



SWEET LITTLE THINGS

Teaching our kids healthy habits for life!





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Back to basics

Their future is in your hands...

Growing up in a family of 7 other siblings, my parents worked hard to make ends meet. There were never packets of biscuits or chocolates brought home from the supermarket unless it was for birthdays and special occasions.

The alternative was buying flour, sugar & butter to create our own treats. I have very fond memories of spending weekends baking cakes, cookies, biscuits, tarts & pancakes...you name it, we baked it.

It is only since starting up my own health & well-being business, “free ur body”, I slowly learned how a lot of the ingredients we used to use back then were highly processed and not optimal for our digestion and well-being. These being your traditional white flours, sugar and margarine, which appear in most recipes out there.

I still love baking to this day and have found ways to create amazing delicious, nutritious and wholesome treats without the use of any processed foods.

In fact, using foods that are optimal for our well-being and health. Kids love them and they are fun to make. This led me to creating this ebook and sharing it with you to help others do the same. With all the processed junk in the supermarkets these days and the misinformation out there on healthy eating it is even more important to spread the word and encourage parents to not only make wise choices for their kids, but also for themselves. And there’s certainly no reason why the adults can’t enjoy these recipes any more than the kids ;-)



The Shocking Facts

Forming Good Food Habits...

Here are some scary facts from the most recent National Health Survey:

- If weight gain continues at current levels, by 2025, close to 80% of all Australian adults and 1/3 of all children will be overweight or obese.
- On the basis of present trends we can predict that by the time they reach the age of 20 our kids will have a shorter life expectancy than earlier generations simply because of obesity.
- Health disorders in children like type 2 diabetes, high blood pressure, asthma, hypertension and sleep apnea can be directly attributed to childhood obesity.

Sugar is one of the main killers in our society today, the sooner we take responsibility for not only what we feed our kids but what influence we have on their choices, the better the future will be for them.

What your kids do now and how they behave will form habit for later in life. Children need as much nutritious and wholesome food as they can get in their diets in order to grow strong bones, develop healthy nervous systems and build muscles. This will give them the best possible chance in life and hopefully lead them to become healthy, strong adults.

10 Item Essential Ingredients List

Have these items always readily available and you'll never be far from a wholesome, healthy, energy providing sweet treat ;-)...

1. Raw cacao powder

- ~ very high in antioxidants
- ~ increases levels of happy hormones ☺
- ~ high levels of magnesium & sulfur
- ~ high in essential fats

2. Raw honey

- ~ high in antioxidants
- ~ helps promote good bacteria in the gut
- ~ helps strengthen the immune system
- ~ slows ageing (useful for moms & dads out there) ;-)

3. Coconut oil

- ~ promotes weight loss & helps control diabetes
- ~ supports thyroid function
- ~ increases metabolism & energy
- ~ improves digestive disorders

4. Medjool dates

- ~ high in essential vitamins & minerals
- ~ high in fibre
- ~ increase energy levels
- ~ contain anti-inflammatory properties

5. Raw nuts

- ~ improves cardiovascular health
- ~ helps build strong bones
- ~ good source of protein
- ~ protects against diabetes

6. Dessicated coconut

- ~ anti-bacterial
- ~ supports tissue healing & repair
- ~ reduces symptoms of psoriasis, eczema & dermatitis
- ~ reduces epileptic seizures

7. Almond paste

- ~ help build strong bones & teeth
- ~ help control insulin levels
- ~ help provide good brain function
- ~ help nourish the nervous system

8. Coconut milk

- ~ high in iron & potassium
- ~ helps to relieve muscle cramps & soreness
- ~ helps maintain a healthy immune system
- ~ aids digestion



10 Item Essential Ingredients List Cont'd

Have these items always readily available and you'll never be far from a wholesome, healthy, energy providing sweet treat ;-)...

9. Vanilla essence (organic)

- ~ helps with nausea
- ~ helps to reduce anxiety & stress
- ~ high in antioxidants
- ~ helps with weight loss

10. Coconut flour

- ~ high in fibre
- ~ high in protein
- ~ gluten free & low glycaemic
- ~ low in carbohydrates

*These are just some of the benefits of these foods, there are many more to be found and experienced!

