



Naughty but Nice

Dominique Ludwig
Nutrition



Hi there

I can't think of many cookbooks that don't have a sweet or desserts section! Sweet foods and simple carbohydrates light up the pleasure centres in our brains, meaning we are hard wired to like the taste of sweet food. So it is really not our fault that we like the occasional treat.

We also know that refined sugars (white or brown sugar and syrups), as well as white flours are not good for the body as they can have many negative health implications. In fact, we can live entirely without any sugar at all. It is also absolutely not true that children 'need' sugar for energy – actually the opposite is true. Sugar can actually upset our energy balance and make us feel even more tired.

Sugar may also;

- increase our risk of Type 2 diabetes
- contribute to weight gain
- encourage inflammation in the body
- increase fatigue
- increase appetite
- disrupt hormone balance

Enter MY Healthier Sweet recipes!

My recipes work on the principle that we can still enjoy some sweet foods, but in smaller amounts. The recipes include natural ingredients that have not been processed. Most recipes are grain-free and all are gluten-free as well as being REFINED SUGAR FREE. In fact the ingredients are mostly health foods in their own right! No margarine, white flour or white sugar in sight. This means that all these ingredients contain more VITAMINS, MINERALS, TRACE ELEMENTS and FIBRE than their traditional alternatives.

The sugars in these foods are often bound in the form of dried fruits. This means that the body has to work harder to break down the cell walls to retrieve these sugars, but also the nuts and seeds in the recipes slow down the absorption of the sugar molecules into the blood stream. This keeps our blood sugars more stable which helps to reduce the peaks and troughs that can lower our energy levels.

Here are some of the benefits from some of the ingredients in this eBook.

Raw Cacao/ Cacao Nibs– are rich in polyphenols (antioxidants) that protect our cells; magnesium, iron and zinc and is also a prebiotic! Cacao is not heat treated or processed, unlike cocoa powder.

Avocado – is rich in healthy monounsaturated fats, vitamin E and K, potassium, folate, B6 and fibre.

Dried Figs – contain vitamin K, folate, calcium, magnesium, iron, manganese, potassium, antioxidants and fibre.

Medjool Dates – contain fibre, potassium, manganese, magnesium, copper, iron and antioxidants.

Almonds –rich in fibre, protein, zinc, calcium, magnesium, manganese, phosphorus, vitamins E, B2 and B6.

Beetroot – contains vitamin C, folate, calcium, iron, fibre, antioxidants (anthocyanins), betaine and natural nitrates.

Carrot – rich in beta-carotene, vitamin K, folate, B6, potassium and antioxidants (carotenoids).

Peanuts –contain B vitamins, Vitamin E, B3, and B1, manganese, folate, protein and copper.

Ginger – contains the active component gingerol, which has anti-inflammatory properties.

Blueberries – contain colours that are powerful antioxidants as well as plenty of vitamin C

Maca is a superfood powder from Peru and has a malty butterscotch flavour. Maca is believed to boost energy and stamina as well as support hormone balance.

I hope you enjoy these recipes

Dominique



Red Velvet Bliss Balls



These bliss balls are just so vibrant and taste chocolatey and sweet. I couldn't actually believe how good they tasted when I first made up this recipe! I even think any beetroot haters out there would love these!

Ingredients

250g raw, peeled beetroot. Roughly chopped
100g pitted dates
150g desiccated coconut
150g ground almonds
15g raw cacao powder
30g cacao nibs
Dash of vanilla extract
30g extra desiccated coconut for coating

Method:

1. Place all of the ingredients in a food processor and blitz or pulse for around 25 seconds at high speed until well combined. The mixture should be quite soft, but should stick together easily when pressed between two fingers. Blitz again until you have the desired consistency. The time will vary depending on how strong your food processor is. Add a few more dates if the mixture is too dry to bind together or more almonds if it is too wet.
2. With wet hands, roll the mixture into around 20 balls and roll them in the extra desiccated coconut to stop them sticking together.
3. Store in a glass jar in the fridge for up to a week.



