

# THE SWEETER SIDE OF CANDIDA

DESSERTS FOR THE HOLIDAYS,

SPECIAL OCCASIONS, & EVERYDAY SWEET TREATS

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## Trim Healthy Mama Recipe Type Index

### **Cookie Craze**

- 32 .....Snicker Doodling Cookies –S
- 34 .....Aunt Ellen’s chewy Ginger Molasses Cookies- off plan because of molasses
- 35..... Frosty the Sugar Cookie\* - S
- 37 .....Aunt Sarah’s No Bake Cookies – Crossover
- 38 .....Coconut Pecan Balls – S
- 39 .....Chinese Almond Cookies – S
- 40 .....Butter Me Up Cookies – S
- 41 .....Don’t Judge Me By My Looks Chocolate Mint Cookies –S
- 42 .....Harvest Bounty Apple Walnut & Oatmeal Cookies – Crossover

### **Blondies, Brownies, & Bars...Oh, My!**

- 44..... Luscious Lemon Glazed Blondies- S
- 46..... Chocolate Chunk Fudge Brownies-9 servings – S
- 47..... Chocolate Coconut Pecan Bars – S

### **Have Your Cake & Frost It Too**

- 49..... Crunchin’ Fudge Bars-9 servings – S
- 50..... Spice Doctor Mae’s Pumpkin Cake – S
- 52..... No Plain Jane Vanilla Cupcakes/Cake – S
- 53..... Chocolate Loca Mocha Cake – S
- 54..... Mini Lemony Tea Cakes – S
- 56..... You Can’t Catch Me, I’m the Gingerbread Cake- off plan: molasses
- 58..... Grandma Colleen’s Apple Dapple Cake – S
- 59.....14 Carat” Carrot Cake- 12 servings – S
- 61..... Beater Lickin’ Almond Butter Frosting – S
- 62..... Chocolate Almond Butter Frosting – S
- 63..... Chocolate Loca Mocha Frosting – S
- 64.....Chocolate Chunk Mousse Frosting – S
- 65.....Cinnamon Cream Cheese Frosting – S
- 66.....Classic & Quick Cream Cheese Frosting – S
- 67.....Whipped Coconut Cream – S
- 68.....Whipped Coconut Cream Cheese Frosting – S
- 69.....Fluffy Cloud Frosting – S

## **Me. Oh. My! Pies & Crust**

- 70..... Tongue Tingling Lemon Cheesecake – S
- 72..... Coconut Custard Pie – S
- 73..... Twice the Spice Pumpkin Pie – S
- 75..... You're The Apple of My Pie\* - Crossover
- 76..... Peekin' Pecan Pie\* – S
- 77..... I'm So Blueberry Pie\* - Crossover
- 78.....Double Trouble Layered Pumpkin Cheesecake – S
- 80.....Lick Your Lips Lemon Meringue Pie\* – S
- 82.....Just the Basics Almond Pie Crust – S
- 83.....It's a Gingersnap Pie Crust – S

## **Delightfully Decadent Desserts (a.k.a. Random Goodness)**

- 84..... Royal Rice Pudding – E
- 86..... Finger Licking Cinnamon Rolls\* – S
- 88..... Bake Em' Blueberry Cobbler-8 servings – S
- 89..... Apple Crisp Yumminess – Crossover
- 90..... Pumpkified Cheesecake Mousse – S
- 91..... Chocolate Chunk Mousse – S
- 92..... Serious Chocolate Lovers Pot de Cre'me – S
- 93..... Feet In The Sand Coconut Ice Cream – S

## **Ye Olde Candy Shoppe**

- 94..... Sesame Toffee Candy – S
- 95..... Smashing English Toffee – S
- 97..... Almond Butter Fudge – S
- 98..... Chocolate Coma Fudge – S
- 99.....“Best Thing Ever” Almond Butter Buckeyes – S
- 101..... Whatever Your Fancy Truffles – S
- 102..... Sea Salt Chocolate Almond Clusters – S
- 103..... Freezer Friend Melt in Your Mouth Mints – S
- 104..... Shortbread Caramel Squares/Candy Bars – S
- 106..... All of Your Caramel Dreams Come True – S
- 107..... Perfectly Playful Marzipan – S

## **Sweet & Speedy Snacks**

- 108..... Cinnamon & Sugar Nuts – S
- 109..... Holiday Spiced Nuts – S
- 110..... Sweet & Spicy Nuts – S
- 111..... Whatever You're Craving Kettle Corn-1/3 of the batch – E
- 112..... Personal Size Lemon Macadamia Yogurt Delight (use garnish amount of nuts) – E
- 113..... Phony Blueberry Pie – E
- 114..... Apple Cinnamon Oatmeal Dessert (keep butter to 1 tsp or less/serving) – E

## Quench Your Cravings: Desserts You Can Drink

- 115.....Candida Killer Tea – FP
- 116.....Almond & Vanilla Swirl Frappuccino – FP
- 118.....Chocolate-Covered Mint Coffee – FP
- 119.....Wannabee Coconut Frozen Frappuccino – S
- 120..... Blueberry Almond Chia Smoothie – Crossover
- 121..... Perfectly Pumpkin Pie Smoothie (omit molasses) – S
- 122..... Warm and Cozy Turmeric Milk – S

## Miscellaneous Morsels

- 123..... Homemade Chocolate Chips/Chunks – S
- 125..... Chia Eggs – S

## Arrowroot Substitutions

*Arrowroot is a starchy carb, so it's not recommended as part of the Trim Healthy Mam plan. You may sub approximately 1/10<sup>th</sup> of the amount called for with glucomannan or xanthan gum.*

- 4 T or ¼ c. arrowroot = try approx 1 tsp. of glucomannan or xanthan gum
- 3 T arrowroot = try approx ½ tsp of glucomannan or xanthan gum
- 1 T arrowroot = try approx ¼ tsp. glucomannan r
- 1 ½ tsp. arrowroot = try a scant 1/8th tsp. glucomannan or xanthan gum
- ¼ tsp arrowroot = try a pinch of glucomannan or xanthan gum

*printable courtesy of [www.gwens-nest.com](http://www.gwens-nest.com)*

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\*See Arrowroot Substitutions for these recipes.