

Traditional V S . FUNCTIONAL



Principles & Recipes

BY LEONOR'S SWEET CREATIONS

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Leonor ABOUT



Hi! I'm Leonor
and I am very happy to share with you my discoveries about functional
confectionery and healthy desserts.

I am the founder of Leonor's Sweet Creations, a bakery and cake
school in Germany and was 10 years in the business of traditional
baking.

When I started substituting ingredients - that I knew were not healthy-
for nutritious healthier ones I was truly excited with the results.
I could see the potential of my discoveries in the life and health of my
family and customers. I have been exploring this topic and
experimenting recipes ever since!

Connect

www.leonors.com

info@leonors.com

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WHAT IS FUNCTIONAL CONFECTIONERY? IS IT REALLY HEALTHY?

The main objective of **functional confectionery** is to add to the recipes, ingredients with properties that bring some benefit to health beyond their basic functions like, for example, to be a source of energy. The idea is to make the body "function" better.

The bioactive compounds present in the functional foods are the real responsible for maintaining the health of individuals, preventing and treating diseases, such as: antioxidants, fiber, minerals, vitamins, good fats, prebiotics and probiotics.

But functional confectionery is not just that. After all, when we eat a dessert we expect it to be tasty. It is also given much importance to the flavor and texture of the final food. The idea that healthy food tastes weird or bad, prevailed for a long time. Luckily there has been a mentality shift in society and more and more the demand for healthy products and healthier lifestyles increases, which has led to more innovation and diversity of healthy recipes and thus a development and improvement of flavors and consistencies in this field as well.

Functional confectionery seeks versions of traditional sweets and recipes - which often bring back good memories - substituting and incorporating their own ingredients that maintain the characteristics similar to the original ones.

Functional confectionery is precisely this: the union between health and the pleasure of eating well!



If you could eat healthier desserts with the same or similar taste and appearance of the traditional ones, why wouldn't you?

2 Diet vs Functional

Not all functional sweets are diet sweets.

Diet products are aimed to specific publics, focused on sugar restriction. When certain ingredients are removed from the product's composition, another is added to enhance its sensory qualities (flavor and aroma). Thus, products with zero sugar may have more fat than the regular version and have no overall health benefits.

Light and diet products usually have excess fat, chemical colorings and synthetic sweeteners in their composition, i.e., no matter how sugar-free or calorie-free they may be, they are not necessarily healthy.

“The main difference is that functional confectionery has the main objective of benefiting the organism, while fit confectionery is thought for aesthetics only.

Functional sweets, even if they contain some kind of sugar or are more caloric than a light product, have health benefits from the ingredients used. Functional food is not about calories, but about health, about the benefits that it can bring, independently of weight loss, which, sometimes, is just a consequence.



3 WHICH SUGARS TO USE?



Coconut Sugar has a low glycemic index and contains a large amount of nutrients, such as potassium, zinc, iron, and calcium. Its use prevents a large increase in blood sugar in the bloodstream, preventing the body from stimulating fat production and helping in weight control.



Xylitol is produced from alcohol obtained from fruits, vegetables, mushrooms, and even seaweed. It has a low glycemic index and sweetening potential similar to traditional sugar. It is also safe for people who have diabetes.



Brown Sugar

Its stronger flavor, caramelized aspect, and darker color are obtained by cooking and crystallizing the sugar cane juice. Because it is unrefined, it keeps nutrients such as calcium, iron, and mineral salts.



Monk Fruit Sweetener

is a native plant to southern China and northern Thailand and is a zero-calorie sweetener. It is high in unique antioxidants called mogrosides, which make it 150–250 times sweeter than regular sugar.

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IS GLUTEN FREE A MUST?

It is important to understand what is bad for us, on an individual level, so that we don't discard foods or ingredients that are not bad for us, just because our neighbor or cousin feels better not eating them. Often the problem starts with the exaggerated intake of one substance or ingredient.

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We are all different, and so are our bodies. Some people don't have allergies nor intolerances, others feel sick or are even life-threatening if they eat certain foods.

Gluten is a set of proteins (Gliadin and Glutenin) often found in cereals such as wheat, rye, and barley. When gluten is not well digested by our body it irritates the intestinal mucosa and cause intestinal permeability. That's when our intestines start allowing larger molecules to enter the bloodstream. With the presence of these molecules, the body triggers an immune reaction, triggering an inflammatory process. It's the beginning of various reactions and diseases, including food intolerances or allergies, or an intestinal dysbiosis, which is an imbalance of the intestinal bacterial flora. In other words, there is an increase of bad bacteria, and a decrease of good bacteria in the gut, which will reduce the absorption of nutrients and vitamins and cause symptoms such as abdominal bloating, gas, feeling of poor digestion, headaches, drowsiness, irritability, and even skin problems, hair loss, and weak nails.

