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www.DiscoverHomeopathy.com

For more healthy recipes, go to <http://www.sandiegohomeopathy.com/diet.htm>

Delicious Healthy Desserts

By Gabrielle Traub, Homeopathic practitioner

Dear friends

Eating right can be challenging at times. Even the healthiest of us have weak moments. I have searched far and wide to bring to you healthy alternatives that are both convenient and delicious. These recipes are not intended for everyday use, but rather for those times when the sugar cravings kick in.

If your cravings are excessive, do seek treatment, as there are a number of homeopathic and natural treatments which can help curb your cravings.

I have listed recipes to make at home as well as pre-prepared treats available from your local health food store. I'd love to hear your feedback and am always grateful for any healthy recipes that you have to share.

I have given each recipe a rating according to taste, cost, health benefits and my favorite flavor. Foods which are potentially allergenic, or could be troublesome for some are indicated with a 

Home-made recipes are marked with a 

Feel free to share these recipes with your friends & loved ones

Eat, Enjoy and Be Healthy

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Contents

Ice cream.....	p1
Raw chocolate mousse	p2
Special treat Fruit Salad	p3
Raw chocolate recipes.....	p4
Whipped cream.....	p5
Chips	p6

Drinks

Hot chocolate	p7
Home-made flavored sparkling water.....	p8
Home-made iced green tea	p8
Coconut juice	p9
Keffir Coconut juice	p10
Comparing sweeteners.....	p11

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Ice cream

By Tomberlies

Raw, vegan. Wheat Free - Dairy Free - Soy Free!
No Preservatives, Thickeners or Fillers! 100% RAW

Ingredients:

Young thai coconut, raw cashews, raw agave syrup, whole vanilla bean, raw cocoa powder, raw cocoa butter and fresh seasonal fruit.

Taste: ++++++

Health score: ++++++

Cost: + (A little pricey, but perfect for the occasional treat)

Favorite flavor: Mint fudge swirl



Contains coconut which may result in mild stomach upsets in some people if eaten in large quantities.

<http://www.tomberlies.com/index.html>

Where to get it:

- Cardiff Seaside Market
- Jimbo's
- People's Co-op in Ocean Beach
- Rancho's Natural Foods
- Whole Foods Market La Jolla

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Raw Chocolate Mousse



Ingredients

- 2 bananas chopped (These can be chilled/lightly frozen ahead of time for an extra creamy dessert)
- 2 tbs Raw Cacao powder (e.g. by Nature's First Law):
http://www.sunfood.com/cgi-bin/order/index.cgi?id=932344059739&d=single&item_id=1004&m=home
- 1 tbs. avocado oil
- 1-2 tbs. agave nectar

Optional: Fresh mint leaves or a few drops of pure peppermint oil for a chocolate mint mousse

Directions:

Put everything in a Vitamix or blender and blend till smooth.
Add a little water if needed. Chill or eat as is.

Taste: +++

Health score: +++

Cost: +++ (The raw cacao powder is a little pricey, but lasts a long time. To save money grind your own cacao beans/cacao nibs in a coffee grinder, although it doesn't come out quite as smooth as the one mentioned above)

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Special Treat Fruit Salad



- Organic Mixed Berries (blueberries, strawberries, blackberries, raspberries)
- Sprinkle with bee pollen
- Sprinkle with raw cacao nibs
- Dribble with raw Agave syrup

Taste: +++++

Health score: +++++

Cost: +++++ (The cacao nibs are the most expensive ingredient. Cacao nibs are cheaper if found in the bins than if pre-packaged)



Do not use bee pollen if you are allergic to honey or bee products.

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Raw Cacao Powder

A gift from nature.

Uses:

- See “Raw Chocolate mousse” and “Incredibly Yummie, Healthy Hot Coco”
- Add one heaping tablespoon to your favorite smoothies
- Blend it with Virgin Coconut Oil and Agave--for Raw Chocolate Syrup!
(Then put this on top of raw ice cream or fresh fruit)
- Blend it in a food processor with raw nut butters and agave nectar
- Blend it with almond milk to make creamy dark chocolate milk.
- Mix into to kefir or raw colostrum or organic cow/goat yoghurt (if you are able to tolerate dairy)
- Mix into applesauce. Can be used as a base to add powdered greens and other powdered supplements (see www.SanDiegoHomeopathy.com for details)

Raw Cacao Nibs

A sure way to beat chocolate cravings

Uses:

- Although very bitter, some people enjoy nibbling on them just as they are.
- My favorite is adding them to smoothies.
- My friends and family just **love** the chocolate pieces in their smoothies.
- Sprinkle over salad
- Sprinkle over fruit or fruit salad
- Mix with dried fruit (unless you are trying to lose weight).
- Mix with Goji berries/almonds or Himalayan trail mix
- Mix into to kefir or raw colostrum or organic cow/goat yoghurt (if you are able to tolerate dairy)

For more delicious recipes, visit www.SanDiegoHomeopathy.com

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Soy "Whipped Cream"

One of my patients told me about this and it is absolutely delicious.

