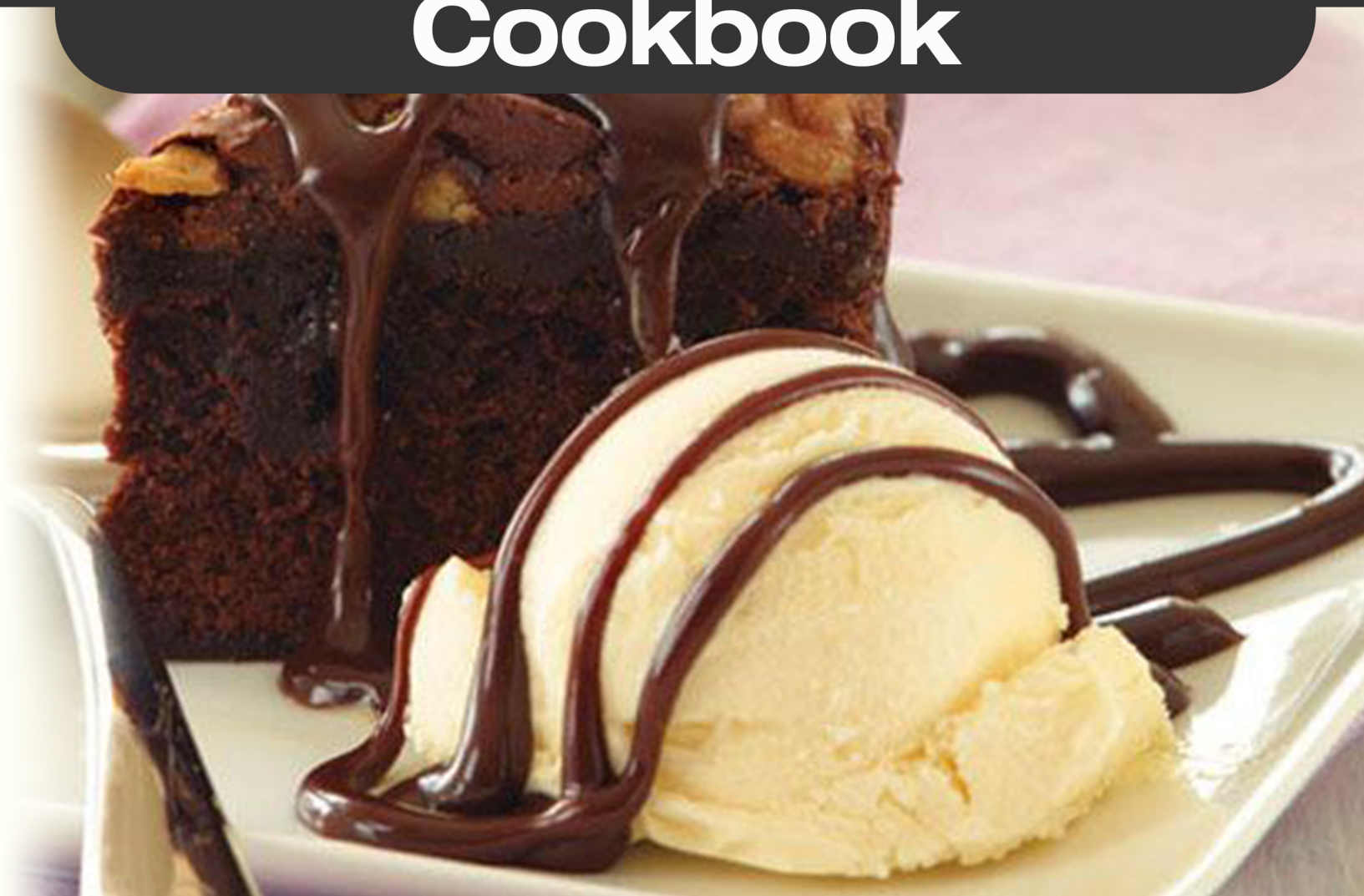


# FLAT BELLY FLUSH

**Delicious Desserts  
Cookbook**



**Derek Wahler, CTT**

# Slimming Strawberry Peach Cobbler

prep time: 10 minutes | cook time: 35 minutes | servings: 8

## Ingredients

3 cups of strawberries, diced 1/2 cup water

1/3 cup cinnamon honey

1 tbsp ghee

1 1/2 cups almond flour

2 tbsp coconut oil, melted ,1 egg

## Process

Preheat oven to 350°F. Bring fruit, water, and honey to a boil in a sauce pan, stirring often. Reduce the heat and simmer for 10-12 minutes.

