract.
3. Pour the wet ingredients into the dry and stir until mixed. If the dough feels dry, add 1-2 Tbsp almond milk. Fold in the raw cacao nibs.
4. Place the dough in the fridge to chill for 30 minutes.
5. Preheat oven to 350F and line a large baking sheet with parchment paper.
6. Remove the dough from the fridge and shape into balls the size of a golf ball. Place the Double Chocolate Peppermint Cookies on the baking sheet and gently press down until they are 1/2 inch thick.
7. Bake for 12 minutes and let the Double Chocolate Peppermint Cookies cool before serving.



Spelt Sugar Cookies

Prep time: 45 minutes | Inactive prep time: 30 minutes | Cook time: 10-15 minutes |
Serving size: 4 dozen

Spelt Sugar Cookies are a sweet treat that is crispy on the outside and soft on the inside topped with a sugary icing glaze. Sugar Cookies are the ultimate holiday cookie so I decided it was about time I made them a little healthier! These spelt sugar cookies are by no means healthy but they are made with coconut oil instead of butter, coconut sugar instead of processed white sugar and nutty spelt flour instead of processed white flour.

Ingredients

- 1 cup virgin coconut oil, softened
- 1 cup coconut sugar
- 2 eggs
- 1/4 cup almond milk
- 1 tsp vanilla
- 4 cups spelt flour
- 1 tsp cream of tartar

Spelt Sugar Icing

- 4 cups powdered sugar
- 8 tsp almond milk
- 1 tsp almond extract

Method

1. In a large bowl cream together the coconut oil and sugar.
2. Add the eggs, milk and vanilla and whisk until mixed.
3. Add the spelt flour and cream of tartar and stir until just mixed. Be careful not to over mix.
4. Place a cover over the bowl and chill the dough in the fridge for 30 minutes.
5. Preheat oven to 350F and line two baking sheets with parchment paper.
6. Once the dough is chilled, roll it out until it is 1-1.5cm thick and cut with cookie cutters or an upside down cup.
7. Carefully transfer the spelt sugar cookies to the baking sheet and cook in batches for 10-15 minutes, until they are golden brown.
8. To make the icing, mix the powdered sugar, almond milk and almond extract in a bowl. Add natural food colouring if desired.
9. When the cookies are cool, decorate with icing and natural sprinkles.



Chocolate Avocado Pudding

Prep time: 2 minutes | Serving size: 3

Chocolate avocado pudding is a thick and creamy dessert that tastes indulgent, but it is actually healthy. It taste just like instant chocolate pudding in a good way – you would never guess the main ingredient is avocado! In addition to being a rich pudding, it can also be enjoyed as a delicious fruit or berry dip or used as icing.

Ingredients

- 1 avocado
- 3 Tbsp raw cacao powder
- 1/2 tsp vanilla
- 1/4 cup maple syrup
- 1 tsp cinnamon
- 2 Tbsp milk alternative

Method

1. Combine all ingredients into a blender or food processor. Blend well until smooth and enjoy!

Health Benefits of Avocados

Avocados are filled with healthy fats that you don't have to be afraid of because they provide powerful anti-inflammatory properties and don't make you fat. Avocados also contain oleic acid which is a healthy fat that helps with the absorption of fat soluble nutrients like vitamin A, D E and K. Avocados are very high in carotenoids which your body can convert to vitamin A to nourish your eyes. The fibre found in avocados slows the release of sugar into your system so you don't get a sugar crash after enjoying this decadent dessert.



Black Forest Brownies

Soaking time: 1 hour | Prep time: 10 minutes | Chill time: 2 hours

Black Forest Brownies are a decadent chocolate cherry dessert that are raw and vegan. They are naturally sweetened with dates and cherries which create a smooth and rich brownie filled with crunchy almonds and chewy cherries for added texture. Black Forest Brownies only contain 6 ingredients and they are really easy to make.