Intolerance to gluten is when the person has difficulty in digesting this protein, damaging the walls of the small intestine, resulting in diarrhea, abdominal pain and bloating, irritability or weight loss.

Allergic to gluten is when there is an immunological and genetic component, having permanent and definitive manifestations whenever gluten is ingested. People who are allergic to gluten suffer from celiac disease.

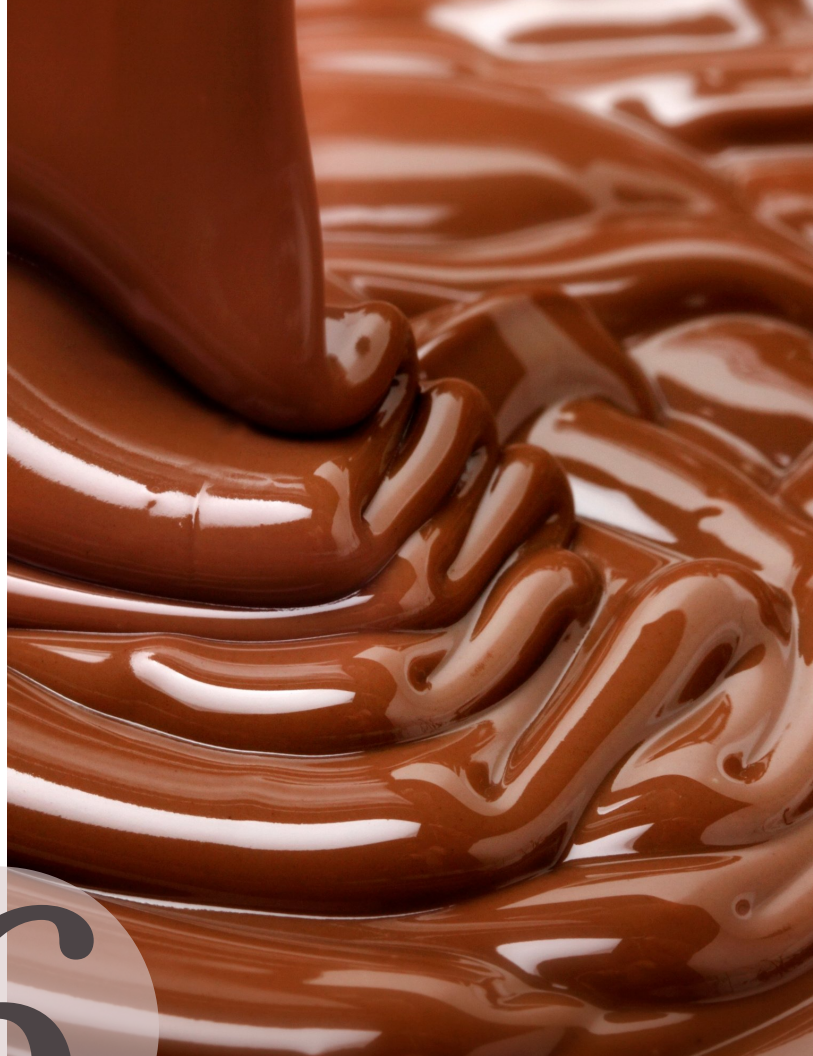


The most prominent milk protein is **casein** (80%). It is a protein that provides the essential amino acids for building and recovering muscle. But it is slow to be absorbed and its excessive consumption can lead to weight gain and can cause reactions such as bloating, indisposition, headaches, malaise, alteration in concentration and memory.

Lactose is the sugar present in milk. We need the enzyme **lactase** to break down this sugar. As we get older, this enzyme stops being produced, and consequently lactose is no longer broken down. When this happens, bacteria ferment this unabsorbed lactose, causing gastric discomfort and producing substances that are toxic to our body. These symptoms vary from person to person, being milder or more intense depending on the degree of intolerance.

Both casein and lactose generate inflammation, which is linked to obesity and can even lead to dysbiosis, which is an imbalance in the intestinal bacterial flora. This will reduce the ability to absorb nutrients and vitamins.

There are other healthier and totally casein-free and lactose-free options, you should opt to drink, such as almond, cashew, rice, oat, coconut or soy milk.