Melt ghee in the bottom of a cake pan. Add simmered fruit to the cake pan and set aside.

Mix almond flour, coconut oil, and egg in a mixing bowl; it will stay chunky. Spoon crumbled mixture over the top of the fruit and bake for 35 minutes.

Remove from the oven and let cool.

# Flat Belly Blueberry Up-Side-Down Cake

prep time: 10 minutes | cook time: 20 minutes | servings: 8-10

## Ingredients

1/4 cup coconut oil, melted  
2 tbsp 100% pure maple syrup 1 pint fresh blueberries  
1 cup almond flour  
1/2 cup unsweetened coconut milk  
1/4 cup coconut flour  
1/4 cup raw organic honey  
2 eggs  
1 tbsp cinnamon  
1 tsp bourbon vanilla  
1/2 tsp baking soda  
1/2 tsp baking powder  
Pinch of sea salt

## Process

Preheat oven to 375°F. Pour melted coconut oil and maple syrup into a cake pan. Put the entire pint of blueberries in the pan; they should cover the entire bottom of the pan. Place this in the oven as it is preheating for about 5 minutes.

Mix all the remaining ingredients in a mixing bowl by hand or using hand mixer. Take cake pan out of the oven and then add the cake batter. Smooth the batter across the pan using a spoon.

Return the pan to the preheated oven. Bake for about 20 minutes or until the cake passes the toothpick test. Remove from the oven and let cool.

Once cool, place a plate on top of the pan; flip it over so that the blueberries end up on top.

# Cinnamon Banana Cake

prep time: 10 minutes | cook time: 30-35 minutes | servings: 28

## Ingredients

3 mashed bananas, spotted, 1 cup almond flour  
1/4 cup coconut flour  
3 eggs, 1 tsp vanilla  
1 tsp baking soda  
1 tsp baking powder  
1 tbsp cinnamon  
1 banana  
1 tbsp cinnamon  
1 tbsp cinnamon honey (or organic raw honey + 2 tbsp cinnamon) 1/8 cup 100% pure maple syrup  
1/2 cup walnuts, chopped

## Process

Preheat oven to 350°F. In a mixing bowl combine 3 mashed bananas, almond flour, coconut flour, eggs, vanilla, baking soda, baking powder, and 1 tablespoon cinnamon and mix well; set aside. In a separate mixing bowl, combine 1 banana, 1 tablespoon cinnamon, and cinnamon honey and mix well by hand.

Grease 8×8 inch Pyrex baking dish with coconut oil. Fold in the cake batter and spread evenly. Drop spoonfuls of swirl mixture all over the batter. Using a butter knife, cut in the swirl however your little heart desires. Bake the cake in the oven for about 30 minutes.

As soon as you put cake in the oven, make the candied walnuts. Preheat a dry sauté pan over medium heat and add maple syrup and chopped walnuts. Stir frequently until the walnuts are toasted and the maple syrup caramelizes, about 3-5 minutes.

Remove from the heat and place the walnuts on some parchment paper to allow them to cool. As soon as they are done and cool (you'll still have about 15 minutes of baking time left), pull the cake out and sprinkle walnuts all over the top. Return the cake to the oven. When a toothpick inserted near the center comes out clean, remove from the oven. Let the cake cool, slice, and enjoy.

# Pumpkin Cake with Frosting

prep time: 10 minutes | cook time: 40-45 minutes | servings: 10

## Ingredients

1/2 cup coconut flour, 1 tsp cinnamon

1 tsp nutmeg

1 tsp allspice

1/2 tsp of baking powder 3/4 cup pumpkin puree

1/2 cup coconut oil, melted

6 eggs, 2 tsp vanilla extract

1/4 cup honey

1/2 cup chopped walnuts 1/2 cup dark chocolate chips, 1 cup palm shortening

1 tbsp raw organic honey

1 tbsp vanilla extract

2 tsp cinnamon

## Process

Preheat oven to 400°F. Sift coconut flour, 1 teaspoon cinnamon, nutmeg, allspice, and baking powder together. In a separate bowl, mix pumpkin puree, coconut oil, eggs, vanilla and honey until well blended. Add the sifted flour and spices to the pumpkin puree, and mix well. Fold in chopped walnuts and chocolate chips and ensure an even distribution of ingredients.

