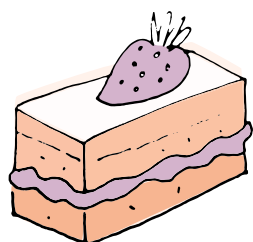


GOODNESSME.

The Refined Sugar-Free
SWEET TREAT

— EBOOK —



Contents: (Get Ready To Treat – Yo – Self!)

- | | | | |
|----|---|----|---------------------------------------|
| 4 | Salted Caramel Fudge | 11 | Choc Orange Jaffa Slice |
| 5 | Skin Boosting Smoothie Bowl | 12 | Game-Changer Strawberry Mint Blondies |
| 6 | Blueberry Nice-Cream | 13 | No Fuss Mocha Brownies |
| 7 | Granola with a Twist | 14 | Decadent Vegan Chocolate Cake |
| 8 | Crunchy Chocolate Peanut Butter Cups | 15 | Breakie Power Pudding |
| 9 | 10 Minute Chocolate Mug Cake | 16 | Simple Blender Oat Pancakes |
| 10 | Earl Grey Tea Cake + Lemon Cashew Cream | | |

Dietary Guide:  Gluten free  Dairy free  Vegan

Share your recipe recreations and tag

 @goodnessmebox | #GOODNESSMERECIPES



GOODNESSME!

The Refined Sugar-Free Sweet Treat eBook

← GMB Founder
Peta xx

There's no point denying it: I have a serious sweet tooth! Since refined sugar isn't great for your health, I've made it my mission to find ways to satisfy my cravings without it. Spoiler alert: I've succeeded!

When I chose to clean up my diet and focus on fuelling my body with wholefoods, it truly changed my life. I don't say that lightly. I went from being bedridden to becoming an energetic entrepreneur, and my state of mind improved significantly.

At the same time, I started shifting my mindset to reflect my new eating patterns, and this is what I learned. "Treating yourself" isn't going to derail your day – in fact, indulgence is part of living a healthy lifestyle. After all, what's life without a little sweet treat?! As long as you're enjoying a wholefood diet filled with protein, good fats and complex carbs, there's no reason to deny yourself. That's balance.

Indulgence is also the key to having a healthy relationship with food. I treat myself regularly, and I don't feel guilty about it. Neither should you!

Another reason why I'm comfortable with treating myself is because nine times out of 10, I reach for treats that are free from refined sugar. Refined sugar has next-to-no nutritional value. It's highly processed and spikes your blood sugar, which leads to a delightful crash later on. (Ever eaten a chocolate bar for energy, and then felt absolutely awful 30 minutes afterwards? That's what a blood sugar spike feels like.)

It's also addictive. Unfortunately, refined sugar sneaks its way into many products these days – including savoury ones! While it won't hurt you to occasionally eat foods with refined sugar, it's a good idea to steer clear of them most of the time.

Luckily, there are many natural sweeteners that are free from refined sugar, like dates, honey, maple syrup, xylitol, stevia and fresh fruit. These are easy ways to get your sweet fix – and they won't leave you feeling lethargic or with a post-sugar pounding headache. Plus, they taste amazing!

That leads me to this eBook! If you're anything like me, you're going to LOVE the refined sugar-free recipes we've whipped up in the GoodnessMe Box kitchen. There are also a bunch of gluten-free, dairy-free and vegan options, so that no one misses out (and everyone calls you the Masterchef of wholesome treats!).

Go on, give these recipes a go. They're easy to make and even easier to eat!



GMB Founder Peta xx

Don't forget to tag @goodnessmebox and #goodnessmebox in your recipes so that we can share them with the other sweet teeth in our community!

Salted Caramel Fudge

This sweet treat is full of healthy fats and uses maple syrup as a sweetener. Maple syrup is a great antioxidant and mineral rich alternative to refined sugars. Make sure to find pure maple syrup in the shops and not maple flavoured syrup as these are very different. This salted caramel fudge makes for a great 3pm snack that will nip that sugar craving in the bud and not leave you with a sugar headache. Make up a batch and bring them to your next holiday party, they are sure to be a hit!

