

7 Minute Ageless Body Secrets

10 Delicious Temptingly Sweet Recipes & Desserts

(gluten free)

You'll keep coming back to!



Is it possible to enjoy those decadent sweet treats and still get benefits? You bet there is. With these 10 mouth watering gluten free desserts and recipes, you can feel good about your health, while giving your body these decadent goodies that make you feel great and nourish your happiness!

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Flourless Chocolate Cake w/ Berries

- 1/2 cup water
- 1/4 teaspoon salt
- 3/4 cup white sugar
- 18 (1 ounce) squares bittersweet chocolate
- 1 cup unsalted organic or grass fed butter
- 6 eggs

1. Preheat oven to 300 degrees F (150 degrees C). Grease one 10 inch round cake pan and set aside.
2. In a small saucepan over medium heat combine the water, salt and sugar. Stir until completely dissolved and set aside.
3. Either in the top half of a double boiler or in a microwave oven melt the bittersweet chocolate. Pour the chocolate into the bowl of an electric mixer.
4. Cut the butter into pieces and beat the butter into the chocolate, 1 piece at a time. Beat in the hot sugar-water. Slowly beat in the eggs, one at a time.
5. Pour the batter into the prepared pan. Have a pan larger than the cake pan ready, put the cake pan in the larger pan and fill the pan with boiling water halfway up the sides of the cake pan.
6. Bake cake in the water bath at 300 degrees F (150 degrees C) for 45 minutes. The center will still look wet. Chill cake overnight in the pan. To unmold, dip the bottom of the cake pan in hot water for 10 seconds and invert onto a serving plate.

Serve with sliced strawberries, or raspberries!

Chewy Coconut Bars

- 7 ounces unsweetened flaked coconut, divided
 - 1 cup butterscotch chips
 - 6 ounces semisweet organic chocolate chips
 - 8 ounces unsalted peanuts
 - 1/2 cup sliced almonds
 - 1 (14 ounce) can sweetened condensed milk
1. Preheat oven to 350 degrees F (175 degrees C). Generously grease one 13x9-inch baking pan.
 2. Spread 2/3 of the flaked coconut evenly on the bottom of the baking pan. Sprinkle the butterscotch morsels, chocolate chips, and peanuts evenly over the coconut layer. Pour condensed milk evenly over the whole pan. Top with sliced almonds and remaining coconut.
 3. Bake in preheated oven for 20 minutes. Cool completely before cutting into squares.

Almond Butter Cookies

- 2 cups organic almond butter
 - 2 Tsp. flax seeds
 - 1/2 Tsp Baking Soda
 - 1 cup brown or coconut sugar
 - 1 Tablespoon Vanilla
 - 4 eggs, beaten
 - 1/2 cup semi-sweet organic chocolate chips (optional)
 - 1 cup chopped pecans (optional)
1. Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheet.
 2. Combine baking soda, vanilla, flax seeds, almond butter, eggs, and sugar and mix until smooth. Mix in chocolate chips and nuts, if desired. Spoon dough by tablespoons onto a cookie sheet.
 3. Bake for 8 to 10 minutes or until lightly browned. Let the cookies cool on the cookie sheets for 5 to 10 minutes before removing.

Decadent Chocolate Brownies

- 3/4 cup blanched almond flour
 - 2/3 cup agave nectar
 - 1/2 cup chopped walnuts (optional)
 - 1 teaspoon vanilla extract
 - 2 eggs
 - 5 tablespoons unsweetened organic cocoa powder
 - 1/4 cup coconut oil
1. Preheat oven to 350 degrees F (175 degrees C).
 2. Mix almond flour, agave nectar, walnuts, eggs, cocoa powder, coconut oil, and vanilla extract together in a bowl; spread into an 8-inch square baking dish.
 3. Bake in the preheated oven until edges of brownies begin to pull from sides of dish, about 30 minutes. Let brownies cool slightly before slicing, about 5 minutes.

Coconut Almond Flour Pancakes

- 1 cup almond flour
 - 1/4 cup coconut milk (can add more as needed)
 - 1/2 teaspoon baking soda
 - 1 pinch salt
 - 1 egg
 - 1 egg white
 - 1 tablespoon honey
 - 2 teaspoons vanilla extract
1. Preheat a lightly oiled griddle to 375 degrees F (190 degrees C).
 2. Whisk almond flour, baking soda, and salt, together in a bowl. Whisk egg, egg white, honey, coconut milk and vanilla extract together in a separate bowl. Stir flour mixture into egg mixture, adding enough coconut milk to reach a pancake batter consistency.
 3. Drop batter by large spoonfuls onto the prepared griddle (can grease with coconut oil) and cook until pancakes are golden brown and edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.

