



21 HEALTHY SWEET TREATS



CREATED BY
EMMA & CARLA PAPAS

THE *Merrymaker Sisters*
FOR SUPABARN

THESE RECIPES ARE **REFINED SUGAR FREE** AND **GLUTEN FREE**,
MOST ARE **DAIRY FREE** AND **GRAIN FREE**.
ALL ARE DELICIOUS.



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"At Supabarn, we're small enough to be selective with our produce, yet large enough to get you a great price!

We work with many local farmers to reduce transport time and pride ourselves on being able to get your fresh produce from the farm to the store on the same day!

This ensure our produce not only lasts longer, but also tastes better!

We believe in eating well and living well for less and we're delighted to share *The Merry-maker Sisters' 21 Healthy Sweet Treats* recipes with you!"

- The Supabarn Team.



MEET EMMA AND CARLA!



Founders of The MerryMaker Sisters (and real life sisters), bliss followers, health coaches and Yoga/Pilates instructors.

We're on a mission to merrymake over the world, to help you live a healthy, happy, magic filled life.

We reach over 250, 000 people every month with our blog, book, app, programs and podcast.

If you want even more recipes checkout getmerry.com OR sign up for a free 7 day healthy meal plan over [HERE!](#)

We can't wait to see all your delicious creations, share them on social media and use **#getmerry** so we don't miss them!

Always Merrymaking,

Emma + Carla



THE MERRYMAKER SISTERS

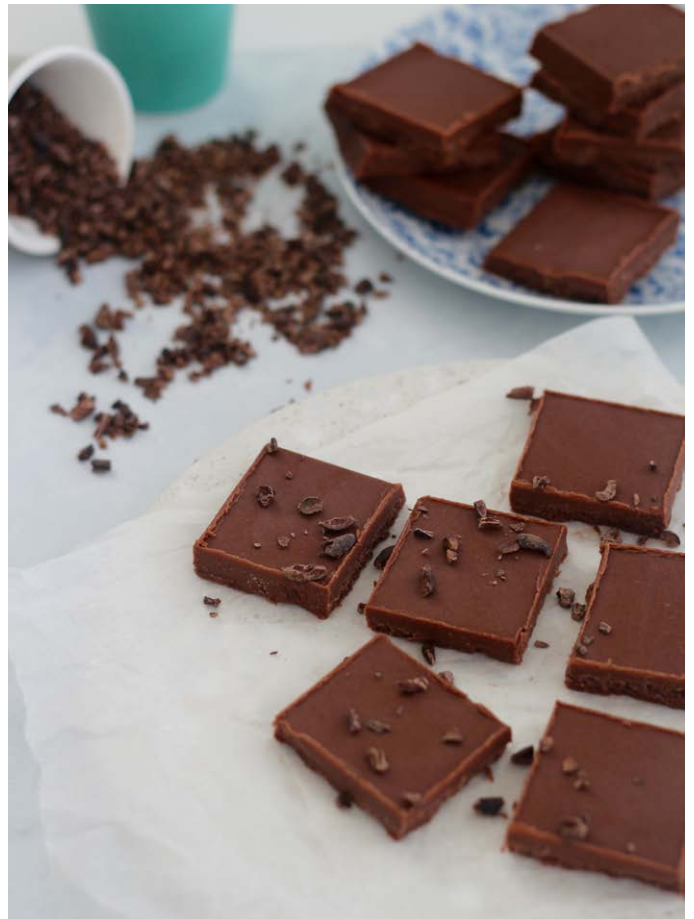


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5 INGREDIENT BASIC BISCUITS

These healthy basic biscuits are perfect for decorating. Frost or ice them with healthy icing and then top with crushed nuts, fruit or healthy chocolate (ahhh yummo!).

MAKES:	16
PREP TIME:	10 mins
COOK TIME:	20 mins

STUFF YOU NEED

3 cups blanched almond meal
 1 tsp. cinnamon
 ½ cup butter
 ½ cup rice malt syrup (or honey/maple)
 2 tbs. nut butter (we like peanut butter... duh)

NOW WHAT

Preheat oven to 160°C (320°F) and line 2 baking trays with baking paper.

In a large mixing bowl, place the almond meal and cinnamon, mix until combined.

In a small bowl, place the melted butter, syrup and nut butter, mix until smooth and combined.

Add the butter mix to the dry ingredients and mix until a sticky cookie dough forms.

Roll tablespoons of dough and place evenly onto the baking trays.

Flatten the cookies down with your palm and then smooth the edges with your fingertips.

Place into the oven for 12–16 minutes, keep an eye on them as they burn quickly and ovens can differ.

Allow to cool completely before enjoying or decorating with yummy things!

These are the BEST!

