

DESSERTS AND BREADS  
**RECIPES**

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## Apple Cinnamon Bread Pudding

(SS, CC)

Serves 8

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6 slices 9-grain bread  
1 cup unsweetened applesauce  
½ cup slivered almonds  
4 large eggs, beaten  
2 cups low-fat milk  
¾ cup brown sugar  
2 TBSP cinnamon  
3 TBSP vanilla extract  
1 apple, chopped  
2 TBSP canola oil

Preheat oven to 350 degrees. Lightly spray an 8" square baking pan with cooking spray. Break bread into small pieces and place in baking dish. Mix applesauce and oil, and drizzle over bread. Sprinkle with almonds. In a medium bowl, combine eggs, milk, sugar, cinnamon and vanilla. Beat until well mixed. Add chopped apple and egg mixture to bread and lightly push down with a fork until bread is covered and soaking up egg mixture. Bake for 45 minutes or until golden brown. Before baking, you can sprinkle a mixture of cinnamon over the top.

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## Blueberry Creamsicle Shake

(FS, RR, SS, CC, 21 - phase 2 only)

Serves 1

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2 scoops TLS Nutrition Shake – Vanilla  
1 cup blueberries  
1 cup unsweetened almond or rice milk

Blend all with ice until creamy.

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## Blueberry Cheesecake

(RR, SS, CC)

Serves 4

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¼ cup pecans, chopped  
¼ cup almonds, chopped  
1 TBSP orange rind  
¾ cup blueberries  
1 cup part-skim ricotta cheese  
½ oz. pure honey  
¾ cup strawberries

Line 4 cupcake tin cups with plastic wrap. Place ricotta, honey and orange rind in a bowl and mash with a fork. Combine ⅔ of the blueberries with the ricotta mixture and divide between muffin tins. Firmly press in and smooth the surface. Sprinkle nuts on top. Smooth out with the back of a spoon and press the nuts into the mixture. Refrigerate 1 hour to form and chill. To serve, invert onto a plate and peel away plastic wrap. Top each cake with a sliced strawberry and serve with remaining blueberries.

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## Blueberry Oat Bran Muffins

(SS, CC)

Serves 6

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½ cup plain yogurt  
1 cup almond flour  
1 TBSP orange zest  
2 TBSP vanilla extract  
¼ cup fructose  
¼ tsp salt  
1 cup blueberries  
2 oz. cinnamon  
2 TBSP sunflower oil  
½ oz. flax seeds  
2 scoops TLS Nutrition Shake – Chocolate

Preheat oven to 350 degrees. Combine dry ingredients and mix well. In a separate bowl, combine wet ingredients and mix well. Combine wet and dry ingredients, except blueberries, and once all combined, fold in blueberries. Spoon into a no-stick muffin pan. For 12 muffins, bake 20-25 minutes or until a toothpick comes out clean and tops are golden brown. For 6 large muffins, double cook time to about 40 minutes. Allow the muffins to cool for 5 minutes after you remove them from the muffin pan.

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## Chickpea Chocolate Chip Cookies

(RR, SS, CC)

Serves 25

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1 can of chickpeas  
2 eggs  
¾ TBSP butter  
2 cups 60% or more dark chocolate chips  
1 cup raw agave syrup  
¼ TBSP salt  
2 ½ cup whole grain flour  
¾ cup old fashioned rolled oats, uncooked  
2 tsp vanilla extract

Drain, rinse and smash chickpeas in a small brown and combine ingredients. Combine all ingredients and mix well. Preheat oven to 350 degrees and spray cookie sheet. Bake 11-13 minutes.

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## Creamy Banana Bread

(RR, SS, CC)

Serves 20

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2 ¼ cup pecans  
2 ¼ cup almond flour  
½ tsp baking soda  
1 cup mashed banana  
1 cup low-fat cream cheese  
1 ½ tsp baking powder  
2 tsp cinnamon  
2 TBSP brown sugar  
1 cup sugar  
1 tsp vanilla extract  
2 eggs  
½ cup unsalted butter

Preheat oven to 350 degrees. Cream the butter and cheese together. Gradually add the sugar and continue beating until light and fluffy. Add 1 egg at a time, beating well after each addition. Stir in the bananas and vanilla extract. Add flour, baking powder and baking soda; mix until batter is just moist. In a small bowl, mix pecans, brown sugar and cinnamon. Divide half of the mixture into 2 greased and floured 8x4 loaf pans. Sprinkle pecan mixture over the batter. Top with remaining batter. Bake for 45-50 minutes or until inserted toothpick comes out clean.

