
SUGAR-FREE RECIPES YOU'LL LOVE!

Desserts have never been this guilt-free!



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Sugar Free Delights

We ALL know that **sugar** is not-so-great for our health. Not only can consuming too much sugar lead to health concerns such as obesity and diabetes, it can also cause our teeth to rot and mess with our hormones!

Leading nutritionist, Angela Emmerton, founder of Nutritional Matters and *That Sugar Film* ambassador says it's not always easy resisting sugary foods?

Here are Angela's favourite 'sugar-free' recipes which will satisfy your sweet-tooth and keep your hands out of the lolly jar!





Arvo Tea - Delicious Dunking Biscuits



Healthy benefits aside, these biscuits are delicious! They even hold together when dunked in your favourite cup of tea! These will become one of your cookie jar staples! Give them a go!

Recipe makes 8 biscuits.

Ingredients:

- 1 cup almond meal
- 1 tsp cacao powder
- 3 large dates soaked and minced into a fine paste (soak in water, remove the seed, then mash)
- 2 tsp vanilla seeds
- 1 tsp cinnamon
- ¼ tsp baking soda
- 1 tsp water
- 3 tbsp. melted coconut oil



Method:

- Preheat the oven to 180 degrees.
- Mix almond meal, cacao powder, vanilla, cinnamon and baking soda together in a bowl.
- In a separate bowl stir the dates, coconut oil and water until they form an even consistency.
- Combine the dry mix and wet ingredients together, adding only a tiny amount of water if needed for it to make a moist thick dough.
- Arrange them in little biscuit shapes on a very well-greased and lined baking tray
- Bake them for 10 minutes at 180.
- Remove them from the oven and let them rest for a further 10 minutes whilst they harden a little and set.
- Once they are cool pop them in an air-tight container.
- Delicious dunked in your favourite cup of tea for a healthy afternoon treat!

*Recipe courtesy of *That Sugar Film*



Brain Balls



When you look at a walnut, what does it remind you of? Your brain! And guess what? Walnuts are great for your brain as they contain essential fatty acids (omega-3), which are necessary for optimal brain function.

Omega-3 is also anti-inflammatory and good for your heart. These brain balls are a perfect snack as they are filled with goodness and energy in addition to providing vitamin E and zinc, beneficial for your skin and immune system.

Ingredients:

- 2 cups walnuts
- 1 cup sunflower seeds
- 1 cup shredded coconut
- 2/3-cup raw cacao powder
- 8 dates, pitted and chopped
- ¼ cup water
- Pinch of salt



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Method

- Pulse the walnuts, sunflower seeds, dates and coconut in a food processor until smooth.
- Next add the cacao powder, salt and water and continue to process until all the ingredients come together.
- Remove the mixture from the food processor and form into walnut-sized balls by rolling them between your palms - place in the refrigerator for 30mins.
- Store in the refrigerator in an airtight glass container.
- Eat and enjoy a brain-boost during the day!



Chocolate Banana Ice-cream



Bananas are high in potassium. Nuts have essential fatty acids and good quality protein. Coconut water is great for hydration and Almond milk is an excellent source of protein and calcium.

So go ahead and try this recipe when you feel like treating yourself to something yummy - without the added sugar and nasties.

Ingredients:

- 1 frozen banana
- 1 tsp. raw cacao
- Splash of coconut water OR almond milk
- 1 tsp. nut butter

Method:

- Whizz up all ingredients together in a food processor.
- Enjoy!



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About Me



Hi I'm Angela Emmerton, a Clinical Nutritionist and founder of Nutritional Matters, corporate speaker, writer, tea blender and Ambassador for *That Sugar Film*.

My interest in the unquestionable benefits of good nutrition led me to study for a Bachelor of Health Science in Nutritional Medicine as well as qualifications in social sciences and counselling.

I founded Nutritional Matters to help people feel energised, more resistant to disease and to achieve their personal health goals, through a realistic program tailored to meet their individual needs.

I work with clients to help restore their vitality by discussing lifestyle changes including: improvements to their diet and specific nutrients that will help, as well as introducing movement and relaxation.

Email me to discuss your nutritional needs: <mailto:angela@nutritionalmatters.com.au>

Visit my website at: <http://www.nutritionalmatters.com.au/>

Or book-in for a complimentary consultation: <https://nutritional-matters.cliniko.com/bookings-location>

I look forward to hearing from you soon, Angela