MERRYMAKER TIP...

Decorate your basic biccies with icing, frosting, fruit and nuts for extra fun, MERRY factor!



RECIPE 2

BREAKFAST COOKIES

These breakfast cookies are so good! The perfect healthy breakfast you can prepare on the weekend and enjoy through the week. Talk about organised!

MAKES:	10
PREP TIME:	15 mins
COOK TIME:	35 mins

STUFF YOU NEED

2 cups blanched almond meal
1 ½ cups desiccated coconut
¼ cup erythritol or coconut sugar
1 tsp. cinnamon
½ cup butter
¼ honey or rice malt syrup
1 tsp. 100% vanilla extract
1 tsp. baking powder
1 tbs. water
1 tbs. lemon rind

TOP WITH

raw almonds
pumpkin seeds

NOW WHAT

Preheat oven to 120°C (350°F) and line a baking tray with baking paper.

In a large mixing bowl place the almond meal, coconut, erythritol, cinnamon and mix together.

In a small saucepan (or you can use your microwave) melt the butter, vanilla and honey together.

Take the saucepan off the heat and add the baking powder and water, stir together until it foams and turns a white-ish colour.

Transfer this into the dry ingredients and mix well until combined.

Add the lemon rind and mix again.

Take large spoonfuls of the mixture, firmly roll balls, place on to the baking tray and flatten. Carefully press almonds and pumpkin seeds onto the top of each cookie and reform the edges of the cookie with your fingertips.

Place the tray into the oven and bake for 35 minutes or until golden brown.

Allow to cool and harden, then enjoy with a nice cup of tea!

Store in an airtight container for around 5 days.

MERRYMAKER TIP...

You can top these with anything! Think choc chips... because omg YUM but also any other nut or seed or dried fruit!



RECIPE 3

STRAWBERRY APPLE AND WALNUT LOAF

We decided to make this recipe sweetener free because the apple and strawberries make it sweet enough.

SERVES:	8
PREP TIME:	10 mins
COOK TIME:	40 mins

STUFF YOU NEED

3 eggs
2 cups blanched almond meal
½ cup walnuts chopped
1 cup strawberries
1 apple peeled and grated
60 g (2 oz.) butter melted
1 tsp. cinnamon
1 tsp. vanilla
½ tsp. baking powder
pinch of salt

NOW WHAT

Preheat oven to 180°C (350°F) and line a 20 cm x 10 cm (8 x 4 inch) loaf tin with baking paper.

In a large bowl add the almond meal, walnuts, cinnamon, baking powder and salt. Mix well.

In another bowl whisk the eggs, then add the vanilla and butter and stir well.

Add the wet ingredients to the dry ingredients and stir to combine.

Add the apple and strawberries, stir again.

Transfer the loaf mixture into the prepared tin and press down to even out the mixture.

Place into the oven for 40 minutes or until cooked through.

Allow to cool, slice it up and enjoy right away or freeze in small portions and reheat under the grill when ready to eat.

MERRYMAKER TIP...

You could even add dark choc chips for extra delish factor! OMG YES!



EASIEST HEALTHY PANCAKES

These pancakes are super easy and kid approved! Perfect for a little sweet treat, also a great weekend breakfast idea!

SERVES:	2
PREP TIME:	5 mins
COOK TIME:	15 mins

STUFF YOU NEED

4 eggs
 2 ripe bananas
 1 tsp. 100% vanilla extract
 1 tsp. cinnamon
 coconut oil

TOPPINGS

natural yoghurt
 ½ punnet of strawberries
 sugar-free chocolate

NOW WHAT

Place all the pancake ingredients (except the coconut oil) into a blender and whiz till smooth.

In a large frypan on medium-high heat melt a little coconut oil.

Turn the heat down a little and pour ¼ measuring cups of batter into the pan, allow to cook for about 2 minutes, flip with a spatula and cook the other side for about 1 minute. Continue till all pancake mix is used.

Top with all the toppings!

MERRYMAKER TIP...

The first pancake is always the hardest little bugger to flip. Flip carefully and slowly!



CHOCOLATE MOUSSE SMOOTHIE

We usually enjoy smoothies for breakfast but they also do make a delish, healthy and super quick sweet treat! This one is filled with good fats!

SERVES: 2
PREP TIME: 2 mins

STUFF YOU NEED

2 cups coconut milk (carton)
1 cup ice
3 tbs. raw cacao
2 serves natural protein powder (optional)
½ avocado
2 tbs. gelatin powder (optional)
1 tbs. nut butter
1 tsp. cinnamon
1 tsp. 100% vanilla extract

NOW WHAT

Place all the ingredients into the blender.

Blend until smoooooooooth!

Drink it up!

