

# FAT-BURNING BAKING

*Bake Your Way to a Better Body™*

*Your Guide to Baking  
Mouthwatering Desserts  
That Actually MELT FAT Off  
Your Belly, Butt & Thighs*

**INDULGE  
WITHOUT  
THE BULGE!**



[www.HealingGourmet.com](http://www.HealingGourmet.com)

# FAT-BURNING BAKING

**Bake Your Way to a Better Body™**

**By Kelley Herring & the Editors of Healing Gourmet®**

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## Burn Fat with Brownies... *for Breakfast!*

I have a confession to make: *I eat brownies for breakfast.*

But these aren't just any brownies. They're all-natural, antioxidant-rich, gluten-free, dairy-free, sugar-free brownies that are packed with **protein, fiber and healthy fats** – the fat-blasting trio!



*And did I mention that they're absolutely delicious?*

Thanks to a new breed of healthy natural sweeteners, low glycemic flours, and slimming fats (yes, you read that right!), you can whip up delicious treats that pack serious nutrition... and **burn fat too!**

And today I'll prove it to you. In this free book, you will discover:

- How to develop structure in your fat-burning baked goods so they come out of the oven fluffy, tender and moist – **without the use of fat-storing grains.**
- How to achieve all the sweetness you desire using **all-natural zero calorie sugar substitutes** that won't spike your blood sugar OR pack on the pounds.
- Which **healthy fats you can rely on to create buttery-richness** in your baked goods – that actually **ratchet up your metabolism!**

But this book is just a little appetizer. In our award-winning book, [\*Guilt Free Desserts\*](#), you'll learn many more fat-burning baking tips – PLUS 50 amazingly delicious, fat-burning dessert recipes like these:



Carrot Cake Cupcakes →



Dark Chocolate Brownies →



Flourless Chocolate Cake →



Gingersnaps →

And that's not all. You'll also learn how to make...

- **Fluffy, flaky, butter breads** - without a gram of grain....
- **Rich, decadent appetizers** that will impress your friends and keep you looking svelte in your little black dress or favorite fitted shirt...
- And **better-for-you cocktails** that taste sweet, but won't sour your health.

But you don't have to daydream about these decadent desserts and buttery breads. You can enjoy them right now!

In the next few pages I'll show you how easy it is to **turn your kitchen into a fat-burning bakery**, and how you can trade in that muffin top and love handles for a sexy, sleek, brownie-eating physique!

*Here's to melting fat deliciously,*

*Kelley Herring*

CEO & Editor-in- Chief  
Health-e Enterprises, LLC



## The Three Ingredient Recipe for Burning Fat

Fat loss isn't about deprivation. And staying trim isn't about having good genes.

It's about hormonally programming your body to burn fat.

And that's exactly what the easy-to-follow tips and intelligent ingredients in ***Fat-Burning Baking*** will do for you! In fact, not only does **this way of eating work to shed fat fast... it will help you keep it off forever!**

Here are the **three fat-melting mantras** you must follow to unveil a sleeker, sexier YOU:

- 1. Stop the Blood Sugar Spike:** Eating carb- and sugar-rich foods spikes your blood sugar and causes your body to produce *insulin* – the “fat-storage hormone”. The number one way to send your body the metabolic message to slim down and burn fat is to **limit carbs, keep your sugar intake low and avoid grains.**
- 2. Power Up Your Fat Burning with Protein:** Protein is the most *thermogenic* – or fat burning – nutrient on the planet. That's because it stimulates *glucagon* – the “weight loss hormone”. But be sure to choose clean proteins – like grass-fed dairy products and pastured, cage-free eggs. Otherwise, you'll get a hefty dose of *obesogens* – compounds that mess up your metabolism and stifle your weight loss efforts. **Be sure to include a source of protein at every meal or snack.**
- 3. Feast on Fat:** Think a low-fat diet is the way to a sleeker you? Think again. Healthy fats – like those found in wild coldwater fish and those in **nuts, nut flours, avocados, and olive oil** (called monounsaturated fats) are metabolic power ingredients. Another healthy fat to include is **coconut oil**. As a *medium chain triglyceride (MCT)*, the body uses these unique fats for fuel, not storage. And what about saturated fats? If you're **eating grass-fed products** (like butter, milk, ghee, kefir) you're getting an excellent fat profile that includes a very unique fat-burning fat called *conjugated linolenic acid (CLA)*. CLA is



so effective at burning fat that it is made into a supplement for that very purpose. **To keep your metabolism cranking on all cylinders, be sure to include a serving of healthy fats at every meal.**

## Healthy Flours: Ditch the Dough-Boy Belly & Melt that Muffin Top with Decadent Desserts

The first step in making healthier baked goods is to **take a close look at the flour you use**. Many bakers (even so-called “healthy” bakers) choose whole grain flours over refined white flours. But whole grain flours are *still very high in carbohydrates* and score high on the glycemic index.



