

Selah V. Fitness - Recipes

SUGAR FREE S'MORES!

“GOOD FOR YOU” GRAHAM CRACKERS

INGREDIENTS

1 c. Trader Joe's Gluten Free Flour
3/4 c. of Quinoa flour
2 tsp. Cinnamon
1 tsp. baking powder
1/2 tsp. xanthan gum
1/2 tsp. baking soda
1/2 tsp. salt
1/2 c. Coconut Oil (melted)
5 Tbs. Water
2 Tbs. Sugar Free Maple Syrup
2 Tbs. Molasses
2 tsp. Vanilla Extract

DIRECTIONS

Whisk together dry ingredients. Add coconut oil, water, syrup, and vanilla.
Divide dough in half, form into discs, wrap, and refrigerate 1 hour.

Using one disc at a time, roll between 2 pieces parchment paper to 1/8 inch thickness. Remove top piece of paper and place the bottom piece with the dough on a baking sheet. Poke dough all over with fork and carve out squares with a knife. Repeat all with second disc of dough.

Bake at 325 for 15-17 minutes, rotating trays halfway through baking. Re-cut squares and cool completely. Store in airtight container for up to a week.

MAKE ME CRAZY HEALTHY MARSHMALLOWS

INGREDIENTS

3 packages Unflavored Gelatin
1 1/2 c. Xylitol
1 c. Sugar Free Maple Syrup
1/2 c. Water
1/4 tsp. Kosher Salt
1 Tbs. Pure Vanilla Extract
Confectioner's Sugar or Graham Cracker Crumbs for dusting

DIRECTIONS

Combine the gelatin and 1/2 cup cold water in the bowl of an electric mixer fitted with the whisk attachment and allow to sit while you make the syrup. Meanwhile, combine the xylitol, syrup, salt and 1/2 cup water in a small saucepan and cook over medium heat until the sugar dissolves. Raise the heat to high and cook until the syrup reaches 240 degrees on a candy thermometer. Remove from the heat.

With the mixer on low speed, slowly pour the xylitol/syrup into the dissolved gelatin. Put the mixer on high speed and whip until the mixture is very thick, about 15 minutes. Add the vanilla and mix thoroughly.

With a sieve, generously dust an 8 by 12 inch pan with confectioner's sugar or the graham crackers. Pour the marshmallow mixture into the pan, smooth the top, and dust with more confectioner's sugar or graham crackers.

Allow to stand uncovered overnight until it dries out - they'll be easier to cut after they sit overnight and dry out. Then turn the marshmallows onto a board and cut them into squares. Dust with more sugar or graham crackers.

SUGAR FREE CHOCOLATE BARS

INGREDIENTS

1/2 c. plus 1 Tbs. Cacao or Cocoa Powder
4 Tbs. Unrefined Coconut Oil (melted)
1 Tbs. Sugar Free Maple Syrup such as Nature's Hollow Xylitol Syrup
optional: 1 extra Tbs. Oil or Water, if it needs to be thinner

DIRECTIONS

Combine coconut oil with the liquid sweetener or stevia drops. Stir, then add the cacao powder. Stir until it gets thick. Pour into any flat container (or candy molds or smush between layers of wax paper or in Ziploc bags).

Freeze until solid, then break or cut into bars!