MERRYMAKER TIP...

Top the delish smoothie with other delish stuff. Coz fun and yum!



RAW CHOC BLACKBERRY CAKE

Such an easy peasy but impressive raw cake. The toppings are everything!

SERVES:	12
PREP TIME:	1 hr
FRIDGE TIME:	2 hrs

STUFF YOU NEED

1 cup mixed nuts
 ½ cup desiccated coconut
 ½ cup almond meal
 ½ cup raw cacao powder
 ¼ cup erythritol (or natural sweetener of choice)
 ¼ cup coconut oil
 1 tsp. 100% vanilla extract

FOR THE FILLING

2 cups raw cashews (soaked in water overnight and then drained/rinsed)
 1 cup blackberries
 1 ½ cups coconut milk (canned)
 ⅓ cup maple syrup or raw honey
 ½ cup coconut oil
 1 tsp. 100% vanilla extract

FOR THE TOPPINGS

Extra berries
 Slivered almonds
 Shaved chocolate
 Whatever your heart desires

NOW WHAT

Line a 24 cm (10 inch) spring-form cake tin with baking paper.

Place all the base ingredients into a food processor or blender.

Whiz until well combined, it will become a smooth butter. Yum!

Spread the mix into the prepared tin, shake it a little to ensure it is even.

Place the tin into the freezer.

Let's get onto the filling!

No need to wash the blender, simply add all the filling ingredients and whiz until super smooth.

Pour the blackberry filling on top of the base layer, shake to even out and place back into the freezer for 2 hours or until set (you can also leave overnight).

Once set, carefully release the springform and place cake onto a serving plate.

Decorate with extra berries, almonds and chocolate! Slice with a hot knife and enjoy!

MERRYMAKER TIP...

If you're not eating it all at once, store in an airtight container in the freezer pre-sliced. That way you can thaw out separate slices when ready to enjoy!



KETO CHOCOLATE FAT BOMB

The most filling and oh so satisfying sweet treat you can get! All about the good fats!

SERVES:	8
PREP TIME:	10 mins
FRIDGE TIME:	1 hr

STUFF YOU NEED

2 cups desiccated coconut
 1 cup macadamias
 ¼ cup raw cacao powder
 2 tbs. butter or coconut oil
 2 tbs. xylitol
 1 tsp. 100% vanilla extract
 pinch of salt

NOW WHAT

Add all the ingredients to your blender and whiz on high till nice and smooth. It should take about 3 minutes.

Pour the chocolate deliciousness into a silicone tray and pop into the freezer for 1 hour or until set.

Cut and enjoy!

MERRYMAKER TIP...

Store in the freezer and add a fat bomb to your smoothie!



SWEETENER FREE GOOD FAT CAKE

If you're trying to lower your sugar intake PLUS your natural sweetener intake this is the cake for you! But also... it's extra yum when you add just a teeny bit of natural sweetener.

SERVES: 12
 PREP TIME: 30 mins
 FRIDGE TIME: 1 hr 30 mins

STUFF YOU NEED

FOR THE BASE

1 cup cashews
 1 cup unsweetened
 desiccated coconut
 ¼ cup raw cacao powder
 2 tbs. peanut butter
 1 tbs. coconut oil
 1 tsp. 100% vanilla extract
 pinch of salt

FOR THE FILLING

1 ½ cups unsweetened
 desiccated coconut
 1 cup coconut milk (canned)
 1 cup raw cashews (soaked
 overnight, then drained
 works best)
 ½ cup peanut butter
 ¼ cup coconut oil
 2 tsp. 100% vanilla extract
 pinch of salt

NOW WHAT

Line the base of a 20 cm (8 inch) springform cake tin with baking paper and grease the edges with a little coconut oil.

Start with the base

Place all of the base ingredients into your food processor.

Whiz these ingredients until a smooth paste forms.

Transfer the base into the cake tin, making sure you press it out evenly, covering the entire base.

Place into the freezer.

Now for the filling.

Place all the filling ingredients into the food processor and whiz until completely smooth, this will take around 5-10 minutes.

Take the base out of the freezer and pour the filling on top of the base.

Shake the tin to even out the top and place the cake the fridge for around 1 ½ hours or until set.

Rub the outside of the cake tin with a hot cloth and release the springform slowly.

Cut into slices and store any leftovers in an airtight container in the fridge or freezer.

MERRYMAKER TIP...

Add 1 tbs. rice malt syrup (maple or honey) to the base and filling for a sweeter dessert! We did... and we loved it!



RAW LOW CARB CHOCOLATE FUDGE BROWNIES

They're not regular brownies but far out are they yum! And don't worry we have about a bazillion other brownie recipes over at getmerry.com.