**Please try as much as you can to purchase organic ingredients to ensure they are not genetically modified and are of the highest quality. Processed products have a lot of the goodness extracted from them and as a result denature the food product. All those products can be found in any health shop. The coconut milk can be found in most supermarkets, I tend to get the Ayam brand as I find it is the purest and most widely available.

Good Fats from Bad Fats

Different types of fats...

Saturated fats tend to be solid or semi-solid at room temperature. Sources include butter, the fat on meat, coconut oil and palm oil. The fat from chicken, goose, duck and pig (lard) also contains high levels of saturated fat. These are recommended for cooking.

Monounsaturated oils tend to be liquid at room temperature. The monounsaturated fatty acid most commonly found in our food is oleic acid, the main component of olive oil as well as the oils from almonds, pecans, cashews, peanuts and avocados. Olive oil should not be heated to high temperatures as its flavour starts to deteriorate and nutrients are diminished. It is ideal for being used in salad dressings.

Polyunsaturated fats are liquid even when chilled. These include all commercial oils from corn, soy, sunflower and safflower. Use of these oils is associated with many modern diseases, including cancer, heart disease, immune system dysfunction, sterility, digestive disorders, learning disabilities, growth problems and osteoporosis. Flax oil contains omega-3 fatty acids, which have health benefits; however, flax oil should only be used in small amounts in salad dressings and homemade spreads. Because omega-3 fatty acids are very fragile, flax oil should be stored in the refrigerator and never heated.

Trans fats are formed by an industrial process called partial hydrogenation that turns liquid polyunsaturated oils into a hard fat. They are associated with a host of modern diseases, including cancer, heart disease, growth problems, weight gain and sterility. Trans fats interfere with enzymes needed to fight toxins and also to make important hormones. The U.S. government has concluded that industrial trans fats are unsafe at any level in the diet. Yet, they are found in most processed foods, including cookies, crackers, bread, chips, snack foods, salad dressings, fried foods and fast foods. Consumers who mistakenly try to avoid saturated fat usually end up eating a lot of dangerous trans fats instead.



Fighting Fat with Fat

Letting go of misconceptions...

You will notice that most of the ingredients in the recipes come from fats, but the good type, which are saturated fats. Saturated fats are essential for a healthy diet, particularly for kids, as they help build new cells & develop the brain & nervous system. Fat is also necessary for the absorption and transfer of fat-soluble vitamins including vitamin A, D, E & K.

Try and ensure that all your kids meals have a portion of fat in them. If your child appears hungry all the time, check the amount of fat in his or her diet. Children (and adults) on very low fat diets tend to eat more refined carbohydrates, such as sugary sweets, cakes & biscuits, which aren't as filling and cause more weight gain. Fat increases satiety (the feeling of being full) and will ensure your kids stay a healthy weight & develop strong immune systems, bones & have good brain development.



Raw Chocolate Balls

Makes: 15-20 balls

Prep time: 15-20mins

Chill time: 15-20mins (optional)

ingredients

- * ¼c raw cacao
- * ½c almond butter
- * 3Tbs pumpkin seeds
- * ½c almonds
- * 1c pitted Medjool dates (soaked in very hot water for 10mins)
- * ½c Shredded Coconut



directions

- * Throw all ingredients into a blender and pulse until well mixed. (Keep back about $\frac{1}{4}$ c of the shredded coconut).
- * Roll the mixture between your hands into small balls.
- * Roll the balls in the shredded coconut.
- * Lay out on a dish for storage or simply eat right there!
- * Enjoy!
- * Store in refrigerator.



Raw Crunchy Chocolate Bites

Makes: 12-15 squares

Prep time: 10mins

Chill time: 60mins

ingredients

- * 4 chopped dates (pitted & soaked in very hot water for 10mins)
- * ¼c coconut oil
- * ¼c goji berries
- * ¼c roasted pumpkin seed & linseed mix
- * A handful of crushed roasted or raw nuts
- * ¼c organic dessicated coconut
- * ½c raw cacao powder
- * ¼c almond paste
- * 1Tbs raw honey



directions

- * Just throw everything into a bowl and mix with a fork.
- * Lay in a baking tin or tupperware container and put in fridge to set for about an hour :-)



