

MY
Bikini
Belly



Bikini Belly Diet

Bikini Belly Desserts Cookbook

Quick & Simple Pancakes

Ingredients:

3 ripe bananas

2 eggs

3 tablespoons almond butter

1/2 teaspoon vanilla extract or ground cinnamon

Directions:

1. In a bowl, mash the bananas. Add the rest of the ingredients and mix until smooth.
2. Preheat a griddle or skillet. Lightly grease with coconut oil.
3. Pour the batter in 1/4 cup scoops.
4. Once you see bubbles form, flip and cook the other side until golden.

Blueberry Pancakes

Ingredients:

- 1 cup Ezekiel sprouted whole grain cereal
- 1 egg
- 2 Tbsp. coconut oil, melted
- 1 Tbsp. unsweetened coconut milk
- 1 cup gluten-free flour mix (Bob's Red Mill)
- Stevia (equivalent to 1 Tbsp. sugar)
- 1 tsp. Baking powder
- 1/2 tsp. Baking soda
- 1/2 cup fresh blueberries (can use frozen thawed if desired)

Directions:

1. Crush cereal by placing in resealable food storage plastic bag. In medium bowl, beat egg with whisk or fork.
2. Beat in milk, oil, and cereal; let stand until cereal is softened. Beat in remaining ingredients except blueberries.
3. Gently stir in 1/2 cup blueberries. Pour 1/4 cup of batter onto hot greased skillet/griddle.
4. Cook until both sides are done.

Pumpkin Pancakes

Ingredients

1/2 cup pumpkin puree
2 eggs
1/4 cup coconut sugar
1/4 teaspoon ground allspice
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1 1/2 cups blanched almond flour
1/2 teaspoon baking soda
1/2 teaspoon sea salt
coconut oil

Directions

1. Combine the pumpkin puree, eggs, coconut sugar, cinnamon, ginger and allspice in a food processor.
2. Add the flour, soda and salt. Mix well. Let the batter sit for 12-15 minutes.
3. Preheat coconut oil on your stove top over medium heat. Ladle pancake batter by 1/4 cup onto griddle.
4. When bubbles form, flip the pancakes to cook other side.

Easy French Toast

Ingredients:

- 8 slices Ezekiel sprouted grain bread
- 1 cup full-fat milk (cream)
- 2 eggs
- 1 tsp vanilla
- 2 tsp cinnamon

Directions:

1. Mix ingredients in a bowl.
2. Dip both sides of bread in mixture and place on skillet.
3. Cook 2-3 minutes on each side.
4. Top with fresh fruit.

Raspberry French Toast

French Toast Ingredients:

- 2 cage free eggs
- 1/4 cup organic full-fat milk
- 1 tsp. pure Vanilla
- 1/4 tsp. cinnamon
- Stevia, to taste
- 3 slices Ezekiel sprouted grain bread

Topping

Ingredients:

- 1 cup frozen raspberries
- 1/4 tsp. Ground ginger
- Stevia, to taste

Directions:

1. In small saucepan, heat raspberries over low heat until warm, stirring occasionally. Use a fork or spatula to crush the berries and create a sauce-like consistency. Remove from heat and stir in ginger and stevia
2. In small shallow bowl, beat egg, milk, stevia, vanilla and cinnamon with wire whisk until blended.
3. Spray griddle or skillet with cooking spray; heat griddle to 375 degrees or skillet over medium heat. Dip each slice of bread into egg mixture, turning to coat both sides; let stand in egg mixture to soak 30 to 60 seconds.
4. Cook 4 to 6 minutes, turning, until golden brown on both sides.
5. Top each serving with fruit mixture.

Apple Cinnamon Muffins

Ingredients:

- 5 eggs
- 1 cup applesauce no sugar added
- ½ cup coconut flour
- 3 Tablespoons Cinnamon
- 1 tsp baking soda
- 1 tsp vanilla
- ¼ cup coconut oil

Directions:

1. Preheat the oven to 400 degrees F. Coat muffin pan with olive oil spray.
2. Whisk all ingredients until well mixed. Let sit 5 minutes.
3. Use ⅓ cup measure to spoon into muffin tins.
4. Bake 12-15 minutes until starting to brown and not soft when lightly touched on the top.