Raw Fudge Brownies

These brownies have a fudgy texture and are both chewy and moreish. Even better they don't need cooking, so they are ready in a flash.

Base

200g ground almonds
220g soft dried dates such as Medjool
50g raw cacao powder
30g coconut oil
1 tsp. vanilla paste or vanilla extract
1 pinch Himalayan pink salt

Glaze

50g coconut oil
25g raw cacao powder
1 tbsp. Maple syrup

Method:

1. Add the dates and almonds to a food processor with an 'S' blade and process until well combined. This takes around 30-40 seconds. Use a high speed.
2. Add the raw cacao, vanilla, salt and coconut oil and process again into a fine crumb texture that holds together when you press it between your fingers. If the mixture is too dry, add a few more figs or too sticky, add some more ground almonds.
3. Press the mixture evenly into a greased dish approx. 15x20cm using the back of a spoon and pop it into the freezer to cool down for 20 minutes. Freezing the mixture, helps the glaze set quickly when you pour it over. It is not essential that you do this. Otherwise pop into the fridge to cool.
4. To make the topping: melt the coconut oil over a low heat in a pan. Remove from the heat and stir in the sifted raw cacao powder and maple syrup. Use a whisk if necessary to make this a smooth consistency. Remember you are melting and not heating.
5. Remove the brownies from the freezer and pour over the topping. This time leave the tray to cool in the fridge for at least 1 hour.
6. Slice into very small squares, as these brownies are quite rich. Store in the fridge to up to 1 week.



Millionaires Squares

These squares are refined sugar free, but still contain sugar in the form of dried figs and a dash of maple syrup. Figs are stickier than dates and are a great source of magnesium, calcium, potassium and iron.

Ingredients:

Base

180g dried soft figs
150g ground almonds
30g coconut oil or butter
40g raw cacao powder
Pinch salt

Peanut layer

150g Peanut Butter OR
Roasted Peanuts to make your own
OR ready-made crunchy peanut butter
30g coconut oil
15g maple syrup (optional)

Chocolate glaze

50g coconut oil
25g raw cacao or cocoa powder
15ml maple syrup (optional)

Method:

Base

1. Add all the base ingredients to a food processor, weighing as you go. Process for around 1 minute at a high speed, until it resembles a fine crumb that sticks together if you press it between your fingers. If for any reason it is not sticking, add more figs or more coconut oil, until you reach the desired consistency.
2. Press into a deep, glass dish (approx. 25cm by 15cm) using the back of a spoon over until it is completely flat.

Home-made Peanut Butter

If you are making your own peanut butter, add the roasted peanuts to a food processor with ½ teaspoon Himalayan pink salt. Process for around 2 minutes at high speed and then lower to a medium speed until the peanut butter is glossy and smooth. This varies considerably from machine to machine and can take up to 10 minutes on a medium speed for the oils to really come out of the peanuts. The butter should be shiny. Be careful not to overheat your food processor! Using a slower speed for longer will have the same effect.

Tip

It is easier to make larger quantities of peanut butter, because smaller amounts may just stick to the sides of the bowl. You can keep the rest for the date and peanut bomb recipe. I usually use around 500g of roasted peanuts when I make this recipe. You can also use roasted salted peanuts which are fine too. The reason I buy unsalted is because I like to add my own Himalayan salt as opposed to a refined one.

It is fine to use a shop ready peanut butter. My advice here is to buy a natural one that is not full of extra fats and sugars. Some supermarket brands are not that healthy so try to find one with just peanuts and salt and no added sugars!