Avocado Chocolate Mousse

Serves: 2-3

Prep time: 5mins

Chill time: 60mins (optional)

ingredients

- * +-200ml coconut milk
- * 1 banana
- * 1 medium avocado
- * ¼c raw cocoa powder
- * 2-4tsp raw honey
- * 1tsp vanilla essence
- * optional: a handful of (ideally pre-soaked & dry roasted) almonds & cashews
- * For topping: A few strawberries, crushed roasted nuts, cinnamon & a drizzle of honey



directions

- * Throw the ingredients into blender or food processor and blend until smooth.
- * Top with strawberries, crushed roasted nuts, cinnamon & drizzle with honey optional...sit and ENJOY! 😊



Chocolate Strawberries

Serves: 5-6

Prep time: 10mins

Chill time: 30mins

ingredients

- * ¼c raw cacao powder
- * 2Tbs melted coconut oil
- * 2tsp raw honey
- * 2Tbs coconut milk
- * 3Tbs almond paste
- * 1 punnet of strawberries



directions

- * Combine all ingredients in a bowl.
- * Wash the strawberries and dry them, coat the end $\frac{1}{2}$ of the strawberry with chocolate, lay out on a plate covered in greaseproof paper and store in fridge until it sets.
- * Enjoy! 😊



Coconut Flour Banana Bread

Serves: 10-12

Prep time: 10mins

Cook time: 60mins-75mins

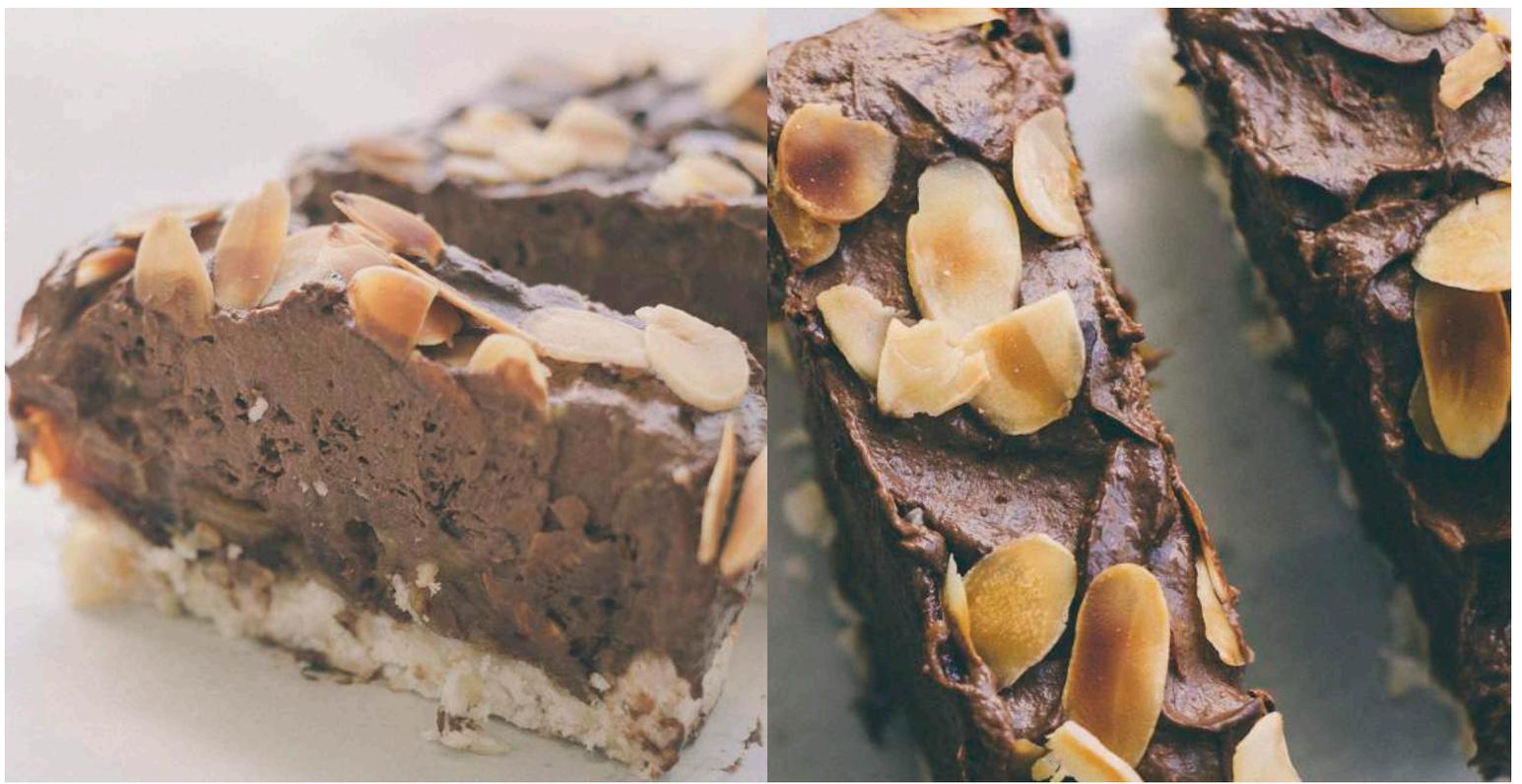
ingredients

- * 1c coconut flour
- * 1½c *very ripe* bananas (2-3 bananas)
- * 4 organic or free range eggs
- * 6Tbs organic butter or coconut oil (melted)
- * 5Tbs raw honey
- * ¼tsp sea salt
- * 1Tbs cinnamon
- * ½tsp baking soda
- * 1Tbs organic vanilla essence



directions

- * Preheat your oven to 150°C
- * Line bread pan with greaseproof paper and grease with coconut oil or butter if needed.
- * Mash the bananas, then add the honey, butter, vanilla essence and eggs until combined.
- * In a sperate bowl mix the coconut flour, baking soda, sea salt, and cinnamon.
- * Add the dry ingredients to the wet and stir until just combined.
- * Spoon the batter into your lined bread pans.
- * Bake for 1 hour and 15 minutes or until the top and edges turn golden brown. Remove form oven and let it cool for 15 minutes before removing.
