



Real Food Desserts

a collection of gluten free, grain free, and paleoish recipes to satisfy your sweet tooth.

Welcome!

Dear Friends,

I. Love. Baked. Goods.

I have always loved to bake ... cookies, muffins, scones, cakes, you name it. I don't discriminate when it comes to all that yumminess. However, when we switched to a more grain-free way of life, I was completely clueless about how to bake without regular white flour. Learning the ways of grain-free baking is kinda like a whole new language! But I was up for the challenge because there's no way I'm giving up the occasional sweet treat.

Lucky for you, I've combined my love for baked goods with my nutritional therapist background along with my very realistic cooking habits to make this ebook for YOU -- 11 gluten free, grain free and paleo-ish dessert recipes that are simple to make, don't use a bunch of crazy ingredients, and will totally satisfy that sweet tooth of yours.

A few things to keep in mind:

- When you switch to a real food diet, you often find that you don't need as much sweetness as you used to. Cutting back on processed foods and excess sugar brings out the true sweetness in real food. One bite of a ripe strawberry after ditching all the junk is refreshingly flavorful and very sweet! You can always add more sweetener to these recipes, but I challenge you to try these recipes as they are written.

- Nut butters can be interchanged. Feel free to use almond butter, cashew butter, or sun butter in any of these recipes. Peanut butter can be used but changes the flavor significantly, and keep in mind that peanuts are legumes and therefore not Paleo.

- Fats/oils can be interchanged as well. Butter, ghee, or coconut oil will all work in these recipes! However, the taste will definitely be affected. A shortbread crust is always going to taste more authentic with butter, but you can use coconut oil if you choose.
- Natural sweeteners which can be used include maple syrup, honey, and agave nectar. I personally have a maple syrup obsession, but you can use your favorite in any of these recipes.
- These desserts are all best stored in the refrigerator to make them last longer.

Lastly, I have to put on my nutritional therapist hat and remind you that desserts are not meant to be enjoyed after every meal (or in place of a meal!) Even though these desserts contain real food ingredients and natural sweeteners are much better for our bodies than plain old white sugar, they are still desserts.

Please do your body (especially your liver and adrenal glands) a favor by enjoying these treats responsibly and not excessively.

Because eating a pan of Gluten Free Chocolate Peanut Butter Brownies or an entire Paleo Pumpkin Loaf is not part of a healthy real food diet, y'all. Unfortunately. Because that would be amazeballs.

Time to get our bake on, you guys.

Amanda



The Desserts

Gluten Free Snickerdoodles

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Gluten Free Skillet Blueberry Crumble

Gluten Free Chocolate Peanut Butter Brownies

The Easiest Paleo Muffins Ever

Paleo Pumpkin Loaf

Paleo Banana Chocolate Chip Bread

Paleo Chocolate Pumpkin Muffins

Grain Free Chocolate Birthday Cupcakes



Gluten Free Snickerdoodles



Ingredients

- 1/4 cup butter, room temp (can use coconut oil for paleo)
- 1/4 or 1/3 cup organic sugar, depending on preference (can use maple syrup for paleo)
- 1 egg
- Dash of vanilla
- 1 1/2 cups almond flour
- 2 tablespoons coconut flour
- 1/4 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/2 teaspoon gluten-free baking powder

Spice mixture for rolling cookies:

- 2 tablespoons organic sugar (can use coconut sugar for paleo)
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Directions

1. Combine butter and sugar together in a bowl. Use a mixer to cream together. Add egg and vanilla and mix until smooth.
2. Mix in almond flour, coconut flour, salt, baking powder, cinnamon, and nutmeg. Stir together until smooth batter forms.
3. Separate batter into equal pieces and roll into balls (I usually get about 16 cookies).
4. In a small bowl, mix together sugar, cinnamon, and nutmeg. Roll each dough ball in sugar mixture and place on a cookie sheet lined with parchment paper.
5. Use the bottom of a glass (or a flat surface) to slightly flatten cookies.
6. Bake at 350 degrees for 14-16 minutes. Remove from oven and let cool on cooling rack. Cookies will harden slightly while cooling.
7. I dare you not to eat more than one.