SERVES: 16
PREP TIME: 5 mins
COOK TIME: 1 hr

STUFF YOU NEED

2 cups walnuts
2 cups blanched almond meal
¾ cup raw cacao
¼ cup erythritol
(we love Naturally Sweet)
¼ cup coconut oil
¼ cup nut butter
(like almond/peanut)
1 tsp. cinnamon
1 tsp. 100% vanilla extract

NOW WHAT

Pretty much the easiest recipe ever!

Whack everything into your blender and whiz until smooth.

Transfer into a 20 x 20 cm (8 x 8 inch) silicon mould or lined slice tin.

Place into the freezer for 1 hour or until set.

Cut into squares and go to lovers chocolate town!

MERRYMAKER TIP...

Remember to keep these in the freezer until you're ready to serve! They WILL melt fast!



TRIPLE CHOC BROWNIES

We really have trialled and tested so many different brownie recipes and this recipe might just be the ultimate healthy treat. Remember... they are still treats, don't go eating the whole thing at once (hehe... giving this advice from experience).

SERVES: 16
 PREP TIME: 20 mins
 COOK TIME: 15 mins

STUFF YOU NEED

3 eggs
 2 cups blanched almond meal
 ½ cup cacao powder
 ½ cup butter or coconut oil softened
 ⅓ cup rice malt syrup or honey
 ¼ cup nut butter
 ¼ cup coconut milk (canned)
 2 tsp. 100% vanilla extract
 1 tsp. baking powder
 100 g (3 ½ oz.) sugar free chocolate chopped into chunks
 ½ cup macadamias chopped into chunks (or your fave nut)
 pinch of salt

FOR THE CHOC-NANA-BUTTER FROSTING

1 medium banana
 1 ¼ cup shredded coconut
 ⅓ cup butter or coconut oil softened
 ¼ cup nut butter
 2 tbs. cacao powder
 1 tbs. rice malt syrup or honey (optional)
 1 tsp. 100% vanilla extract

NOW WHAT

Preheat oven to 180°C (350°F) and line a 20 x 20 cm (8 x 8 inch) slice tin with baking paper.

In a large bowl mix the almond meal, cacao, baking powder and salt.

In a smaller bowl, mix the eggs, butter, rice malt syrup, nut butter, coconut milk and vanilla until smooth and combined.

Add the wet ingredients slowly to the dry ingredients and mix until well combined.

Lastly, add the choccy and nut chunks, stir and YUM!

Transfer the batter into the prepared tin and place into the oven for 15 minutes.

Allow to cool completely before turning out and frosting.

To make the frosting, simply place all ingredients (except the banana) into a blender or food processor and whiz until smooth and combined.

Add the banana and whiz again until thick and smooth.

Cover the brownies with frosting and grate a little extra sugar free chocolate on top!

Cut into squares and enjoy (just not all at once!).

MERRYMAKER TIP...

You could totally skip the frosting and just drizzle with melted sugar free choccy... but come on... that's the best bit!



CHOCOLATE SELF SAUCING PUDDING

Self saucing pudding recipes always seemed a little tricky. Don't know why? But we can confirm that this recipe is 100% easy!

SERVES:	2
PREP TIME:	5 mins
COOK TIME:	25 mins

STUFF YOU NEED

2 eggs lightly beaten
 ½ cup almond meal
 ⅓ cup coconut milk (canned)
 ¼ cup raw cacao powder
 ¼ cup coconut oil
 2 tbs. natural sweetener
 1 tsp. 100% vanilla extract
 ½ tsp. apple cider vinegar
 ½ tsp. baking powder

FOR THE CHOCOLATE SAUCE

¾ cup boiling water
 ¼ cup raw cacao powder
 2 tbs. natural sweetener
 1 tsp. 100% vanilla extract

NOW WHAT

Preheat oven to 180°C (350°F).

In a mixing bowl combine all the pudding ingredients.

Transfer the mix into 2 x 10 cm (4 inches) ramekins.

In another bowl mix together all the chocolate sauce ingredients until super smooth.

Carefully pour half the chocolate sauce on top of each of the puddings.

Place into the oven for 25 minutes.

Eat it!

MERRYMAKER TIP...

We served ours with coconut yoghurt and berries! But top with all kinds of delish, whatever your heart desires! And remember, share your creations on social media with #GetMerry.



BAKED PUMPKIN CHEESECAKE

Ok, this cake will take some time to make BUT it is worth it! Probably one of the best cakes we've ever eaten! Ahhhhh.