Filling

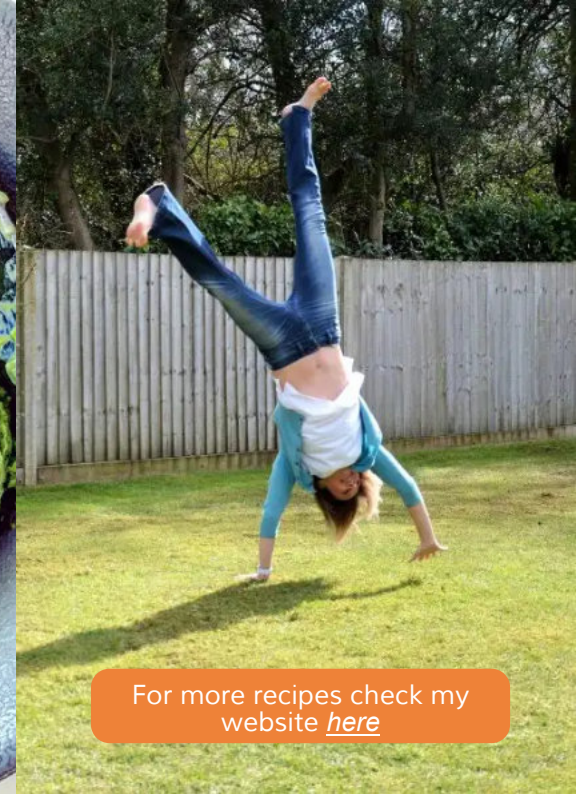
1. Melt the coconut oil in a pan and mix well with the peanut butter and maple syrup to combine. You can warm this slightly in a saucepan if you want to make it easier to spread. If you have just made your own peanut butter it will already be warm from processing. Spread the mixture evenly over the base mixture using a spoon and pop the tray into the freezer for 30 mins to set or 2-3 hours in a fridge.

Glaze

1. Melt the coconut oil in a pan with the maple syrup and whisk in the sifted cacao powder until smooth and glossy (it should just be warm not hot.)
2. Pour over the peanut layer, sometimes this sets instantly if the peanut layer has been in the fridge or freezer for long enough. Pop back into the fridge again to set hard.

To Finish off

1. Take out of the fridge or freezer and allow to sit for 10 mins before cutting (otherwise the chocolate glaze might crack). Cut into squares using a warm knife. Once the peanut butter layer and chocolate glaze is truly set, it will hold its shape well if kept in the fridge. Keep refrigerated for up to 2 weeks.



For more recipes check my website [here](#)





Date and Peanut Bombs

These treats are so simple, yet so divine, you will think you are eating something really decadent! It is important to use Medjool dates as they are soft and chewy (a bit like toffee) which give these treats their distinct texture – other dates can be used, but the results won't be the same. I promise I have tried with disappointing results. I first tasted these on a yoga retreat, made by the fabulous Toni from @feed_me_momma of Chichester and I have been hooked ever since! Toni makes her own chocolate too, which you are of course welcome to try, but this is my simplified version of her iconic recipe

Ingredients

24 Medjool Dates

200g peanut butter or make your own using roasted unsalted peanuts and the recipe above.

200g good quality dark chocolate, broken into chunks (70% cocoa solids or higher)

Method

1. Cover a plate with non-stick baking paper.
2. Slit the Medjool dates to remove the stones, taking care not to slice them right through.
3. Fill each date a generous amount of peanut butter and pop them onto the plate. Place in the freezer for at least 1 hour. This is really important as when you come to dip them in the melted chocolate they will set immediately with a thick layer of chocolate. This means you don't have to double-dip them.
4. In the meantime, melt the broken chocolate in a bowl over hot water until melted. Allow to cool for 10 minutes, then dip the frozen dates into the melted chocolate using a fork and place them on a layer of non-stick baking parchment to set. The parchment is important, otherwise the treats will stick to a plate and the chocolate will tear when you try and remove them. Believe me, I have done this! Store in the fridge for up to a week.



This recipe sounds really luxurious, but the individual components are healthy. The cacao nibs add a richness, but also an added shot of antioxidants and magnesium. This recipe can be made with equal amounts of seeds to oats if you prefer. The recipe does contain maple syrup, which you are welcome to reduce. Even as it stands, this granola recipe still contains around half of the sugar found in most conventional breakfast cereals. It is better to start with all the maple syrup initially if the granola is intended for children and then to slowly reduce it over time. Adding in some yogurt will slow down the release of the syrup into the bloodstream.

Use any cup or mug for this recipe. The whole recipe works on volume, so I promise that any tea or coffee mug will be fine!