Gluten Free Berry Tart with Shortbread Crust



Ingredients

- 1 cup almond flour
- 1/3 cup coconut flour
- 1/4 tsp sea salt
- 1 egg, beaten
- 1/4 cup melted butter (can use coconut oil for paleo)
- 3 tablespoons maple syrup
- 2 cups mixed berries
- 2-3 tablespoons raw cane sugar

Directions

1. Combine almond flour, coconut flour, and sea salt in mixing bowl. Add beaten egg, melted butter, and maple syrup. Mix with a spoon until combined.
2. Press into greased tart pan (or pie dish, 8x8 square pan, 8-inch springform pan). I use a small piece of parchment paper to make it as even as possible! Try to press it up the sides of the pan, too.
3. Use a fork to pierce the crust in a few places. Bake in the oven at 350 degrees for 15-17 minutes or until cooked through and edges are starting to brown.
4. Remove from oven and let cool.
5. While shortbread crust is baking, wash and cut berries if needed. Toss in a bowl with the raw cane sugar and let sit for the sweetness to develop.
6. Once the crust is cooled, pour berries into the pan and spread out. Feel free to add some whipped cream or vanilla ice cream. I mean, it can't hurt.

Gluten Free Oatmeal Chocolate Chip Cookies



Ingredients

- 2 cups gluten free oats
- 1 cup fine almond flour
- 1/4 cup shredded coconut flakes, unsweetened
- 1/2 tsp sea salt
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 cup maple syrup
- 1/4 cup coconut oil, melted
- 1 egg, beaten
- 1/2 cup Enjoy Life mini chocolate chips

Directions

1. Preheat oven to 350 degrees.
2. Combine the dry ingredients (except chocolate chips) in a bowl. Combine maple syrup, melted coconut oil, and egg. Add to dry mixture and mix until thoroughly combined.
3. (This step is missing in the original text)
4. Stir in chocolate chips.
5. Refrigerate dough for about 30 minutes. (You can skip this, but it makes the dough easier to manage ... 'cause it's pretty sticky.)
6. Place rounded tablespoons of dough onto a baking sheet with parchment paper. (Your fingers will get messy but it's totally worth it.)
7. Bake at 350 degrees for about 17-20 minutes. About halfway through the baking time, use the bottom of a glass to flatten the cookies a bit.
8. Let cool completely, otherwise, the cookies will fall apart. They will harden to perfection during the cooling time.

Gluten Free Brownie Skillet



Ingredients

- 1/2 cup of butter (one stick)
- 1 cup of sugar (I use raw sugar)
- 1 dash of vanilla
- 2 eggs
- 1/2 cup of gluten free flour (I use Bob's Red Mill Gluten Free 1:1 Baking Flour)
- 1/3 cup of organic unsweetened cocoa powder
- 1/4 tsp baking powder
- 1/4 tsp sea salt
- Toppings of choice (I used melted dark chocolate and chopped peppermint bark)

Directions

1. Preheat oven to 350 degrees.
2. Grease cast iron skillet or 9x9 inch pan (I always use melted coconut oil!)
3. Melt butter in a saucepan or in the microwave.
4. Mix melted butter with sugar and vanilla, then beat in eggs.
5. Add in dry ingredients and mix until fairly smooth.
6. Pour batter into prepared pan and bake for 20-25 minutes.
7. Let cool and then add toppings.

Gluten Free Skillet Blueberry Crumble



Ingredients

For the filling:

- 1 pound fresh blueberries
- 2 T gluten free flour
- 1/4 cup organic cane sugar
- Juice from half a lemon
- 1 tsp vanilla
- 1/2 tsp cinnamon

For the topping:

- 1 cup almond flour
- 2 twists of a sea salt grinder
- 1/2 tsp cinnamon
- 2T coconut oil, melted
- 2T maple syrup

Directions

1. Preheat oven to 375 degrees.
2. Mix filling ingredients together until blueberries are well coated with the flour mixture.
3. Pour berry mixture into a seasoned cast iron skillet (or 9-inch pie pan/8 inch square baking dish).
4. Add topping ingredients together and stir until mixture resembles cookie dough.
5. Drop spoonfuls of topping over berries and spread out as evenly as possible.
6. Bake in the oven at 375 degrees for 25-35 minutes. Berries should be bubbling and topping should be browned!
7. Serve by itself, over Greek yogurt, or vanilla ice cream. Enjoy, y'all!