Ingredients

- 1 1/2 cups dried cherries
- 2 cups walnuts
- 1 cup raw cacao powder
- 1/4 teaspoons salt
- 1/2 cup medjool dates (roughly 4)
- 1/2 almonds, chopped

Method

1. Soak 1 cup of cherries in water for an hour.
2. Place 2 cups of walnuts in a food processor and process into a granular flour.
3. Add 1 cup of cacao powder and 1/4 teaspoons of salt to the food processor and process until smooth.
4. While the food processor is running, slowly add 1 cup of soaked cherries and 1/2 cup of dates and process until smooth.
5. Fold in 1/2 cup of cherries and 1/2 cup of raw chopped almonds.
6. Press the brownie batter into lined 8×8 brownie pan and freeze for 2 hours to set the brownies.
7. Remove from the freezer and cut 8-12 brownies and serve.



Candy Cane Black Bean Brownies

Prep time: 15 minutes | Cook time: 35-40 minutes | Serving size: 12 brownies

Candy Cane Black Bean Brownies are sweetened with honey and laced with sweet chocolate chips and minty candy canes. The fibre in the black beans will regulate the speed at which sugars are released into your body. This means that Candy Cane Black Bean Brownies won't spike your sugar levels and you won't end up with a sugar crash a couple hours later.

Ingredients

- 1/2 cup gluten free oats
- 19 oz Black Beans, drained and rinsed or 2 cups cooked black beans
- 3 eggs
- 3 Tbsp coconut oil, melted
- 1/2 cup cacao powder
- 3/4 cup honey
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 tsp peppermint extract
- 1/2 cup bittersweet chocolate chips
- 1/2 cup crushed organic candy canes

Method

1. Preheat oven to 350F and line an 8×8 baking pan with parchment paper.
2. Place the oats in a food processor and process until you reach flour like consistency.
3. Add the beans, eggs, coconut oil, cacao, honey, baking powder and vanilla and blend until smooth.
4. Gently fold in chocolate chips and crushed candy canes.
5. Transfer into the pan and even out the top with a wet spatula.
6. Bake the brownies for 40-35 minutes or until a toothpick inserted into the centre comes out clean.
7. Cool Candy Cane Black Bean Brownies before slicing and enjoy!



Holiday Candy Cane Blondies

Prep time: 15 minutes | Cook time: 30 minutes | Serving size: 9 to 16 squares

I don't really like candy canes by themselves, but I love that peppermint crunch that magically happens when candy canes are hiding in my baking. Now, this isn't the healthiest recipe around but 'tis the season, so let's be naughty. Candy Cane Blondies are moist, minty and taste like the holidays.

Ingredients

- 1/2 cup organic butter
- 1 cup coconut sugar
- 2 Tbsp almond milk
- 2 organic eggs
- 2 tsp peppermint extract
- 1.5 cups spelt flour
- 1/4 tsp baking powder
- 1/4 tsp salt
- 3/4 cup crushed candy cane
- 1/2 cup chocolate chips

Method

1. Pre-heat oven to 350F. Grease a square 8×8 cake pan with butter and lightly coat with flour or line with parchment paper and set aside.
2. Melt the butter in a small saucepan stirring constantly until the butter starts to brown.
3. Pour the butter into a large heatproof bowl and add the coconut sugar and vanilla, blend well.
4. Add the almond milk, eggs and peppermint extract and mix till combined.
5. In a small bowl mix the flour, baking powder and salt, then add to the wet mixture. Stir just enough to incorporate.
6. Fold in the 1/2 cup of crushed candy cane and the chocolate chips.
7. Pour the Candy Cane Blondies batter into the prepared pan and top with the remaining candy cane. Bake for 30 minutes or until a tooth pick inserted in the center comes out clean.
8. Cool Candy Cane Blondies before slicing and serving.