And when it comes to your waistline and health, that’s a really bad thing. High glycemic foods cause your blood sugar to spike, raising your levels of insulin, the “*fat-storage hormone*.” Eating high glycemic foods promotes weight gain.

If you want to avoid “muffin tops” and “dough boy bellies” then **you MUST stay away from grain based flours.**

And here’s another reason to avoid traditional flours: Most are made from wheat and contain *gluten* – an allergenic protein that causes health issues for many people.

*But what about gluten-free flours and baking mixes?*

Unfortunately, most gluten free flours use a combination of high glycemic ingredients like rice flour, potato starch, tapioca flour and sorghum flour. So while the gluten is missing, all the blood sugar-spiking effects are still there. Don’t be fooled.

The good news is that there is a healthy, low glycemic, gluten free option you can use: **Nut flours!**

Nut flours are surprisingly versatile and lend buttery richness to all kinds of baked goods – from biscotti to cupcakes. And unlike grain-based flours, they are gluten free and low carb too. Here are the best nut flours to use in your baking:

- **Almond Flour:** This staple flour can be used to create everything from fluffy pancakes to crispy cookies. Opt for “blanched” almond flour which contains no skins. Unblanched almonds can add an unpleasant aftertaste when baked.

- **Coconut Flour:** Coconut flour might look light and fluffy, but it is actually a dense, fiber-rich flour. So take note: a little goes a long way. A good rule of thumb is to use one egg for each tablespoon of coconut flour in your recipes. Also, most recipes that call for coconut flour specify “sifted coconut flour”. One half cup coconut flour does not equal one half cup sifted coconut flour. If you don’t sift and *then measure*, your baked goods can end up dry and dense.
- **Hazelnut and Pecan Flour:** These are richer nut flours that can be used in combination with almond flour to punch up the nutty flavor. They are great in pie crusts and cookies of all kinds.

Store nut flours in airtight containers away from light and heat, and preferably refrigerate. If you buy in bulk, freeze in airtight bags.

And nut flours aren’t the only low glycemic flour substitute you can use...

## Beans: A “Secret” Ingredient for Springy, Moist & Slimming Cakes

Yellow cupcakes made with cannellini beans? A chocolate cake made with chickpeas?

You read that right. Beans are one of the “secret” ingredients you’ll find in many of our dessert recipes in [Guilt Free Desserts](#). Used properly, they provide a light, springy structure, moisture and tenderness to baked goods. One word of caution: Some baked goods made with beans can have a slight “beany” flavor for up to 12 hours after baking. This flavor will dissipate, so be patient. It’s worth the wait.

Along with canned beans, bean flours are another good option to have on hand.

Because bean flours are dense, try adding bean flour for up to 25% of your gluten free flour mix. Here are the most popular bean flours and how to use them:

- **Garbanzo Bean Flour:** Use 7/8 cup to replace 1 cup of wheat flour in baked goods.
- **Black Bean Flour:** Use as part of your baking mix for chocolate cakes and brownies.
- **White Bean Flour or Fava Bean Flour:** Mild in taste, white bean flour or fava bean flour are suitable for use in most recipes calling for white flour. Substitute 1/4 of the white flour for bean flour.

Get creative with canned beans, bean flour and nut flours in your baking!

Now that we’ve explored the healthy “flour” options, it’s time to tackle the one ingredient with which we all have a love–hate relationship: *Sugar*.



## Low Glycemic Sweeteners: Sweeten Up, Slim Down

Few of us have the willpower to resist a freshly-baked, melt-in-your-mouth chocolate chip cookie. The smell wafting out of the kitchen and the sight of their gooey goodness is just too enticing to pass up.

Unfortunately, most of us go through life indulging, only to suffer from post-dessert guilt, sugar-induced sluggishness and a body we're less than proud of.



Go ahead, have another! These decadent dark chocolate brownies have a whopping 5 grams of protein, 3 grams of fiber and ZERO grams of sugar.