Gluten Free Chocolate Peanut Butter Brownies



Ingredients

- 1 cup peanut butter (I use smooth)
- 1/3 cup maple syrup
- 1 egg
- 2 tbsp ghee or melted coconut oil
- 1 tsp vanilla
- 1/3 cup cocoa powder
- 1/2 tsp baking soda
- Chocolate chips (I use Enjoy Life)

Directions

1. Mix together the peanut butter, maple syrup, egg, ghee/coconut oil and vanilla in a bowl. I like to use a mixer because the peanut butter is a bit tough to stir by hand.
2. Stir/mix in the cocoa powder and baking soda. The mixture will be on the thick side.
3. Pour batter into an 8x8-inch square baking pan coated with oil/spray or lined with parchment paper. (I prefer parchment paper for easier removal from the pan!) Because the batter is thick, you can use a spatula to press it into the corners and even it out.
4. Sprinkle chocolate chips on top.
5. Bake at 325 degrees for about 20-25 minutes. I prefer mine on the softer and gooier side, so I always go for the shorter baking time.
6. Remove from pan (yay, parchment paper!) and let cool before cutting into squares. I like to put them in the refrigerator for about 30 minutes before cutting because the brownies slice so well this way!

The Easiest Paleo Muffins



Ingredients

- 1/2 cup of nut butter (my favorite is cashew!)
- 1 medium ripe banana
- 1 egg
- 1/2 tsp vanilla
- 2 T maple syrup
- 1/4 tsp baking powder
- Enjoy Life mini chocolate chips (FYI - technically not Paleo because of the cane sugar)

Directions

1. Put all of the above ingredients (except the chocolate chips) into a blender.
2. Blend. (You can just as easily use a mixer but that just means more dirty dishes.)
3. Pour into mini or regular sized cupcake pan. (I recommend using cupcake liners!)
4. Sprinkle the tops with mini chocolate chips. (This is optional but COME ON.)
5. Bake mini muffins for 8-10 minutes at 400 degrees. Bake regular sized muffins for about 15 minutes at 375 degrees.

Paleo Pumpkin Loaf



Ingredients

- 1 cup cashew butter (almond works as well)
- 1/2 cup canned pumpkin
- 2 eggs
- 2 tablespoons pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1/3 cup maple syrup
- 1/4 cup full fat coconut milk

Directions

1. Preheat oven to 350 degrees.
2. Put all ingredients in a bowl and mix until batter is smooth.
3. Pour into a well-greased loaf pan or muffin cups. (I always use melted coconut oil!)
4. Bake loaf for 40-50 minutes and muffins for 25ish minutes, or until toothpick comes out clean.
5. Let cool completely before removing from pan