SERVES:	12
PREP TIME:	30 mins
COOK TIME:	1 hr 15 mins
FRIDGE TIME:	2 hrs

STUFF YOU NEED

FOR THE BASE

2 cups blanched almond meal
 ¼ cup desiccated coconut
 125g butter softened
 2 tbs. coconut sugar
 ½ tsp. cinnamon
 pinch of salt

FOR THE FILLING

1 ½ cups pumpkin puree
 (about 500g uncooked
 pumpkin)
 500 g (1 lb.) cream cheese
 4 eggs
 ½ lemon juiced
 ¼ – ½ cup maple or rice malt
 syrup (depending on how
 sweet you like stuff)
 1 tsp. cinnamon
 1 tsp. 100% vanilla extract

TOPPINGS

seasonal sliced fruit

NOW WHAT

To make pumpkin puree, boil peeled and chopped pumpkin until soft, then whiz until smooth. Allow to cool.

Line a 20 cm (8 inch) springform cake tin and preheat oven to 170°C (340°F).

Let's start with the base! Place all ingredients into your blender or food processor and whiz until a smooth butter forms.

Transfer into the prepared tin and press evenly, covering the entire base. Place into the fridge for now.

Let's get onto the filling! Quickly rinse your blender.

Place all filling ingredients into your blender (except the eggs) and whiz on super low speed until combined.

Slowly add one egg at a time, continuing to whiz on low speed.

Take the base out of the fridge and carefully pour the filling on top of the base.

Place into the oven for 60 minutes or until the top doesn't wiggle in the centre.

Turn off the oven and slightly open the oven door for 15 minutes, allowing the cake to cool slowly.

Take out of the oven and allow to cool completely.

Place into the fridge for at least 2 hours or overnight before releasing the spring form, slicing and serving. OMG YUM!

MERRYMAKER TIP...

*Top your cheesecake with seasonal fruit!
 We sliced pear, strawberries and raspberries!
 How epic does it look?!*



CHOC VANILLA PUMPKIN CHEESECAKE

This recipe was inspired by (surprise!) the previous pumpkin cheesecake. We just couldn't get enough.

SERVES:	12
PREP TIME:	30 mins
COOK TIME:	1 hr 15 mins
FRIDGE TIME:	2 hrs

STUFF YOU NEED

FOR THE BASE

2 cups blanched almond meal
1 cup desiccated coconut
¼ cup raw cacao powder
100 g (3 ½ oz.) butter or
coconut oil softened
¼ cup erythritol or natural
sweetener of choice
1 tsp. 100% vanilla extract
pinch of salt

FOR THE FILLING

500 g (1 lb.) cream cheese
1 ½ cups pumpkin puree
(about 500g uncooked
pumpkin)
4 eggs
½ cup rice malt syrup (or
natural sweetener of
choice)
2 tsp. 100% vanilla extract
100 g (3 ½ oz.) sugar-free
chocolate melted

NOW WHAT

To make pumpkin puree, boil peeled and chopped pumpkin until soft, then whiz until smooth. Allow to cool.

Line a 20 cm (8 inch) springform cake tin and preheat oven to 170°C (340°F).

Let's start with the base! Place all ingredients into your blender or food processor and whiz until a smooth butter forms.

Transfer into the prepared tin and press evenly, covering the entire base. Place into the fridge for now.

Let's get onto the filling! Quickly rinse your blender.

Place all filling ingredients into your blender (except the eggs and chocolate) and whiz on super low speed until combined.

Slowly add one egg at a time, continuing to whiz on low speed.

Pour half the mixture into a bowl and then slowly whisk the melted chocolate into that half.

Take the base out of the fridge and carefully pour the chocolate filling on top of the base.

Then, slowly drizzle the vanilla filling into the chocolate. Using a spoon, marble the cake.

Place into the oven for 60 minutes or until the top doesn't wiggle in the centre.

Turn off the oven and slightly open the oven door for 15 minutes, allowing the cake to cool slowly.

Take out of the oven and allow to cool completely.

Place into the fridge for at least 2 hours or overnight before releasing the springform, slicing and serving. OMG YUM!

We sprinkled ours with extra cacao powder! This was a good idea.



MERRYMAKER TIP...

*Remember to share this with friends.
It's VERY moorish!*

CUPCAKES

This is officially the best and most easiest healthy cupcake recipe. Not only do they look adorable, they're easy to whip up and they taste all kinds of delish. All the boxes are ticked! Woohoo.