Grease a loaf pan with coconut oil. Fold the batter into the loaf pan and place in the oven. Bake for 40-45 minutes or until it passes the toothpick test. While the cake is baking, make Cinfu frosting by whisking palm shortening, honey, vanilla, and 2 teaspoons of cinnamon together using a hand mixer or whisk until fluffy.

Remove cake from the oven and let it completely cool on a wire rack. Frost the top with Cinfu frosting.

# Caveman Cookies

prep time: 10 minutes | cook time: 20 minutes | servings: 12

## Ingredients

2 eggs  
1 cup almonds  
1/2 cup dried blueberries 1/2 cup dried apricots  
1/2 cup shredded coconut 1 tbsp extra virgin olive oil

## Process

First thing you need to do is roast your almonds, so preheat your oven to 350°F. Spread out all of your almonds on a baking sheet. Place in the preheated oven and bake for 10 minutes; for your taste test, they should taste roasted but not burnt. Leave the oven at 350°F.

Place your roasted almonds, blueberries, apricots, and shredded coconut in a food processor and continually pulse until it is all minced.

Turn your food processor on low and let it run while you slowly drizzle in your extra virgin olive oil. Transfer this mixture to a mixing bowl and combine well with the 2 eggs. Using your hands, form thin patties or long bars (or any shape you like); keep them about 1/4 inch thick.

Place on a parchment paper lined baking sheet or nonstick baking sheet. Bake for 20 minutes and transfer to a cooling rack so they don't continue to cook. Enjoy.

# Fat-Burning Cookie Balls

prep time: 10 minutes | cook time: 14 minutes | servings: 16

## Ingredients

1/2 cup coconut oil  
1/4 cup raw honey (or other natural sweetener)  
4 organic eggs  
1/2 tsp vanilla extract  
1/8 tsp sea salt  
1 cup coconut flour  
1/2 cup macadamia nuts, chopped chunky or fine 1/2 cup shredded unsweetened coconut  
3/4 cup dark chocolate chips

## Process

Preheat oven to 375°F. In a large bowl, combine coconut oil, raw honey, eggs, vanilla extract, and sea salt — for easier mixing, combine the raw honey and coconut oil and melt in the microwave prior to mixing. Mix in the coconut flour. Stir in the macadamia nuts, shredded coconut and chocolate chips.

On parchment-lined baking sheets, drop heaping tablespoons of the cookie batter. Bake for 14 minutes or until golden brown. Remove from the oven, transfer to a cooling rack and then enjoy with a glass of almond milk.

**Note:** These cookies don't rise or spread like conventional cookies, so form them to look like the cookies you want for a final product. This also means you can place more on a baking sheet without worrying about them touching.

# Cranberry Ginger Cookies

prep time: 10 minutes | cook time: 10-15 minutes | servings: 20

## Ingredients

2 1/2 cups almond flour  
1/2 cup almond butter  
1/2 cup unsweetened, shredded coconut 1/2 cup dried cranberries  
1/2 cup honey  
1/4 cup melted coconut oil  
1 egg  
1 tbsp ground ginger  
1/2 tsp sea salt  
1/2 tsp baking soda

## Process

Preheat oven to 350°F. Combine all the ingredients except for the cranberries in a mixing bowl and mix well with hand mixer.

Fold in dried cranberries by hand to ensure an even distribution. Using cookie scoop, place scoops of cookie dough on a parchment-lined baking sheet, leaving room between the cookies because they will slightly expand.

Using the back of a spoon or hand, slightly flatten the cookies. Bake in the oven for 10-15 minutes or until done, checking continually so you don't burn them. Remove from the oven, cool on a cooling rack or plate.



# Apple Cinnamon Cookies

prep time: 10 minutes | cook time: 30 minutes | servings: 15

## Ingredients

2 cups chopped red apples, skin on  
2 cups raw almonds  
1 cup shredded coconut, unsweetened 1 tbsp cinnamon  
2 tsp vanilla  
2 tsp coconut oil, melted  
3 eggs

## Process

Preheat oven to 350°F. Combine all ingredients except eggs in a food processor. Pulse it until all the pieces are small but still a little chunky. Combine this mixture with the eggs in a large mixing bowl; mix well.

