



BEN GREENFIELD FITNESS



**SEVEN SCRUMPTIOUS,
HEALTHY AND GUILT-
FREE BAKING RECIPES**

Pumpkin Chocolate Chip Muffins by Tim Rice

Ingredients:

- 4 eggs
- 1 1/2 cups [coconut oil](#)
- 1 1/2 cups raw sugar, coconut sugar, or stevia.
You can also use raw honey or blackstrap molasses – for any recipe that calls for sugar as a sweetener use 1/3 cups molasses or raw honey for every cup of sugar replaced – so in this case, you could use 1/2 cup molasses or honey.
- 14 ounces pumpkin filling (use BPA-free brand such as [Farmers Market Organic](#) or [Pacific Natural Foods](#))
- 3 cups [coconut flour](#) or [almond flour](#)
- 1 tablespoon cinnamon
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1 teaspoon [sea salt](#)
- 2 cups [organic dark chocolate chips](#) or carob chips

Instructions:

1. Preheat oven to 400 degrees.
2. Mix together the eggs, oil, sweetener and pumpkin pie filling.
3. In a separate bowl, combine the flour, cinnamon, baking soda and baking powder. Add the flour mixture to wet ingredients. Add chocolate chips.
4. Lube muffin tin with dabs coconut oil.
5. Spoon the batter into the muffin tin and bake for 15 minutes.

Vegan Pecan Pie by Donovan Howard

Ingredients:

Crust:

- 1 1/2 cups gluten-free oats
- 6 tablespoons cocoa powder
- 3 tablespoons butter
- 3 tablespoons organic maple syrup
- Generous pinch [sea salt](#)

Filling:

- 1 cup medjool dates (about 15) pitted
- 3 tablespoons organic maple syrup
- 1/2 cup almond or [coconut milk](#) (choose BPA free brand like Native Forest)
- 3 tablespoons ground chia seeds
- 1 cup pecans (chopped and lightly toasted)

Instructions:

1. Preheat the oven to 375
2. In the bowl of a food processor add all the crust ingredients
3. Run until the oats are very fine, and the dough starts to stick together
4. Dump the crust into a pie plate
5. Press the crust evenly on the bottom and sides of the pie plate (as you would with a graham cracker crust)
6. Bake for 12 minutes, set aside to cool
7. Rinse the bowl of the food processor
8. Add the dates and maple syrup to the food processor
9. Run until the dates are pureed and the mixture starts to lighten in color

10. Add the almond milk and ground chia
11. Run until smooth
12. Stir the pecans into the filling
13. Add the filling to the pie crust
14. Bake until a toothpick come out clean, about 25 minutes
15. Allow to cool, slice and enjoy!

Zucchini Banana Muffins by Jen Jensen

Ingredients:

- 1/2 cup [coconut flour](#)
- 1/4 cup [almond flour](#)
- 3 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon baking soda
- 1/2 teaspoon [sea salt](#)
- 4 eggs
- 1/4 cup honey
- 1 teaspoon vanilla
- 2 tablespoons [coconut oil](#)
- 2 bananas, mashed
- 1 1/2 cups peeled, finely shredded zucchini
- (about 2 small zucchini or 1 large one)

Instructions:

1. Preheat the oven to 350F.
2. Combine the coconut flour, almond flour, cinnamon, nutmeg, baking soda, and salt in a bowl. In a food processor, pulse together the eggs, honey, vanilla, and coconut oil until well

- combined.
3. Add the dry ingredients to the wet and pulse to combine. Add the banana, and zucchini and pulse to combine.
 4. Scoop the batter into the mini muffin pan (You can line it OR if it's a good nonstick its not necessary).
 5. Bake for 20-25 minutes until a toothpick inserted into the center of each muffin comes out clean.
 6. Cool and enjoy! Keep leftover muffins in the refrigerator.
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Peanut Butter Pie Yogurt by June Grey

Ingredients:

Topping:

- Full-fat plain organic Greek yogurt + 1 teaspoon stevia

Filling:

- Full-fat plain organic Greek yogurt
- 1/2 cup + a tablespoon of natural peanut butter (or almond butter)
- 1 teaspoon or 1 tablespoon raw honey
- 3 scoops [vanilla, coconut or chocolate whey protein](#)
- 2 teaspoons vanilla extract

Crust

- [Grain-Free Honey Graham Cracker Pie Crust](#)

Instructions:

Simply fill crust with filling, add topping, and enjoy!

Pumpkin Tart by Kate Criswell

Ingredients:

Crust:

- 1 cup raw almonds
- 1 cup raw pecans
- 3 dates, pitted*
- 1 tbsp maple syrup*
- 1 tbsp [coconut oil](#)

Filling:

- 1 can of pumpkin pie filling (use BPA-free brand such as [Farmers Market Organic](#) or [Pacific Natural Foods](#))
- 3/4 cup full fat coconut milk cream (the hardened cream that forms at the top of the can once it's been refrigerated)
- 1/3 cup [coconut oil](#)
- 2 tbsp grass-fed butter or more coconut oil
- 1/2 -3/4 cup granulated sweetener such as coconut sugar
- 2 tbsp organic maple syrup
- 1 1/2 tsp cinnamon
- 1/2 heaping tsp nutmeg
- 1/4 heaping tsp ginger
- 1/4 heaping tsp cloves

- Dash of [sea salt](#)

Instructions:

Crust:

1. Add the nuts and dates to a food processor and combine until the mixture looks like rough sand
2. Add in the syrup and oil and pulse until dough forms
3. Press dough evenly into 9 inch tart pan covering the bottom and sides
4. Place in the freezer while you make the filling so it can set

Filling:

1. In a saucepan, combine the coconut milk, oil, butter and sugar and bring to a boil.
2. Once it reaches a boil, reduce heat to low and add the pumpkin, syrup and seasonings, stir well
3. Add the mixture to a food processor or blender and pulse until smooth
4. Poor filling into the crust and place the tart into the freezer to set-up, about 30 minutes
5. Remove from freezer and place in the refrigerator, store there until right before you are ready to serve it

If you want to top with dairy free whipped cream, use the cream off the top of coconut milk like you did for the filling and blend it with a hand held mixer until fluffy and smooth. Add some vanilla and a bit of sweetener and blend until combined.

Macadamia Lace Cookies by Kate Criswell

This recipe uses a French technique known as browning butter. It adds a nutty flavor and almost a caramel or butterscotch flavor in this particular recipe. It would be a great addition to frosting as well!

Brown butter is made by cooking butter long enough to turn the milk solids and salt particles brown while cooking out any water present. It has a more complex flavor than melted or clarified butter. Brown butter is traditionally served with fish, but makes for a delicious drizzle for vegetables such as brussels sprout and broccoli.

Ingredients:

- 1 cup raw macadamia nuts, dry roasted and chopped
- 1/2 cup grass-fed butter
- 1 cup granulated sugar (you can use [Swerve](#) for a no sugar option)
- 1 egg, beaten
- A couple sprinkles of [sea salt](#)
- 1 tsp vanilla extract
- 2/3 cups dark chocolate (optional)

Instructions:

1. Slowly roast the nuts in a dry skillet over medium heat until slightly brown. Remove and let cool in a single layer in the refrigerator
2. Place the butter in the skillet and heat over medium heat until browned butter is reach.

- The butter will boil, bubble and then start to show brown flecks. Remove once it is brown, pour into bowl and let cool for 5 minutes
3. Once the nuts have cooled, place them in a food processor and ground to rough sand consistency. If they are warm, you will end up with nut butter
 4. Place the nuts, sweetener, salt, egg and vanilla in a bowl and mix well. Add the butter and combine
 5. Place about a tablespoon full of batter onto a parchment lined cookie sheet. These will double in size so spread them out
 6. Bake at 350 for 5-7 minutes or until edges are slightly brown
 7. Remove from heat and let them cool on the cookie sheet for 5 minutes and then move the parchment to the counter to cool completely
 8. In a double boiler, melt the chocolate chips
 9. Pour the chocolate into a small ziplock once it's cooled a bit
 10. Cut a tiny piece off the corner of the bag and squeeze the chocolate to drizzle over the cookies
 11. Place in the freezer or refrigerator to set
 12. If these are stored in the refrigerator, they may become not as crispy

Cranberry Pecan Crackers by Kate Criswell

Ingredients:

- 1 1/2 cups fresh cranberries, dried (see instructions below)

- 1 tsp coconut oil, melted
- dash of sweetener (optional)
- 2 cups raw pecans
- 1 pastured egg
- 1 tbsp grass-fed butter, Ghee or coconut oil, melted
- 1 -2 tsp granulated sweetener (Use [Swerve](#) for a no sugar option)
- Couple dashes of sea salt or more for salty crackers. I sprinkled the top of rolled out dough with a tiny bit more salt

Dried Cranberry Instructions (store bought dried cranberries, they have added sunflower oil and white sugar). You can use a dehydrator to dry out the cranberries. I chose the oven method since many people do not have a dehydrator.

1. Combine cranberries, coconut oil and sweetener in a bowl. Pour onto a parchment lined cookie sheet and bake at 250 for 2-2 1/2 hours.
2. Remove from heat once the majority of berries look dried, set aside to cool.

Cracker Instructions:

1. Place the pecans and cranberries in a food processor and combine until pecans look like coarse sand
2. Add the egg, butter/oil, sweetener and salt to the mixture and pulse until combined and dough forms
3. Place the dough between two pieces of parchment paper and roll out to about 1/8 of an inch thick

4. Using a pizza cutter or sharp knife, cut crackers into desired size
5. Bake at 350 for 10-12 minutes or until lightly browned. Thinner crackers will cook faster and you may need to remove outer edge crackers before you remove the inner crackers
6. Let cool to crisp up and store in an airtight container. I love using glass jars for my snacks!

Pumpkin Muffins by Sarah Syko Spark

Ingredients:

- 1/2 cup pumpkin pie filling (use BPA-free brand such as [Farmers Market Organic](#) or [Pacific Natural Foods](#))
- 1 cup [almond flour](#)
- 1/2 cup [golden flaxseed flour](#)
- 5 drops [vanilla stevia](#) (or 1/4 tsp vanilla extract and additional sweetener)
- 1 teaspoon [Lo Han Guo powder or liquid](#)
- 1/2 cup unsweetened coconut flakes
- 3 eggs
- 3 tablespoons grass-fed butter, melted
- 1/2 tsp [sea salt](#)
- 1 tsp cinnamon
- 1/2 tsp cloves
- 1/2 tsp nutmeg

Instructions:

1. Pre heat oven to 375
2. Mix all the ingredients together thoroughly

3. Fill cupcake liners with batter – I made both regular and mini muffin sizes
4. Bake 12-15 minutes or until toothpick runs clean

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