

Lemon Squares (healthier)



Crust Ingredients:

4 tablespoons coconut sugar
1/4 cup melted ghee or melted cocoa oil
1 egg
1 cup almond flour
2 tablespoons arrowroot flour
1/4 teaspoon salt
1/2 teaspoon vanilla

Custard Ingredients:

1/2 cup freshly squeezed lemon juice
zest from 1 lemon
1/2 cup sweetener of choice (maple syrup, honey, coconut sugar)
4 large eggs plus 1 yolk
1 1/2 tablespoons arrowroot flour
Powdered sugar to dust

Instructions:

1. Preheat oven to 325
2. Line an 8x8 inch pan with parchment paper, this will make it easy to remove the whole thing from the pan.
3. Start with the crust - In a mixing bowl, with a whisk attachment - combine the ghee or coconut oil, coconut sugar, egg and vanilla. Whisk together until smooth, then add in the dry ingredients. When this comes together as a dough, take it out and press it with your fingers into the bottom of your prepared pan. Bake for about 8-10 minutes. Remove and allow to cool for a few minutes.
4. Make the filling: Whisk all of the ingredients together for about 1 minute or so.
5. Pour the lemon custard over the crust and bake for 20- 22 minutes or the custard is set, and no longer jiggly.
6. Cool on a rack, then pop them into the fridge to set for about 4 hours or overnight. When they are firm you can cut them into bars with a clean sharp knife. Dust with powder sugar.



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Judy's Black Bottom Cupcakes (healthier)



Ingredients: (yields 18 cupcakes)

- 1 8-ounce package of organic cream cheese
- 1 egg
- 1/3 cup coconut sugar
- 1/8 teaspoon salt
- 1 cup miniature chocolate chips
- 1 1/2 cups of bobs red mill gf flour
- 1 cup coconut sugar sugar
- 1/4 cup raw cacao powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup water
- 1/3 cup grapeseed oil
- 2 teaspoons vanilla extract
- 1 tablespoon cider vinegar

Instructions:

1. Preheat oven to 350 degrees.
2. Line muffin tins (mini tins or regular) with paper cups.
3. In bowl, gently beat (until fluffy): cream cheese, egg, 1/3 cup sugar and salt. Add chocolate chips.
4. In large bowl, sift together flour, 1 cup sugar, cocoa, baking soda and salt.
5. Make a hole in the center of the dry mixture and pour in: water, oil, vanilla and vinegar. Blend together.
6. Fill muffin tins only 1/3 full with batter and top with a nice heaping dollop of cream cheese mixture. Make certain you don't use too much batter or the cupcakes will bake over the cream cheese.
7. Bake in oven for approximately 30 minutes.
8. Cool on wire rack.



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Banana Chocolate Chip Loaf (healthier)



Ingredients: (yields 1-2 loaves)

- 1/2 c organic unsalted butter or ghee (room temperature)
- 1 2/3 c coconut sugar
- 2 eggs slightly beaten
- 1/4 tsp salt
- 1 1/2 tsp baking powder
- 1 1/2 tsp baking soda
- 1 pint organic plain yogurt
- 3 mashed bananas
- 2 cups Bobs Red Mill gf flour
- 1/4 tsp salt
- 2 tsp vanilla
- 1-2 c mini chocolate chips or 1 1/2 cups regular

Instructions:

1. Preheat oven to 350 degrees F.
2. Cream butter & sugar in electric mixer
3. Slowly add eggs & salt & mix well
4. Dissolve baking powder & baking soda in sour cream (sour cream will begin to foam, then add to above mixture)
5. Slowly add banana pulp
6. Slowly add flour
7. Add vanilla
8. Add mini chocolate chips to mixture - if using regular sized chips, make sure they are coated in flour to prevent them from sinking to the bottom of loaf
9. Grease 2 loaf pans with butter & pour batter into both pans 3/4 of the way
10. Bake @ 350 for 90 minutes*
11. Let cool on wire rack, release from pan once cooled - sprinkle confectioner's sugar on top prior to serving
12. This bread freezes well & tastes just as good, if not better, when it's still cold in the center!

* Number of loaves baked will vary on size of pan. Recipe calls for large loaf pan size 10x5 and small loaf pan 8x4. Baking times will vary. Be sure to check your loaves after an hour by placing a toothpick or skewer in the center. If it comes out clean, your loaf is ready.

** Smaller loaf pans will bake faster.



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Molasses Sugar Cookies (healthier)



Ingredients: (yields approx. 3-4 dozen)

1 cup coconut sugar
3/4 cup grape seed oil
1/4 cup molasses
1 egg
1 cup brown rice flour
1 cup oat flour
2 teaspoons baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/2 teaspoon ground cloves
Additional sugar

Instructions:

1. Preheat oven to 375 degrees.
2. In a large bowl, combine the oil, sugar and molasses. Add egg; mix well. Combine the flour, baking soda, cinnamon, salt, cloves and ginger; add to sugar mixture and mix well. Cover and refrigerate for a few hours or until easy to handle (approx. 3-4 hours depending upon your patience).
3. Shape dough into 1-in. balls; roll in additional sugar. Place 3 in. apart on well-greased baking sheets.
4. Bake for 7-9 minutes or until tops are cracked and edges are set. Baking time will depend on oven so check on cookies towards the end of baking
5. Cool for 2-3 minutes before removing from pans to wire racks.



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