Using hands, form the mixture into “patties” and place on a parchment paper-lined cookie sheet. The size of the patties is up to you. Alternatively, you could also make them into bars.

Bake until set, around 30 minutes.

# Carrot Cake Caveman Cookies

prep time: 10 minutes | cook time: 35 minutes | servings: 8-10

## Ingredients

2 cups mini carrots  
2 cups almonds  
1 cup shredded coconut 1 tsp nutmeg  
2 tsp vanilla  
2 tsp coconut oil  
3 eggs

## Process

Preheat oven to 350°F. Combine all of ingredients except the eggs in a food processor, and pulse it until all the pieces are small but still a little chunky. Add eggs to the mixture in a large mixing bowl and mix well.

Using hands, form the mixture into patties and place on a parchment paper-lined cookie sheet. You can also form these into bars.

Bake until set, around 35-40 minutes.

# Coconut Chocolate Chip Cookies

prep time: 10 minutes |  
cook time: 15 minutes | servings: 15

## Ingredients

1/2 cup coconut oil  
1/4 cup raw honey (or other natural sweetener)  
  
4 organic eggs  
1/2 tsp vanilla extract  
1/8 tsp sea salt  
1 cup coconut flour  
1/2 cup shredded unsweetened coconut  
3/4 cup dark chocolate chips

## Process

Preheat oven to 375°F. In a large bowl, combine coconut oil, raw honey, eggs, vanilla extract, and sea salt — for easier mixing, combine the raw honey and coconut oil and melt in the microwave before mixing it in.

Add the coconut flour to the mixture, and then stir in the shredded coconut and chocolate chips. On parchment-lined baking sheets, drop heaping tablespoons of cookie batter. Bake for 15 minutes or until golden-brown.

Remove from the oven, transfer to a cooling rack and enjoy with a cup of coconut milk.

**Note:** These cookies don't rise or spread like conventional cookies, so form them to look like the cookies you want for a final product. This also means you can place more on a baking sheet without worrying about them touching.

# Pumpkin Pie Muffins

prep time: 10 minutes | cook time: 20 minutes | servings: 12

## Ingredients

1/2 cup coconut flour  
2 tsp pumpkin pie spice  
1/2 tsp homemade baking powder (make this by combining 1 tsp baking soda and 2 tsp cream of tartar)  
3/4 cup organic pumpkin puree  
1/2 cup coconut oil, melted  
6 organic eggs  
2 tsp organic vanilla  
1/4 cup raw organic honey, melted  
handful of walnuts  
2 tbsp cocoa powder (optional for chocolate muffins)

## Process

Preheat oven to 400°F. Sift the coconut flour, pumpkin pie spice, and baking powder together.

In a separate bowl, mix all remaining ingredients except walnuts until well blended. Add the sifted flour and spices to the pumpkin puree mixture. Mix well and divide the batter between the muffin pans and sprinkle with chopped walnuts.

Bake for 18-20 minutes or until done.

# Chocolate Pineapple Dessert

prep time: 10 minutes | cook time: 10 minutes | servings: 4

## Ingredients

1 whole pineapple, 1/2 cup dark chocolate chips

1/4 cup coconut oil

chili powder to taste

crushed macadamia nuts

## Process

If using fresh pineapple, core the pineapple and cut the pineapple into rings like you would find in a can.

Lay half of your pineapple rings on a parchment paper-lined baking sheet. Place a popsicle stick in the center of each pineapple ring and then place the remaining pineapple rings on top of the sticks, making a sandwich with the stick in the middle. Freeze your pineapple popsicles.

When ready to make, melt your chocolate chips and coconut oil over a double boiler. Dip the pineapple popsicles in the chocolate and then dip in the macadamia nuts and set back on your baking sheet. Do this for all remaining pineapples.

Sprinkle them all with chili powder and keep frozen until ready to serve.

# Cool Kiwi Popsicles

prep time: 10 minutes | cook time: 10 minutes | servings: 6-8

## Ingredients

3 kiwis  
1/2 cup dark chocolate chips, 1/4 cup coconut oil  
1/2 tsp cinnamon  
1/4 cup crushed macadamia nuts 1/4 cup shredded coconut  
popsicle sticks

## Process

Peel your kiwis and slice into 1/2 inch to 1 inch thick rounds. Carefully pierce with a popsicle stick and lay on a parchment paper lined baking sheet and freeze for at least 12 hours.