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## Creamy Quinoa Pudding

(RR, SS, CC)

Serves 6

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1 tsp vanilla extract  
2 TBSP honey  
1 pomegranate, seeds scraped out  
¾ cup quinoa  
2 cups soy milk  
2 bananas  
2 TBSP Splenda

Bring quinoa with 1½ cups water to a boil over high heat. Cover and simmer for 15 minutes, or until quinoa is tender and water is absorbed. Blend together milk, bananas, Splenda and salt until smooth. Pour into saucepan with quinoa. Place the pan over medium heat and cook until mixture becomes thick and creamy, 5-10 minutes. Stir in the honey, pomegranate and vanilla.

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## Eggnog Pudding

(RR, SS, CC)

Serves 6

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2 TBSP rum extract  
⅛ tsp nutmeg  
1 TBSP low-fat milk  
¼ package vanilla instant pudding mix, sugar free without aspartame

In a medium bowl, stir together cold milk, nutmeg and extract. Add the pudding mix and beat for 2 minutes. Pour into serving dishes and garnish with additional nutmeg, if desired, and chill until set.

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## Jamaican Nut Baked Apple

(RR, SS, CC)

Serves 4

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4 apples  
4 plums, diced  
4 peaches, diced  
4 tsp salt  
4 tsp peanuts  
4 tsp almonds  
⅓ cup pecans  
½ cup rum extract  
1 TBSP cinnamon

Core all apples. Using a knife cut a skin deep horizontal line around the outside of the apples to allow room for the inside of the apple to expand. Place the apples in an oven-safe dish and stuff them with fruits and nuts. Pour 2 TBSP rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 380 degrees for 45 minutes or until apples are soft.

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## Capsicum Tart

(SS, CC)

Serves 8

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3 cups brown sugar  
3 TBSP balsamic vinegar  
1 TBSP thyme  
7 TBSP olive oil  
5 TBSP water  
½ TBSP salt  
½ cup slivered almonds  
1¼ cup whole grain flour  
1 red onion, sliced  
½ cup red capsicum, sliced  
1 yellow capsicum, sliced

Preparing the crust: Combine flour and salt in a bowl and stir in 5 TBSP of oil. Add water and stir until dough forms. Wrap in plastic wrap and place in refrigerator for 30 minutes. Filling: Heat oven to 450 degrees. Place capsicums and onions on a baking dish and drizzle with vinegar, thyme and 2 TBSP oil. Roast until capsicums and onions are brown. Stir in pan when cooking. Reduce oven heat to 400 degrees and put brown sugar and remaining oil in a saucepan, bring to a boil and cook until thickened. Pour into pie pan. Place capsicums and onions into pan and sprinkle with almond slices. Roll out dough and cover filling. Bake until golden brown, about 30 minutes. Let rest 10 minutes before serving.

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## Sugar Free and Gluten Free Almond Cookies

(SS, CC)

Serves 15

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½ TBSP butter  
¼ tsp cream of tartar  
¼ tsp baking soda  
1 egg  
½ tsp vanilla extract  
1½ cup flaxseed meal  
1½ cup almond meal  
Cinnamon to taste  
1½ packets Splenda

In a bowl, beat butter with an electric mixer for 30 seconds. Add half the almond meal, Splenda, flaxseed meal, egg, vanilla, baking powder and cream of tartar and blend well. Beat in rest of almond meal. Preheat oven to 350 degrees. Combine 2 tsp Splenda and 2 tsp ground cinnamon on a plate. Use a tablespoon to scoop out dough, roll it into a small ball in Splenda/cinnamon mixture. Place 2" apart on a cook sheet. Bake 15-20 minutes. Cookies will get firm as they cool.

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## Zucchini Bread

(RR, SS, CC)

Serves 8

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2 cups of gluten-free flour  
1 tsp garlic, chopped  
1 TBSP baking powder  
½ cup crushed pineapple  
1 tsp vanilla extract  
3 TBSP vegetable oil  
1 egg  
2 cups grated or finely diced zucchini  
½ tsp allspice  
½ tsp nutmeg  
½ tsp cinnamon  
½ tsp baking soda  
½ tsp allspice

Preheat oven to 350 degrees and coat a 9x5 pan with cooking spray. In a large bowl, combine flour, baking powder, baking soda, salt, allspice, cinnamon, nutmeg and garlic cloves. In another bowl, beat the egg, and then add zucchini, pineapple, oil and vanilla and stir to combine. Add the flour mixture. Pour into the pan and bake 50-60 minutes or until a toothpick comes out clean. Cool completely before cutting.

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