Coconut Flour Blueberry Pancakes

- 2 eggs
 - 1/4 cup coconut flour
 - 1/4 cup coconut milk (or more to make thinner consistency)
 - 2 tablespoons coconut oil, melted
 - 1/2 teaspoon vanilla extract
 - 1 teaspoon coconut oil
 - 1/4 cup organic blueberries
1. Beat eggs, coconut flour, 2 tablespoons melted oil, coconut milk, and vanilla extract together in a bowl with a whisk until smooth. Fold in blueberries.
 2. Melt 1 teaspoon coconut oil in a large skillet over medium heat. Tilt skillet to swirl oil around to cover cooking surface.
 3. Pour batter into the skillet and cook until browned, 2 to 3 minutes per side.

Coconut Flour Blueberry Muffins

- 1/4 cup Coconut Flour, sifted after measuring
 - 1/4 teaspoon baking powder
 - 3 large eggs
 - 3 tablespoons organic or grass fed butter, melted
 - 3 tablespoons honey
 - 1/4 teaspoon salt
 - 1/4 teaspoon vanilla extract
 - 1/8 teaspoon almond extract
 - 1/2 cup fresh organic blueberries, thoroughly dry
1. Preheat the oven to 400 degrees F. Lightly grease six wells of a standard muffin pan, or line them with lightly greased muffin papers.
 2. Sift together the coconut flour and baking powder, and mix until well blended.
 3. Stir together the eggs, butter, honey, salt, and vanilla and almond extracts until smooth.
 4. Mix the dry ingredients into the wet ingredients until there are no lumps. Gently fold the blueberries into the batter until evenly incorporated.
 5. Scoop the batter into the prepared muffin cups, filling each about half full.
 6. Bake the muffins for about 16 to 18 minutes, or until a toothpick inserted into the center comes out clean. Let them cool for about 5 minutes in the pan, then transfer them to a rack to cool.

Tangy & Tart Lemon Squares

- 2 cups Almond Flour
 - 4 tablespoons sugar
 - 3 tablespoons cornstarch
 - 1/4 teaspoon salt
 - 6 tablespoons cold organic or grass fed butter, diced

 - *Filling:*

 - 2 large eggs
 - 2/3 cup sugar
 - 1/3 cup lemon juice
 - 2 tablespoons gluten-free cornstarch
 - Pinch salt
1. Preheat the oven to 350 degrees F. Lightly grease an 8-inch square pan or 9-inch round pan.
 2. To make the crust: Combine the dry ingredients in a small bowl, whisking to blend. Add the cold butter, working it in with your fingers or a pastry blender until the mixture is evenly combined and crumbly.
 3. Pour the mixture into the prepared pan, shake to distribute, and press the crust into the bottom and about 1/2 inch up the sides of the pan.
 4. Bake the crust until it's light golden brown, about 8 to 10 minutes.
 5. While the crust is baking, whisk together the filling ingredients.
 6. Remove the crust from the oven, and pour the filling over the hot crust. Return the squares to the oven and bake them for 14 to 18 minutes, until the filling appears set.
 7. Remove the squares from the oven, and allow them to cool in the pan before cutting into 2-inch pieces. Cover the squares, and refrigerate until ready to serve.

Dark Chocolate Quinoa Pistachio Oat Bites

- Coconut oil spray
- 2 cups gluten-free oats, divided
- 1 cup cooked and cooled quinoa
- 1/2 cup Organic applesauce
- 2 eggs
- 1/4 cup white sugar
- 2 teaspoons vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup dark organic chocolate chips
- 1/2 cup pistachios (optional)

1. Preheat oven to 375 degrees F (190 degrees C). Spray a baking sheet with coconut oil spray.
2. Place 1 cup oats in a food processor ; pulse 7 to 8 times. Add quinoa and pulse until finely chopped.
3. Transfer oat and quinoa mixture to a large bowl. Add remaining 1 cup oats, applesauce, eggs, sugar, vanilla extract, baking soda, and salt; mix well to combine. Fold chocolate chips and pistachios into the batter.
4. Drop tablespoons of batter onto the baking sheet.
5. Bake in the preheated oven until edges are golden, about 14 minutes. Let sit on the baking sheet for 1 to 2 minutes before moving to a wire rack to cool, about 25 minutes.

Coconut Lime Zinger Cookies

- 1/4 cup white sugar
- 2 tablespoons coconut oil
- 1 large egg
- 1/2 cup gluten-free all purpose baking flour
- 1/4 cup shredded unsweetened coconut
- 1 teaspoon grated lime zest
- 1/4 teaspoon baking powder
- 1/2 cup confectioners' sugar
- 1 Tablespoon Lime Juice

1. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
2. Beat white sugar, coconut oil, and egg together in a bowl using an electric mixer until creamy and smooth.
3. Whisk flour, coconut, lime zest, and baking powder together in a separate bowl; stir into creamed mixture until dough is just combined. Drop dough by spoonfuls onto the prepared baking sheet.
4. Bake in the preheated oven until cookies are golden around the edges, about 8 minutes. Transfer cookies to a wire rack to cool.
5. Whisk confectioners' sugar and lime juice together in a bowl until smooth; spread over each cookie.