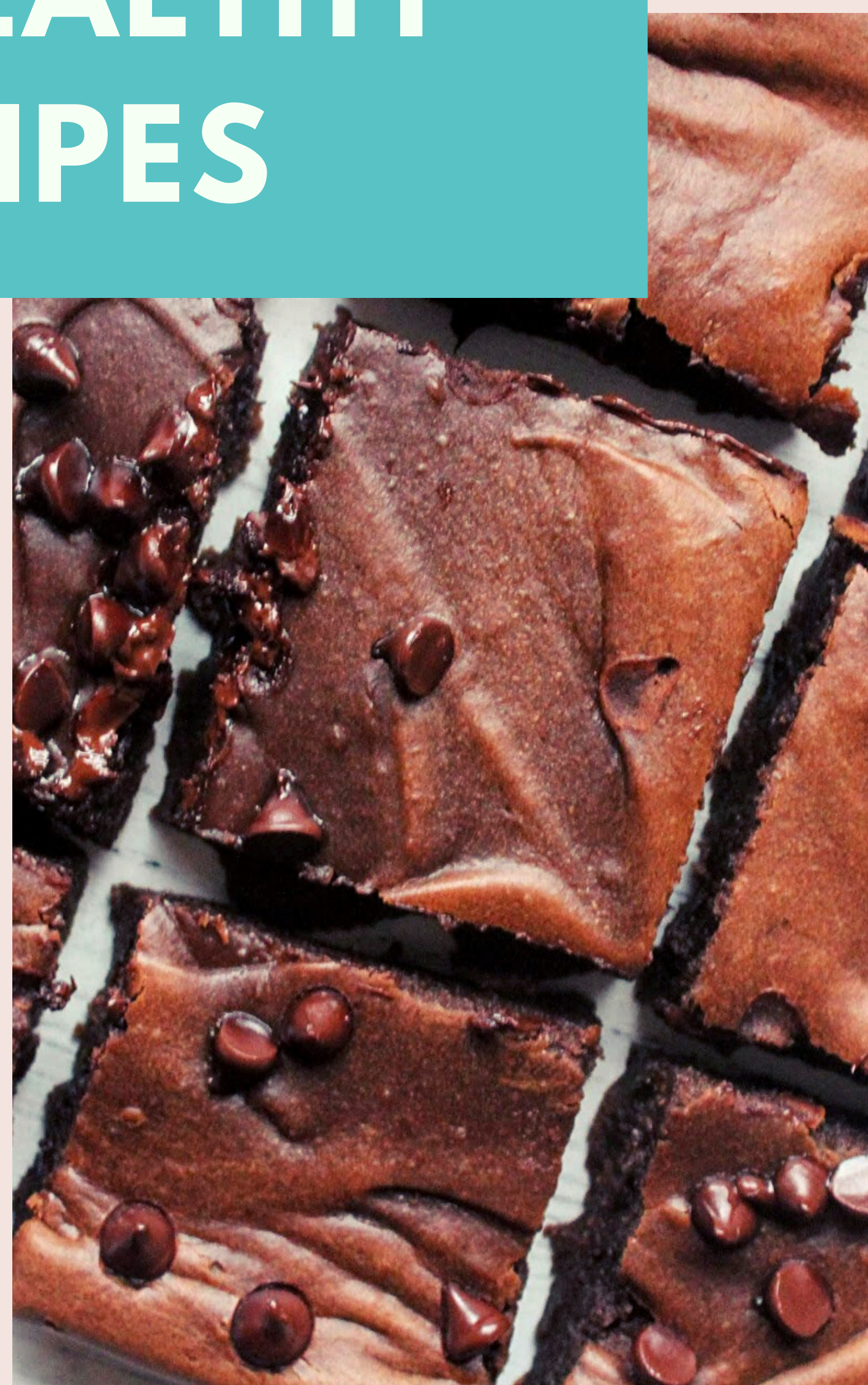




SpamellaB's
**TOP HEALTHY
RECIPES**





**START THE NEW
YEAR WITH TASTY,
HEALTHY SNACKS
AND SWEET TREATS**



What's baking?

Need tasty snack and dessert inspiration? This is for you!

Hello and welcome to this mini eBook.

First of all thank you so much for downloading this collection of recipes to get you going as we start not only a new year but a new DECADE!

Each one is easy to make, looks great and tastes delicious - AND they can easily be made gluten-free, dairy-free, vegan and some contain no refined sugar, so are great for all dietary requirements.

That's the thing about my #IndulgingInnocently concept, proving that you CAN have your cake and eat it, while feeling good inside and out!

If you make any of the recipes I'd love to see them. Please tag me on social media @SpamellaB :)

Much love and happy baking x

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NO BAKE GRANOLA TART

INGREDIENTS

For the base -

- 300g granola
- 3 tablespoons maple syrup
- 3 tablespoons peanut butter
- 1 tablespoon coconut oil

For the filling -

- 300g soft cheese / Quark / silken tofu
- 3 tablespoons coconut flour
- 4 tablespoons maple syrup
- 1 teaspoon vanilla extract

To decorate -

- Mixture of freeze-dried berries

SERVES: 8

PREP TIME: 15 MINS

**COOK TIME: NONE. 2
HOURS CHILL TIME**

MAKE IT!

Place the base ingredients in a blender and pulse to form a flapjack texture.

Press into a greased and lined 20cm loose-bottomed tart tin and push up the sides and across the base. Chill for 1 hour.