- * Slice and serve.
- * Spread on some extra organic butter if you like or see my nutella recipe on page 26 and turn it into a chocolate-covered banana bread ;-)



Caramel Coconut Choc Mousse Pie

Serves: 10-12

Prep time: 15-20mins

Chill time: 30mins (optional)

ingredients

Crust:

- * ½c unsweetened shredded coconut
- * ¼c cashew nuts
- * 2Tbs coconut oil
- * 1tsp raw honey
- * Dash of sea salt

Caramel:

- * 6 medjool dates
- * 1tsp pure vanilla extract
- * 2-3Tbs full-fat coconut milk
- * 2Tbs water

Topping:

- * 1 ripe avocado
- * 1 small ripe banana
- * 1tsp pure vanilla extract
- * 1tsp raw honey
- * Dash of sea salt
- * ¼c raw cocoa powder
- * 1-2Tbs full-fat coconut milk



directions

Crust:

- * Place all ingredients into a food processor or blender. Blend until nuts are broken up a bit and all ingredients are well combined.
- * Empty into a small loaf pan or small baking dish and place in freezer.

Caramel:

- * Briefly soak the dates in very hot or boiling water for several minutes. Once softened a bit, carefully remove from the water with a utensil. Pit the dates and add them to the food processor once cool enough to handle.
- * Add the remaining ingredients and process until smooth. Empty into a bowl and set aside.

Topping:

- * Place all ingredients into the food processor. Blend until smooth.
- * Pull the crust out of the freezer and spread the caramel on top. Next, top with the mousse. Garnish with toasted shredded unsweetened coconut flakes, or toasted almond flakes if desired. Serve right away, messy style, or place in fridge until ready to eat. I find it keeps very well in the freezer and can be taken out and cut as needed. If you leave it for 10mins it thaws nicely into a mousse style again or can be left frozen as an ice cream pie ;-)



Coconut Flour Vanilla Cupcakes

Makes: 6-8 cupcakes

Prep time: 15mins

Cook time: 20mins

ingredients

- * ½c of coconut flour
- * ¼tsp of baking soda
- * ¼tsp of sea salt
- * 4 eggs
- * 1/3c of coconut oil
- * ½c of raw honey
- * 1Tbs of vanilla extract

