

Gut Rescue

SWEET CRAVINGS RECIPES



EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT

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Everyone gets a sweet craving sometimes! And indulging that craving doesn't mean you have to give up on your gut-healing journey or stop making progress!

Processed Sugars and Artificial Sweeteners

These should be avoided - but that doesn't mean all sweets are off the table! In this guide, you'll learn what sweets to indulge in, which to avoid, and how to know if you should give in to a craving or ignore it.

Gut Rescue Approved Sweeteners

All of these are allowed in moderation. What does moderation mean? That means these foods shouldn't crowd out other healthy additions to your diet.

- Fresh fruit
- Unsweetened dried fruit
- Honey
- Maple syrup
- Dates
- Monk fruit
- Stevia
- Xylitol (limit quantity to prevent stomach upset!)

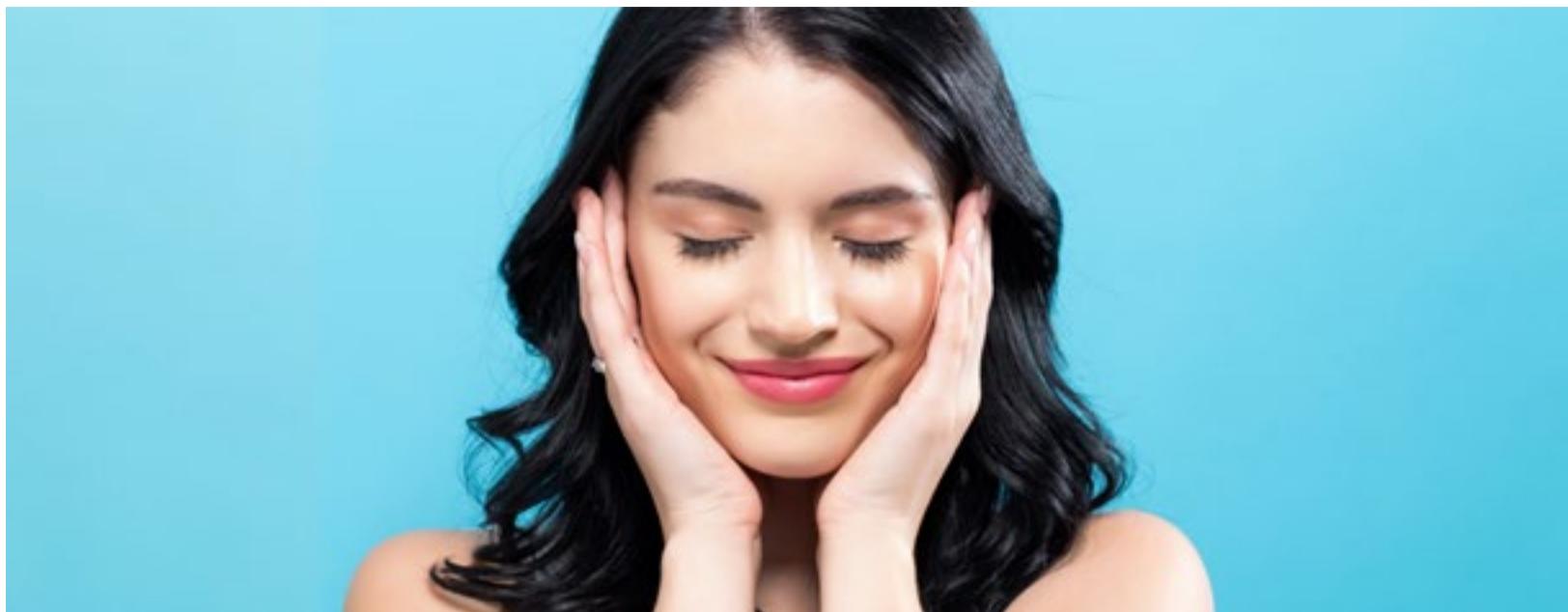
Avoid These Processed Sugars

- Sugar
- Corn syrup
- Caramel
- Cane sugar
- Cane juice crystals
- Fruit juice concentrate
- Agave nectar
- Fructose
- Dextrose
- Dextrin
- Maltose
- Lactose
- High-fructose corn syrup
- Glucose
- Galactose
- Sucrose
- Molasses
- Malt syrup

Avoid These Artificial Sugars

- Acesulfame Potassium (Sweet One)
- Aspartame (Nutrasweet, Equal)
- Saccharin (Sweet 'N Low)
- Sucralose (Splenda)

SHOULD I GIVE IN TO MY CRAVING?