Almond Blueberry Muffins

Ingredients:

- 2-1/2 cups almond flour or almond meal
- 3/4 tsp baking soda
- 1/2 tsp fine sea salt
- 3 large eggs
- 1/3 cup unsweetened apple sauce
- 2 tablespoons honey
- 2 tablespoons coconut oil (melted)
- 1 teaspoon vinegar (white or cider)
- 1 teaspoon extract (vanilla, almond)
- 1 cup fresh blueberries

Directions:

1. Preheat oven to 350F. Line 10 cups in a standard 12-cup muffin tin with paper or foil liners.
2. In a large bowl whisk the almond flour, baking soda and salt
3. In a small bowl, whisk the eggs, applesauce, honey, oil, vanilla, and vinegar.
4. Combine both bowls of ingredients. Fold in blueberries.
5. Divide batter evenly among prepared cups.
6. Bake in preheated oven for 14 to 18 minutes until set at the centers and golden brown at the edges.

Banana Pecan Oatmeal

Ingredients:

- 1 cup almond milk or water
- 1/2 to 3/4 cup slow cook oats
- 1 scoop vanilla whey protein powder
- 1/4 ripe banana, mashed
- 1/2 tablespoon chopped raw pecans
- Sprinkle cinnamon
- Sweeten with Stevia

Directions:

1. In a small bowl, combine milk or water and oatmeal.
2. Microwave on high for 1 to 2 minutes until steaming hot but boiling.
3. Stir in protein powder until creamy. Stir in mashed banana.
4. Garnish with pecans a sprinkle of cinnamon.



Chocolate Raspberry Muffins

Ingredients:

3/4 cup raspberries (fresh or frozen and thawed)

1 tsp cacao powder

3/4 cup protein powder, chocolate flavor (whey)

1/2 cup water

2 egg whites

Directions:

1. Pre heat oven to 360°
2. Combine ingredients together in a bowl
3. Empty mixture into a lined cupcake baking tray
4. Bake for 25 minutes
5. Cool and top with a fresh raspberry



Oatmeal Chocolate Chip Squares

Ingredients:

- 2 tbsp coconut butter
- 1 tsp baking soda
- 1 tsp apple cider vinegar
- 1 1/3 tsp stevia
- 1/4 tsp sea salt
- 1/2 tsp cinnamon
- 1/2 tsp pure vanilla extract
- 2 cage free eggs
- 1 1/2 cups navy beans (canned)
- 1/2 cup rolled oats- gluten free
- 1/2 cup dark semi-sweet chocolate chips

Directions:

1. Preheat oven to 350°
2. Place all ingredients into a blender except for the chocolate chips, and blend until smooth.
3. Fold in chocolate chips
4. Lightly coat a 8x8 baking pan with coconut butter or baking spray and pour mixture into the pan.
5. Bake for 30 minutes.

Red Devils Food Cake

Ingredients:

- 2 ounces dark chocolate, 73% cocoa or higher
- 1/2 cup raw honey
- 1/3 cup beet puree
- 3 tablespoons coconut oil
- 1/4 teaspoon baking soda
- 1/4 cup arrowroot starch
- 1/4 cup unsweetened cocoa powder
- 1/4 teaspoon sea salt
- 2/3 cup blanched almond flour

Directions:

1. Preheat the oven to 350° lightly grease 8×8 cake pan with coconut oil.
2. Over low heat, in a double boiler, melt the dark chocolate, coconut oil, coconut milk, and honey. Stir often and heat just until liquid. Mix in the beet puree.
3. In a medium bowl combine all dry ingredients. Combine with the wet ingredients.
4. Pour into the prepared pan. Bake for 20-25 minutes, until a knife or fork can be inserted into the middle and come out clean. Cool before serving.

Coconut Bites

Ingredients:

- 3 C. unsweetened shredded coconut
- 6 egg whites
- 2/3 cup honey
- 1/2 tsp Vanilla extract
- Pinch of sea salt

Directions:

1. Preheat oven to 400°
2. In a large bowl, mix together egg whites, vanilla, honey and salt until well combined. Add in coconut and mix thoroughly.
3. Line a baking sheet with parchment paper or spray with non stick cooking spray. Roll coconut mixture into small balls. Place onto the baking sheet about 2 inches apart.
4. Bake at 400° for 10 minutes. Cool and serve.

