

# Naturally Sweetened Treats Companion



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## Introduction

This booklet is prepared as a companion to Community Cookbook Naturally Sweetened Treats to guide you in which recipes are GAPS legal, GAPS Friendly or not GAPS legal at all. Modifications included, where appropriate.


- 20 Recipes are GAPS legal as written


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- 13 recipes are GAPS Friendly
  - 3 modified by substituting baking powder with baking soda and apple cider vinegar
  - 4 modified by substituting illegal sweeteners with honey
  - 2 modified by substituting whole wheat flour with almond meal or flour
  - 2 modified by substituting illegal dairy product with GAPS legal dairy product
- 8 Recipes cannot be modified to be GAPS legal due to ingredients that cannot be substituted.


## Key to Icons

 = GAPS Legal

 = Not GAPS Legal and not possible to modify

 = Not GAPS Legal as written; but possible to modify. Please note that I have not personally tried the modifications I am suggesting, but they should work based on my experience.

## Bar and Ball Recipes


 Apple Mint Coconut Butter Bars: GAPS legal.

 Butterscotch Obsession Bars: Not GAPS Legal due to the tapioca starch and baking powder.

 Chocolate Almond Date Bars: GAPS legal.

 Coconut Date Balls: GAPS legal.


 Dairy and Nut Free Halva: GAPS legal.


 No-Bake Choco-Chia Energy Chunks: Not GAPS legal due to the maple syrup and oatmeal. The maple syrup could be replaced with honey, but the oatmeal is a grain. You could try replacing the oatmeal with large coconut flakes but the end product will be something altogether different.

 Raw Banana Bites: GAPS legal.

 Salted Cashew Chewy Bars: GAPS legal.

## Cake & Pie Recipes

 Grain-Free Lemon Poppy Seed Cake: Not GAPS legal due to the maple syrup. You can easily modify this recipe by replacing the maple syrup with honey.

 Maple Cardamom Mini-Cupcakes with Chocolate Icing: Not GAPS legal due to the maple syrup. You can easily modify this recipe by replacing the maple syrup with honey.

 Nut Butter and Jelly Cupcakes: Not GAPS legal due to the 1 tablespoon baking powder.

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*Modification suggestion: Instead of the baking powder, use 3/4 teaspoon baking soda and 1 tablespoon apple cider vinegar.*

👍 Paleo Apple Cinnamon Coffee Cake: GAPS legal.

Ⓜ Paleo Strawberry Lemon Muffins: Not GAPS legal due to the 1 teaspoon baking powder.

*Modification Suggestion: Instead of the baking powder, use 1/4 teaspoon baking soda and 1 teaspoon apple cider vinegar.*

✘ Strawberry-Vanilla Paleo Birthday Cake: Not GAPS legal due to the arrowroot powder.

Ⓜ Winter Squash Pie: Not GAPS legal due to the whole wheat flour in the crust, the sucanat or maple syrup and the cream or half and half.

*Modification Suggestion: Use a different crust. Or you could try replacing the whole wheat flour with equal parts almond meal. Replace the sucanat or maple sugar with equal parts honey. Replace the cream or half and half with equal parts coconut milk or coconut cream.*

## Chocolate Snack Recipes

*Yes, we can have chocolate on GAPS, once digestive distress has subsided and healed. Please see Dr. Natasha Campbell-McBride's Frequently Asked Questions for more information.*

✘ Chocolate Cherry Cashew Bars: Not GAPS legal due to the rice bubbles (Rice Krispies).

👍 Chocolate Truffles: GAPS legal.

👍 Chocolate Macaroons: GAPS legal.

👍 Crazy Good Peanut Butter Chocolate Cups: GAPS legal.

✘ Easy Homemade Fudgy Brownies: Not GAPS legal due to the sweet potato, tapioca flour and chocolate chips.

👍 Homemade Paleo Chocolate Bars: GAPS legal.

👍 Naturally Sweetened Peanut Butter Cups: GAPS legal.

👍 Silky Chocolate Pie: GAPS legal. I personally am satisfied that Baker's unsweetened chocolate is GAPS legal since it is cooled, hardened chocolate liquor. Chocolate liquor is the paste or liquid resulting from ground and roasted cocoa beans.

## Cookie Recipes

Ⓜ Frosted Pumpkin Cookies: Not GAPS legal due to the 1/2 teaspoon baking powder.