Chocolate Granola

Ingredients

- 3 cups Oats
- ½ cup light olive oil
- ½ cup maple syrup
- 2 cups mixed nuts seeds (I like sunflower and pumpkin seeds)
- 75g cacao nibs, ground
- 1tsp. vanilla extract

Method:

1. Turn the oven to 170C, fan.
2. Mix the oats, syrup, oil, vanilla and seeds together in a greased, deep baking tray. Massage everything together with clean hands to coat the oats evenly.
3. Bake for 20 minutes – stirring after 10 minutes, so that the granola doesn't catch at the edges.
4. Take out of the oven and leave to cool completely. It should begin to look crispy on top, but the bottom layer may still be soft. Don't worry, this should all crisp up nicely on cooling.
5. Place the cacao nibs into a mini-blender (such as a bullet) and process until finely milled. Stir the ground nib powder through the mixture as it is cooling. Stirring is a good idea at this stage as it helps to prevent the granola from sticking to the tray as it cools. Cacao nibs give an intense chocolatey flavour without extra fat or sugar.
6. When completely cool, store in an air-tight jar for a few weeks. Enjoy with your favourite milk and a spoonful of yogurt.

Tip

Recipe can easily be doubled.



Carrot Cake Bliss Balls

I am the queen of sneaking vegetables into places they don't usually belong and this bliss ball recipe is a great example of how to eat more veg!

These balls are truly delicious and whilst they still contain sugar from the apricots there is no added sugar. I like mine with a cup of tea in the afternoon!

Ingredients

- 100g raw carrot, peeled and roughly chopped
- 75g walnuts
- 75g Brazil or cashew nuts
- 80g dried soft apricots
- 50g desiccated coconut
- ¼ tsp. ground cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ½ tsp. maca powder (optional)

Desiccated coconut for dusting

Method

1. Add all of the ingredients to a food processor and blitz or pulse for around 25 seconds at high speed until well combined. Blitz for another 10-30 seconds if necessary, depending on the strength of your food processor.
2. Roll into around 12 balls and roll in the desiccated coconut to stop them sticking together.
3. Store in a glass jar in the fridge for up to a week.



Spiced Berry Smoothie

Ingredients

- 80 g frozen blueberries
- 1 level dessertspoon flaxseeds
- 2 level dessertspoons chia seeds
- 200-300ml plant based milk
- 1 tsp. vanilla extract
- $\frac{1}{4}$ tsp. ground turmeric
- $\frac{1}{4}$ tsp. cinnamon

Method

1. Whizz up all of the ingredients for one minute and a liquidiser or bullet style blender.

Tip

- If you are using fresh blueberries, add 3 ice cubes to keep the smoothie chilled.
- You can use all chia seeds or all flaxseeds if you prefer.



Savoury Carrot and Butternut Flapjacks

This has been quite a revolution for me, as flapjacks are meant to be sweet, aren't they? I have discovered that they are also amazing as a savoury treat. These flapjacks contain zero sugar and can be made as a grab-and-go-breakfast option.

Ingredients

200g carrots
200g butternut Squash, grated
1 large onion
200g rolled oats
50g sunflower seeds
180g Pecorino or Parmesan
Fresh chopped herbs (parsley, chives, thyme etc)
2 eggs
1 tsp. sweet paprika
Salt and pepper

Method

1. Turn the oven to 190C, fan.
2. Grate the Pecorino or Parmesan cheese finely.
3. Peel and grate the butternut squash.
4. Peel the onions and the carrot and chop them into small chunks. Add to a food processor with an S-blade and process for 15 seconds at a medium speed. They should be very finely chopped. You could use the grater function if you prefer.
5. Add the grated butternut, the chopped herbs, oats, sunflower seeds, eggs, cheese, paprika, salt and pepper and process again for 5-10 seconds at a medium speed to combine. Repeat if necessary.
6. Line a 20x20 cm tin or ceramic tray with baking paper or grease one with olive oil.
7. Pour in the mixture and level off using the back of a spoon.
8. Bake for 25-30 minutes until golden on top and set.
9. Allow to cool in the tin, then cut into squares.

