



Dessert Is Not the Enemy

7 recipes. Every ingredient explained. So
dessert never works against you again.

By Leonor Capristano
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Gluten-free · Dairy-free · Refined sugar-free



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Before You Start

This is not a collection of random healthy recipes. Every recipe in this e-book is built on the same set of principles I use in my own kitchen.

Each one replaces refined sugar, gluten and dairy — not by simply swapping one ingredient for another, but by understanding what each ingredient was doing in the original recipe and choosing a replacement that does the same job.

That is why there is a "Why These Ingredients" section after every recipe. It is not decoration. It is the part that will change how you bake.

Once you understand why coconut cream replaces dairy in a panna cotta, or why almond flour needs more fat than wheat flour, you stop needing someone else's recipe. You start building your own.

Measures are given in grams and cups. Oven temperatures in Celsius and Fahrenheit.

Nut-free alternatives are noted where applicable. Eggs are used where they make a real difference. Egg-free, vegan and nut-free adaptations are included wherever possible, so everyone at your table can enjoy the same dessert.

That is the whole point of functional baking: one dessert everyone can eat, and a method you truly understand. Not following. Understanding.

Let's bake.

— Leonor





Recipe 01

Chocolate Lava Cake

Gluten-free · Dairy-free · Refined sugar-free

Servings: 4 individual cakes | Prep time: 10 minutes + 12-14 minutes in the oven

Ingredients

- 150g (5.3 oz) dark chocolate, 70% or higher, dairy-free
- 80g (1/3 cup) coconut oil
- 3 eggs (medium)
- 1 egg yolk
- 50g (1/4 cup) coconut sugar
- 30g (1/4 cup) almond flour
- 1 tsp pure vanilla extract
- 1 pinch salt
- Coconut oil for greasing the ramekins
- Cacao powder for dusting the ramekins



Method

1. Preheat the oven to 200°C (400°F). Grease 4 ramekins generously with coconut oil, then dust with cacao powder. Tap out the excess.
2. Melt the dark chocolate with the coconut oil gently, either over a water bath or in 15-second microwave bursts. Stir until completely smooth. Set aside to cool for 2 minutes.
3. In a separate bowl, whisk the eggs, egg yolk and coconut sugar together vigorously for about 2 minutes, until pale, slightly thick and holding a trail when you lift the whisk.
4. Pour the melted chocolate into the egg mixture and fold gently until combined.
5. Add the almond flour, vanilla and salt. Fold until just combined. Do not overmix — the air you whisked into the eggs is what gives the cake its rise.
6. Divide the batter evenly between the 4 ramekins, filling each about three quarters full.
7. Bake for exactly 12 to 14 minutes. The edges should be set and pulling away from the sides, but the center should still have a visible wobble.
8. Remove from the oven and let sit for 30 seconds. Run a knife around the edge, place a plate on top, flip and tap firmly. The cake should hold its shape with a molten center.
9. Serve immediately. This dessert does not wait.

Why These Ingredients

Dark chocolate 70%+: The cocoa butter sets the outside while the center stays molten. Lower percentages have more sugar and less cocoa butter, making the set less reliable.

Coconut oil: Replaces butter. Solid at room temperature, helping the cake hold its shape. Use refined if you do not want coconut flavor.

Eggs + extra yolk: The whole eggs give structure and trap air. The extra yolk adds fat and emulsification, keeping the center liquid and silky. The most critical ingredient.

Almond flour: Only 30g — just enough body to hold together when unmolded. Too much and the center sets solid.

Coconut sugar: Low amount because the dark chocolate already brings depth. Adds a slight caramel note.

Notes

- Timing is everything. 12 minutes gives a very runny center. 14 gives a softer flow. Test your oven once and note the exact time.
- The ramekins must be well greased and dusted or the cake will stick.
- You can prepare the batter up to 2 hours ahead and refrigerate. Add 1-2 extra minutes if baking from cold.
- Nut-free: replace almond flour with 20g (2 tbsp) tapioca starch.

Allergen note: Contains almonds and eggs.