Coconut Granola Energy Bars

Ingredients (Makes 8-9 Bars)

chop 1/2 cup dark chocolate, 70% cacao minimum	1 cup almond meal
1/2 cup coconut oil	1/2 cup walnuts, chopped
1/2 cup almond butter	1/2 cup sunflower seeds
1/4 cup raw honey	1/2 cup dark chocolate chips
1 cup desiccated coconut	

Directions

1. Line a 8 x 8 inch square baking pan with baking paper and set aside. Add the coconut oil, chopped dark chocolate, almond butter and honey in a microwaveable bowl.
2. Melt the chocolate mixture in the microwave for 2 minutes, stirring every 30 seconds, until the chocolate has melted.
3. Put the coconut, almond meal, walnuts and sunflower seeds in a large bowl and mix well. Add the melted chocolate into the bowl and mix until combined. Put the mixture into the baking paper and spread it evenly in the pan, press firmly.
4. Spread the chocolate chips all-over the surface of the granola and pat them down lightly to make them stick on the surface. Cover the pan with plastic wrap and refrigerate for at least 2 hours, until the granola has set. Cut the granola into square bars and store refrigerated in an airtight container.

Choco-nut Granola

Ingredients

- 1/2 cup walnuts
- 1 cup almonds, chopped
- 1 cup pistachios, chopped
- 1/2 cup shelled pumpkin seeds
- 1/2 cup shelled sunflower seeds
- 1/2 cup dried raspberries
- 1/2 cup dried coconut flakes
- 1 cup dark chocolate nibs or chips
- 1/2 cup raw honey or stevia
- 1 tablespoon vanilla extract
- 1/2 cup cocoa butter

Directions

1. Mix all ingredients in a large bowl until combined.
2. Store the granola in an air tight container.

Chocolate Chip Cookies

Ingredients:

- 1/2 cup coconut oil, melted
- 1 tsp pure vanilla extract
- 1/2 cup raw honey
- 2 large eggs
- 1 tsp baking soda
- 1 tsp sea salt
- 3 cups almond flour
- 1 1/2 cups dark semi-sweet Chocolate Chips

Directions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper.
3. In a medium bowl, beat the eggs, honey, and vanilla extract with a hand mixer, or whisk.
4. In a small mixing bowl, combine dry ingredients.
5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until combined.
6. Add the melted coconut oil and continue to blend until combined. Stir in chocolate chips.
7. Drop tablespoon size balls of cookie dough onto baking sheet.
8. Bake for 8-10 minutes

Fat Burning Brownies

Ingredients:

- 1 cup cooked black beans
- 1/3 cup soaked pitted dates, finely chopped (about 13-15)
- 1 tbsp + 2 tsp extra virgin olive oil
- 1 1/2 large eggs
- 3/4 tsp pure vanilla extract
- 2 tbsp cocoa powder
- 1/2 tsp baking soda
- 1/2 tsp apple cider vinegar
- 1/8 tsp sea salt
- 2-3 tbsp dark chocolate chips

Directions:

1. Soak dates for 1-2 hours until soft. Drain and chop.
2. Preheat oven to 350°
3. Rinse and drain the black beans. Add all ingredients except for chocolate chips into a blender and blend until smooth. Stir in chocolate chips
4. Pour batter into square or rectangular pan that has been lightly greased with olive oil
5. Bake for 20-25 minutes or until you can insert a tooth pick into the middle and it comes out clean
6. Cool and then cut into squares

Healthy Mini Chip Banana Muffins

Muffin Ingredients:

1 1/2 cups blanched almond flour
1/2 teaspoon baking soda
1/2 teaspoon sea salt
1 teaspoon baking powder
1 whole egg
1/3 cup coconut palm sugar
1/3 cup coconut oil, melted
3 ripe bananas
1/2 cup mini semi sweet chocolate chips

Topping Ingredients:

2 tablespoons blanched almond flour
1/4 teaspoon ground cinnamon
1/4 cup coconut palm sugar
1 tablespoon palm shortening

Directions:

1. Preheat the oven to 350°. Line a 24 mini muffin tin with paper liners.
2. In a medium bowl mix the dry ingredients. In another bowl mash the bananas. Add the egg, coconut palm sugar and melted coconut oil.
3. Add the dry ingredients to the wet ones. Mix until fully combined. Gently fold in the chocolate chips.
4. In a separate bowl combine the crumb topping ingredients.
5. Fill each muffin tin with batter. Sprinkle the muffin tops with the crumb topping.
6. Bake for 15 min