SERVES:	24
PREP TIME:	25 mins
COOK TIME:	20 mins

STUFF YOU NEED

FOR THE CUPCAKES

2 ½ cups blanched almond meal
 ½ cup coconut milk (canned)
 ¼ cup rice malt syrup (or natural sweetener of choice)
 ¼ cup coconut flour
 150 g (5 oz.) butter softened (or coconut oil)
 4 eggs
 2 tsp. 100% vanilla extract
 1 tsp. baking powder
 pinch of salt

FOR THE FROSTING

2 cups shredded coconut
 ½ cup butter cubed (approx. 100g/3.5 oz.)
 1 cup strawberries (thaw if frozen)
 ¼ of a raw beetroot, peeled
 2 tbs. rice malt syrup (or natural sweetener of choice)
 1 tsp. 100% vanilla

NOW WHAT

Preheat oven to 180°C (350°F) and line muffin trays with patty cake cases (is that what they are even called?).

In a large bowl add the almond meal, coconut flour, baking powder and salt, mix well.

In your blender or mix master, whiz the coconut milk, rice malt syrup, butter, eggs and vanilla until smooth. It may curdle a little and this is totes ok. You didn't ruin it!

Add the wet ingredients to the dry ingredients and mix until well combined.

Spoon out the batter into patty cases, fill them up to the ¾ mark.

Place into the oven for 20 minutes or until golden and cooked through.

Allow to cool before turning out onto a wire rack.

Now for the frosting!

In a high power blender or food processor whiz the coconut until buttery.

Add the butter cubes and continue to whiz until smooth.

Add the berries and beetroot, whiz again! You should have a nice pink colour frosting.

Last but not least, add the rice malt syrup and vanilla and whiz on super slow until combined.

Spread the frosting onto the cooled cupcakes.

Keep stored in the fridge or you can freeze separate cupcakes in the freezer! But these taste best fresh!

MERRYMAKER TIP...

Add beetroot slowly so you can get the colour and taste right. Boom!



THE BEST FLUFFY LOW CARB DONUTS

Yes, the donuts are actually fluffy not like lots of other rock hard paleo cakes (haha, they are still delish but wow fluffy is good and kinda wins). Due to the fluff factor we think this recipe would also make the most delish cupcakes.

SERVES: 8
 PREP TIME: 15 mins
 COOK TIME: 20 mins

STUFF YOU NEED

1 ¼ cups blanched almond meal
 ¼ cup coconut milk (canned)
 80 g (2.8 oz.) butter softened
 2 eggs
 2 tbs. coconut flour
 2 tbs. xylitol (or natural sweetener of choice)
 1 tsp. 100% vanilla extract
 ½ tsp. baking powder
 pinch of salt

FOR THE FROSTING

½ cup peanut butter
 3 tbs. coconut milk (canned)
 2 tbs. coconut oil
 2 tsp. xylitol (or natural sweetener of choice)
 1 tsp. 100% vanilla extract
 pinch of salt

NOW WHAT

Preheat oven to 180°C (350°F) and grease a donut tray OR just use a muffin tray with patty cases.

In a large bowl add the almond meal, coconut flour, xylitol, baking powder and salt, mix well.

In your blender or mix master, whiz the coconut milk, butter, eggs and vanilla until smooth.

Add the wet ingredients to the dry ingredients and mix until well combined.

Spoon out the batter into the donut tray (it will make around 8 donuts).

Place into the oven for 15-20 minutes or until golden and cooked through.

Allow to cool before turning out onto a wire rack.

Now for the frosting!

Place all ingredients into your blender or food processor and whiz until super smooth.

Spread lots of frosting on top of each donut, then if you're extra fancy, sprinkle with nuts and drizzle with sugar free chocolate!

Um yum!

MERRYMAKER TIP...

Make a double batch, they will disappear fast! Swap your sweetener to rice malt, honey, maple or coconut sugar.



CINNAMON DONUTS

One day while working at Mum and Dad's in Canberra we decided to try and make healthier cinnamon donuts. No plan, no strategy and BOOM the recipe worked! These kinda recipes are the most fun!

MAKES:	6
PREP TIME:	10 mins
COOK TIME:	20 mins

STUFF YOU NEED

4 eggs
 ½ cup coconut oil or butter
 ¼ cup coconut flour
 ¼ cup almond meal
 ¼ cup coconut milk (canned)
 2 tbs. rice malt syrup or honey
 1 tsp. 100% vanilla extract
 ½ tsp. baking powder
 pinch of salt

TOP WITH

2 tbs. coconut sugar
 1 tbs. cinnamon

NOW WHAT

Preheat oven to 180°C (350°F) and grease a 6 hole donut baking tray or use a silicon tray.

In a food processor or blender whiz the coconut flour, almond meal, baking powder and salt.

Add the eggs, coconut oil, vanilla, milk and whiz again.

Add the rice malt syrup and whiz super slowly (we mean slow, we don't want the mixture to heat from the friction!).

Fill each donut hole with the mix to about ¾ full.

Place into the oven for 15 minutes. Check and continue cooking for another 5 minutes.

Allow to cool (if you can wait) and then remove from tray.