Chocolate Hazelnut Truffles

Prep time: 25 minutes | Inactive prep time: 2 hours | Serving size: 15-18 small truffles

Chocolate Hazelnut Truffles are a decadent dessert with a creamy hazelnut center uncased in a dark chocolate shell. These delicious truffles are super easy to make but look fancy. The dark chocolate shell is sweetened with maple syrup and the creamy hazelnut center is sweetened with stevia.

Ingredients

Hazelnut Filling

- 1 1/2 cups hazelnuts
- 1/4 tsp stevia
- 1/2 tsp nutritional yeast *optional
- 1 tsp vanilla
- Pinch sea salt

Dark Chocolate Shell

- 1 cup and 1 Tbsp raw cacao powder, sifted if lumpy
- 3/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 Tbsp cup goji berries, processed or finely chopped for garnish

Method

1. Place hazelnuts in a food processor and grind until they becomes a mealy flour. Remove 1 Tbsp of hazelnut flour from the food processor to use as garnish.
2. Add stevia, nutritional yeast, vanilla and salt to the food processor the grind for about 5 to 10 minutes, scraping down the sides as necessary. Keep grinding until the mixture becomes a paste that sticks together when you scrape down the sides. Side note: If you want to make a yummy hazelnut butter keep processing!
3. Form the mixture into 1 Tbsp sized truffles and freeze for 30 minutes.
4. While the filling is freezing, make the dark chocolate shell by mixing 1 cup raw cacao with melted coconut oil and maple syrup. This mixture should be thick and drippy. If it is too thick place it in a pot over low heat to loosen it up, if it is too thin add additional cacao powder.
5. Once the filling has hardened, dip them in the chocolate and put them back in the freezer for 10 minutes.
6. Dip the truffles in the chocolate mixture once more and sprinkle with ground hazelnuts, a dusting of raw cacao powder or goji berry pieces immediately. Place in the freezer to set for 1.5 hours.
7. Before serving, thaw at room temperature for 20 minutes or in the fridge for 2 hours.

Candy Cane Carob Bark

Prep time: 10 minutes | Inactive prep time: 2 hours Serving size: 1 gimormous bar!

Candy Cane Carob Bark melts in your mouth and the candy cane pieces sprinkled throughout the carob bark bring a satisfying peppermint crunch. Candy Cane Carob Bark is really popular among my group of friends. I tested the recipe on them and everyone loved it so much they were begging me for the recipe. They actually went on to make it for their holiday parties and it was a hit every time! Candy Cane Carob Bark also really convenient, you can make it ahead of time and store it sealed in the freezer for quite while.

