

WELL TIGHT

Live Well. Get Tight. Together.

holiday baking guide



Holiday Baking Substitution Guide

Create nourishing treats for your family and friends. Use your favorite recipe and make them healthier with these substitutions.

Original Ingredient	Healthy Substitute	Instructions
Sugar	Banana	1:1 ratio, purée with 1 TBS of water until smooth
	Coconut Palm Sugar	1:1 ratio, 3-9% fructose, similar taste as brown sugar
	Maple Syrup	Use ½ needed, 50% fructose, added minerals
Butter or Margarine	Apple or Prune Puree	Use ½ needed, apple for light and prune for dark
	Avocado or Banana	1:1 ratio, mash well
	Plain Greek Yogurt	Use ½ needed, makes fluffy cookies.
Flour	Spelt Flour	1:1 ratio, nutrient rich
	Oat Flour	1:1 ratio, gluten free
	Coconut Flour	1:1 ratio, gluten free
	Almond Flour	1:1 ratio, gluten free
Milk	Almond or Coconut Milk	1:1 ratio
Eggs	Apple Sauce	1 egg = ¼ apple sauce + ½ tsp baking powder
	Banana	1 egg = ¼ mashed banana
	Chia Seeds	1 egg = 1 TBS ground chia seed + 3 TBS of water

Almond Swirl Cookies



- 2 cups almond flour
- 1 tsp baking powder
- 1/4 cup cornstarch
- 2 tbsp coconut oil
- 6 tbsp maple syrup
- 1 tsp almond extract
- 1/4 cup almond milk
- 1/2 cup dairy free chocolate chips

1. Preheat oven to 350F.
2. Mix dry ingredients together. Melt coconut oil, syrup and almond extract together in a small bowl. Let cool.
3. Add the melted ingredients to the dry mixture, along with milk and mix very well. Stir in chocolate chips.
4. Form small balls out of the cookie dough. Place the balls on a lined cookie sheet. Bake for 8-10 minutes
5. Remove from the oven and allow to cool on the pan completely.

Peanut Butter Bites

- 1 tbsp ground flax
 - 3 tbsp water
 - 1/2 cup shredded coconut
 - 1/2 cup rolled oats
 - 1/2 cup coconut cane sugar
 - 1 tsp baking powder
 - 1/2 tsp sea salt
 - 1/4 cup non-dairy chocolate chips
 - 1/2 cup natural smooth peanut butter
 - 1 tsp vanilla extract
 - 2 tbsp pure maple syrup
1. Preheat the oven to 350°F.
 2. Combine the ground flax and water.
 3. Combine coconut, rolled oats, cane sugar, baking powder, salt, and chocolate chips.
 4. Combine the flax mixture, peanut butter, vanilla, and maple syrup. Stir until smooth and thick.
 5. Combine the wet and dry ingredients. Still well.
 6. Lightly wet your hands and form small balls,
 7. Place each ball onto the prepared baking sheet
 8. Bake for 12 to 14 minutes. Remove and let them firm up as they cool.



greatness in a ball

- 2 cups all-natural peanut butter
- 1/2 cup organic pure maple syrup
- 3/4 cup organic Rice Crispy cereal
- 1 1/2 cups semi sweet chocolate chips
- 1 tbsp coconut oil

1. Stir the all natural peanut butter well and avoid excess peanut oil in your mixture. It will make your batter runny vs dough like.
2. Combine peanut butter, maple syrup and rice cereal in a mixer and mix well for 2 min.
3. Create tablespoon size balls and place on a baking sheet. Freeze for 10 min.
4. Melt the chocolate chips and coconut oil in a double broiler or pot on medium heat.
5. Roll the frozen balls in the chocolate and freeze for 2 hours. Keep frozen and serve cold.



chewy collagen cookies

- 2 tsp ground flax
- 4 tbsp water
- 1/4 cup softened coconut oil
- 1/4 cup coconut palm sugar
- 2 tbsp pure maple syrup
- 2 tbsp molasses
- 1 tsp vanilla
- 1 1/2 cups of spelt flour
- 1 scoop of flavorless Sproos collagen
- 1 tbsp ground ginger
- 1 tbsp ground cinnamon
- 1 tbsp ground cloves
- 1 tsp baking soda
- Pinch of salt
- Optional – 1/4 cup natural cane sugar

1. Preheat your oven to 350 degrees. Grease a baking sheet lightly with coconut oil.
2. Mix together ground flax and water. Set aside and allow it to thicken for a moment.
3. Combine the flax mixture, coconut oil, palm sugar, maple syrup, molasses and vanilla together in a mixer or bowl. Mix well.
4. Mix in the dry ingredients one at a time (spelt flour, collagen, ginger, cinnamon, ground cloves, baking soda and salt).
5. Create tablespoon size balls and place on your cookie sheet with 2 inches of space between each one. Option to roll the cookie in natural cane sugar.
6. Bake for 8 mins for a soft cookie or 12-15 mins for a more crunchy cookie.