If the mixture rose above the donut hole moulds simply cut out the holes with a knife. Sounds weird now but you'll get it after you've made them! Also... BONUS taste testers!

Finally in a bowl mix the cinnamon and coconut sugar and dunk the donuts in to coat super well.

MERRYMAKER TIP...

As we mentioned above if you don't have a donut tray simply turn them into cinnamon donut muffins. Same same but different! Haha.



APPLE TEA CAKE

We highly recommend you serve the apple tea cake warm with a dollop of natural yoghurt or coconut ice cream.

SERVES: 8
 PREP TIME: 15 mins
 COOK TIME: 30 mins

STUFF YOU NEED

2 cups blanched almond meal
 2 eggs whisked
 1 apple cubed (you can peel if you want, we didn't #lazychef)
 ¼ cup honey
 ¼ cup butter or coconut oil, softened
 ¼ cup coconut milk (canned)
 1 tsp. cinnamon
 1 tsp. baking powder
 pinch of salt

FOR THE CRUMBLE TOPPING

½ cup desiccated coconut
 ½ cup flaked almonds
 2 tbs. butter or oil
 2 tbs. coconut sugar or honey

NOW WHAT

Preheat oven to 180°C (350°F) and line a 20 cm (8 inch) springform cake tin with baking paper.

In a large bowl add the almond meal, cinnamon, baking powder and salt. Mix well.

In a smaller bowl whisk the eggs, then add the coconut milk, butter, honey, oil, vanilla and whisk until all combined.

Add the wet ingredients to the dry ingredients and mix again. It will form a sticky, thick, wet batter.

Add the apple to the mixture and stir again.

Pour/press the mixture into the prepared baking tin.

Now make the crumble layer, totally optional but it looks good yah?

In a small bowl add all the crumble ingredients and mix well.

Sprinkle the crumble layer on top of the cake and press down slightly.

Place into the oven for 15 minutes.

Then cover with foil and place back into the oven for another 15 minutes or until cooked.

MERRYMAKER TIP...

*Swap to other fruits if apple isn't your thing.
 We vote pears.*



SWEETENER FREE APPLE BLUEBERRY CRUMBLE

'Healthy' crumbles are usually filled with natural sugars from honey, maple, coconut sugar, dates (or all of the above). Yes, way healthier than the usual sugar-y suspects BUT do we really need that extra sweet factor? Aren't the apples and berries sweet enough...?

SERVES: 6
PREP TIME: 15 mins
COOK TIME: 45 mins

STUFF YOU NEED

4 apples peeled, cored
and sliced

1 cup frozen blueberries

1 ½ cups desiccated coconut

1 cup almonds chopped

⅓ cup almond meal

⅓ cup butter melted

1 tsp. 100% vanilla extract

1 tsp. cinnamon

Pinch of salt

NOW WHAT

Preheat oven to 180°C (350°F).

Place the apple in a baking dish, add the blueberries on top and sprinkle with the cinnamon. Set aside for now.

In a bowl, place the coconut, almonds, almond meal and salt, mix until combined.

Add the butter and vanilla and mix again.

Sprinkle the crumble mix over the fruit evenly and place into the oven for 15 minutes.

Cover with foil and place back into the oven for a further 45 minutes.

Serve warm with coconut yoghurt or ice cream!

MERRYMAKER TIP...

Keep leftovers in the fridge. We love topping our morning smoothie with leftover crumble!



PUMPKIN COCONUT SCONES

We always remember going for scones with Mum and Grandma when we were little. We LOVED them! Carla would always pack on the cream and Emma would pack on the jam (we balance each other out very well!).

SERVES: 10
 PREP TIME: 20 mins
 COOK TIME: 30 mins

STUFF YOU NEED

2 cups almond meal
 ¾ cup coconut milk (canned)
 and a little extra
 ½ cup coconut flour
 ½ cup cooked pumpkin puree
 ¼ cup (50g) butter cubed
 pinch of salt

FOR THE JAM

1 cup fresh or defrosted
 strawberries
 2 tbs. chia seeds
 1 tbs. water
 1 tbs. lemon juice
 1 tbs. honey or maple syrup
 (optional)

NOW WHAT

Preheat the oven to 180°C (350°F) and line a baking tray with baking paper.

In a bowl mix the almond meal, coconut flour and salt together.

Add the butter and rub into the dry mix with fingertips.

Stir through the coconut milk and pumpkin puree until a dough forms.

Portion the dough in to small balls (about ¼ or ⅓ cup size) place on to the baking tray and flatten slightly. This should make about 10 scones.

With a pastry brush, brush a little extra coconut milk on top of each scone.

Place into the oven for 30 minutes or until golden.

For the jam, whiz all the ingredients in a blender.