Once your kiwi is ready, melt your chocolate chips and coconut oil over a double broiler. Mix in cinnamon.

Dip your kiwi popsicles in the chocolate and then immediately dip in the topping of your choice. The chocolate will harden relatively quickly. Immediately place popsicles back on the parchment paper cookie sheet.

Finish off making the rest of your kiwi popsicles and topping how you please. Keep in the freezer until ready to serve.

# All Natural Apple Pie Bars

prep time: 5 minutes | cook time: 0 minutes | servings: 8

## Ingredients

2 cups dates, pitted  
1/2 cup raw macadamia nuts, 1/2 cup dried apples  
1/4 cup raw almonds  
2 tbsp coconut oil, melted  
2 tbsp cinnamon

## Process

Place dates, macadamia nuts, dried apples, and almonds in a food processor or really strong blender (I have a Ninja 1100 and it makes short work of this one). Pulse until everything is in small chunks. Transfer to a mixing bowl.

Add in coconut oil and cinnamon. Using your hands mix well to ensure an even coating of everything.

Once mixed, use parchment paper and flatten out your mixture to the size that you want your bars to be. You can also use individual ziploc bags and form them inside the bag.

Place in refrigerator and let cool. Enjoy.

**Note:** If these don't taste like apple pie to you, then play with the spices; you can add some nutmeg or cloves and mix the flavors around. The possibilities are endless but make sure you come back and let me know what you used.

If you have a macadamia nut allergy, replace them with any nut of your choice. You can just up the almonds. You can also roast all the nuts prior for a different flavor.

# Dragon Fruit Ice Cream

prep time: 5 minutes | cook time: 20 minutes | servings: 2-3

## Ingredients

1 dragon fruit  
1 can full fat coconut milk (16 ounces), 3 pastured egg yolks  
1 tsp organic vanilla extract  
pinch of sea salt

## Process

Cut dragon fruit in half, use a spoon and remove all the fruit.

Combine coconut milk, egg yolks, vanilla, and sea salt in a sauce pan over medium heat. Bring to a mild boil, constantly whisking. Remove from heat and let cool.

Place dragon fruit in a food processor and process down. Add dragon fruit to cooled coconut milk mixture. Refrigerate for at least 2 hours, but you can leave it overnight. Mix to ensure nothing has settled and immediately use in the ice cream maker.

Serve in the shell of the fruit, if desired.



# Pumpkin Coconut Bars

prep time: 10 minutes | cook time: 45 minutes | servings: 20

## Ingredients

1/2 cup coconut flour  
1 tsp baking powder  
1 can organic pumpkin, 14 ounces  
1/4 cup of sweetener of choice, I use organic honey  
3 eggs  
2 tbsp coconut cream concentrate dissolved in 1/4 cup water  
  
2 tbsp ghee, melted  
2 tbsp coconut oil, melted  
1 tbsp cinnamon  
1 tbsp allspice  
1 tsp ground cloves

## Process

Preheat oven to 350°F. Mix coconut flour and baking powder together and set aside.

In a separate bowl, combine all remaining ingredients and mix well. Add coconut flour and baking powder to the wet ingredients, and mix well.

Pour batter into an 8×12 inch pan greased with coconut oil. Bake in preheated oven for 45 minutes or until the bars pass the toothpick test. Cool down and cut into squares.

# Lemon Bars

prep time: 15 minutes | cook time: 20 minutes | servings: 9

## Ingredients

6 whole eggs  
1/2 cup raw organic honey  
1 cup lemon juice (8 lemons) 1/2 cup coconut oil  
1 cup of raw almonds  
1 cup of raw macadamia nuts 1/4 cup raw organic honey  
1/2 cup of melted coconut oil, 2 organic eggs  
unsweetened shredded coconut

## Process

Whisk eggs, honey, and lemon juice together in a small sauce pan. Place on your stove over medium/high heat and add coconut oil. Stir until coconut oil melts and then continue stirring until the mixture thickens and starts to bubble. Once thick, remove from the heat and place in a bowl in your refrigerator to cool.

Preheat your oven to 400F. Place almonds and macadamia nuts in a food processor and blend until in small chunks; you want little chunks, not the consistency of flour. In a mixing bowl, combine nuts with the honey, melted coconut oil, and eggs and mix well.