Paleo Banana Chocolate Chip Bread



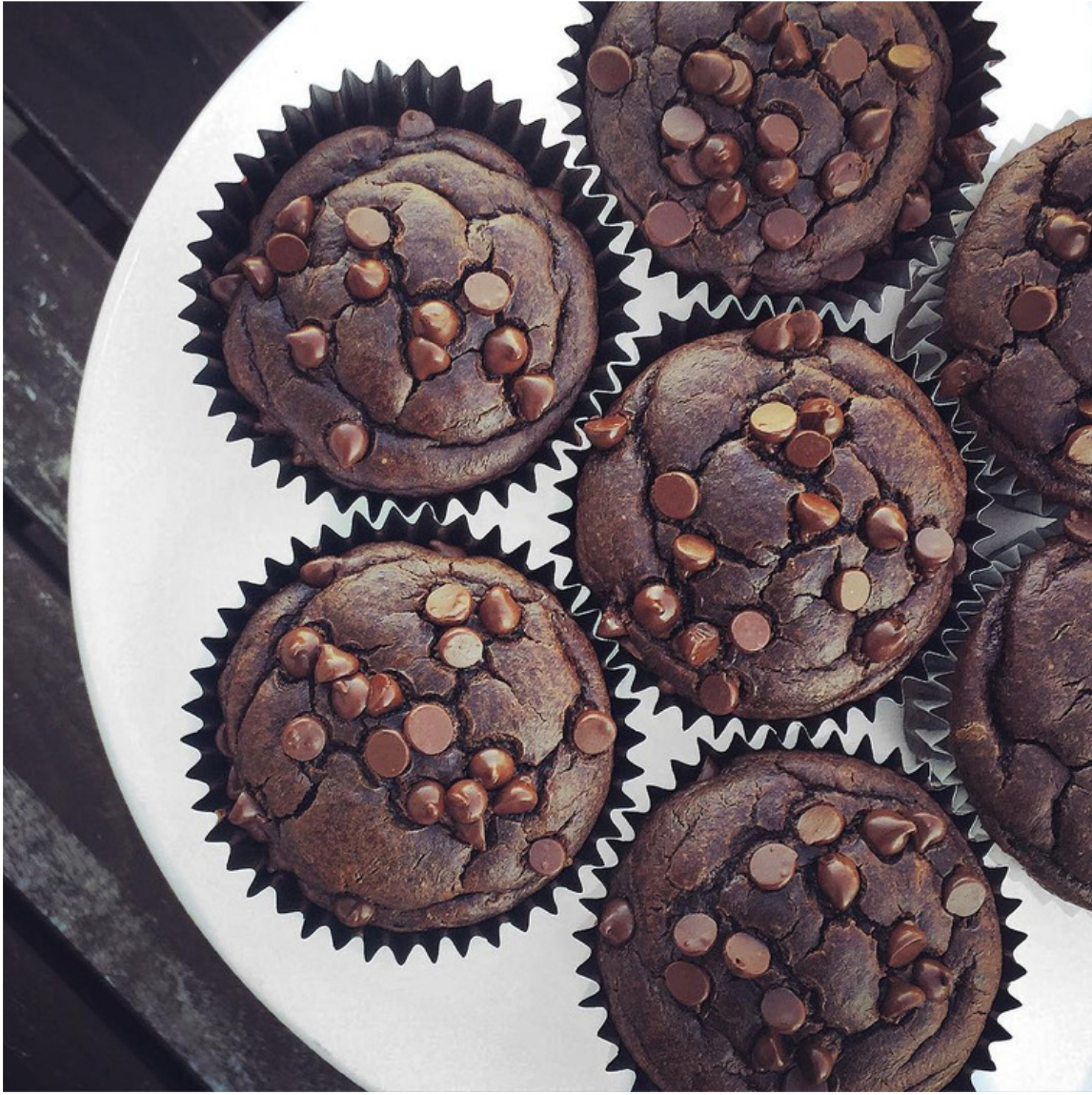
Ingredients

- 2 1/2 - 3 very ripe bananas (small to medium in size)
- 2 eggs
- 2 T melted coconut oil
- 1/4 cup maple syrup
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 teaspoon ginger
- 1/8 tsp sea salt
- 1 tsp baking soda
- 1 cup almond flour
- 1/4 cup coconut flour
- 1 scoop Vital Proteins Collagen Peptides (totally optional!)
- Cinnamon and honey crystals on top for decoration
- 3/4 cup chocolate chips (I use Enjoy Life!)

Directions

1. Peel and mash bananas in a bowl.
2. Add in other wet ingredients and stir.
3. Stir in dry ingredients and mix by hand or with a hand mixer for about 30 seconds.
4. Fold in chocolate chips and save a few to sprinkle on top.
5. Pour into a well greased 9x5 loaf pan (I have the best luck with melted coconut oil!) or muffin cups with liners.
6. Top with more chocolate chips or topping of your choice!
7. Bake at 350 degrees for 45-55 minutes for a loaf, 20-25 minutes for muffins.
8. Take out of the oven and let cool in pan for at least an hour before removing from pan.