GF DF V Serves 12

Base

- 150g (1 cup) raw almonds
- 1/3 cup LSA
- 1 tbsp maple syrup
- 1 tbsp coconut oil, melted
- 1/4 tsp cinnamon
- Pinch of sea salt

Caramel fudge

- 1/2 cup almond butter
- 1/2 cup coconut oil, melted
- 3 tbsp maple syrup
- 1/4 cup filtered water
- 1/4 tsp sea salt

Method

1. In a food processor, pulse together base ingredients until it reaches a dough-like consistency. Add 1 tablespoon water if needed.
2. Press into base of cling wrap covered loaf tin and refrigerate while you make caramel.
3. In a high-speed blender, blend together caramel ingredients.
4. Pour over the top of the chilled base and refrigerate for about 1-2 hours, or until firm.
5. Using a knife, cut into slices and ENJOY!
6. Store in fridge.





Skin Boosting Smoothie Bowl

Store bought smoothies contain far more sugar than you'd think and often have unnecessary ingredients. By making this tasty snack yourself, you know exactly what's in it. What's great about this recipe is the cucumber boosts hydration, while the avocado and LSA provides healthy fats. Your skin will literally soak up the benefits. Plus, it's so lusciously thick, you'll want to eat it with a spoon!

GF DF V Serves 1

Ingredients

- ½ -1 frozen banana
- 1 frozen cucumber
- ¼ avocado
- 1 tbsp LSA
- ½ cup almond milk (or milk of choice)
- 1 collagen sachet (optional but benefits skin, hair and nails)

Topping suggestions

Shaved coconut, berries and seeds.

Method

1. Combine the banana, cucumber, avocado, LSA, milk and collagen in a blender until smooth.
2. Top with berries, banana, coconut flakes and seeds.
3. Enjoy!

Blueberry *Nice* Cream

We often crave something sweet after dinner, and this is just the treat! A simple blueberry ice-cream is a great antioxidant rich alternative to the refined sugar-filled options on the supermarket shelves. Papaya is a great fruit to have around meal time as it is rich in digestive enzymes.

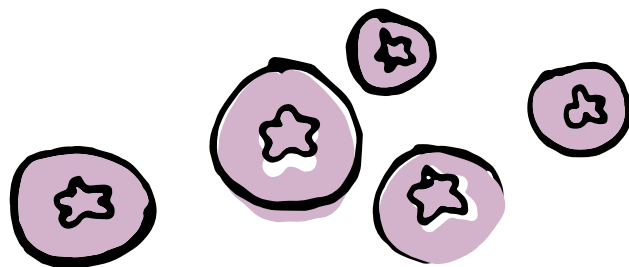
GF DF V Serves 2

Ingredients

- 2 frozen bananas, sliced
- 1 cup frozen blueberries
- ¼ cup coconut milk
- 1 papaya

Method

1. Cut papaya into halves. Scoop out flesh with a spoon to make a bowl.
2. Combine bananas, blueberries and coconut milk into a blender.
3. Blend until thick and creamy.
4. Serve in papaya boats with coconut flakes and fresh kiwi fruit.





Granola *with a* Twist

This Granola makes for an awesome snack or a tasty breakfast when mixed with yoghurt and fresh fruit. Adding a little Turmeric, which is known to have anti-inflammatory properties, is nicely balanced in this recipe so don't be afraid to try it!

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Serves 3 – 4

Ingredients

- 3 cups quinoa flakes
- 1 cup crushed almonds (pulse whole almonds in a food processor)
- ½ cup tahini
- ½ cup maple syrup
- ¼ cup melted coconut oil
- 1 tbsp turmeric powder – for more flavour try a chai turmeric powder
- 1 tsp vanilla
- ¼ tsp salt

Method

1. Preheat oven to 150C fan forced. Line a baking tray with baking paper.
- In a large bowl, mix together quinoa flakes and almonds.
 - In a small bowl, mix together tahini, maple syrup, coconut oil, turmeric latte, vanilla and sea salt until smooth and creamy.
 - Pour wet mixture over dry ingredients and mix to fully combine.
 - Press onto lined baking tray – spread into flat layer and bake for 20-25 minutes or until golden brown.
 - Let cool completely before breaking apart.
 - Store in an airtight container or in a cool dry place.

