



GUILT-FREE DESSERTS

Whip Up Low-Glycemic, All-Natural, Gluten Free Desserts, Right in Your Own Kitchen (PLUS, Learn How to Make Low Sugar, Gluten Free Banana Nut Muffins!)

When most of us think of dessert, we think of an occasional indulgence. Of course we think of those sweet, delicious flavors... but we also think of sugar, carbs and belly fat.

But what if you could have your cake and eat it too? What if there was a way to enjoy luxurious, rich, decadent desserts... that are good for you too?

Well, now you can...

Healing Gourmet has produced an indispensable, comprehensive guide to gluten free, low glycemic baking. It's called, [**Guilt-Free Desserts!**](#)

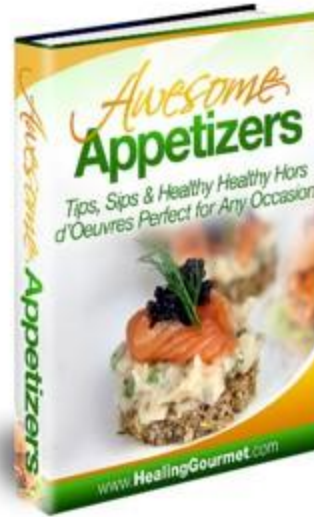
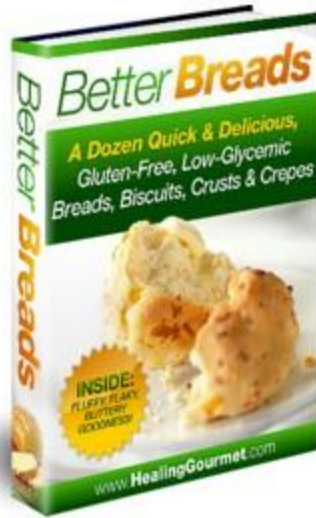
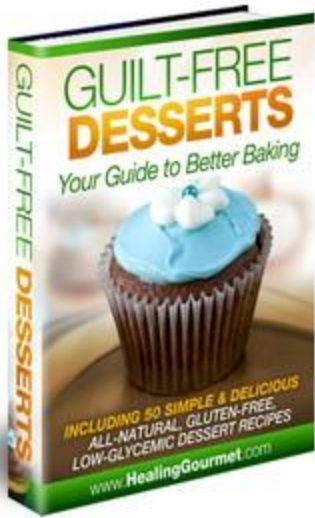
Not only will you enjoy 50 amazingly sweet desserts like *Pumpkin Bourbon Cheesecake with Walnut Crust*, *Grand Marnier Soufflés*, *Coconut Macaroons* and more, but you'll also learn how to use healthy low-glycemic sweeteners, gluten free flours and other "top secret" ingredients prized by chefs to make delicious, healthy desserts.

And be sure to check out the **FREE RECIPE** below for Banana Walnut Muffins!

You'll also two FREE bonuses, including **Awesome Appetizers**, which features 15 low-glycemic appetizers (like *Crab Stuffed Mushrooms*, *Roasted Beet*, *Orange & Goat Cheese Stacks with Hazelnuts*, *Stuffed Grape Leaves* and *Baked Coconut Shrimp*) plus 5 "lesser-evil" cocktails perfect for your holiday gatherings (including *Pomegranate Martinis* and *Minty Mojitos* with less than 2 grams of sugar!)

And that's not all! You'll also get **Better Breads**, featuring a dozen easy and delicious gluten free, low glycemic breads, biscuits, crusts and crepes!

[**You don't have to resist your urge to splurge... check out *Guilt Free Desserts* today!**](#)



Low Sugar, Gluten Free, Dairy Free Banana Walnut Muffins

If you're health conscious, the first thing that probably comes to mind when you think of banana nut muffins is carbs - and LOTS of them.

In fact, a banana walnut muffin at a favorite coffeehouse contains 460 calories... with 61 grams of carbohydrate and 40 grams of sugar!



But not *these* [Banana Walnut Muffins](#).

Our friends at Healing Gourmet have made over this old-fashioned favorite – keeping all of the sweet, buttery, banana goodness – while taking out the health-harming, belly-bulging carbs, sugar and refined flour.

And with only 147 calories and 3 grams of sugar in every sweet treat (plus 5 grams of protein apiece), you can enjoy two of these high fiber sweet treats for a delicious breakfast that tastes as good as dessert.

Make a batch this weekend and store in an airtight container for a grab-and-go breakfast all week long.

[To learn more Healing Gourmet's Guilt Free Desserts, including healthy baking secrets and 50 kitchen-tested, gluten free, low glycemic recipes, click here today!](#)

Start to Finish: 45 minutes

Yield: 12 muffins

Benefits: Gluten-Free, Dairy-Free, Low Carb, Low Sugar, Excellent Source of ALA Omega-3; Good Source of Fiber, Selenium and Manganese

Ingredients

- 1/2 tsp. stevia extract (to taste)
- 2 medium organic bananas (very ripe)
- 1/4 tsp. sea salt
- 4 Tbsp. organic virgin coconut oil
- 1/2 cup organic walnuts, chopped
- 8 Tbsp. organic coconut flour
- 1 tsp. organic vanilla extract
- 1/2 tsp. non-aluminum baking powder
- 1/2 cup organic erythritol
- 6 large pastured eggs

Preparation

1. Preheat oven to 350 F.
2. Place an unbleached parchment paper liner on a baking sheet. Add walnuts and toast 4-5 minutes. Cool and chop.
3. Using a hand-held blender, cream erythritol and coconut oil until fluffy. Add vanilla and eggs, one at a time, beating after each addition.
4. Sift coconut flour. The sifted amount should be 1/2 cup - no more! Combine sifted coconut flour with baking powder, stevia and salt. Beat into batter.
5. Fold in walnuts and bananas.
6. Pour batter three quarters of the way up the muffin pan lined with greased, non-bleached muffin papers.
7. Bake 35 minutes.

Nutrition Information per Serving

147 calories, 11 g fat, 2 g monounsaturated fat, 6 g saturated fat, 3 g polyunsaturated fat, 106 mg cholesterol, 94 mg sodium, 8 carbohydrates, 3 g sugars, 2.5 g fiber, 5 g protein