Before you decide to indulge a sweet craving, consider these ideas:

Are you undereating at meals?

If you find yourself craving sweets between meals, you might need to eat MORE at your meals to help keep you full until your next meal.

Are you sleeping enough?

Being over-tired can lead to sweet cravings! If you're exhausted and craving sweets, you should prioritize rest over a dessert!

Are you over-exercising?

Too much exercise can make you crave sweets for extra energy and calories. Try increasing food at meals or decreasing intense exercise until your cravings go away.

Ready for something sweet?

All of the recipes in this guide are low-sugar, lower in carbs, and Gut Rescue approved!

Baked Apple Crisp

Whole fruits are great options to consider when thinking of healthy dessert alternatives. They're naturally sweet and full of fiber and nutrients, making you feel great about indulging. Here, apples combine with cinnamon and "crisp" made with almond flour and honey or maple syrup for a quick and hearty sweet treat.

Serves: 2 | Total Time: Overnight | Prep Time: 10 Minutes | Cook Time: Overnight

Ingredients:

- 4 apples, peeled, cored, and sliced thin
- 2 tbsp honey or maple syrup
- 2 tbsp melted coconut oil
- 1 tsp orange zest
- 1 tsp cinnamon
- Pinch of nutmeg

Topping Ingredients:

- 1 cup almond flour
- 1/3 cup crushed pecans
- 3 tbsp coconut oil, melted
- 2 tbsp raw honey or maple syrup
- 1 tsp cinnamon
- Pinch of sea salt

Equipment:

- Large bowl
- Pie dish

Instructions:

1. Preheat oven to 350° F.
2. In a large bowl, mix together the apples, honey or maple syrup, coconut oil, orange zest, cinnamon, and nutmeg. Place into a pie dish.
3. Combine the ingredients for the topping (you can use the same bowl). Spoon the topping over the apple mixture.
4. Bake for 30-35 minutes, until golden brown.
5. Wait until slightly cooled, then serve.



Vanilla Cinnamon Collagen Bliss Balls

Gut-healing collagen combines with creamy almond butter, sweet cinnamon and vanilla, and rich coconut in these simple bliss balls. Pop one (or two) out of the fridge when you need a satisfying bite of sweetness.

Serves: 12-15 balls | Total Time: 20-30 Minutes | Prep Time: 10 Minutes | Cook Time: 10-20 Minutes

Ingredients:

- 1/2 cup creamy almond butter
- 1/3 cup maple syrup
- 2 servings collagen powder
- 1 cup almond flour
- 2 tbsp chia seeds
- 1 tsp cinnamon
- 1/4 cup chopped almonds (optional)
- Shredded coconut for rolling

Equipment:

- Large Mixing Bowls
- 1/4 cup chopped almonds (optional)
- Shredded coconut for rolling

Instructions:

1. Mix all ingredients together, then roll tightly into 1 inch balls.
2. Roll in unsweetened coconut flakes and serve.
3. Optional: let cool and harden slightly for 10 minutes in the fridge before serving if you like your desserts chilled.



Peach Pie Parfait with Coconut Yogurt

The next time a pie craving hits, reach for a peach. That's right: combining this succulent fruit with non-dairy yogurt and the right spices can turn simple ingredients into a quick "pie" parfait.

Serves: 2 | **Total Time:** 10 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 0 Minutes

Ingredients:

- 2 pitted peaches
- 1 pitted Medjool date
- 2 cups unsweetened coconut yogurt
- 1/4 cup almond flour
- 2 tsp maple syrup
- 1 tsp cinnamon
- 1/4 tsp vanilla extract

Equipment:

- Blender or food processor

Instructions:

1. Add peaches, date, almond flour, maple syrup, cinnamon, and vanilla to a blender or food processor. Roughly chop until the peaches are in small, bite-sized pieces.
2. Spoon a few spoonfuls into two glass jars, then add a layer of coconut yogurt on top. Follow with the rest of the mixture on top of the coconut yogurt.
3. Serve.