Grease an 8×12 inch baking pan with coconut oil. Spread your nut mixture over the entire pan, and bake for 15-18 minutes or until your crust passes the toothpick test. Allow the crust to completely cool.

Spread your lemon topping over the crust, and sprinkle as much unsweetened shredded coconut as you want over the top. Place in the refrigerator or freezer (I like mine better frozen).

Keep it refrigerated or frozen until you serve it and then return the remaining to the fridge/freezer. Enjoy.

# Chocolate Ice Cream

prep time: 5 minutes | cook time: 15 minutes | servings: 2-4

## Ingredients

1 (14 ounce) can coconut milk, refrigerated, 1/4 cup 100% raw organic honey  
1 tsp vanilla  
2 tbsp cocoa powder

## Process

Place cold coconut milk, honey, vanilla, and cacao powder in a blender and mix well.

Place the frozen bowl for your ice cream maker in the machine and start it, immediately pour your coconut milk in and let the process begin. It will take anywhere from 10-20 minutes, keeping your ingredients cold helps it set faster.

Once done, transfer your ice cream to another bowl and place in the freezer for 30 minutes to an hour to help set it more. Enjoy.

# Blueberry Mango Ice Cream

prep time: 10 minutes | cook time: 20 minutes | servings: 2-3

## Ingredients

1 can full fat coconut milk, 1/4 cup 100% raw organic honey

1/2 cup fresh mango

1/2 cup fresh blueberries

## Process

Place your cold coconut milk and honey in a blender and mix well. Place frozen bowl for your ice cream maker in the machine and start it, immediately pour your coconut milk in and let the process begin.

It will take anywhere from 10-20 minutes, keeping your ingredients cold helps it set faster. Once you have poured in your ingredients, place your blueberries and mangos in your food processor and pulse them down to the size and consistency of your choice.

As soon as your ice cream starts to set, add in your blueberries and mango, and let the process continue. Once done, transfer your ice cream to another bowl and place in the freezer for 30 minutes to an hour to help set it more. Enjoy.

# Maple Bacon Ice Cream

prep time: 10 minutes | cook time: 30 minutes | servings: 2-3

## Ingredients

3 slices nitrate-free bacon  
1 can coconut milk  
1/3 cup 100% pure maple syrup, 1 tsp vanilla extract

## Process

Lay 3 slices of bacon on an aluminum foil-lined baking sheet and place in the cold oven. Turn oven to 350°F and start the cooking process. Let the bacon cook until it is crispy, about 35 minutes. Cut bacon into your own homemade bacon bits.

Blend coconut milk, maple syrup, and vanilla extract in a blender. Take frozen ice cream maker bowl out and place on the ice cream maker and start it. Pour ingredients through the top and let the magic happen.

About 5 minutes after the ice cream starts to solidify, add all bacon bits and let the magic keep happening.

Once ice cream is done, transfer to another bowl and store in the freezer until set to your liking.

# Candied Caveman Walnuts

prep time: 10 minutes | cook time: 20 minutes | servings: 2-3

## Ingredients

1 cup walnut halves

1/4 cup 100% pure maple syrup sea salt to taste

## Process

Preheat a dry sauté pan over medium heat. Add the walnuts, maple syrup, and salt and stir frequently until the walnuts are toasted and the maple syrup caramelizes, about 3-5 minutes.

Remove from the heat and place the walnuts on parchment paper to allow them to cool. Enjoy and try not to eat them all.

# Almond Coconut Chocolate Drops

prep time: 10

minutes | cook time: 2 hours | servings: 12

## Ingredients

1/8 tsp ghee

1 cup almond butter

1/8 tsp salt

1/2 cup unsweetened shredded coconut, 1 cup dark chocolate chips

## Process

Melt ghee in a mixing bowl in the microwave. Add almond butter to that bowl and mix well. Return the bowl to the microwave for about 60 seconds to soften it. Mix in the salt and coconut and ensure an even distribution of all ingredients.

Once mixed, line a baking sheet with wax paper or parchment paper and roll the dough-like almond butter into little balls, between a half inch in size to an inch. Place on the sheet and refrigerate for at least 20 minutes to let the almond butter set.

In a sauce pan over low heat or a double broiler, melt chocolate chips. Dip almond butter balls in the chocolate (you can just dip half or the whole thing).

Place the dipped drops back on parchment paper. Refrigerate for about an hour so everything solidifies. Remove and enjoy.