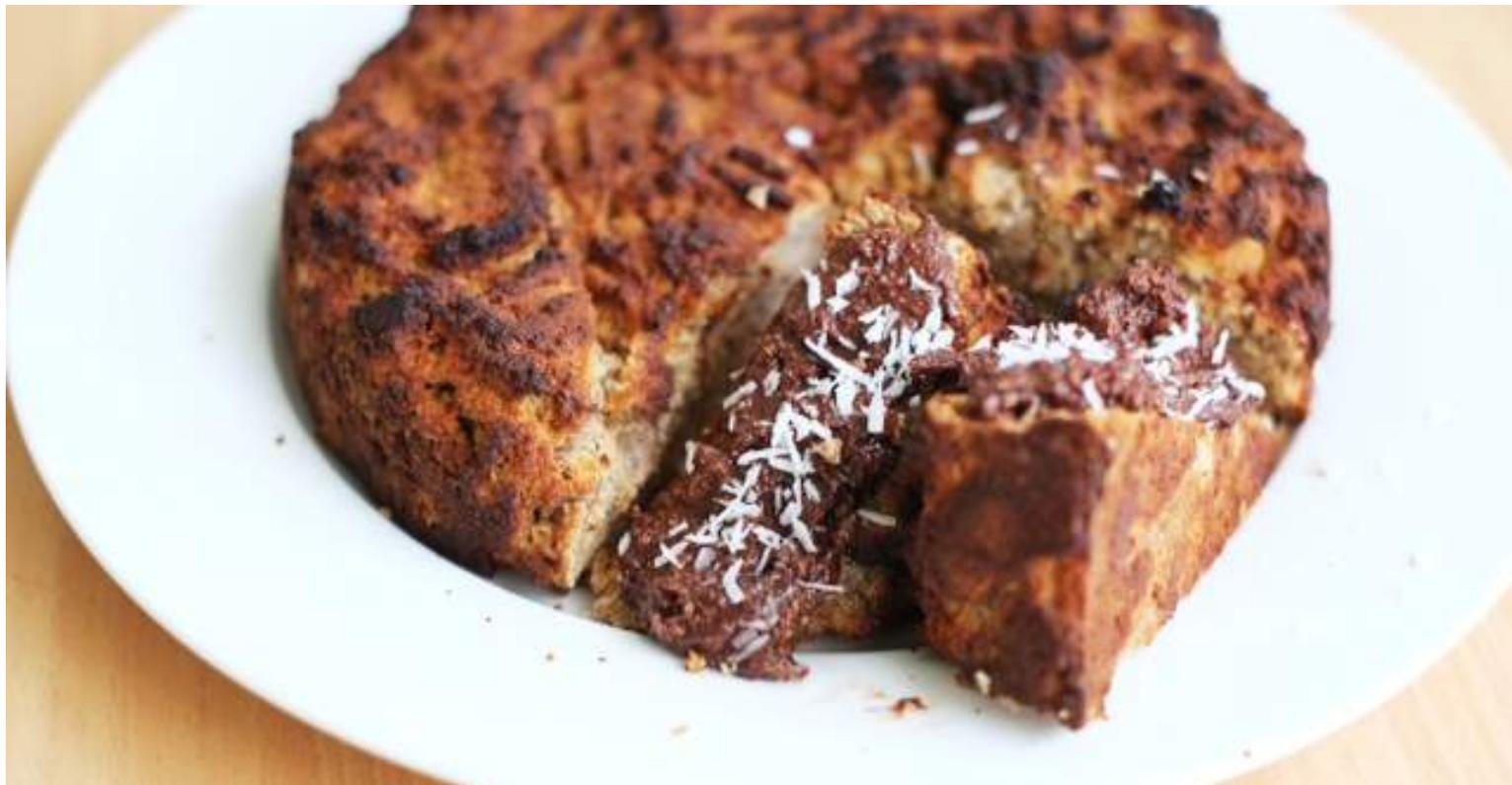


directions

- * Preheat your oven to 175° C.
- * Combine all the dry ingredients in a bowl and blend well.
- * Add the wet ingredients to the dry ingredients and whisk well.
- * Fill cupcake liners about $\frac{3}{4}$ of the way with batter.
- * Bake for about 20 minutes, or until a toothpick inserted in the center of a cupcake comes out clean.
- * Cool and then see below for frosting options.
- * Store covered for a few days at room temperature, or the refrigerator for at least a week or so.

