



# 10 Easy and Healthy Gluten Free Desserts



Original Recipes By  
**Ann Hutyra, Certified Gluten Practitioner**  
Lead Biological Health Coach · Modern Holistic Health

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# Ann's Chia Pudding

## Ingredients:

- 2 cups milk (I use a can of full fat coconut milk and then complete the 2 cups with almond milk, but you can use any non-dairy milk)
- 4.5 Tablespoons chia seeds
- zest and juice of 1/2 lemon (or lime)
- 1/2 tsp vanilla extract
- 1 Teaspoon stevia

Combine the ingredients in a bowl with a lid.

Whisk well, close lid, and store in fridge overnight. Mix in the morning and enjoy.

You can eat this chia pudding plain (it's delicious just like this!) or add some fresh berries, cacao nibs, goji berries, hemp hearts, or customize however you like.

For different flavor profiles, try adding one of the following:

- 1 teaspoon cinnamon
- 1 teaspoon turmeric, 1/4 teaspoon ginger
- A Few tablespoons of raw cacao

(This recipe is gluten free, dairy free, keto friendly, low carb-high fat)



# Paleo Chocolate Chip Cookies

## Ingredients:

- 1 1/2 cups almond flour
- 1 1/2 Tablespoons coconut flour
- 1/3 teaspoon sea salt
- 1/3 teaspoon baking soda
- 2 teaspoons vanilla
- 1/3 cup melted coconut oil
- 1/3 cup maple syrup
- 1/2 cup Enjoy Life (or Lily's) chocolate chips

Mix the dry ingredients in one bowl.

Combine the wet ingredients in another bowl and whisk.

Pour the wet ingredients into the dry ingredients and mix.

Fold in chocolate chips.

Spoon onto a parchment paper covered baking sheet, and flatten out cookies by hand.

Bake at 350 for 10-12 minutes.

Cookies will be soft when you remove from oven, and will firm up as they sit and cool.



# Apple, Berry & Peach Fruit Crisp

## Ingredients:

- 6 cups of fruit - combine sliced apples, peaches, and mixed berries
- 1 cup almond flour
- ½ cup Swerve brown sugar
- ½ cup sliced almonds (you can also sub in pecans or walnuts)
- 6 tablespoons room temperature grassfed butter
- 1 teaspoon almond extract
- 1 teaspoon cinnamon
- Coconut oil

Line the bottom and sides of a 13x9 glass baking dish with coconut oil. Spread the fruit in an even layer in the dish.

Combine the soft butter, almond flour, Swerve brown sugar, sliced almonds (or other nuts), and almond extract in a large bowl. Use your hands to combine the ingredients into a crumble.

Spread the crumble mixture over the fruit and sprinkle with 1 teaspoon of cinnamon.

Bake at 375 degrees for about 35 minutes or until the crisp is browned and bubbling. Enjoy with non dairy whipped topping or gluten free coconut milk ice cream.





# Baked Peaches with Coconut Cream

## Ingredients:

- 1 peach sliced in half and pit removed
- 2 tablespoons raw honey
- ½ teaspoon cinnamon
- ½ teaspoon ground cloves
- Pinch of ginger
- Several tablespoons of coconut cream

Place each half of the peach in a mini ramekin or baking dish.

Top each peach half with one tablespoon of honey.

Combine the spices and sprinkle evenly between both peach halves.

Bake the peaches at 375 degrees for 20-25 minutes.

Once peaches are done, you can top with additional honey if you'd like. I like to spoon a few tablespoons of coconut cream on top. You can purchase coconut cream in a can, or place a can of full fat coconut milk in the fridge overnight and the cream will become solid at the top of the can.

Enjoy!

Makes 2 servings



# Chocolate Protein Donuts

## Ingredients:

- 1 cup almond flour
- 3 tablespoons raw cacao powder
- 2 scoops chocolate protein powder
- 2 eggs
- ¼ cup avocado oil
- ¼ cup grade A maple syrup
- 1 teaspoon vanilla
- 2 teaspoons baking powder

For glaze:

- ½ cup Enjoy Life chocolate chips
- 1 tablespoon coconut oil
- Gluten free sprinkles

Whisk together eggs, avocado oil, maple syrup, and vanilla extract.