Anti-Inflammatory Blueberry Kombucha Smoothie

Fizzy kombucha adds a bit of zest and gut-healthy probiotics to your traditional smoothie in this recipe. Feel free to add a handful of spinach or other greens if you wish.

Serves: 1 | Total Time: 5 Minutes | Prep Time: 5 Minutes | Cook Time: 0 Minutes

Ingredients:

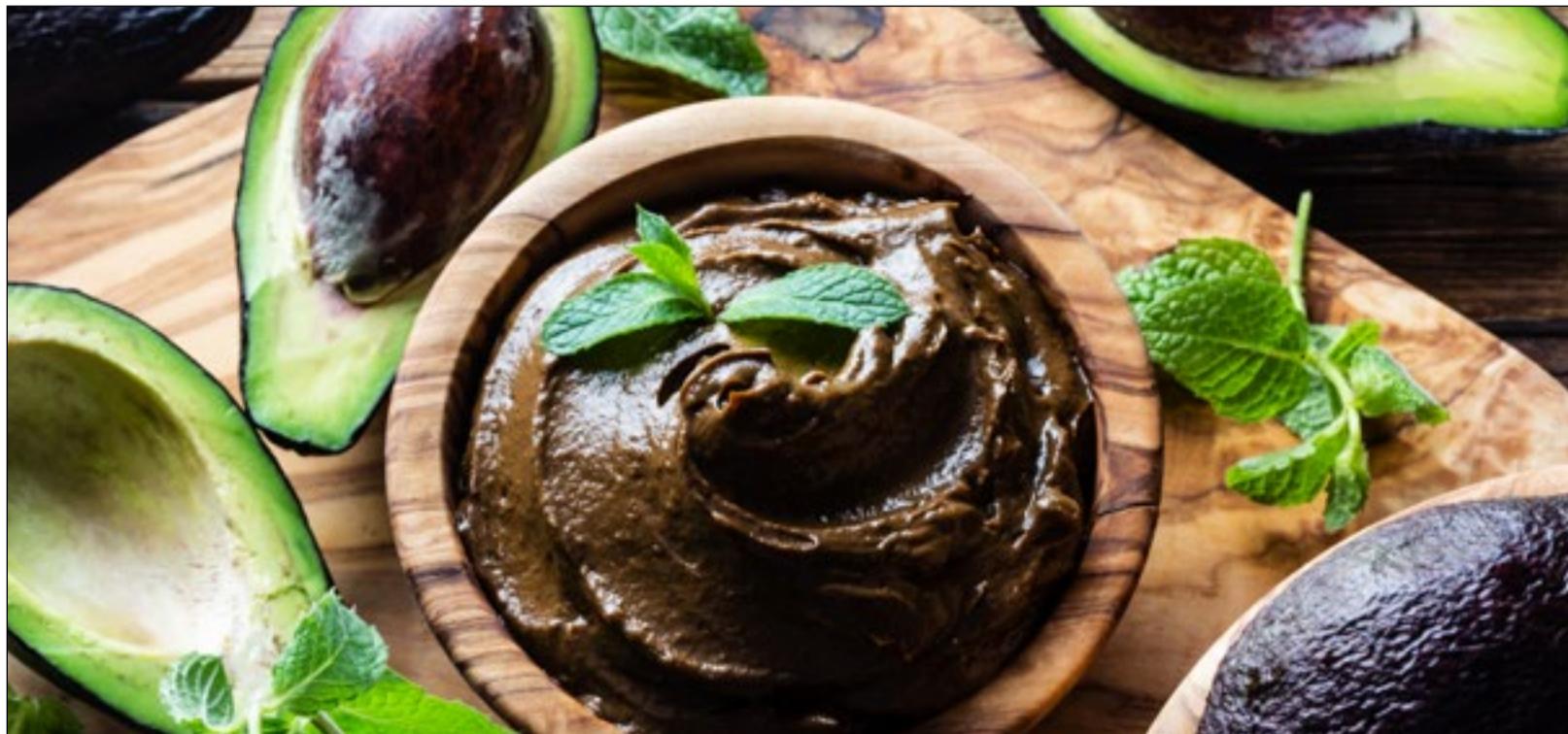
- 1-1/4 cup kombucha
- Juice from 1 lemon
- 1 cup frozen mango
- 1/2 frozen banana
- 1 cup frozen blackberries
- 1 tbsp raw honey (optional)

Equipment:

- Blender

Instructions:

Add all ingredients to a blender and blend for one minute. Serve.