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*Modification suggestion: Instead of the baking powder, use 1/8 teaspoon baking soda and 1/2 teaspoon apple cider vinegar.*

ℳ Preacher Cookies (No Bake Cookies): Not GAPS legal due to the maple syrup.

*Modification suggestion: Substitute maple syrup with equal parts honey.*

✘ Snickerdoodle Cookies: Not GAPS legal due to the stevia.

ℳ Whole Wheat Peanut Butter Cookies (Sweetened with Honey): Not GAPS legal due to the whole wheat flour.

*Modification suggestion: Substitute equal parts almond flour for the whole wheat flour.*

## Fruity Snack Recipes

✘ Apple Crisp So Healthy You Can Eat it for Breakfast: Not GAPS legal due to the coconut palm sugar and rolled oats.

ℳ Berry Almond Crepes: Not GAPS legal due to the maple syrup.

*Modification suggestion: Substitute maple syrup with equal parts honey.*

👍 Cranberry Mint Mousse: GAPS legal.

👍 Fresh-Squeezed Raw Citrus "Jell-O" Style Gelatin Snack: GAPS legal.

ℳ Fruity Caterpillar Rolls: Not GAPS legal due to the coconut crystals. I'm not sure about the pea pod shoots.

*Modification suggestion: Substitute honey for the coconut crystals.*

ℳ Grilled Peaches with Lemon-Mascarpone Filling & Rosemary-Honey Drizzle: Not GAPS legal due to the mascarpone as it appears to be similar to cream cheese.

*Modification suggestion: Substitute mascarpone with kefir or yogurt soft cheese.*

👍 Heavenly Grilled Peaches: GAPS legal.

## Ice Cream, Custard, Dairy and Dairy-Free Recipes

👍 Cherry Vanilla Ice Cream: GAPS legal.

👍 Coconut Date Mousse: GAPS legal.

ℳ Easy Coconut-Vanilla Chia Seed Pudding: Not GAPS legal due to the maple syrup.

*Modification suggestion: Substitute maple syrup with equal parts honey.*

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✘ Healthy Real Whipped Cream: Not GAPS legal due to the heavy cream.

ℳ Maple Pumpkin Custard: Not GAPS legal due to the maple syrup.

*Modification suggestion: Substitute maple syrup with equal parts honey.*

👍 Nutmeg Flips for Two: GAPS legal.

👍 Pumpkin Pie Spice "Ice Cream": GAPS legal.

## About the Author



Starlene D. Stewart blogs at [GAPS Diet Journey](http://www.gapsdiet.com) chronicling her journey to health on the Gut and Psychology Syndrome Diet™ founded by Dr. Natasha Campbell-McBride. Cooking and baking since the age of 10, she has always found experimenting in the kitchen to be a relaxing and creative outlet. Find all of Starlene's e-books at: <http://www.starlene.com>

## Grain-Free Books by Starlene D. Stewart

[Beyond Grain & Dairy](#) contains 113 delicious real food recipes to tantalize your taste buds, made with no grains, gluten, dairy, gums, corn, soy, or sugar. And even if you don't need to avoid any of those items, the recipes are still delicious!

[Mastering the Art of Baking with Coconut Flour](#) In this book I will teach you about coconut flour, where to find it, how to make sure your recipes turn out successfully, and how to convert wheat flour recipes. I walk you step-by-step through four recipes to demonstrate the process I use to convert recipes. You can be successful baking with coconut flour and I will show you how!

[Baker's Dozen Sweet Quick Breads Volume 1](#) in the Coconut Flour Baked Goods series includes 13 sweet quick bread recipes ranging from well loved favorites like Banana and Lemon Poppy Seed to new creations like Spiced Blackberry and Peanut Butter Chocolate Chunk.

[Baker's Dozen Pumpkin Treats Volume 2](#) in the Coconut Flour Baked Goods series includes 13 baked goods featuring pumpkin and coconut flour, plus 8 bonus recipes. Here are a few of the gluten-free, grain-free recipes you'll find inside: Pumpkin Buttercream-Filled Cupcakes, Pumpkin Chocolate Brownies, Pumpkin Streusel Muffins, Pumpkin Pecan Loaf, Pumpkin Pecan Pie and an amazing Pumpkin Roll Cake. Plus extra recipes like my favorite Pumpkin Pie Spice, Thick Pumpkin Eggnog, Pumpkin Spice Latte and Pumpkin Pie Ice Cream.