Crunchy Chocolate Peanut Butter Cups

Okay, who doesn't love chocolate and peanut butter together! These Crunchy Chocolate Peanut Butter Cups are so tasty, it's hard to believe they are refined-sugar free. Coming in their own individual muffin liner, they make excellent communal office treats. They are also full of healthy fats helping you stay fuller for longer. Raw cacao helps to boost serotonin and endorphins (happy hormones) and is a rich source of antioxidants. Think about doubling the recipe though, they'll be popular!

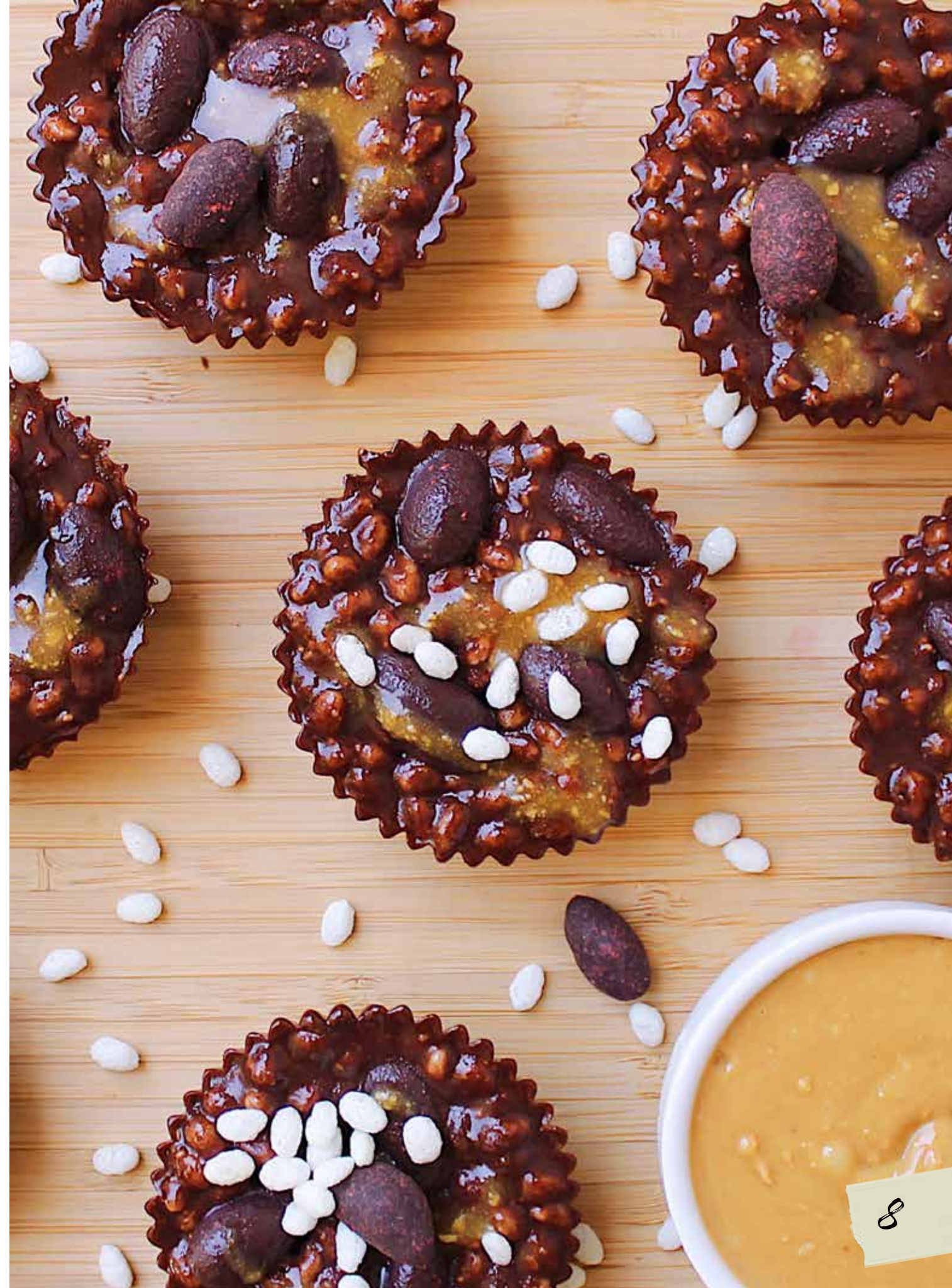
GF DF V Serves 9 – 12

Ingredients

- ¾ cup smooth peanut butter
- ¼ cup coconut oil, melted
- ¼ cup coconut butter
- ¼ cup maple syrup
- 1 tsp vanilla bean paste
- ½ cup raw cacao powder
- 1 cup rice puffs cereal
- 40g yoghurt coated almonds or roasted almonds

Method

1. In a small saucepan combine the peanut butter, coconut oil, coconut butter, maple syrup and vanilla bean paste over a low heat and mix well so it melts.
2. Remove from heat once liquified and mix in the cacao powder and stir.
3. Add in the rice puff cereal and mix well.
4. Line a muffin tin with 9 - 12 liners.
5. Evenly distribute to each muffin liner then sprinkle with 3 almonds per cup before putting into the freezer to set for 30 minutes.
6. Serve with extra rice puffs and drizzle with maple syrup and peanut butter if you like.
7. Store in the freezer.



Chocolate *Mug* Cake

If you're low on energy and are ready to give in to that big bowl of chocolate ice-cream, hold on! This incredible chocolatey treat takes less than 10 minutes to make! This cake is made with almond meal, so it's gluten free and filled with prebiotics (thanks bananas!), adding a nutritional boost to this chocolate cake. If you're feeling extra lazy, don't bother with step 4, it literally comes in its own serving dish.