Chocolate Avocado Mousse with Collagen

There's nothing like getting a dose of healthy fats, along with gut-supporting collagen and ... dun dun dun ... chocolate. Here we combine all three into a tasty (we promise!) mousse that's quick and easy to blend up.

Serves: 2 | Total Time: 15 Minutes | Prep Time: 15 Minutes | Cook Time: 0 Minutes

Ingredients:

- 1 large, ripe, chilled avocado (make sure it's chilled)
- 2 servings collagen peptides or 1 scoop collagen protein powder
- 2-1/2 tbsp cacao powder
- 1/3 cup full-fat coconut milk (canned) 1 tsp raw honey

Equipment:

- Blender

Instructions:

1. Add all ingredients to a food processor and pulse for 10-20 second intervals until the mixture becomes silky.
2. Serve. Feel free to add walnuts or shredded coconut as toppings.

Spaghetti Squash Dessert Boats

This might seem like an odd one, but the naturally sweet flavor of spaghetti squash pairs perfectly with fruits and sweet spices like cinnamon. These dessert “boats” combine spaghetti squash, apples, nuts, and probiotic-rich non-dairy yogurt for a gut-friendly dessert feast.

Serves: 2 | Total Time: 45-55 Minutes | Prep Time: 5-10 Minutes | Cook Time: 40-45 Minutes

Ingredients:

- 1 medium spaghetti squash
- 2 tbsp coconut oil, split
- 1-1/4 cup chopped apples (roughly 2 apples)
- 1/2 cup chopped walnuts
- 2-1/2 tbsp maple syrup
- 3 tsp ground cinnamon, divided
- 1 tsp ground ginger
- 1/2 tsp sea salt
- 1/2 cup coconut or cashew yogurt (plain to avoid extra sugar)

Equipment:

- Baking sheet
- Saucepan

Instructions:

1. Preheat oven to 350° F. Slice squash lengthwise and rub with coconut oil.
2. Place cut-side down on baking sheet and bake for 40-45 minutes, or until soft and lightly browned.
3. While the squash is cooking, melt another tablespoon of coconut oil in a saucepan. Add chopped apples, walnuts, cinnamon, ginger, and salt. Saute continuously until apples are softened and nuts are lightly toasted, about 13 minutes.
4. When the squash are done, remove from oven and use a fork to remove the seeds. Sprinkle each half with more cinnamon and drag a fork along the interior to create “noodles.”
5. Divide the apple and walnut mixture between the squash halves and gently combine with the noodles.
6. Return to oven and bake at 350° for 5 minutes.
7. Serve, topping with maple syrup and a dollop of cashew or coconut yogurt.



Chocolate Strawberry Chia Pudding

Chia pudding is a super simple dessert option when you're hit with a pudding or custard craving. Add in fresh berries, some no-sugar cacao or dark chocolate, and a dash of honey like we did here, and your sweet tooth won't stand a chance at not being satisfied.

Serves: 2 | Total Time: Overnight | Prep Time: 10 Minutes | Cook Time: Overnight

Ingredients:

- 2 oz. 100 percent cacao dark chocolate (alternative 2 tbsp cacao powder)
- 2 cups coconut milk, divided
- 1/3 cup chia seeds, divided
- 1/2 cup fresh strawberries
- 1-2 tsp raw honey

Equipment:

- Stovetop pot
- Glass containers/jars for pudding
- Blender

Instructions:

1. Melt dark chocolate over low heat in a pot, stirring continuously.
2. Whisk in one cup of almond milk until combined. Stir in $\frac{1}{2}$ of the chia seeds until thoroughly combined, then set in the fridge overnight.
3. Add the remaining cup of almond milk, honey, and strawberries to a blender and pulse until smooth.
4. Stir in chia seeds in another container and let sit overnight in the fridge.
5. When you're ready for the pudding, layer the strawberry chia over the chocolate chia.
6. Top with fresh strawberries and serve.