Soyatoo! Soy Whipped Cream is 100% vegan, contains zero saturated fat or cholesterol and is made with organic ingredients. It does have a slight soy-ey taste to it. Also soy is heavier than cream so it is altogether harder to get this stuff to spray out. Be warned.



Drape over fresh strawberries: Yum!
Dairy-free



Contains Soy (Avoid if you are allergic)

Ingredients:

Soyatoo!® Soya Topping Cream

soy milk (water, soybeans*) (74%), coconut fat* (5%), palm fat* (5%), sugar beet syrup*, maltodextrin from maize*, acidifier: tartaric acid, thickener: seaweed extract, sea salt, natural vanilla flavour

*= certified organically grown

Soyatoo!® Soya Spray Cream

soy milk (water, soybeans) (74%), coconut fat (5%), palm fat (5%), sugar beet syrup, maltodextrin from maize, acidifier: tartaric acid, thickener: seaweed extract, sea salt, natural vanilla flavour
propellant: nitrous oxide

Where to purchase:

Jimbo's

Taste: ++++

Health score: +

Cost: +++

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Chips

While I wouldn't exactly call these healthy, if you are going to eat chips and you don't have time to make your own, then I recommend these. The chocolate desert chips are sweet and salty and absolutely delicious.

Health benefits: Gluten free, no trans fats, no cholesterol, no artificial colors, flavors or preservatives. Non-GMO, Kosher.

Some flavors contain sugar. (Jalapeno flavor is sugar-free). Chocolate flavor has less sodium.

Visit their website to see where they can be purchased.

http://www.foodshouldtastegood.com/?Show_Chip=1

Taste: +++++

Health score: +

Cost: +++

Favorite flavors: Chocolate; Jalapeno



Contains corn. Avoid if allergic. Multigrain flavor contains soy.

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Drinks

It is best to drink pure water, but if you must splurge, treat yourself with one the delicious drinks below.

Incredibly Yummie, Healthy Hot Coco



Ingredients:

- Unsweetened almond milk/hemp milk/rice milk
- Raw cacao powder (e.g. by Nature's First Law)
http://www.sunfood.com/cgi-bin/order/index.cgi?id=932344059739&d=single&item_id=1004&m=home
- Cayenne pepper (*Cayenne should be avoided by those who are sensitive to spicy foods, those who suffer from heartburn, hot flushes or stomach ulcers*)
- Pure vanilla essence

Directions:

- Pour 1 mugful unsweetened almond milk/hemp milk into a stainless steel pot. Heat until just before boiling.
- Add 1 pinch cayenne pepper
- Add a drop of pure vanilla essence
- (*It is very important to make sure that the pot is taken off the heat before adding the raw cacao powder, otherwise the heat will destroy all the wonderful nutrient-rich benefits of the cacao*)
- Mix in 2-4 tablespoons of raw cacao powder
- Add sweetener (Raw agave syrup/Stevia/Xylitol) to taste
- Optional: add a pinch of Nutmeg and/ Cinnamon
- Serve hot. Serves one portion.

Taste: +++++

Health score: +++++

Cost: +++ (The raw cacao powder is a little pricey, but goes a long way. To save money grind your own cacao beans/cacao nibs in a coffee grinder, although it doesn't come out quite as smooth or dissolve as readily as the one mentioned above)

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Avoid cayenne pepper if you have menopausal hot flashes, heartburn or a stomach ulcer as it can make the burning pain worse.

Home-made flavored Sparkling water



Add a few drops of flavored liquid Stevia to natural mineral water as an occasional treat.

Taste: +++

Health score: ++

Cost: +++++

Favorite flavor: English toffee or



Use low mineral sparkling water if you have high blood pressure or a tendency towards water retention as sparkling water can be high in sodium .

Home-made Iced Green Tea



Steep a few bags of your favorite green tea in filtered boiling water. Add a few drops of liquid Stevia (or flavored stevia), being careful not to add too much. Allow to cool. Pour into a glass bottle and store in the fridge, leaving the tea bags inside the bottle.

Taste: +++

Health score: +++

Cost: +++++

Favorite flavor: Jasmine Green tea from Trader Jo's: You can smell the beautiful jasmine aroma with each sip.



Green tea contains caffeine, so should not be drunk too late in the day. It is healthiest to drink your drinks warm or at room temperature.

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Fresh Refreshing Coconut Juice

Warning: Drinking this can send you into island bliss

Cut open a fresh young green coconut. Using a straw sip on this isotonic refreshing beverage, full of electrolytes.

For those health nuts, you can make your own coconut-juice based probiotic (see below).