Recipe 02

Lemon Poppy Seed Muffins

Gluten-free · Dairy-free · Refined sugar-free

Servings: 10-12 muffins | Prep time: 10 minutes + 18-20 minutes in the oven

Ingredients

- 200g (2 cups) almond flour
- 50g (1/2 cup) gluten-free oat flour
- 80g (1/2 cup) coconut sugar
- 3 eggs (medium)
- 60g (4 tbsp) coconut oil, melted
- 80ml (1/3 cup) oat milk
- Zest of 2 lemons
- 3 tbsp fresh lemon juice
- 2 tbsp poppy seeds
- 10g (2 tsp) baking powder
- 1 tsp pure vanilla extract
- 1 pinch salt



Method

1. Preheat the oven to 170°C (340°F). Line a muffin tin with 10-12 paper cases.
2. Whisk the eggs with the coconut sugar and melted coconut oil until well combined and slightly pale.
3. Add the oat milk, lemon zest, lemon juice and vanilla. Mix until combined.
4. In a separate bowl, mix the almond flour, oat flour, poppy seeds, baking powder and salt.
5. Fold the dry into the wet until just combined. Do not overmix.
6. Divide between the muffin cases, filling each about three quarters full.
7. Bake for 18-20 minutes, until tops are golden and a skewer comes out clean.
8. Cool in the tin for 5 minutes, then transfer to a wire rack.

Why These Ingredients

Lemon zest + juice: Zest gives aromatic flavor, juice gives tartness. The acid also reacts with baking powder and helps the muffins rise.

Almond flour + oat flour: 70/30 blend: almond gives richness, oat gives lightness and binding.

Coconut sugar: Less sweet than white sugar, with a warmth that does not compete with the lemon.

Poppy seeds: Texture and visual contrast. Also add calcium, iron and healthy fats.

Eggs: Structure, binding and lift. Whisking them well traps air for the rise.

Notes

- Zest lemons before juicing — much easier.
- Store airtight at room temperature 2 days, fridge up to 5 days.
- Freeze well, up to 2 months.
- Nut-free: replace almond flour with additional oat flour (total 250g).

Allergen note: Contains almonds, eggs and oats.

Egg-Free / Vegan Version

- Replace 3 eggs with 3 flax eggs (3 tbsp ground flaxseed + 9 tbsp water, rested 5 minutes).
- Add 1 extra tablespoon of coconut oil for fat.
- Add 1/2 teaspoon extra baking powder — flax eggs do not trap air like real eggs.
- The muffins will be slightly denser but still soft. Let them cool completely — they firm up significantly.



Recipe 03

Coconut Panna Cotta with Fresh Fruit

Gluten-free · Dairy-free · Refined sugar-free · No bake · No eggs · Vegan

Servings: 4 | Prep time: 10 minutes + 2-3 hours in the fridge

Ingredients

- 400ml (1 can) full-fat coconut cream
- 100ml (1/3 cup + 1 tbsp) oat milk (unsweetened)
- 2 tbsp coconut sugar
- 1 tsp pure vanilla extract
- 1 level tsp agar-agar powder
- 1 pinch salt
- Fresh seasonal fruit to serve

Method

1. Combine oat milk and agar-agar in a saucepan while still cold. Stir.
2. Bring to a boil over medium heat, stirring continuously. Boil for a full 2 minutes.
3. Add coconut cream, coconut sugar, vanilla and salt. Stir until sugar dissolves, about 2 minutes.
4. Pour into 4 glasses or ramekins.
5. Cool 15 minutes, then refrigerate 2-3 hours until set.
6. Serve with fresh fruit.

Why These Ingredients

Full-fat coconut cream: High fat gives creamy, rich texture. Carton coconut milk is too thin.

Agar-agar: Plant-based setting agent. Must boil 2 minutes. Gives a firmer, cleaner set than gelatin.

Coconut sugar: Gentle sweetness. Dissolves better in warm liquid.

Vanilla: Rounds out the coconut and completes the flavor.

Notes

- Do not use raw pineapple or papaya mixed in — enzymes prevent setting. Fine as topping.
- Too firm? Reduce agar-agar to 3/4 tsp.
- Did not set? Probably did not boil the full 2 minutes.
- Store in fridge up to 3 days.

Allergen note: Nut-free. No eggs.