Freezer fudge

- 1/2 cup Almond Butter
 - 1/2 a Banana
 - 1/2 cup Raw Cacao Powder
 - 1/4 cup Maple Syrup
 - 1 1/2 cup Cashew Nuts
 - 1 tbsp Sproos Maca + Cacao Powder
 - 1 can Coconut Milk
 - 1/3 cup Raw Almonds
1. Set raw almonds aside as a garnish for the top.
 2. Place all of the ingredients together in a blender. Mix well for 2 mins.
 3. Grease a 8 x 8 pan with coconut oil.
 4. Pour the creamy mixture into the pan, garnish with chopped almonds and freeze for 3-4 hours before serving.
 5. This is the perfect recipe for a rich and decadent holiday dessert. Do not leave out for more than an hour as the fudge will melt.



double chocolate cookies

- 3/4 cup Coconut Cane Sugar
 - 1/2 cup Ripe Avocado
 - 2 tbsp unsweetened applesauce
 - 2 Egg White
 - 1 tsp Vanilla
 - 1 1/4 cup Spelt Flour
 - 1/3 cup Cocoa Powder
 - 1 tsp baking soda
 - Pinch of Sea Salt
 - 1/3 cup Semi Sweet Chocolate Chips
 - 1/2 cup Walnut pieces (chopped)
1. Preheat oven to 350 degrees.
 2. Combine the cane sugar, avocado, applesauce, egg white and vanilla in a mixer and mix well.
 3. Add the dry ingredients one at a time and mix well.
 4. Fold in the walnut pieces and chocolate chips as a final step. Dough will be a little sticky.
 5. Place tablespoon size 'clumps' of the dough on a greased cookie sheet.
 6. Add a light dusting of the sea salt to the tops of the cookie dough.
 7. Cook for 10 min and remove from oven. Cool and enjoy!



worlds best peanut butter cookies

- 1/2 cup all-natural peanut butter
- 2 tbsp applesauce
- 1/2 tsp pure vanilla extract
- 3 tbsp spelt flour
- 3/4 tsp baking soda
- 1/3 cup organic coconut cane sugar
- 1/8 tsp salt

1. Preheat oven to 350 degrees. Double this recipe as they will disappear quick.
2. Combine all the wet ingredients in a bowl (peanut butter, applesauce, vanilla) and mix well.
3. Combine all the dry ingredients in a separate bowl (flour, baking soda, coconut cane sugar, salt) and mix well.
4. Combine the wet and dry ingredients and mix well. Create cookie size balls and place on a greased baking sheet.
5. Place in fridge for 1 hour. Cooling the dough is critical for soft chewy cookies.
6. Cook for 8 min and remove from oven. Cookies may appear undercooked but don't worry. Cool and enjoy!



hazelnut delights

- 1/2 cup whole hazelnuts
 - 12 large pitted dates
 - 2/3 cup natural almond butter
 - 1/3 cup cocoa
 - 2 tbsp water
 - 1 tsp vanilla extract
 - 1/4 tsp kosher salt
1. Preheat oven to 350 degrees.
 2. Bake hazelnuts at 350 degrees for 10 mins. Remove skin once cool. Set 15 whole hazelnuts aside. Chop or pulse remaining hazelnuts in a food processor and set aside.
 3. Combine remaining ingredients (dates, almond butter, cocoa, water, vanilla, salt) in a food processor and pulse till it forms a paste.
 4. Roll portions of the mixture around a whole hazelnut into bite size balls. Roll the ball in chopped hazelnut pieces and chill in the fridge until firm (20-30 min's).



decadent orange brownies

- 1 cup sunflower seeds
- 1/2 cup hemp seeds
- 1/4 cup sesame seeds
- 3/4 cup cacao powder
- 1/4 cup of fermented organic gut superfoods+ by Genuine Health (orange)
- 1/4 tsp sea salt
- 2 tsp vanilla extract
- 2 tbsp melted coconut oil
- 2 cups pitted medjool dates
- 1/3 cup dark chocolate chips
- 1 orange

1. In food processor, pulse seeds together (sunflower, hemp, sesame) until combined.
2. Add cacao powder, fermented organic gut superfoods+, sea salt, vanilla, coconut oil, juice from orange and pulse until well combined.
3. Add pitted dates one at a time while continuing to blend.
4. Scoop brownie mixture into a greased casserole dish and press down firmly until evenly spread.
5. Optional Step: Melt dark chocolate chips for additional topping. Sprinkle with decorative grated orange rind.
6. Transfer dish to freezer for 15-20 minutes before slicing into small squares. Keep chilled.
7. Recipe adapted from genuinehealth.com



coconut chocolate mousse

- 1 banana
- 1 large or 2 small avocados
- 1/2 cup cacao powder
- 1/2 cup of almond milk
- 6 pitted dates
- Pinch of salt
- 1 cup coconut yogurt
- Shredded coconut (topping)

1. In food processor or blender, mix almond milk, banana, avocado, cacao powder, dates and salt to create mousse.
2. Layer mousse and coconut yogurt in single serving dishes.
3. Top with shredded coconut and chill for 30 mins (or longer) before enjoying.

