

As a Certified Health Coach, one of the things I teach my clients is that you really don't have to "give up" anything you really like (logic applies here please!). Rather I focus on trying to improve the quality and sourcing of everything you eat so you can "have your cake" without jeopardizing your overall health, RIGHT?? And, come on...it IS the HOLIDAY SEASON! So let me share with you some healthier baking substitutions and some of my favorite recipes to help you start to "transition your taste buds" to the HEALTHY SIDE!!

<b>Substitute THIS</b>	<b>for</b>	<b>THIS</b>
Unsweetened applesauce		margarine or sugar
Black beans		flour
Whole wheat flour or even blended		white flour
Almond flour		wheat
Coconut flour		flour
Avocado puree		margarine or butter
Brown rice cereal with flax		Rice Krispies
Organic peanut butter		fat free peanut butter
Mashed bananas		Fats
Prunes		Fats
Stevia		Sugar
Chia seeds		eggs
Flax seed		eggs

Here are some of my FAVORITE recipes!!! The Avocado pudding is as rich and delicious as mousse!! Do not be afraid to try this recipe!!!!

### Avocado Chocolate Pudding

Melt 1/2 cup dark chocolate in a bowl and cool slightly

In a food processor blend:

4 ripe avocados

1/2 cup unsweetened cocoa powder

1/2 cup honey

1 tb plus 1 tsp pure vanilla

1/4 tsp sea salt

1/3 cup unsweetened almond milk

Spoon into containers and refrigerate for at least 3 hours!

## ALMOND BUTTER CHOCOLATE CHIP COOKIES

MIX:

1 cup unsalted almond butter

3/4 cup SUCANAT

1 large egg

1/2 tsp. baking soda

1/4 tsp sea salt

3 oz dark chocolate chips

1/2 cup slivered almonds

Bake at 350 for 10-12 minutes till brown. Freeze well.

## NO BAKE ALMOND BUTTER & CHOCOLATE OATMEAL BARS

Melt in pan: 1 cup almond butter, 1/2 cup raw honey, 1/2 cup virgin coconut oil

Add: 2 cups oats,, 1 1/4 tsp vanilla, 3 TBLS Hemp Hearts, 1/4 cup nuts, 1/4 cup dried cherries, 1.25 cups dark chocolate chips.

Mix together. Spread in 8 x 8 pan.

Refrigerate. Freezes well!