[Baker's Dozen Holiday Quick Breads Volume 3](#) in the Coconut Flour Baked Goods series includes 13 quick bread holiday loaves, created specifically for the winter holiday season. Here are a few of the

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gluten-free, grain-free recipes you'll find inside: Gingerbread, Spiced Pear Anise Cranberry, Peppermint Chocolate, Herb Medley (and a recipe for stuffing or dressing), Pumpkin Maple Pecan with Streusel Topping and two "fruitcake" substitutes plus more!

[Baker's Dozen Chocolate Treats Volume 4](#) in the Coconut Flour Baked Goods series includes 13 baked goods featuring chocolate and coconut flour, plus 11 bonus recipes! Here are a few of the gluten-free, grain-free recipes you will find inside: Cherry Chocolate Loaf, Peanut Butter Chocolate Loaf, Chocolate Hazelnut Loaf plus Silky Chocolate Pie, Chocolate Brownies, Chocolate Pie Crust, Chocolate Crème Topping and an amazing three-layer Chocolate Birthday Cake!

[Baker's Dozen Savory Quick Breads Volume 5](#) in the Coconut Flour Baked Goods series includes 13 quick bread loaves. Here are just a few of the gluten-free, grain-free recipes you'll find inside: Bacon and Onion, Basil Swirl, "Everything" Bagels, Jalapeño Colby-Jack, Six Seed Brown, Artichoke Hearts and Bacon Bits, Savory Spicy Zucchini Bread and Goat Cheese with Caramelized Garlic and Kalamata Olives.

[Everyone Loves Pudding](#) includes delicious raw puddings that do not include grains, gluten, dairy, gums, corn, soy, or sugar. You'll find flavors like Cherry Vanilla, Creamy Pumpkin, Silky Chocolate, Smooth Lemon, and Apple Raisin. You *can* have super smooth and creamy pudding again, made from real food, dairy-free, creamy, and delicious!

## Other Products by Starlene D. Stewart

[30-Day Broth Challenge e-Guide](#) In this e-guide I am going to teach you how to make five broth recipes, starting with meat stock broth which is recommended on the Introduction part of the GAPS Diet. We'll make two chicken meat stocks, beef meat stock and then we'll make chicken bone broth and beef bone broth using the bones from the previous recipes. Get your broth made and drink one cup a day for 30 days!

[Winter Soups Community e-Cookbook](#) is a collection of 52 soups from real food bloggers. You'll find soups in the following categories: Cheese and Cream; Pumpkin, Squash and Root Vegetables; Sweet, Sour and Exotic; Bean and Lentil; Beef, Poultry, Pork, and Seafood Based Soups. Starlene's Crock Pot Spaghetti Sauce Soup is included along with gorgeous photos for every winter soup.

[Naturally Sweetened Treats Community e-Cookbook](#) is a collection of 41 sweet treat dessert recipes from real food bloggers in the following categories: Bars and Balls; Cakes & Pies; Chocolate Snacks; Cookies; Fruity Snacks; Dairy and Dairy-Free Ice Creams and Custards. Starlene's Silky Chocolate Pie is included along with beautiful photos for all of the real food naturally sweetened treats.

[Gluten-Free Snacks Community e-Cookbook](#) is a collection of 34 gluten-free snack recipes from real food bloggers. From Appetizers to Crunchy Snacks, No Bake Sweets, Hors d'oeuvres and Dips, this book is a great place to start if you are gluten-free. Starlene's Pumpkin Poppers are included along with beautiful photos for each real food gluten-free snacks.

[How to Draw Blood from Your Goats e-book](#) will teach you how to do this veterinary task easily and efficiently. Drawing blood is one of those things you can accomplish on your own without waiting on the vet to stop by. Empower yourself by learning simple procedures like these, plus save money in the process!

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[Peace Joy Happiness](#) is an adult coloring book which includes 35 intricate kaleidoscopic images, each with a positive word to reflect upon as you color. Every image's backside is blank so you can remove your artwork, frame and display.

Visit the sales site to learn more: <http://www.starlene.com> and sign up for the Baking with Coconut Flour newsletter for announcements.

Subscribe to the Baking with Coconut Flour Newsletter for updates of new releases in the Baker's Dozen series.

As a subscriber you'll receive coupon codes, special announcements, coconut flour baking news and tips, and best of all FREE coconut flour baked goods recipes!