Classic Chocolate Chip Cookies

Have a craving for a classic dessert? This gut-healthy chocolate chip cookie recipe imparts flavors that take you straight back to your favorite childhood treat.

Serves: 12 | **Total Time:** 25 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 12 - 15 Minutes

Ingredients:

- 1/3 cup coconut flour
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1/4 teaspoon salt
- 2 pastured eggs
- 1/3 cup 100% cacao baking chocolate, chopped into rough pieces as "chips"

Equipment:

- Large mixing bowl
- Baking sheet

Instructions:

1. Preheat oven to 350° F, and line a baking sheet with parchment paper.
2. In a large bowl, mix together the coconut flour, baking soda, and salt.
3. Add in the eggs, maple syrup, and vanilla extract and whisk until combined.
4. Add in the coconut flour mixture and whisk until a dough forms.
5. Fold in the chocolate chips or chopped pieces.
6. Scoop 1-inch balls of dough onto a baking sheet and flatten into a cookie shape.
7. Bake for 12-14 minutes, or until the bottom of the cookies turn golden brown.
8. Let cool for about 10 minutes, then serve warm.



Almond Butter Fudge

With a few stirs and a freezer...it turns out you can have a perfectly healthy, gut-health-supporting fudge. Here, almond butter alongside a dash of honey, combine to make an indulgent treat.

Serves: 20 Squares | Total Time: 1 Hour 5 Minutes | Prep Time: 5 Minutes | Cook Time: 1 hour

Ingredients:

- 3/4 cup creamy almond butter
- 3 tbsp coconut oil, melted
- 1-1/2 tbsp raw honey
- 1/2 tsp vanilla extract
- 1/8 teaspoon salt

Equipment:

- Large mixing bowl
- Square baking dish, lined with parchment paper

Instructions:

1. Mix all ingredients until thoroughly combined in a large bowl.
2. Spoon into baking dish, smoothing out the top with a spoon or spatula until evenly spread.
3. Place in the freezer for about an hour, or until hard.
4. Remove and cut into squares.
5. Serve.

Pumpkin Bread

Pumpkin bread doesn't have to be a fall-only dessert. This easy recipe lets you whip up a loaf in just an hour any time of the year. The moist richness of the almond flour and pumpkin combination, along with the sweet spice blend, will fully satisfy your sweet tooth.

Serves: 10 | Total Time: 1 Hour 10 Minutes | Prep Time: 10 Minutes | Cook Time: 1 hour

Ingredients:

- 1 cup organic pumpkin puree
- 1-3/4 cup blanched almond flour
- 3 pastured eggs
- 1/3 cup full-fat coconut cream (canned variety)
- 1/4 cup almond milk
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1 tbsp coconut flour
- 1/4 cup tapioca powder
- 1 tsp baking powder
- 1 tbsp pumpkin pie spice
- 1 tsp ground cinnamon
- 5 drops liquid stevia (optional)
- 1/8 tsp salt

Equipment:

- Two large mixing bowls
- Medium loaf pan, lined with parchment paper

Instructions:

1. Preheat to 350° F and line loaf pan with parchment paper.
2. In a large bowl, combine the eggs, pumpkin puree, coconut milk, maple syrup, stevia, and vanilla extract.
3. In another bowl, sift the almond flour, tapioca flour, coconut flour, baking powder, pumpkin pie spice, cinnamon, and salt.
4. Add the dry ingredients to the wet until combined, then transfer the batter into the loaf pan.
5. Bake for 1 hour or until a toothpick inserted in the center of the loaf comes out clean, and the top is golden brown.
6. Remove from oven and allow to sit in the loaf pan for about 5 minutes. Then, gently remove the loaf by pulling up each side of the parchment paper.
7. Let the loaf cool fully, then slice and serve.

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