frostings

- * Melt 100gm organic dark chocolate (add $\frac{1}{4}$ c raw honey to this to sweeten it up) and pour a layer over each cupcake, place in fridge to set.
- * Drizzle with honey and crushed raw nuts or coconut.
- * See my avocado mousse recipe on page 16 and spread each cupcake with a layer of mousse (crushed nuts on top if desired).
- * Be creative and think up some of your own toppings your kids may love ;-)



Nutella

Serves: 5-6

Prep time: 5mins

ingredients

- * ¼c raw cacao powder
- * 2Tbs coconut oil
- * 1Tbs honey (can adjust to taste)
- * ¼c almond paste
- * ¼c desiccated coconut



directions

- * Throw all the ingredients into a bowl and stir until it's mixed in...then enjoy whichever way you like! 😊
- * Why not try the coconut flour banana bread recipe on page 18 (featured in the picture on previous page) and enjoy it spread on that! 😊



Lamingtons

Serves: 10-12

Prep time: 20mins

Cook time: 20mins

*For the cake base please see page 24 and use the cupcake recipe. You can make it as one large cake and then cut into squares and cover with chocolate coating or make lamington cupcakes.

ingredients

Chocolate Coating Ingredients:

- * ¼c of raw cacao powder
- * 3Tbs coconut oil (melted)
- * 1Tbs raw honey
- * ¼c of almond paste
- * ¼c dessicated coconut
- * Extra dessicated coconut for sprinkling on top



directions

- * Whilst cake is cooling...
Mix all the chocolate coating ingredients in a small bowl stirring after each ingredient is added.
- * Once cake is cool, either cut into squares and cover each square with chocolate coating or place on plate, pour over chocolate coating and gently spread until whole cake is covered, sprinkle with coconut and place in



Banana Chocolate Pancakes

Serves: 2

Prep time: 5mins

Cook time: 10mins

ingredients

- * 2 bananas
- * 4 organic or free range eggs
- * 1tsp vanilla essence
- * 1tsp baking powder
- * 2Tbs raw cacao powder



directions

- * Add all ingredients into a blender and mix.
- * Heat a frying pan to a moderate heat and add about ½tbs of organic butter.
- * Drop the batter into the pan to form small, crumpet-sized pancakes. Make sure the batter starts to set at the bottom before flipping.
- * Once they are all cooked, top with berries, nuts and honey or add a drizzle of chocolate sauce (cacao powder, melted coconut oil & honey made to taste).
- * Or make up your own toppings! 😊



Caramel Pecan Sandwich Muffins

Serves: 10-12

Prep time: 15mins

Cook time: 25mins

ingredients

For the muffins:

- * 1½c pecans
- * ¾c almond flour/meal
- * ¼c coconut oil, melted
- * 1 egg, whisked
- * 1Tbs raw honey
- * 1tsp vanilla extract
- * ½tsp baking powder
- * pinch of sea salt

For the caramel:

- * 12-14 medjool dates (pitted & briefly soaked in very hot water for several minutes)
- * 5-6Tbs canned coconut milk
- * 3Tbs water
- * 1tsp vanilla extract



directions

- * These can be made as a cake and cut into squares or alternatively as sandwich muffins. Preheat your oven to 180°C.
- * Add your pecans to a food processor and blend until you get more of a meal or flour, add your melted coconut oil, raw honey and vanilla until you get a very delicious pecan butter.
- * Add pecan butter to a large bowl then add your almond flour/meal, baking soda, baking powder and salt, add your egg and whisk all ingredients together.
- * Grease a baking dish or muffin dish with coconut oil and add your ingredients to the dish, use a spoon to spread out evenly.
- * Put in oven and bake for around 25-30 minutes or until middle is cooked completely through. Use the toothpick method to test it.
- * While the muffins/cake bakes, lightly clean out your food processor then add your dates.
- * Turn on until dates have broken down (less than a minute) then add your coconut milk, water, vanilla extract and pinch of salt.
- * Process until you get a caramel.
- * Once your muffins are done baking, let cool for about 10-15 minutes.
- * Cut off top of muffin and top caramel over bottom of muffin, replace the muffin top over caramel.
- * Put in fridge for 30 minutes to an hour to set. Or consume right away.
- * Keep in fridge if you have leftovers!