**See p. 30 of Guilt Free Deserts for the recipe**

Then there are those who choose deprivation for the sake of good health and a trim waistline.

But thanks to all natural, low glycemic sweeteners, desserts are back on the menu for the health-and-body conscious crowd – guilt free!

Unlike the chemical-laden, artificial sweeteners (like sucralose, aspartame, neotame, and ace-K), these natural sweeteners provide a powerful punch of sweetness, without the toxic side effects. **(Learn about the toxic effects of artificial sweeteners on p. 10 of [Guilt Free Deserts](#))**

And because they are low glycemic, they won't spike your blood sugar the way sugar does.

Here's the rundown on nature's sugar substitutes that will sweeten your life... while helping you slim down:

- **Erythritol:** Considered the “almost sugar” by health experts and pastry chefs alike, erythritol is a “sugar alcohol” with no calories and a glycemic index of zero. It has no effect on blood sugar or insulin levels, so it won't shift your body into fat storage mode. It can be used cup-for-cup in recipes just like sugar, and provides about 70% of the sweetness. However, getting the ratios right can be a trick and if you don't know how to “temper” erythritol with *one simple trick*, your fudge and candy can end up sandy. [Guilt Free Deserts](#) shows you how to achieve the perfect level of sweetness and how to ensure that erythritol dissolves properly in all of your recipes. (See p. 14)
- **Stevia:** This super-sweet herb, native to Paraguay, is up to 300X sweeter than sugar. Stevia is best used to increase the sweetness of a sugar alcohol, like erythritol, rather than as the sole sweetener in a recipe. But beware! Stevia is potent and a little goes a

long way. If you use too much, you'll have to toss out your whole batch of goodies. We'll show you [how to achieve the perfect ratio of stevia in your recipes](#) and some of the stevia blends that can take the guesswork out of you sugar-free baking.

- **Xylitol:** Like erythritol, xylitol is also a sugar alcohol. It has the same sweetness as sugar but with 40% fewer calories and a glycemic index of 11. Xylitol tends to have a minty “cooling” effect, which can be reduced by combining it with erythritol. Most xylitol is derived from corn, but *Emerald Forest Erythritol* is derived from birch. Xylitol has a number of health benefits ranging from reducing cavities and *Candida*, to boosting bone health.
- **Luo Han Guo:** Consider this the Asian cousin of stevia. A member of the pumpkin family, the extract of this gourd is also about 300 times sweeter than sugar and rich in antioxidants. Luo Han Guo (or just lo han) has been used medicinally in China for centuries for treating cough and sore throat. Like stevia, use sparingly in baked goods. Look for *Jarro Luo Han Sweet* or *Lakanto* – a combination of lo han and erythritol.
- **Palm Sugar:** Made from the evaporated sap of the coconut flower, palm sugar (also called coconut sugar) tastes very similar to brown sugar. But unlike sugar's score of 65 on the glycemic index, coconut sugar ranks 35. A word of caution: while it's lower on the glycemic index, palm sugar still has 60 calories and 16 grams of sugar per tablespoon. So this should only be used sparingly to add a rounded, rich, brown-sugar taste to baked goods that are primarily sweetened with the above zero calorie options. Try *Navitas Naturals Organic Palm Sugar*.



## Agave: Don't Buy the Health Hype

One of the most popular “alternative” sweeteners in recent years has become agave – a sweet syrup derived from the cactus that brings us tequila.

While agave nectar has a low glycemic index (around 32) and has been favored over sugar by the health-conscious crowd and raw foodists alike, agave may not be the safe sweetener it has been touted to be.

That's because agave is high in *fructose* – a six carbon sugar that promotes insulin resistance and weight gain.

If you do choose to use agave, be sure to use it very sparingly. Despite the health claims that made it popular, it has – and will always have – 60 grams of sugar per tablespoon.

Do you have agave recipes you love and want to make over? On page 16 of [\*Guilt Free Desserts\*](#), we'll show you a great agave substitute that will give you the sticky goodness you crave, with a fraction of the health-harming *fructose*.

## Healthy Fats for Baking: Get Slim By Eating Fat!

Now that we've got the sweetness and the structure aspects of baking covered, it's time to tackle the fats.

Fats provide moisture and tender texture to baked goods. They give rich mouth feel to soufflés, the silky finesse to mousse and golden, flaky goodness to pie crust. But what they do in your body is even more important than what they do in the kitchen.