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IS CHOCOLATE HEALTHY?

Cocoa is considered a superfood and has numerous properties:

- It has a high concentration of magnesium and flavonoid antioxidants (21 times more than green tea)
- It is composed of B vitamins
- Rich in minerals such as copper, iron, potassium, and magnesium
- It is a source of the neurotransmitters serotonin, dopamine and phenylethylamine.

The darker the chocolate, the higher the concentration of cocoa and the higher the level of antioxidants there will be in the bar. Higher cocoa contents often mean less sugar as well.

Another point in favor, is that dark chocolate is packed with important minerals—like magnesium, zinc, and iron—which can also help keep your brain healthy as you age.



Eggs are nutrient-dense food, meaning they provide a lot of nutrition per calorie. Some of these well-known nutrients are iron, phosphorus, potassium, iodine and choline, which is essential for proper function of the brain and nervous system, especially for brain development of babies and infants. They have a moderate energy value (82 kcal/55g - 1 egg), are rich in high-quality protein, are a source of 18 important vitamins and minerals for the proper functioning of various cellular processes in the body, and contain only 2.7g of saturated fat per 100g.

But, egg yolks are also known for their cholesterol. A typical large egg contains 186 mg of cholesterol, more than half the amount previously recommended for daily consumption.

According to several studies, if you have a balanced diet and eat eggs with moderation, eggs can be beneficial to your health.

If you are allergic to eggs, vegan or you simply don't like eggs, there are some options to substitute eggs in your baking.

From theory into practice

You might be wondering... Yes Leonor, but how does that work in practical terms? How do I transform a traditional recipe into an healthy one? What ingredients should I use? Which quantities and ratios? How do I make sure my recipe won't be a flop? And how do I adapt one recipe to different diets or health issues, depending on who is coming for dinner or my customer's needs?

Let me give you some practical examples in order for you to understand how it really works.

In the next pages you will see how I've transformed several traditional recipes into healthy ones.

Please note that some ingredients are not 1:1 substitutable. The amounts and combination of ingredients might have to change when you remove or add an ingredient.

The good news is, that I have made that incredibly complex work of testing and experimenting each ingredient and see what works best and in which amounts. This in depth knowledge, including ratio charts, characteristics of each ingredient, function of each type of ingredient group, flavors, consistencies, baking temperatures, and so much more I am now teaching in my new Masterclass: Healthy Desserts Total Transformation. Not only will you learn all about baking, baking ingredients, baking tools, baking processes and even cake decorating techniques, but you will also get many many already-tested healthy recipes for your own use. And it doesn't matter if you have special health needs, you are vegan or are following any type of diet. We cover it all in this super comprehensive Masterclass. I invite you to join us by enrolling in this amazingly informative and delicious course, [here](#).

If you are not ready to enroll or if it's not the right moment for you to get all this knowledge and life changing recipes, don't worry. I have covered your back anyway! You can go ahead and download some free recipe e-books I have prepared for you, [here](#).

So now, it's time to roll up our sleeves and start healthy baking!

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Have a closer look on how to transform a traditional recipe into a healthy one:

Recipes Transformation

Creme brulee:

Traditional

0,5l milk

6 tbsp white sugar

5 egg yolks

1 tbsp wheat flour

1 lemon peel

white sugar for topping

Functional

→ 0,5l almond milk

→ 4 tbsp demerara sugar

5 egg yolks

→ 3 tbsp arrowroot powder

1 lemon peel

→ demara sugar for topping

Note: You may use cornstarch instead of arrowroot powder.



Brownies:

Traditional

200g semi dark chocolate
115g butter
200g white sugar
110g brown sugar
3 eggs M
1/4 tsp salt
1 tsp vanilla
64g wheat flour
32g cocoa powder



Functional

200g semi dark chocolate
115g coconut oil
120g xilitol or coconut sugar
3 M eggs
1/4 tsp salt
1/2 tsp baking soda
1 tsp vanilla
55g almond flour
32g cocoa powder



Vanilla Sponge Cake:

Traditional

200g wheat flour

1 1/2 tsp baking powder

1/4 tsp salt

185g white sugar

90g butter

2 eggs L

1 tsp vanilla extract

80 ml milk

Functional

100g gluten-free flour

100g almond flour

1 1/2 tsp baking powder

1/4 tsp salt

185g demerara sugar

90g coconut oil

2 eggs L

1 tsp vanilla extract

80 ml soya milk





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Leonor's Sweet Creations
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