Raw Brownie Bites

Makes: 24 bites

Prep time: 15mins

Chill time: 10mins

ingredients

- * 2c of raw or roasted walnuts (or other nut but walnuts taste best)
- * 1c of raw cacao
- * ¼tsp of sea salt
- * ½tsp of vanilla extract
- * 2½c (about 18) of pitted Medjool dates (briefly soak the dates in very hot water for several minutes)
- * 2tbs raw honey (optional)



directions

- * Using a food processor or blender, process the nuts until they are the consistency of nut flour.
- * Add the cacao and sea salt to the walnut flour and pulse to blend well.
- * Add the vanilla extract and honey and pulse again to blend well.
- * Add one date at a time to the mixture. Don't add too many dates - just enough so the batter resembles cake crumbs, but when pressed between your fingers, it sticks together. The more dates you add, the better it will stick together, but the denser the brownie will be.
- * Empty the batter into a dish (square 8x8 inch dish), and press down evenly.
- * Place in the refrigerator for about 10 minutes, and then slice them into cubes with a knife. They are easier to slice when a bit cold.
- * Store cold, or at room temperature.

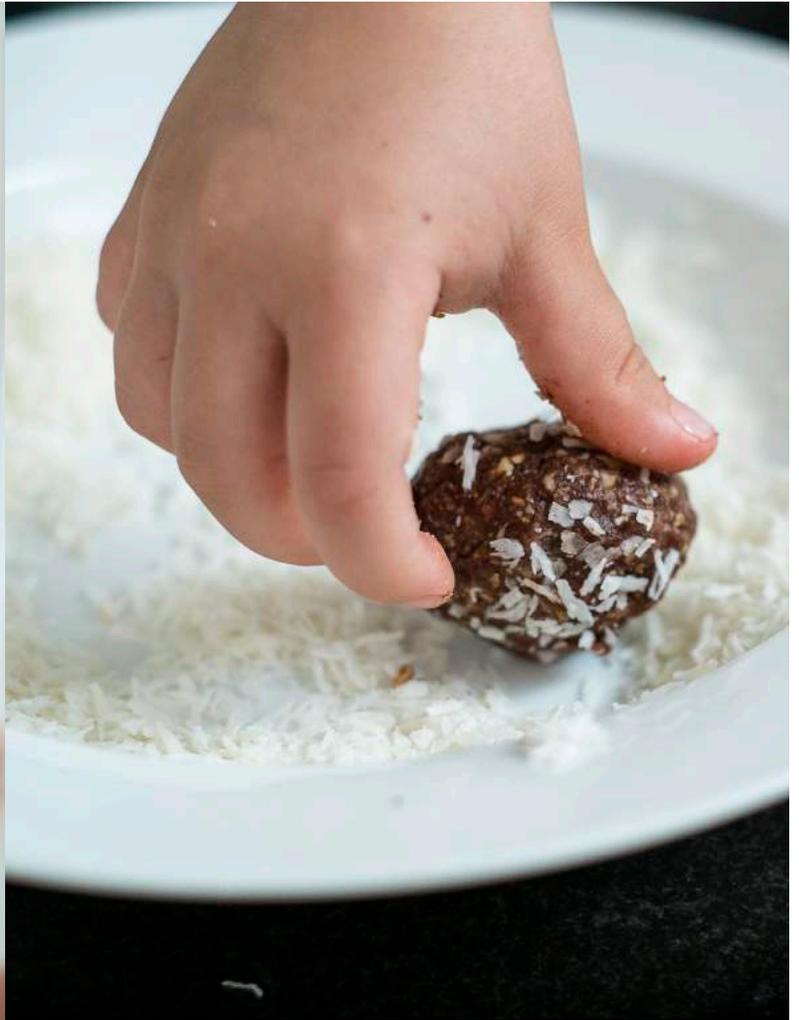
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Expand your mind...

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"A healthy body, is a happy body, mind & Soul!"