

# Sugar-Free Body Ecology Recipes That Taste As Good (Or Better) Than The Real Thing

Get Your Sugar Fix The Healthy Way:  
8 Guilt-Free (And Sugar-Free) Body Ecology Desserts





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Want More Healthy Treats and Delicious Healing Dishes?

# Sarah's Chocolate Treats



Created by Sarah Alarid, a "cacaolatier" living in Los Angeles. Sarah has been making raw chocolate truffles since 2006. She makes them to order and also sells her chocolates in boutique shops and specialty grocery stores throughout the L.A. area.

## Ingredients:

Chocolate Candy Mold  
2 Cups Cacao Butter  
1 1/2 Cups Cacao Powder  
1 Cup Lakanto  
2/3 Cup Coconut Oil  
1 Teaspoon Baking Soda  
1/2 Teaspoon Vanilla Bean Powder

## Directions:

1. On low heat, melt cacao butter and coconut oil using a double broiler. Mix together.
2. Add cacao powder, Lakanto, and vanilla bean powder to oils.
3. Mix well. Taste and add Stevia if you would like your chocolate sweeter.
4. Fill molds with liquid chocolate mixture.
5. Put in refrigerator for 30 minutes or until chocolate becomes solid.

If you are feeling adventurous, Sarah recommends adding an almond butter center to the chocolate once it's in the mold, just after pouring. Because chocolate hardens as it cools, be sure to prepare the almond butter mixture ahead of time.

## Almond Butter Center

### Ingredients:

1 Cup Almond Butter  
3/4 Cup Lakanto  
1/4 Cup Coconut Oil

### Directions:

1. Mix almond butter, Lakanto, and coconut oil.
2. Refrigerate for 2-3 hours.
3. Use spoon or melon scoop to form almond butter into a ball and place in the center of chocolate.
4. Start with a small batch (10-12 Pieces) in case chocolate cools before almond butter can be placed into the mold.

# Chocolate Chip Oatmeal Cookies

From *The Body Ecology Living Cookbook*



*These delicious chocolate chip oatmeal cookies are naturally sweetened with Lakanto, making them sugar-free. They're easy to make and even easier to enjoy! However, flour products of any kind are not healing foods, nor are they healthy for your intestines. Therefore, please consider these Chocolate Chip Oatmeal Cookies a transitional food meant to be eaten only on rare occasions as a special treat. It's best to wait until your inner ecosystem has been well established and healthy. Drinking a few ounces of a probiotic liquid around the same time would be wise.*

## Ingredients:

- 1 Stick Unsalted Butter, Softened
- $\frac{3}{4}$  Cup Lakanto
- 1 Teaspoon Vanilla Extract, Alcohol-Free
- 1  $\frac{1}{2}$  Cup Amaranth Flour (*Stage 1*) or Rice Flour (*Stage 2*)
- $\frac{1}{2}$  Teaspoon Celtic Sea Salt
- 1 Teaspoon Baking Soda
- $\frac{1}{4}$  Cup Boiling Water
- 2 Cups Gluten-Free Oats
- 6 Ounces Raw Cacao Nibs

## Directions:

1. Preheat oven to 350° F.
2. Beat butter, Lakanto, and vanilla extract with a wire whisk until light and fluffy.
3. Add flour and salt and mix well.
4. Dissolve baking soda in boiling water. Add the mixture.
5. Stir in oats and cacao nibs.
6. Refrigerate for 15 minutes. Use a spoon to drop dough onto cookies sheets, 2 to 3 inches apart.
7. Bake on the middle oven rack for 10 to 15 minutes. Cool on racks. The cookies will be crunchy.

# Healthy Chocolate Mousse

From *The Body Ecology Living Cookbook*



*This delightful mousse is not only delicious, it's dairy-free! And for a twist on an old favorite, try adding dried orange peel in Step 1.*

## Ingredients:

- 2 14-Ounce Cans Coconut Milk
- 1 Cup Lakanto
- ½ Cup Agar Flakes
- ½ Cup Unsweetened Organic Dark Cocoa Powder
- 2 Teaspoons Vanilla Extract, Alcohol-Free
- 1 Teaspoon Ground Cinnamon
- ¼ Teaspoon Celtic Sea Salt
- 1 Tablespoon Coconut Oil
- 1 Cup Walnuts, Soaked, Chopped

## Directions:

1. Combine 2 cans coconut milk, Lakanto, agar flakes, dark cocoa powder, vanilla extract, cinnamon, and sea salt in a saucepan over medium-high heat. Bring to a boil.
2. Reduce the heat to medium-low and simmer for 15 minutes, stirring occasionally.
3. Pour the chocolate mixture into a 2-quart dish and stir in the coconut oil. Let cool at room temperature for 15 minutes. Refrigerate until set.
4. Optional: Sprinkle with soaked and chopped walnuts before serving.

# Sugar-Free Carrot Cake/Muffin



## Ingredients:

- 2 ½ Cup Gluten-Free Flour
- 1 ½ Cup Lakanto
- ¾ Cup Melted Butter (*Preferably Grass-Fed*)
- 1 Cup Chopped Pecans or Walnuts
- 3 Eggs
- 4 Cups Grated Carrots
- 1 Cup Water
- Pinch of Celtic Sea Salt
- 1 Teaspoon Cinnamon
- ½ Teaspoon of Vanilla Flavoring

## Directions:

1. Preheat oven to 375° F.
2. Using an electric mixer, mix together Lakanto and melted butter.
3. Add eggs, then flour and rest of ingredients.
4. Pour batter into cake or muffin pan of choice.
5. Bake in oven until fork can be inserted into center and comes out clean (*approx. 12-15 minutes*).
6. Cool and serve.