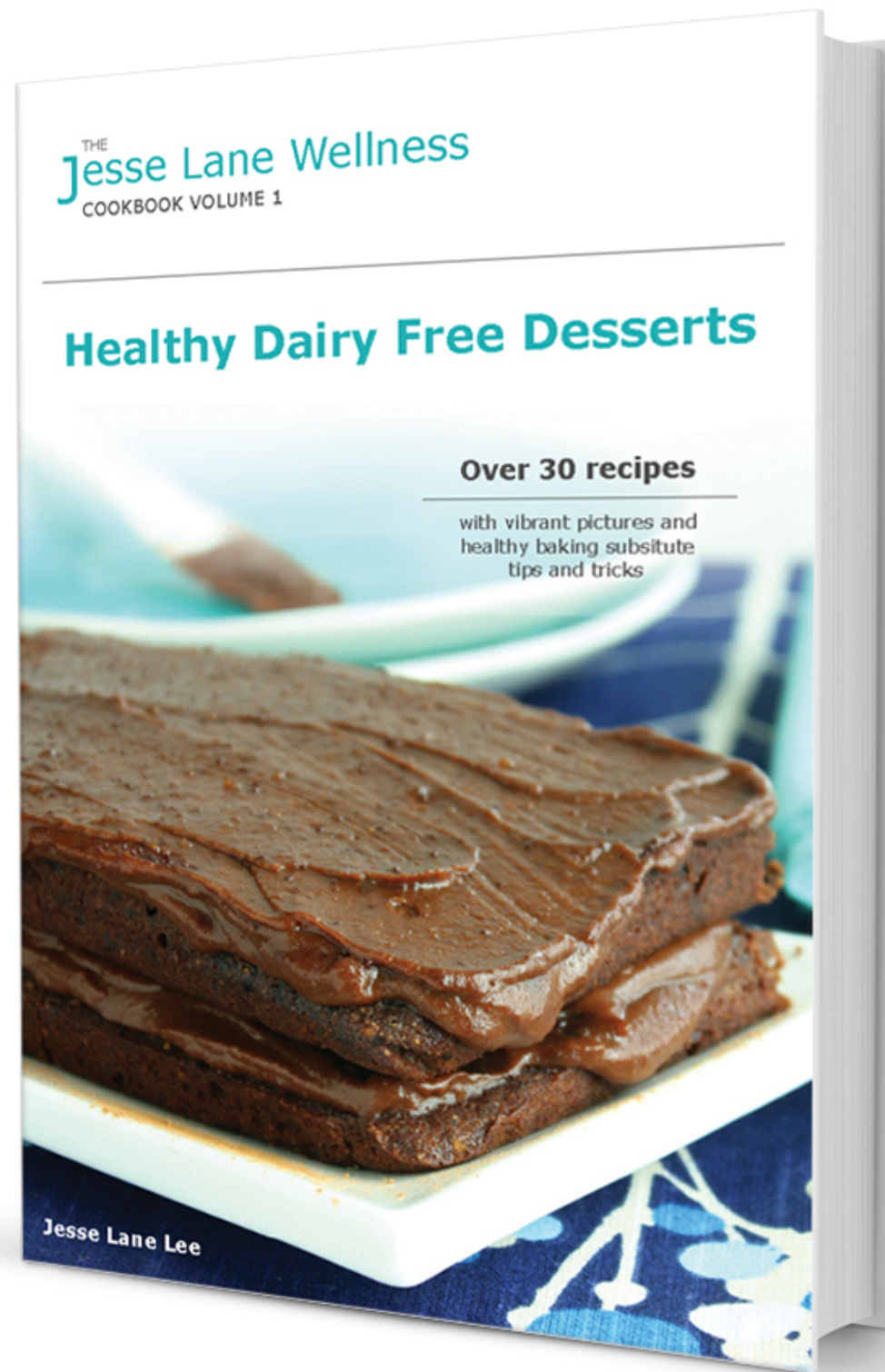
Ingredients

- 3/4 cup candy cane bits, 7 candy canes
- 1 cup carob powder
- 2 Tbsp lucuma (optional)
- 1/8 tsp green powder stevia
- 1/2 tsp peppermint extract
- 1/2 cup coconut oil, melted

Method

1. Line a loaf pan with parchment paper and evenly spread 1/2 cup of the candy cane bits along the bottom of the pan.
2. In a medium bowl mix the carob, lucuma and stevia powder. Add the coconut oil and peppermint extract and stir until smooth; this mixture should be very drippy.
3. Pour the chocolate over the candy cane bits. Top it off with the remaining 1/4 cup of candy cane bits and place in the freezer to set for 2 hours.
4. Serve candy cane carob bark cold, straight out of the freezer. Don't leave at room temperature for too long or else it may start to melt!

Want More?



Healthy Dairy Free Desserts

Do you want to have your cake and eat it too? Now you can!

[Jesse Lane Wellness Cookbook: Healthy Dairy Free Desserts](#) has over 30 holistically delicious dessert recipes (with stunning images) that you can enjoy guilt-free!

All of the unique recipes are nutritionist approved, made with whole food ingredients and do not contain any soy, dairy, white flour or processed sugar.