GF DF V Serves 1

Cake

- ¼ cup (25g) almond meal
- 1 tbsp ground LSA meal
- ¼ cup ripe bananas, mashed
- 1 tbsp raw cacao powder
- ½ a chocolate bar, finely chopped
- 2 tbsp of almond milk (or milk of choice)
- ¼ cup baking powder
- Coconut oil, grease

Method

1. Lightly grease a mini microwave safe dish or mug with coconut oil using fingers
2. Combine all ingredients in a small bowl, mix well.
3. Pour into greased dish and microwave for 4 minutes.
4. Loosen edges with a knife and flip onto a plate.
5. Top with coconut yoghurt and fresh fruit. Enjoy!

TIP

Choose dark chocolate with high cacao content such as 70%-85%





Earl Grey Tea Cake

This healthy cake is a real crowd pleaser and yes: it does taste as good as you imagine! The apples and ground flaxseeds add some beneficial dietary fibre, while the maple syrup makes the cake sweet, but not too sweet. If you haven't tried incorporating soaked cashews into recipes before, be ready for them to become your favourite. The cashews give the frosting alternative a nice smooth consistency while remaining nutrition dense and refined sugar free.

GF DF V Serves 12

Cake

- 500g apples, peeled and cored (or pureed)
- 1/4 cup lemon juice
- 1/2 cup maple syrup
- 1 tsp vanilla bean paste or extract
- 1/2 cup coconut oil, solid state
- 1 Earl Grey tea packet - contents only
- 1 cup ground flaxseed meal
- 3 cups almond meal

Lemon Cashew Cream

- 1 cup raw cashews, soaked overnight
- 1/4 cup coconut butter
- 1 tsp vanilla extract
- 3 tbsp maple syrup
- 2 tbsp fresh lemon juice
- 1/4 cup filtered water
- Pinch of sea salt