# Gingery Dairy-Free, Sugar Free, All-Natural Coconut Nice Cream

From The Body Ecology Living Cookbook



Have you ever wanted to try your hand at making ice cream but didn't think you had the time? Well, you can make your own ice cream from fermented coconut meat and enjoy it as a dessert or as an addition to a tangy, sweet smoothie. This coconut "nice cream" is delicious and only takes minutes to make... and even less time to disappear from your bowl! It's a delicious treat for spring and summer, and uses all-natural, no-calorie Lakanto sweetener. You may want to double the recipe!

## Ingredients:

- 2 Cups Fermented Coconut Meat
- 2 Cups Cashews, Soaked only 4 Hours
- 4 Tablespoons Vanilla Extract, Alcohol-Free
- ¼ Cup Coconut Oil
- 1 Cup Filtered Water
- ¼ Cup Lakanto
- 4 Drops Stevia Liquid Concentrate
- 1 ½ Teaspoons Ground Ginger
- ¼ Teaspoon Ground Cinnamon
- ¼ Teaspoon Ground Cloves
- 1 Teaspoon Celtic Sea Salt

## Directions:

1. Purée all ingredients in a blender.
2. Pour into an ice cream maker and freeze according to the manufacturer's instructions.

# Triple Berry Sorbet

From *The Body Ecology Living Cookbook*



## Ingredients:

- 1 Pint Strawberries
- 1 Pint Raspberries
- 1 Pint Blueberries
- 1 Lemon, Juiced
- 2 Cups Coconut Kefir Cheese
- ½ Teaspoon Vanilla Extract, Alcohol-Free
- Stevia Liquid Concentrate to Taste
- Celtic Sea Salt, To Taste

## Directions:

1. Make your own coconut kefir or coconut kefir cheese using Body Ecology Starter cultures.
2. Blend berries, lemon juice, and vanilla in a high-speed blender. Taste, and add Stevia liquid concentrate as needed. Pour into freezer-safe container or ice cream maker and freeze according to the manufacturer's instructions.
3. Blend the frozen berry mixture with the coconut kefir cheese one more time in the blender, then serve.



# Lemon Apple Yogurt Parfait

From The Body Ecology Living Cookbook



Remember to eat your fruits in moderation and combine them with fermented foods to enjoy the best results. Sometimes even sour fruits can cause Candida to act up. Ideally, fruits should be eaten alone, on an empty stomach. At Body Ecology, we take this a bit further and also suggest eating fruit with a good fermented food or drink. The microflora will eat up the sugar. You can enjoy the delicious flavor and not have to worry about the negative effects.

## Ingredients:

- 2 Cups Young Coconut Kefir Cheese
- 1 Granny Smith Green Apple, Cored, Peeled, Diced
- 1 Teaspoon Agar
- 3 Tablespoons Lakanto
- ½ Cup Filtered Water
- 1 Tablespoon Freshly Squeezed Lemon Juice
- 1 Teaspoon Lemon Zest, Finely Grated
- Few Drops Stevia Liquid Concentrate, or To Taste
- Mint Leaves for Garnish

## Directions:

1. Make your own coconut kefir or coconut kefir cheese using Body Ecology Starter cultures.
2. Combine 1 cup of coconut kefir cheese, Granny Smith apple, and a few drops of Stevia in a high-speed blender or food processor. Blend until creamy. Move to a mixing bowl.
3. Put the remaining coconut kefir cheese in the blender jar (no need to wash). Add Lakanto, lemon juice, and lemon zest. Blend until creamy. Move to a separate mixing bowl.
4. Boil ½ cup of filtered water. Turn off heat, add agar flakes and stir until dissolved. Quickly add half of the agar gelatin to each bowl and stir. You can re-blend each fruit/cream if you like.
5. Spoon half of the lemon cream into 4 wine glasses then top with half of the green apple cream. Repeat with the remaining lemon and green apple creams. Refrigerate for 20 minutes before serving.

# Coconut Vanilla Pudding

From *The Body Ecology Living Cookbook*



## Ingredients:

- 1 16-Ounce Package of Coconut Meat, Thawed, or The Meat From 3 Young Coconuts
- 1 Tablespoon Vanilla Beans
- 1/2 Cup Lakanto
- 3 Ice Cubes
- 1/2 Cup Coconut Kefir

## Directions:

1. Process all ingredients in a blender until smooth.
2. Scoop into small serving dishes and serve cold.

# Want More Healthy Treats and Delicious Healing Dishes?

Written by fermented foods pioneer Donna Gates, [\*The Body Ecology Living Cookbook\*](#) includes many of the naturally sweet dessert recipes in this e-book, along with dozens of healthy interpretations of favorite dishes. In the cookbook, you'll find fresh, flavorful, and nourishing recipes like Spinach Latkes, Earth Day Crackers, Potato Corn Chowder, Red Potato Salad in Red Onion Dressing, Garlicky Green Beans, Braised Lamb Shanks, and so much more.



*"The Body Ecology Diet foods have the amazing power to build your immune system and to nourish both your body and your soul!"* Donna explains.

*"As you experience the recipes in this cookbook, you too will see that they are not only healing, but are delicious as well. For decades, people have written to report that after several weeks they see a dramatic improvement in their health. Gluten-free, sugar-free, and rich in probiotic foods, Body Ecology is based on 7 universal laws or principles that help us solve much of the mystery around healing."* Donna says, *"Our initial goal is to recreate, as closely as possible, the original process that Nature uses to establish our inner ecosystem."*