It also contains a guide to healthy baking substitutes and alternative sugars, so you can learn how to turn your family favourites into healthy desserts.

[Jesse Lane Wellness Cookbook: Healthy Dairy Free Desserts](#) contains recipes for everyone:

- All of the recipes are dairy-free, soy-free, & vegetarian
- 26 of the recipes are gluten-free
- 17 of the recipes are vegan
- 17 of the recipes are paleo
- 12 of the recipes are sugar-free

Also included inside:

- Over 30 unique dairy free dessert recipes created by Holistic Nutritionists
- Vibrant full-colour pictures for each recipe
- Tips on when to enjoy dessert
- Guide to sugar alternatives – what they are and how to use them
- Guide to healthy baking substitutes

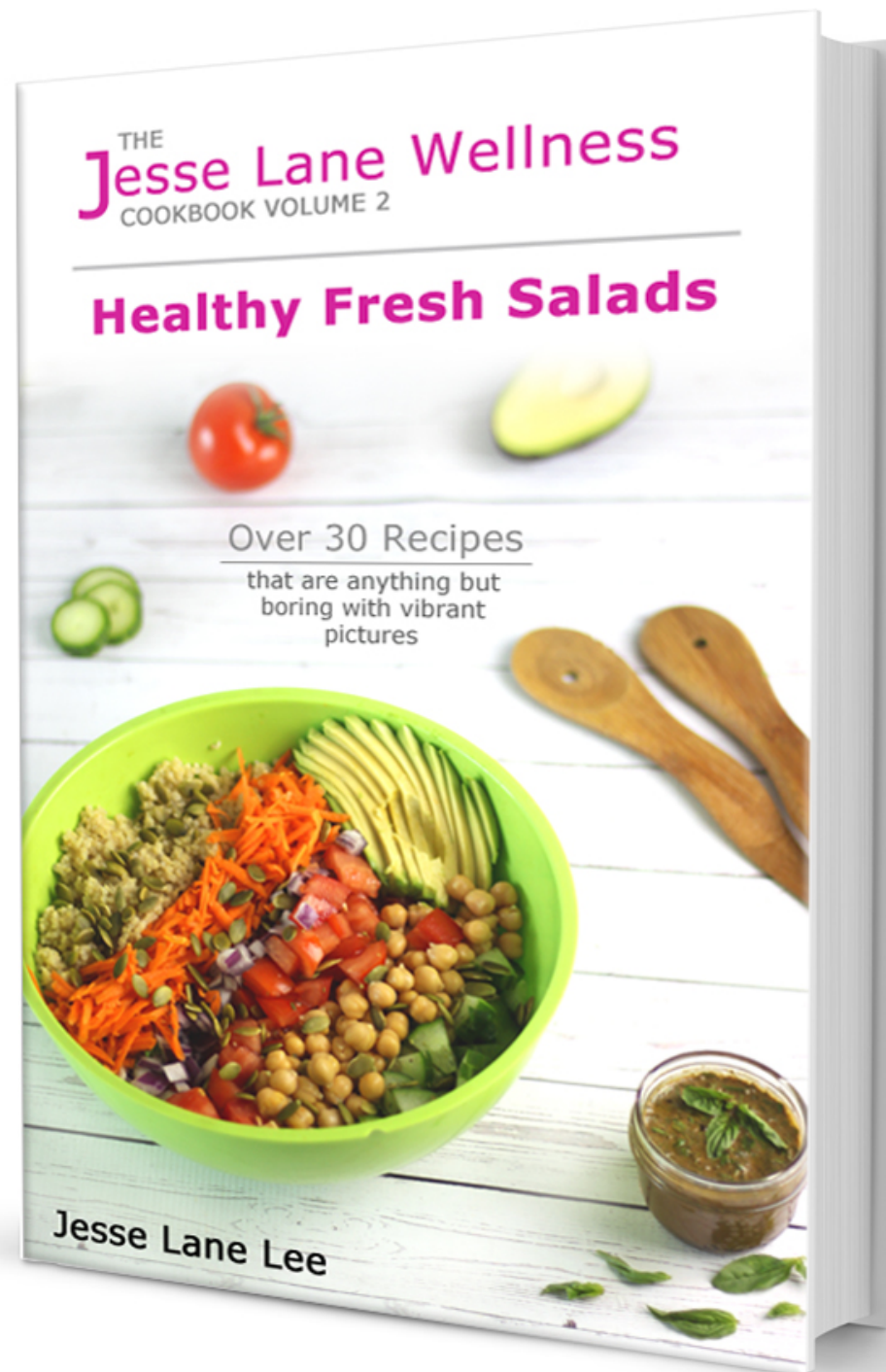
**Learn More
Here!**

[Kris Carr](#) says, "I dare you not to lick the bowl while whipping these up! This might be the greatest raw brownie recipe of all."

[Clean Eating Magazine](#) says, "Be sure to pick up a copy of her eBook Healthy Dairy Free Desserts. There is something for every dietary need: vegan, gluten-free or paleo. You'll wish you started eating healthier years ago."

[Ricki Heller](#) says, "A great way to get started with healthy desserts. Thanks, Jesse Lane!"

Healthy Fresh Salads



Have you ever found yourself thinking “I need to be more creative with veggies.”?

This is a common complaint I hear a lot from my clients and readers.

Everyone knows they need to be eating lots of veggies, but the thought of eating another salad made with lettuce from a bag and store bought dressing makes everyone want to yawn with boredom.

That is why I created [Healthy Fresh Salads](#). It contains over 30 exciting and fresh gluten-free salad recipes. The recipes are all “fresh”, not only are they created using fresh veggies, but they are also inspired, creative and anything but boring.

The salads are also well balanced with fibre, healthy fats and protein so they are satisfying and can never be classified as rabbit food.

[Jesse Lane Wellness Cookbook: Healthy Fresh Salads](#) contains recipes for everyone:

- All of the recipes are gluten-free