Add the almond flour, raw cacao, baking powder, and protein powder to the mixture and fold in until the batter is smooth.

Grease your donut pan with oil and pipe in the batter until each cavity is two-thirds full.

Bake for 12 minutes at 350 degrees or until donuts are cooked through.

Remove from oven and let cool for 15 minutes. Remove donuts from pan.

To make the glaze, melt the chocolate chips and coconut oil together in a glass bowl. Dip each donut in the glaze and then top with gluten free sprinkles.





# Paleo Banana Pancakes

## Ingredients:

- 3 eggs
- ½ cup almond milk
- ½ cup mashed banana
- 1 teaspoon vanilla
- ¼ cup coconut flour
- ¾ cup almond flour
- ¼ teaspoon baking soda
- 1 Tablespoon raw honey
- ½ teaspoon apple cider vinegar
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- Banana slices and fresh blueberries
- Chopped pecans

Place all ingredients (except the banana slices, blueberries, and chopped pecans) in a stand mixer and mix on medium high speed until combined well.

Heat a stove top griddle to medium high heat. Use a little coconut oil to prevent the pancakes from sticking.

Scoop your pancake batter on the hot pan into small rounds and flatten out the batter with a spoon.

Place a few sliced bananas and blueberries in each pancake.

Brown on both sides and then plate.

You can top with additional berries and chopped pecans.



# Açaí Power Bowl

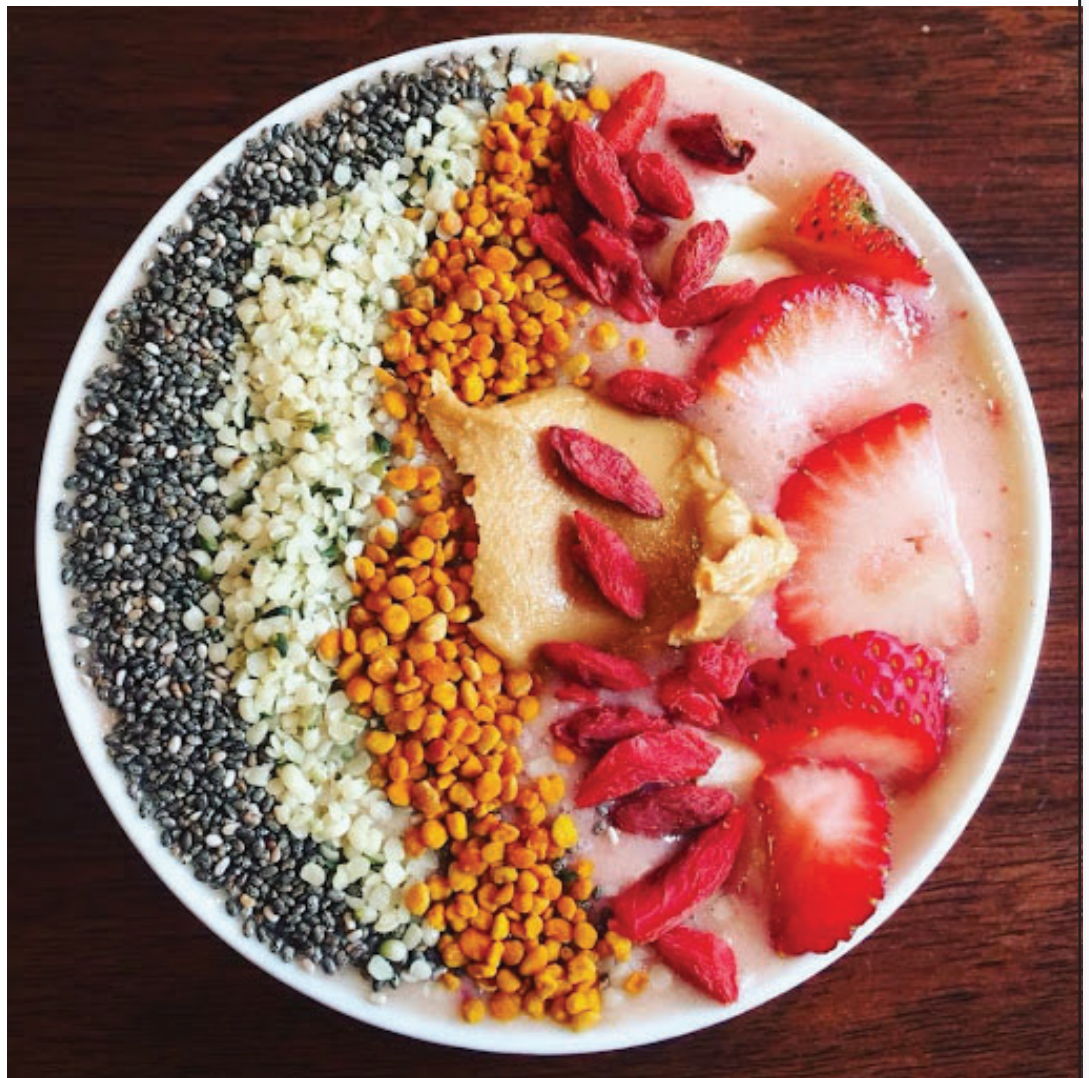
## Ingredients:

- 1 banana frozen
- ½ cup berries
- 1 cup frozen açai puree
- 1 scoop protein powder
- ½ cup non dairy milk
- Toppings

Combine all ingredients in a blender and puree on high until smooth. You can add additional liquid if needed.

Top your smoothie bowl with your favorite toppings.

I personally love diced strawberries, almond butter, hemp hearts, cacao nibs, goji berries, chia seeds, and bee pollen - but get creative!





# Banana Blackberry Muffins

## Ingredients:

- 1 Ripe Banana
- 4 eggs
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- 1/3 cup coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- ¼ cup melted coconut oil
- 2 tablespoons raw honey
- Blackberries, fresh
- Shredded coconut

Add all ingredients except blackberries and shredded coconut to a stand mixer, and mix on high until well combined.

Spoon into parchment paper lined muffin tins. The batter will stick to regular paper liners, so make sure you only use parchment paper liners.

Place a blackberry in the center of each muffin, and sprinkle with shredded coconut.

Bake at 350 degrees for 30 minutes.

Enjoy!





# Raw Energy Balls

## Ingredients:

- 9 dates, pitted
- 12 dried apricots
- 1/3 cup walnuts
- 1/3 cup raw almonds
- 1/4 cup shredded coconut
- 2 Tablespoons raw honey
- 1/4 cup Enjoy Life chocolate chips
- 1 Tablespoon vanilla

Combine all ingredients in a food processor and pulse until blended together well.

Shape into bite sized balls and store in an airtight container.



# Gluten Free Banana Bread

## Ingredients:

- 3 ripe bananas, mashed
- 2 eggs
- ¼ cup raw honey
- ¼ cup avocado oil
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon nutmeg
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 ½ cups almond flour
- Toppings of your choice

Line a loaf pan with parchment paper and grease the sides with coconut or avocado oil.

Add all of the wet ingredients to a stand mixer and whisk to combine.

Add in all of the dry ingredients and mix to combine.

Pour the batter into the prepared pan and spread evenly.

You can top your banana bread with toppings of your choice - blueberries, chocolate chips, or nuts.

Bake at 325 degrees for 50-55 minutes or until a knife inserted into the center comes out clean.

Let cool and enjoy!





# Warning Signs

Gluten is at the root your symptoms

**7 out of 10 people are victims of gluten-related illness and disease.**

Which means YOU are at risk for severe and dangerous brain and body disease, intestinal damage, autoimmune disease, and severe mental health conditions.

If you've been sick and unable to heal, wheat or gluten may be the culprit.



## Discover a Gluten Free Lifestyle with Gluten Freedom And Transform Your Health From The Inside Out

There's a simple way you can STOP your exposure to gluten, and even REVERSE the damaging effects on your gut and immune system... In just 8 short weeks!

And NO, it's not some fad diet.

Gluten Freedom is an 8-week course teaching you EVERYTHING I know about gluten, and living a gluten free lifestyle.



Join me on this extraordinary adventure. Let's unlock the secrets, unravel the mysteries, and embrace the boundless possibilities that lie within a gluten free lifestyle.

**YES! I'm Ready To Get Started**



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