Method

- Preheat oven to 160°C fan-forced and line a 20 x 20cm baking tray with baking paper.
- Blend apples, lemon juice, maple syrup, vanilla, coconut oil and tea in a high-speed blender or food processor until smooth and creamy.
- Pour into a bowl and fold in almond meal and ground flaxseed.
- Spoon into a lined baking tray and smooth out the top.
- Bake for 1 hour, completely cool before removing from tin.
- Combine cashew cream ingredients into a high-speed blender until smooth and creamy.
- Top cooled cake with lemon cashew cream, blueberries and lemon rind.
- Store the remaining cream in the fridge, up to 5 days.

Choc Orange *Jaffa* Slice

This Choc Orange Slice recipe is for all Jaffa lovers! This slice is filled with wholesome ingredients like flaxseeds, oats and fresh oranges and the added bonus of being vegan and refined sugar free (no sugar headache!). Next time you have friends over whip these up, they are sure to be a crowd favourite!

DF V Serves 9

Slice

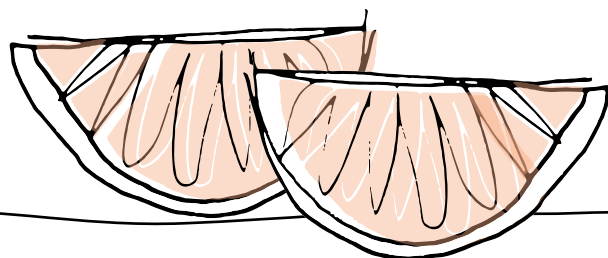
- 2 cups oats (or gluten free oats)
- ½ cup ground flaxseed
- ½ cup tahini
- ¼ cup coconut oil, melted
- ¼ cup maple syrup
- ½ cup orange chocolate mylk
- 1 tsp baking powder
- 1 navel orange, peeled and chopped

To Decorate

- 50g melted dark chocolate
- Fresh orange
- Desiccated coconut

Method

1. Preheat oven to 160°C (320°F) fan-forced and line a square cake tin with baking paper.
2. Combine the oats, flaxseed, tahini, coconut oil, maple syrup, chocolate mylk and baking powder together in a large bowl to form a batter.
3. Add the chopped orange and mix well.
4. Pour mixture into prepared baking tin.
5. Bake the slice for 35-40 minutes or until firm.
6. Enjoy as-is or drizzle with melted chocolate and sprinkle with fresh orange and coconut.



Game-Changer Strawberry Mint Blondies

These Strawberry Mint Blondies are a perfect treat! Full of fresh strawberries and healthy fats from the almonds, these beauties are gluten free, dairy free and refined sugar free. Excellent with morning tea or for dessert!

GF DF Serves 12

Ingredients

- 2 ¼ cups almond meal
- 1 x mint tea bag - contents only
- 2 eggs
- ½ cup honey or maple syrup
- ¼ cup coconut oil, melted
- ½ cup almond butter
- 1 tsp vanilla extract
- 1 tsp of baking powder
- 1 cup fresh strawberries, chopped

Method

1. Preheat oven to 160°C (320°F) fan-forced and line a brownie tin with baking paper.
2. Combine everything but the strawberries together in a large bowl.
3. Stir until batter is smooth.
4. Fold in the strawberries.
5. Pour mixture into prepared brownie tin
6. Bake the blondies for 35 minutes or until toothpick comes out clean.
7. Serve as is or top with almond butter and strawberries.



No Fuss Mocha Brownies

Ever crave something rich, indulgent and goooood after dinner? These Gluten Free Mocha Brownies are just that. They are made with wholesome ingredients like almond butter, eggs, sweetened with maple syrup and they are enhanced with a subtle undertone of coffee. All you need is 8 ingredients, one bowl, an oven, and some chocolate loving friends to share these bad boys with!