The fats you eat influence inflammation and metabolism. They affect how cells communicate with each other. They affect how your genes express themselves! And when they are used at the wrong temperatures (above their flashpoint) they can cause oxidative damage that can mutate cells and encourage cancer.

But using the right fats, in their appropriate temperature range, is one of the best things you can do for your health. Healthy fats can help reduce inflammation, boost brainpower, discourage wrinkles and even flip your body's fat-storage switch "off". And these are the kind of fats we rely on in ***Guilt Free Desserts***.

Stock your pantry with these heat stable, REAL fats for delicious baked goods with benefits:

- **Coconut Oil:** Coconut oil provides rich, buttery flavor to your favorite baked goods. Coconut oil is slow to oxidize and resistant to rancidity. It's also rich in *medium chain triglycerides (MCTs)* and *lauric acid* which kill a myriad of bacteria, protozoa and fungus, including *Candida albicans* – the fungus responsible for yeast infections. Because MCTs are not metabolized by the liver, they're used as energy – not stored as fat.
- **Palm Shortening:** Another great alternative to traditional shortenings (that contain *trans fat*) or butter, palm shortening can help you achieve light, tender, flakiness you



This buttery, golden pound cake packs an unbelievable 10 grams of fat-blasting, muscle building protein per serving... and less sugar than a quarter of an apple!

**See p. 32 of *Guilt Free Desserts* for the recipe**

desire in crusts and cookies. Like coconut oil, it is resistant to rancidity thanks to its high saturated fat content.

- **Butter:** When it comes to baking, it's hard to beat the taste of real butter. With its creamy flavor, high vitamin A content and versatility, butter can be used in almost any baked good. But be sure to choose organic, pastured/grass-fed butter that contains no hormones and the healthy fat, CLA. You'll learn how CLA boosts fat burning and the best butter to buy in ***Guilt Free Desserts***.
- **Macadamia Nut Oil & Almond Oil:** These light and delicious oils can be used in any recipe that calls for liquid oil (ie.- melted butter, canola oil). Plus, they're rich in inflammation-fighting and belly-flattening monounsaturated fat.

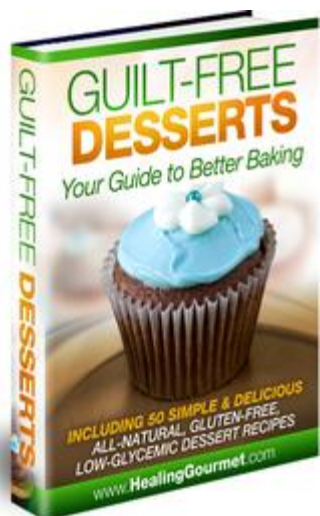
But just as important as using the right fats is AVOIDING the wrong ones.

In fact, there are seven fats that actually PROMOTE weight gain by flipping on your fat-storage genes. And many so-called "health gurus" still tout these as healthy. Learn what they are on p. 19 of [\*\*\*Guilt Free Desserts\*\*\*](#).

While we've covered a lot of ground today on the basics of fat-burning baking, we're just warming up the ovens! There's SO much more to learn (and of course 50 amazingly delicious, sinless treats to make!) in *Guilt Free Desserts*.

Drum roll please...

## ***Introducing...***



# GUILT-FREE DESSERTS

## ***Your Guide to Better Baking***

For years, we've served up with the latest, cutting-edge health and nutritional research and the world's most delicious (and healthy!) recipes.

But when it came to dessert, there were very few options that were truly decadent and good for you too. So we set out on a mission...

We tested all the latest sweeteners, many of which most people have never even heard of. We talked to the manufacturers. And we studied the scientific research. Our mission was to use these ingredients in the right proportions to create divinely, delicious, all-natural desserts.

And we did!

But, we refused to settle for anything less than extraordinary. That means every dessert had to taste just as good as what you might find in a restaurant.

And they had to be truly healthy too – decadent indulgences that you can enjoy without a moment of guilt.

We are proud to report that we have succeeded on both counts. In fact, some of these desserts are healthier than what most people have for dinner.

Just imagine biting into a luxuriously rich, dark chocolate cake that (serving for serving) provides more fiber than whole grain cereal, more protein than chicken, less sugar than an apple and fewer calories than a serving of yogurt.

Well, now you can...