Banana Bread

Ingredients:

- 1 cup almond butter
- 1 cup almond flour
- 2 eggs
- 3 very ripe bananas
- 1 tsp baking powder
- 1 tsp baking soda

Directions:

1. Preheat your oven to 350°
2. Mash the bananas with a fork in a bowl and add the almond butter, almond flour and eggs. Mix everything well.
3. Add the baking powder and baking soda and combine well.
4. Form a loaf in a prepared baking pan and place in the preheated oven for about 35 to 40 minutes, until a toothpick inserted in the middle comes out clean.

Snickerdoodles

Ingredients:

- 3 cups blanched almond flour
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1 tablespoon + 2 teaspoons ground cinnamon
- 1/4 cup coconut oil
- 1/4 cup + 1/2 cup coconut palm sugar

Directions:

1. Preheat oven to 350°
2. Line a baking sheet with parchment paper and grease with coconut oil or cooking spray.
3. In a blender or processor, combine the almond flour, sea salt, baking soda, cream of tartar, 2 teaspoons cinnamon, coconut oil and 1/4 cup coconut palm sugar. Mix until well combined.
4. Combine the remaining sugar and cinnamon in a bowl.
5. Form balls of dough. Roll the dough balls in coconut palm sugar and cinnamon mixture and place on the baking sheet. Slightly flatten the balls of dough.
6. Bake for 7-9 minutes.



Sunday Morning Biscuits

Ingredients:

2.5 cups fine ground almond flour

1/2 tsp salt

1/2 tsp baking soda

1 egg and 1 white

1 tbsp butter

1-2 tbsp raw honey (optional)

Directions:

1. Preheat oven to 350°
2. In a bowl, combine dry ingredients
3. In a second bowl, melt butter and stir in eggs and honey
4. Stir the dry ingredients into the wet until a dough forms
5. Form into 8 biscuits and place on a cookie sheet
6. Bake for 14 minutes



Banana Bites

Ingredients:

- 2 tablespoons dark semisweet chocolate chips
- 1 small banana, peeled and cut into 1-inch chunks

Directions:

1. Place chocolate chips in a heavy-duty zip-top plastic bag or small microwave-safe bowl. Microwave at HIGH 1 minute or until chocolate melts.
2. Dip banana pieces in chocolate.
3. Place on wax paper or cooling rack



Apple Crumble

Ingredients:

- 1/4 cup Coconut oil - melted
- 3tbsp cinnamon
- 4 tbsp honey
- 1 cup chopped walnuts
- 1 cup almond flour
- Pinch of sea salt
- 4 apples - peeled & chopped

Directions:

1. Preheat oven to 375
2. In a large bowl, mix together the 3 tbps of honey, 2 1/2 tbsp cinnamon, coconut oil, 3/4 cup chopped walnuts, almond flour, chopped apples and sea salt.
3. Place mixture into a baking dish. Top with 1/3 cup chopped walnuts.
4. Drizzle with 1 tbsp honey. Sprinkle with 1/2 tbsp cinnamon
5. Bake for 35-45 minutes.



Coconut Spice Cookies

Ingredients:

3 eggs
1/2 tsp Vanilla
1 Tbsp coconut flour, sifted
1 cup shredded coconut
1 tsp coconut oil, melted
1 tsp cinnamon
Pinch of sea salt

Directions:

1. Pre-heat oven to 350 degrees.
2. Whisk eggs and vanilla together. Stir in shredded coconut.
3. Sift coconut flour and cinnamon over the egg mixture, stir.
4. Stir in melted coconut oil and pinch of sea salt.
5. Spray or line a cookie sheet or shallow glass baking dish with parchment paper and spoon cookies into small ball-shapes, then flatten with a fork.
6. Bake about 15 minutes, until golden brown

Roasted Maple Pears

Ingredients:

- 1/4 cup maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cardamom
- 3 large pears, cored, peeled, and quartered

Directions:

1. Preheat oven to 350F.
2. Place the pears in a baking dish.
3. In a bowl, combine all ingredients with the exception of pears.
4. Pour over the pears.
5. Cover and bake for 25 minutes. Baste with the juices.