Keeps for 3 days in the fridge.

Tip

You can exchange the butternut squash for grated courgette if you prefer.



Avocado and Lime Ice Cream (Dairy-free)

I love avocados and this ice cream is fresh tasting, really creamy and utterly divine. It is the perfect way to finish off a meal. You don't need very much, but the zingy lime cuts through the creaminess making it feel light and cleansing.

I used frozen avocado in this recipe to speed things along! If an avocado is about to turn in my fruit bowl, I dice it up and freeze it. This helps to reduce food wastage. You can also buy frozen, perfectly ripe avocado, but this is cheating!

Note

You will need a stronger food processor or blender to make this, such as a Thermomix or Vitamix. For other food processors and blenders, please refer to the manufacturer's instruction booklet to check if they are suitable for frozen fruit. You can use fresh avocado and freeze the ice cream for 4-6 hours, breaking up the ice crystals a couple of times with a fork as it freezes.

Recipe- serves 4

Ingredients

- 2 large avocados (approx. 300g), FROZEN
- 100ml fresh lime juice (around 4-5 limes)
- Zest 2 limes
- 1 tin full-fat coconut milk
- 2 dessertspoons set honey

Method

1. Zest two of the limes and juice all of them.
2. Allow the frozen avocado to stand for 5 mins before using.
3. Add the frozen avocado to the food processor with the honey, coconut milk, lime juice and zest.
4. Process at high speed for 90 seconds to combine. Scrape down the bowl and continue to process for another 60 seconds, until there are no lumps left in the mixture and it is creamy and soft.
5. Pour into a bowl and freeze for around 2-4 hours if you have used frozen avocado or 4-6 hours if you used fresh. Stir the mixture a couple of times during freezing to break up the ice crystals.

TIP

If you leave the sorbet in the freezer for longer and it goes too hard, just break into chunks and pop it back into the food processor and repeat stages 4 and 5 again. This will fluff it up into a soft sorbet again.

Alternative: freeze into lolly moulds if you prefer. You can also add 1 tbsp. desiccated coconut to give the ice cream more texture.



Mango, Carrot and Ginger Sorbet (Dairy-free)

I have been playing around with popping vegetables into ice cream. Savoury and sweet always work well in my books and this is a really good example of complementary flavours. If you want it to be more of a palate cleanser, reduce the honey and increase the ginger and vice-versa if you are trying to tempt little ones into eating some more vegetables!

There are a couple of stages to this recipe, but the result is an instant ice-cream/sorbet.

Note

You will need a stronger food processor or blender to make this, such as a Thermomix or Vitamix. For other food processors and blenders, please refer to the manufacturer's instruction booklet to check if they are suitable for frozen fruit. You can use fresh fruit and juice instead, but the ice cream will need to be frozen afterwards.

Recipe- serves 4-6

Ingredients

- 5 medium carrots, juiced
- 2 cm ginger, juiced
- 350g frozen mango cubes
- 2 tbsp. set honey
- 1 egg white

Method

1. Juice the carrots and ginger through a centrifugal or slow juicer and freeze the juice in an ice cube tray for 2-3 hours until frozen.
2. Add the mango, together with the carrot and ginger ice cubes to a blender or food processor. Allow to rest for 5-10 minutes first to soften slightly before processing.
3. Add the egg white and honey.
4. Process at high speed for 90 seconds to combine. Scrape the bowl down and continue for another 60 seconds until there are no lumps left in the mixture and it is creamy and soft. The mixture will be somewhere between a mousse and an ice cream. Slightly too soft for a cone, but perfect in a bowl. If you would like it a little firmer – pop into the freezer for 2 hours to allow to freeze further.

TIP

-If you have used fresh fruit and juice, allow to freeze for 4-6 hours, breaking up with the fork a couple of times to help break up any larger ice crystals.

-If you leave the sorbet in the freezer and it goes too hard, just pop it back into the food processor and repeat stage 4 again. This will fluff it up into a soft sorbet again.



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