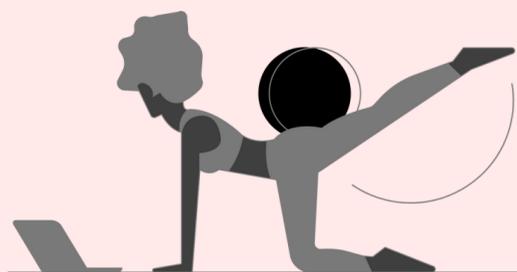


# HEAVENLY SWEETS

**TASTY SUGAR FREE DESSERT RECIPES  
++ BONUS CONTENT FOR THE 7 DAY CLEAN  
EATING PLAN**



**the BEHAN PROTOCOL  
FOR BETTER BACK AND SPINE HEALTH**



## **Black Bean Brownies**

**Serves 12 -16 (Depending on the size you cut them)**

### **Ingredients**

**1 can black beans, rinsed until they stop foaming  
4 tbsp cocoa powder  
1/4 tsp salt  
2/3 cup oats  
1/4 cup raw honey  
1/3 cup coconut oil  
1 tsp baking powder  
1/2 cup dark chocolate chips**

### **Directions**

**Preheat oven to 350° F. Pour all ingredients (except chocolate chips) into the blender and pulse for 60 seconds. Then blend until smooth for another 45 to 60 seconds. The batter is ready when it's a smooth consistency.**

**Grease an 8 x 8 baking pan with coconut oil. Pour batter into the baking pan and fold in chocolate chips.**

**Bake for 20 - 25 minutes or until a fork comes out clean.**

**Let cool for about 10-15 minutes before cutting.**



## **Apricot Pecan Blondies**

**Makes 16 Squares**

### **Ingredients**

- 1/2 butter cup coconut oil**
- 1 cup coconut sugar**
- 1 large egg**
- 1 tsp vanilla**
- 1 1/4 cups whole spelt flour or brown rice flour**
- 1/8 tsp sea salt**
- 1/8 tsp baking soda**
- 1/4 tsp baking powder**
- 3/4 cup pecans or walnuts, chopped**
- 1/2 cup dried apricots, chopped**

### **Directions**

**Preheat oven to 325° F and lightly grease an 8-inch square baking pan with coconut oil and line the bottom with a piece of parchment paper.**

**Place the butter or coconut oil and coconut sugar in a mixing bowl and beat until smooth. Add the egg and vanilla and mix again.**

**Mix the flour, sea salt, baking soda, and baking powder together in a separate bowl and add to the coconut sugar/egg mixture. Mix until well-blended. Add the pecans and apricots and mix again.**

**Scoop the mixture into the baking pan and spread evenly. Bake for 25-30 minutes or until the filling is light brown and set. Remove from the oven and let cool.**



## Oatmeal Raisin Cookies

### Ingredients

3 tbsp butter  
1 3/4 cup apple butter  
1/4 cup coconut sugar  
2 eggs  
1 tbsp pure vanilla extract  
2 cups brown rice flour  
1 1/2 cups quinoa flakes  
1 tsp baking soda  
1 1/2 tsp cinnamon  
1/4 tsp salt  
2 cups raisins

### Directions

Preheat oven to 325° F.

In large bowl, combine butter, apple butter, coconut sugar, eggs and vanilla until smooth. Add the brown rice flour, quinoa flakes, baking soda, cinnamon, and salt. Stir until almost combined then add the raisins and mix just until blended.

Drop by a heaping teaspoon onto a parchment-lined cookie sheet and bake for approximately 11-12 minutes or until edges are a pale golden and the middle is still slightly soft.



## **Apple Crisp**

**Makes 8 Servings**

### **Ingredients**

#### **Filling**

**6 apples, peeled & sliced thinly**  
**1/4 cup coconut sugar**  
**1/4 cup apple butter**  
**1/4 cup apple juice**  
**1 tsp cinnamon**  
**1 tbsp arrowroot flour**

#### **Topping**

**2/3 cup quinoa flakes**  
**1/4 cup arrowroot flour**  
**1/4 cup almond flour**  
**1 tsp cinnamon**  
**1 tbsp coconut oil, melted**  
**2 tbsp pure maple syrup**  
**1/4 cup coconut sugar**

### **Directions**

**Preheat oven to 350° F.**

**Mix filling ingredients together and place in a greased baking dish.**

**Mix topping ingredients together with a spoon until crumbly then place over apples.**

**Bake for 45-55 minutes. Apples should be soft and bubbly.**