Opening a coconut can be dangerous. There is a way to doing it safely and it requires a special knife. Most health food stores will slice it open for you. Coconut (especially the meat) can cause a mild stomach upset in some people.

Taste: +++++

Health score: +++++

Cost: +++++

Kefir Coconut Juice



For optimal digestive health

This is a perfect dairy free probiotic. For centuries kefir has been for digestive health. Kefir contains good bacteria similar to live yoghurt.

Ingredients:

- Kefir culture starter pack (*available from the refrigerator section of many health foods stores*)
- 3-4 fresh young green coconuts (*available from the produce section of many health food stores*)

Click link below for guided instructions with pictures.

<http://bodyecology.com/mcoconutkefir.php>

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Once ready to drink, all the sugar will have disappeared and you will end up with a fizzy, sour, champagne-like drink, like a spritzer

A look at sweeteners

Cane sugar weakens our immune system by 50% for up to 4 hours after consumption. Artificial sweeteners, including aspartame, splenda and the sweeteners found in many of the “diet” foods are just as nasty. High fructose corn syrup should be avoided at all costs. Pay attention to labels, as it is hidden in everything.

FRUCTOSE: (fruit sugar) is healthier than cane sugar, however is high in calories and still effects blood sugar levels, thus use in moderation.

HONEY: also healthier than cane sugar, however still effects blood sugar levels and thus should only be used in moderation. If you are going to use honey, opt for raw, unheated honey. Raw Manuka honey is honey from the Tea Tree plant and has antibiotic, antimicrobial properties. Honey should be used in moderation by those you are diabetic, hypoglycemic or suffer from Attention Deficit Hyperactivity Disorder (ADHD)

If you need sweetening, what sweeteners are best for you?

STEVIA:

Stevia is a natural sweetener that has no calories, no carbohydrates and doesn't seem to have any significant affect on blood sugar levels. It has been used in Central and South America for centuries. It can safely be used by those with diabetes, hypo/hyperglycemia, if you are trying to lose weight, or simply trying to be healthier.

Pro's

- Non-caloric
- Does not affect blood sugar levels
- Can be used in cooking and baking

Con's

Stevia can have an unpleasant, heavy, bitter aftertaste. The trick is to use a very, very small amount as it is extremely sweet and too much gives it an aftertaste.

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Note: Stevia comes in both a liquid form and in a powder form.

Warning: Only use a VERY minute amount to prevent unpleasant aftertaste.

Stevia - Sugar Comparison Chart

Sugar	Liquid Stevia	Stevia Extract Powder	Concentrated Stevia Clear Liquid
1 tsp	2-3 drops	n/a	4-6 drops
2 tsp	4-6 drops	n/a	8-12 drops
1 Tbsp	6-9 drops	n/a	1/8 tsp
1 cup	1 tsp	1/3 to 1/2 tsp	1 Tbsp
2 cup	2 tsp	2/3 - 1 tsp	2 Tbsp

Equivalencies are approximate. Adjust to your own taste.

RAW ORGANIC AGAVE NECTAR:

Use the Dark Agave variety whenever possible. Agave has a relatively low glycemic index. It may be used by diabetics, people with hypoglycemia, or anyone who is concerned with maintaining an even blood-sugar level. Agave tastes somewhat like molasses or maple syrup with vanilla.

Pro: Agave is hands down my favorite sweetener in terms of taste. It doesn't seem to have a significant effect on blood sugar levels.

Con: It does have some calories, thus should be used in moderation in those trying to lose weight.

XYLITOL:

Xylitol has 40% less calories and is diabetic safe

- Xylitol Sweetener has about 1/3 less calories than sugar, around 2.4 calories per gram.

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- Xylitol Sweetener has a low glycemic index of 7, thus has little effect on blood sugar levels
- Xylitol may actually **prevents** tooth decay. It can be used as an alternative for toothpaste

Pro's

- Xylitol Sweetener is an all natural sugar substitute
- 40% Less Calories than sugar
- Low Glycemic Index (7)
- Looks and Tastes like sugar
- Can replace sugar in most recipes
- FDA's safest food additive rating
- Has little effect on blood sugar
- Can prevent tooth decay and can clear the sinuses of bacteria (especially when used in nasal irrigation/nasal spray)

The Cons

- Xylitol can cause diarrhea or gas in some cases to people not accustomed to its use.
- Xylitol Sweetener cannot be used in baking applications involving yeast.

Warning: Xylitol can cause gas, loose stool or diarrhea in some people.

LO HAN KUO:

Another plant derived natural sweetener similar to stevia. It goes well with coffee and tea. You can find it in health food stores, some Asian markets or online.

Cons:

It is not heat stable. It will have a black licorice aftertaste if heated.

Note: While the natural sweeteners listed above are said to be safe, every once in a while I have a patient who does not tolerate them well. For those of you who are chemical sensitive and sensitive to sugars, it is always best to listen to your body and only use what is right for you.