Pour into a saucepan on medium heat for about 5-10 minutes, stirring occasionally.

The jam should become nice and thick, take off heat and allow to sit for 10 minutes.

Place into a jar, bowl, or container and into the fridge until ready to eat!

MERRYMAKER TIP...

These are best eaten fresh, but you can freeze and simply re-heat or defrost in the oven!
YUM!



HEALTHY CHRISTMAS FRUIT MINCE PIES

Keep this recipe up your sleeve for the festive season!

SERVES: 8
PREP TIME: 20 mins
COOK TIME: 20 mins

STUFF YOU NEED

FOR THE CRUST

2 cups almond meal
1 cup cassava flour
(or tapioca)
¼ cup butter melted
(or coconut oil)
2 eggs
2 tbs. rice malt syrup
(or preferred natural
sweetener like honey/
maple)
Pinch of salt

FOR THE FRUIT MINCE

325 g (11.4 oz.) mixed dried
fruit (we used sultanas,
raisins, cranberries and
currants)
2 green apples diced
3 cloves
1 ½ cups orange juice
and zest of 1 orange
1 tsp. cinnamon
1 tsp. 100% vanilla extract
½ tsp. nutmeg
½ tsp. ground ginger

NOW WHAT

Start with the fruit mince.

Combine all ingredients in a saucepan over a low heat.

Cover and let simmer for 30 minutes. Make sure you stir every now and again. The liquid should be absorbed and fruit dark and puffy. Yum! Set aside to cool.

Now, to make the pastry!

Preheat oven to 180°C (350°F) and grease muffin tray with oil. We used a regular muffin tray so this made deeper fruit mince pies.

Start with the base. Whisk the eggs, butter and rice malt syrup together.

Add the almond meal, cassava flour and salt.

Mix together until a dough forms, you might need to get your hands dirty!

Then, place the dough into the fridge to harden a little. About 5–10 minutes.

Split the pastry into 3 equal parts.

⅓ for the topping and ⅔ for the pie cases.

Divide the ⅔ portion of pastry into 8 equal portions.

Press 1 portion of pastry into each muffin cup, covering the base and all edges. It should be about 3 mm thick.

Fill the pastry cases with the fruit mince.

Now for the topping.

Place the remaining ⅓ of pastry between 2 pieces of baking paper. Use a rolling pin (or a glass) to roll out the pastry.

Cut cute little shapes or you could cut into strips for lattice, then place on top of the fruit.

Bake for about 15 mins or until golden brown. Let them cool in the tray before removing.



MERRYMAKER TIP...

Any remaining fruit will keep in the fridge for a couple of weeks.

BLUEBERRY ALMOND MUFFINS

These grain free and gluten free blueberry almond muffins are a must cook recipe! Everyone will love them! They're fluffy, moist, light and just delicious. What more can you want in a muffin?!

SERVES:	12
PREP TIME:	10 mins
COOK TIME:	25 mins

STUFF YOU NEED

FOR THE MUFFINS

2 ½ cups blanched almond meal
 1 cup blueberries (fresh or frozen)
 ½ cup coconut milk (canned)
 ¼ cup coconut flour
 ¼ cup slivered almonds
 100 g (3 ½ oz.) butter softened (or coconut oil)
 4 eggs
 2 tbs. xylitol (or natural sweetener of choice)
 1 tsp. 100% vanilla extract
 1 tsp. baking powder
 pinch of salt

FOR THE BLUEBERRY FROSTING

1 ½ cups shredded coconut
 ¾ cup blueberries (fresh or frozen)
 100 g (3 ½ oz.) butter softened (or coconut oil)
 2 tbs. coconut milk (canned)
 2 tsp. xylitol (or natural sweetener of choice)
 1 tsp. 100% vanilla extract

NOW WHAT

Preheat oven to 180°C (350°F) and line 12 muffin trays with muffin cases.

In a large bowl add the almond meal, coconut flour, xylitol, baking powder and salt, mix well.

Add the coconut milk, butter, eggs and vanilla, mix until combined and smooth.

Finally, add the blueberries and almonds and mix until just combined.

Evenly divide the mixture and fill the muffin cases with batter.

Place into the oven for 25 minutes or until golden brown.

To make the frosting, simply whiz all ingredients in your blender until smooth.

Once the muffins are cool, dollop with large amounts of blueberry frosting!

YUM! Eat them up!

MERRYMAKER TIP...

You can freeze these muffins and then defrost when it's muffin time! They make the perfect grab n go brekky.



**REMEMBER YOU ARE
AMAZING, JUST AS YOU ARE,
RIGHT HERE, RIGHT NOW.
TAKE A BREATH. TAKE A STEP.**

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