- 28 of the recipes are vegetarian
- 27 of the recipes are dairy free
- 27 of the recipes are no soy
- 17 of the recipes are vegan
- 11 of the recipes are completely sugar-free

My recipe testing team of 30 people (who are regular people, not chefs or nutritionists) made sure that:

- Every recipe is easy to make with step by step instructions
- Recipes work every time, so you don’t end up with a disappointing pile of lettuce
- Recipes are made with ingredients that are easy to find
- Salads are so yummy that your family and friends will be asking you for the recipe

**Learn More
Here!**

[Yari S](#) says, “I purchased Healthy Fresh Salads because was looking for easy and nutritional lunch options. Now that I have the cookbook I have plenty of ideas, they are very easy and delicious. The book has valuable information and the recipes are easy, simple ingredients, healthy and easy to prepare. I love the dressings and the pictures are beautiful!! Thank you for this awesome book! Looking forward to other books.”



Let's Get Social

You can connect with me on Facebook or Instagram as @jesselwellness and I'm also on YouTube.

I always get so excited when someone makes one of my recipes and tags me in the picture!!!

Use #jlwcookbook and tag @jesselwellness when you make any of the recipes in the eBook so I can see and share your beautiful creations.

Website: <http://www.jesselanewellness.com/>

Facebook: <http://www.facebook.com/JesseLWellness>

Instagram: <http://instagram.com/jesselwellness>

You Tube: <http://www.youtube.com/c/JesseLaneWellnesscom>



Happy Healthy Holidays! - Jesse Lane

Any recommendations in this cookbook are not meant to be considered medical advice; the author is not a doctor. Please discuss your personal health, including any options or ideas you get from this cookbook with your personal, qualified health practitioner before making changes to your diet or adjusting/discontinuing any medication. The author is not responsible for any adverse outcomes associated with using or misconstruing advice or information in this cookbook.

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