Beat together the filling ingredients well until smooth and creamy.

Spread this in the tart case then decorate with the freeze-dried fruit. Chill for 1 hour.

Remove from the tin, slice and serve!



DOUBLE CHOC BROWNIES



INGREDIENTS

- 2 large ripe avocados, skin and stone removed
- 60ml maple syrup
- 2 large eggs or flax eggs
- 1 teaspoon vanilla extract
- 30ml milk of choice
- 80g flour of choice
- 50g cacao powder
- 50g coconut sugar
- 1 teaspoon baking powder
- 75g dark chocolate chips



MAKE IT!

Preheat the oven to 180C and grease and line a 9x9in baking tin.

Place the avocados, maple syrup, eggs, vanilla and milk in a food processor and whizz up until smooth.

Add in the flour, cacao, coconut sugar and baking powder and whizz again. Stir in most of the chocolate chips then spoon into the tin and spread out evenly.

Scatter over remaining chocolate chips.

Bake for 25-30 minutes until firmed - they will still be soft and fudgy - leave to cool then cut into 9-12 pieces and enjoy!

SERVES: 9
PREP TIME: 10 MINS
COOK TIME: 30 MINS





BANANA MUFFINS 3 WAYS

INGREDIENTS

- 2 bananas
- 2 eggs or flax eggs
- 150ml milk of choice
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 150g flour of choice
- 50g coconut sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking powder

Decorate with -

- Dark chocolate chips
- Raspberries
- Walnuts

SERVES: 6

PREP TIME: 10 MINS

COOK TIME: 25 MINS

MAKE IT!

Preheat the oven to 180C and lightly grease a 6-hole muffin tin.

Blend all muffin ingredients until smooth. Spoon into muffin cases to reach top.

Decorate two muffins with each topping then bake for 20-25 minutes until risen and firm. Leave to cool then enjoy!



CHERRY COCONUT COOKIES



INGREDIENTS

- 100g oats
- 75g coconut sugar
- 30g coconut flour
- 30g desiccated coconut
- 1 teaspoon cinnamon
- ½ teaspoon baking powder
- 75g coconut oil or margarine, melted
- 50ml maple syrup
- 1 egg, beaten
- 60g dried cherries, chopped up

MAKE IT!

Preheat oven to 180C and line a baking tray.

Mix the oats, coconut flour, sugar, coconut, cinnamon and baking powder in a bowl.

Whisk the melted oil or margarine, maple syrup and egg and pour into the dry ingredients. Add dried cherries and beat until you have a sticky dough texture.

Use your hands to grab 10 pieces and roll each one to create cookie shapes. Place on the tin and press down to flatten. Bake for 12-15 minutes, until golden. Leave to cool on the tin to allow to firm, then enjoy



SERVES: 6
PREP TIME: 30 MINS
COOK TIME: NONE. 2
HOURS CHILL TIME





RASPBERRY WHITE CHOC CUPS

INGREDIENTS

For the base -

- 100g granola of choice
- 3 tablespoons nut butter
- 2 tablespoon coconut oil

For the filling -

- 4 tablespoons coconut oil
- 4 tablespoons stevia
- 150g raspberries
- 75g desiccated coconut

For the topping -

- 1 tablespoon coconut oil
- 50g white chocolate
- Freeze-dried raspberries

SERVES: 6

PREP TIME: 30 MINS

COOK TIME: NONE. 2

HOURS CHILL TIME

MAKE IT!

Make the base: Place the granola in a bowl.

Melt the nut butter and coconut oil then pour in and mix well. Divide between a 6-hole muffin tin to cover $\frac{1}{3}$ and press down.

Melt the coconut oil then pour into a food processor along with the berries and stevia and pulse well to form a sticky mixture. Spoon this over the bases to fill nearly the top. Press down well and return to the fridge.

Melt the coconut oil and white chocolate then pour some over each cup to cover. Sprinkle with freeze-dried raspberries then return to the fridge and chill for at least 2 hours to set. Pop out of the fridge and enjoy!



CHOCOLATE PEANUT BUTTER BITES



INGREDIENTS

For the base -

- 100g dates
- 100g nuts or seeds
- 100g oats
- 3 tablespoons cacao powder
- 2 tablespoons maple syrup

For the chocolate crispy layer -

- 3 tablespoons coconut oil
- 3 tablespoons maple syrup
- 5 tablespoons cacao powder
- 10g rice crispy cereal

For the topping -

- 2 tablespoons coconut oil
- 4 tablespoons smooth peanut butter
- 2 tablespoons maple syrup
- Cacao nibs, to decorate

MAKE IT!

Blend the base ingredients until the mixture comes together. Press into a lined 15 x 20cm tin then set aside.

Melt the coconut oil and maple syrup then whisk in the cacao powder until smooth. Stir in the rice crispies then spoon over the base evenly to cover. Chill in fridge for 30 minutes.

Melt the coconut oil, peanut butter and maple syrup. Pour this over to cover, sprinkle cacao nibs and return to fridge for 2-3 hours to set.

Pop out, cut into pieces. and enjoy!

SERVES: 16
PREP TIME: 20 MINS
COOK TIME: NONE. 2
HOURS CHILL TIME



A close-up photograph of a hand holding a round, golden-brown cookie with a dark chocolate chip. The hand is positioned at the bottom of the frame. In the background, a dark blue bowl filled with similar cookies is visible, along with a silver spoon resting on a white surface. The overall scene suggests a baking or dessert theme.

*Thank
you!*



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