GF DF Serves 12

Ingredients

- 2 eggs
- 1 cup almond butter
- 1/3 cup maple syrup
- 1/3 cup cacao powder
- 1 x coffee pod, contents only
- 1 tsp vanilla bean paste
- 1/2 tsp of baking soda
- 1/3 cup dark chocolate, chopped

Method

1. Preheat oven to 180C and line an 8x8 inch baking pan with baking paper.
2. In a large bowl combine the eggs, maple syrup, almond butter and vanilla extract.
3. Stir in cacao powder, coffee pod and baking soda until combined.
4. Fold in dark chocolate chips if using.
5. Pour batter into prepared pan and smooth top with spatula.
6. Bake in the oven for 20-25 minutes or until toothpick inserted in centre comes out clean.



Decadent *Vegan* Chocolate Cake

Looking for a healthy chocolate cake recipe that doesn't contain eggs, sugar or grains? This Vegan Chocolate Cake can be enjoyed by everyone - whether you're gluten free, dairy free, paleo or just love eating chocolate! It's naturally sweetened with dates and is full of antioxidant rich cacao! Eat as is, or top with our delicious coconut frosting for the perfect healthy sweet treat.

GF DF V Serves 12

Cake

- 2 cups / 300g dates
- 2 cups coconut milk
- 2 tsp vanilla extract
- ½ cup coconut oil, melted
- 1 cup desiccated coconut
- 2 cups almond meal
- ½ cup ground flaxseed
- 1 cup raw cacao powder
- 2 tsp of baking powder

Coconut frosting

- 1 cup desiccated coconut
- ¼ cup coconut milk, plus more if needed
- 3 tbsp coconut butter
- 2 tbsp maple syrup
- Raspberries, to serve

Method

1. Preheat oven to 160°C fan-forced and line a round cake tin with baking paper.
2. Combine dates and coconut milk into a saucepan and heat over a low-medium heat. Cook for 3 minutes to soften the dates.
3. In a bowl combine coconut, almond meal, flaxseed, cacao powder and baking powder.
4. Blend dates in a blender with vanilla extract and coconut oil.
5. Pour date mixture over dry ingredients and stir to combine.
6. Spoon into prepared baking tin and smooth out the top.
7. Bake for 45-50 minutes or until toothpick comes out clean.
8. Combine frosting ingredients in a bowl to form a thick paste. Add more coconut milk for a thinner consistency or until preferred consistency.
9. Once the cake is cool spread over frosting and top with raspberries.



Breakie *Power* Pudding

This 6-ingredient Paleo Breakfast Pudding is the easiest grain-free porridge recipe you will ever make! It's perfect for cold days when your body instantly craves warm, hearty and filling foods. This paleo porridge recipe is a great alternative to standard porridge that sometimes sneaks in unwanted sweeteners and artificial flavours. Plus you can whip up a big batch and enjoy it throughout the week.

GF DF V Serves 1

Ingredients

- 1 cup almond milk (or milk of choice)
- 1 banana, mashed
- 1/2 cup almond meal
- 1/3 cup desiccated coconut
- 2 tbsp ground flaxseed
- 1 serve protein powder

Method

1. Add everything to a small saucepan and warm over medium heat.
2. Stir the pudding together until well combined over heat or until it starts to thicken.
3. Let the pudding simmer for 2 minutes then remove from heat.
4. Pour into bowl, add your favorite toppings and enjoy!





Simple Blender Oat Pancakes

Weekend breakfasts just got so much easier with these Porridge Blender Pancakes! Just throw all the ingredients into your blender and then cook on a pan for delicious and healthy pancakes! These can be made sweet with some maple syrup and fruit or savory with nut butter and coconut flakes; take your pick!

DF V Serves 1

Ingredients

- ½ a ripe banana
- 1 egg
- ¼ cup almond milk
- 30g oats (or Gluten Free Oats)
- 30g vanilla protein powder
- 1 tsp baking powder

Method

1. Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute.
2. Lightly coat a pan with a little coconut oil and place over a medium heat.
3. Add 2 tbsp of mixture to the pan at a time, cooking each side until golden.
4. Serve with yoghurt and fresh fruit.

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- Molly ★★★★★

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