***Guilt Free Desserts*** has taken everything we've learned and brought it together in one simple guide.

In this book you'll find 50 delicious, easy-to-make desserts – most of which can be prepared in 30 minutes or less. And best of all, these are desserts you can feel good about making... and enjoying!

You'll also learn how to make your favorite family dessert recipes healthier... with just a few simple substitutions.

If you love desserts and you value your health, then this is the only dessert book you'll ever need.

Inside you'll learn how to make everything from spicy *Gingerbread Cookies* to moist *Carrot Cake Cupcakes*... classic *Chocolate Soufflé*... *Cherry Almond Tarts*... and even *Crème Brûlée*.

You'll also find all your favorites like traditional *Pumpkin Pie with Pecan Crust*, *Fall-Spiced Custard*, *Apple Streusel* and *Chocolate Chip Cookies*.

In ***Guilt-Free Desserts***, you'll learn:

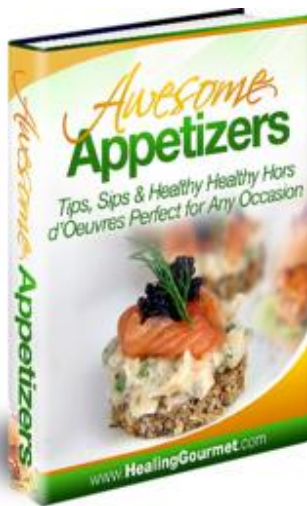
- What “sugar alcohols” are... which to avoid, which to use, and how to use them
- **The best ingredient to add texture, sweetness and fiber to your favorite desserts**

- The health hazards of Splenda and other artificial sweeteners
- **The “sweet equivalents” of five low-carb sweeteners... so you’ll know just how much to use and how they compare to sugar.**
- How to combine two delicious sweeteners to deliver the bulk and sweetness of sugar with none of the calories
- **The sweetener that can help lower your cholesterol, improve insulin sensitivity and boost your immune system**
- A new organic sweetener that tastes and bakes just like sugar, but with NO calories and a glycemic index of zero
- **The best brands to try and where to buy**
- The herbal supplement 300 times sweeter than sugar (which you’ll soon be seeing in Coca-Cola products)
- **28 recipes that are gluten-free, dairy free... and totally delicious**
- How to replace high-glycemic flours with flour products made with almonds, pecans and legumes
- **An amazing “invisible” ingredient that disappears in water (and everything else) and adds a powerful boost of fiber and blood sugar balance to every bite**
- A sweetener you’ve probably never heard of that adds a creamy mouth feel to your desserts... and can boost calcium absorption and improve gastrointestinal health
- **A light-textured fiber that can reduce the carbohydrates and density of baked goods made with whole grains**
- The brand new, all-natural sweetener you can find in your local supermarket that combines two ingredients to perfectly match the taste of sugar
- **A type of sugar that helps lower cholesterol and triglycerides, and because of its unique molecular structure, can even improve blood sugar metabolism and boost insulin sensitivity**
- 11 different flours for making gluten-free desserts
- **A type of flour that boost the nutrients and lowers the glycemic index of your desserts... and helps control hunger your hunger by sending the “I’m full” signal to your brain**
- How to use natural “gums” to improve the texture of baked goods... they can even improve digestion and help keep your blood sugar on an even keel, promoting weight loss
- **The metabolic power ingredients that stoke your body’s furnace and encourage thermogenesis – the burning of fat**

You see, **Guilt Free Desserts** is a lot more than just a recipe book. And this is not nearly everything that we have put together for you.

**ORDER NOW!**

## **BONUS #1: Awesome Appetizers - Tips, Sips and Healthy Hors d'Oeuvres Perfect for Any Occasion**



Staying on a healthy track does not mean sacrifice. It means getting smart about the ingredients you use.

With the recipes in *Awesome Appetizers* you can indulge in the best of the season's bounty without paying for it later.

In this FREE BONUS, you'll discover 5 *Fabulous Holiday Wines*, all organic...and under \$15.