Paleo Chocolate Pumpkin Muffins



Ingredients

- 1/2 cup cashew butter*
- 3/4 cup canned pumpkin
- 1 large egg
- 4 Tbsp maple syrup
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- Mini chocolate chips

*Side note: Any nut butter can be used! I just have a love for cashew butter because it is very smooth and the flavor is very mild and undetectable in baked goods.

Directions

1. Preheat your oven to 375 degrees and place about 10 cupcake liners in a regular muffin pan.
2. Add all the ingredients except for the chocolate chips into a blender. Blend until ingredients are fully combined and batter is creamy. (Like I've said before, you can totally use a regular bowl and/or mixer but that just means more dirty dishes. No thanks.)
3. Pour the batter into muffin cups, filling about 3/4 full. This recipe usually makes about 9-10 muffins.
4. Sprinkle tops with chocolate chips. (I use Enjoy Life mini chips, so you may want to skip them if you are doing strict Paleo or use a different topping.)
5. Bake for 12-15 minutes, until the muffins are set and a toothpick inserted into the center comes out clean.
6. Store them in a container for up to 5 days. Or make a few batches and freeze them for up to 3 months.

Grain Free Chocolate Birthday Cupcakes



Ingredients

- 1 1/2 cups fine almond flour
- 1/3 cup arrowroot powder
- 2 tbsp coconut flour
- 1/2 cup organic cocoa powder
- 1 tsp espresso powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 4 eggs
- 1/3 cup melted butter, ghee, or coconut oil
- 3/4 cup maple syrup
- 1/4 cup full fat coconut milk
- Dash of vanilla extract

For chocolate icing:

- 1/2 cup chocolate chips (I use Enjoy Life)
- 1/2 tablespoon coconut oil

*Sprinkles are a fun topping! I like Color Kitchen Foods for a safer option.

Directions

1. Place parchment paper liners in muffin tins (this recipe usually makes me about 15 cupcakes).
2. Add dry ingredients together in a bowl (almond flour, arrowroot powder, coconut flour, cocoa powder, espresso powder, baking soda, and salt).
3. In a large bowl, add eggs, melted fat, maple syrup, coconut milk, and vanilla. Use a mixer to combine well.
4. Add dry ingredients to wet and mix until smooth. You might need to taste the batter at this point to make sure it's ok ...
5. Fill lined muffin cups with batter about 2/3 full.
6. Bake at 350 degrees for 18-22 minutes, or until toothpick inserted comes out clean. (I'm always a fan of the lower baking times). Remove from oven and let cool completely.
7. FOR THE GLAZE: Melt chocolate chips and coconut oil in a double boiler over medium heat. Stir often and remove from heat when chocolate is smooth. Let cool for about 5 minutes.
8. Take each cupcake and turn upside down, then swirl it around to coat the top in the chocolate. Let chocolate drip off before flipping right side up.
9. Add sprinkles if desired. Don't wait too long before doing this because the icing will begin to harden. The upside to this is the sprinkles stay on really well!

Well, guys, that's it.

I hope you found some good recipes that you love! But more than anything, I hope this little ebook has made you realize that living the real food life doesn't mean you never get to eat delicious baked goods again. It just means swapping out a few ingredients and learning your way around natural sweeteners and grain free flour alternatives.

Please take a minute to send me a note and let me know your favorites! I'm a little partial to those snickerdoodles and that blueberry crumble. Also, please let me know if there are any recipes you would like to see on my blog in the future. Trust me, I'm always working on new stuff and baked goods have my heart. I won't be sad if you give me another excuse to bake up something yummy :)

In the meantime, if you're also looking to add in some real food meal ideas, please check out my [Ebook of 5 Easy Paleo Meals](#). I provide the shopping list, instructions on how to make simple meals, as well as ways to repurpose those meals for leftovers that your family won't even recognize as leftovers. And that's winning in my world.

Keep living that real food life, my friends!

Amanda

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