You'll also be delighted with these 15 *all natural, low-glycemic, fat-burning appetizers* including:

- *Baked Coconut Shrimp*
- *Stuffed Grape Leaves*
- *Spinach Artichoke Dip*
- *Chèvre & Scallion Cheese Balls*
- *Crab-Stuffed Mushrooms*
- *Figs with Goat Cheese & Proscuitto*
- *Clams Oreganata*
- *Roasted Beet, Orange & Goat Cheese Stacks with Hazelnuts*
- *Jumbo Shrimp with Homemade Cocktail Sauce*
- *Smoked Salmon Canapés with Cannelini Bean Hummus & Caviar*
- *Almond-Crusted Chicken Wings with Zesty Aioli*
- *Spicy Chipotle Deviled Eggs*
- *Lamb Kebabs with Pomegranate Glaze*
- *Mini Salmon Croquettes*

You'll also enjoy 5 low-sugar "adult cocktails" including:

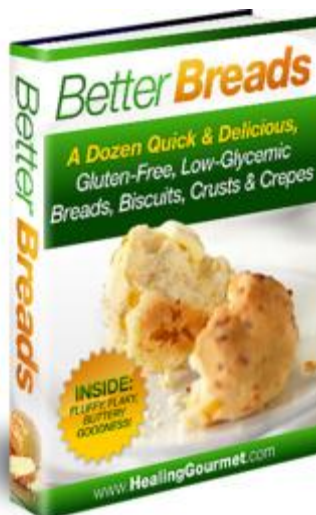
- *Pomegranate Martinis*
- *Rum & Zevia*
- *Minty Agave Mojitos*
- *Hot Whisky Toddy*
- *The Scroogedriver*

And that's not all! You'll also learn:

- **Why alcohol reduces your body's fat burning activity**
- The supplement you absolutely must take if you indulge in alcohol. In a recent study, women who drank alcohol and also got enough of this nutrient were 50% less likely to get breast cancer than women who did not.
- **A new brand of cola and other sodas that are 100% natural and 100% delicious... but with NO calories.**
- The "bartenders secret" you can use to brighten the taste of your drinks... and make them healthier too!

**ORDER NOW!**

## **BONUS #2: Better Breads – A Dozen Quick & Delicious, Gluten Free, Low Glycemic, Breads, Biscuits, Crepes & Crusts**



Fresh baked focaccia, crisp-and-chewy pizza crust, piping hot biscuits just waiting to soak up a golden pat of creamy butter.

*Ahhh.* Bread, delicious bread! It's so hard to pass up.

But if you're watching your weight and your blood sugar, bread just isn't on the menu... until NOW!

With this FREE BONUS, you can enjoy all of the warm and toasty, fluffy and flaky goodness of breads... and pizza... and biscuits... and bagels... with none of the health-harming effects of grains!

You'll enjoy:

- *Rustic Flax Focaccia*
- *Golden Flax Bread*
- *Simple Sandwich Bread*



- *Thin & Crispy Pizza Crust*
- *Deep Dish Pizza Crust*
- *Flax Pizza Crust*
- *Garlic Bagels*
- *Corn Bread*
- *Grain Free Burger Buns*
- *Homemade Tortillas/Wraps*
- *Fluffy Biscuits*
- *Quick Crepes*

## What is Your Health Worth to You?

No investment in life is more important than the investment in your health. And there are few things more damaging to your health than excess sugar in your diet.

So what is your health worth to you? What is it worth to you to live an active, age-defying, disease-free life and still enjoy the foods you love?

*Guilt-Free Desserts* is a lot more than a cookbook. It is a blueprint to better health and a guide to healthy, low-glycemic desserts.

We deliver this deliciously in convenient **PDF format**, so you can download your copy right away. All you need to do is browse, print and bake!



Pizza night is back on the menu! Most pizzas leave you feeling sluggish and looking "doughy" thanks to all those carbs. But this protein-packed pizza crust (14 grams per slice!) will satisfy your deepest pizza cravings.

**See p. 30 of Better Breads  
for the recipe**



## 100% Risk-Free Guarantee

There is no risk at all when you order this book.

If you are not happy for any reason whatsoever, just let us know within 60 days, and we will issue you a prompt refund, no questions asked.

So don't resist your urge to splurge. [\*Guilt Free Desserts\*](#) will show you how to have your cake...and be well too. So start enjoying desserts, breads and crusts that you and your family will love, without sacrificing your health.

This book also makes a great gift for those you know who are health conscious and love to bake.

**[Click here NOW to invest in your copy of Guilt-Free Desserts:  
50 All-Natural, Fail-Proof, Low-Glycemic Desserts](#)**

Please Note: No physical product will be delivered. You will be given instant access to *Guilt Free Desserts* and all bonuses after payment.