Recipe 04

Salted Almond Butter and Cacao Energy Balls

Gluten-free · Dairy-free · Refined sugar-free · No bake · No eggs · Vegan

Servings: 12-14 balls | Prep time: 10 minutes + 30 minutes in the fridge

Ingredients

- 100g (1 cup) gluten-free rolled oats
- 80g (1/3 cup) almond butter
- 6 Medjool dates, pitted
- 2 tbsp raw cacao powder
- 2 tbsp maple syrup
- 1 tbsp chia seeds
- 1 tsp pure vanilla extract
- 1/4 tsp flaky sea salt, plus extra for finishing
- Optional: 2 tbsp dark chocolate chips (dairy-free)



Method

1. Pulse dates in food processor until sticky paste. Soak 10 min in warm water first if firm.
2. Add oats, almond butter, cacao, maple syrup, chia, vanilla and salt. Process until thick sticky dough.
3. Too dry? Add 1 tsp water. Too wet? Add a tbsp of oats.
4. Fold in chocolate chips by hand if using.
5. Roll into 12-14 balls. Press flaky salt on top.
6. Refrigerate 30 minutes.

Why These Ingredients

Medjool dates: Natural glue and sweetener. Fiber slows sugar absorption.

Almond butter: Creaminess, healthy fats and protein.

Raw cacao: Intense chocolate without sugar. More antioxidants than dutched cocoa.

Chia seeds: Help balls hold together. Add omega-3s and fiber.

Flaky sea salt: Amplifies sweetness and cacao depth.

Notes

- Store in fridge 7 days, freeze up to 2 months.
- Nut-free: sunflower seed butter or tahini.

Allergen note: Contains almonds and oats. No eggs.



Recipe 05

Banana Oat Cookies

Gluten-free · Dairy-free · Refined sugar-free · No eggs · Vegan

Servings: 12-14 cookies | Prep time: 5 minutes + 12-15 minutes in the oven

Ingredients

- 2 ripe bananas (spotted skin ideal)
- 150g (1 1/2 cups) gluten-free rolled oats
- 2 tbsp almond butter
- 2 tbsp raw cacao nibs or dark chocolate chips (dairy-free)
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 1 pinch salt
- Optional: 2 tbsp shredded coconut or chopped almonds



Method

1. Preheat oven to 170°C (340°F). Line a tray with parchment paper.
2. Mash bananas thoroughly with a fork.
3. Add oats, almond butter, cacao nibs, cinnamon, vanilla and salt. Mix into thick dough.
4. Fold in coconut or almonds if using.
5. Scoop tablespoon-sized portions. Press down slightly — they do not spread.
6. Bake 12-15 minutes until edges are golden.
7. Cool on tray 5 minutes. They firm up as they cool.

Why These Ingredients

Ripe bananas: Sweeten, bind and add moisture — three jobs. No sugar, eggs or extra fat needed.

Rolled oats: Structure, chew and fiber.

Almond butter: Fat, protein and nutty richness.

Cacao nibs: Crunch and bitterness balancing banana sweetness.

Cinnamon: Amplifies sweetness without sugar.

Notes

- For sweeter cookies, use very ripe bananas or add 1 tbsp maple syrup.
- Press down before baking.
- Store airtight 3 days, freeze 2 months.
- Nut-free: sunflower seed butter + pumpkin seeds.

Allergen note: Contains almonds and oats. No eggs.



Recipe 06

Vanilla Bean Ice Cream

Gluten-free · Dairy-free · Refined sugar-free · No machine needed

Servings: 4-6 | Prep time: 15 minutes + 4-6 hours in the freezer

Ingredients

- 400ml (1 can) full-fat coconut cream, refrigerated overnight
- 3 egg yolks
- 3 tbsp maple syrup
- 2 tbsp almond butter (or cashew butter)
- 2 tsp pure vanilla extract (or seeds from 1 vanilla pod)
- 1 pinch salt



Method

1. Open cold can without shaking. Scoop only solid cream. Discard liquid.
2. Whip coconut cream until light and fluffy, 2-3 minutes.
3. Whisk egg yolks with maple syrup until pale and thick, about 2 minutes.
4. Add almond butter, vanilla and salt to yolks. Whisk until smooth.
5. Pour yolk mixture into whipped cream. Fold gently to keep the air in.
6. Transfer to freezer container. Press parchment paper onto surface before closing lid.
7. Freeze 2 hours. Stir vigorously with fork. Return to freezer.
8. Repeat stir after 2 more hours. Freeze until set, at least 2 more hours.
9. Remove 10-15 minutes before serving.

Why These Ingredients

Full-fat coconut cream: High fat = fewer ice crystals = smoother result. Must be cold.

Egg yolks: Contain lecithin, a natural emulsifier. The biggest difference between creamy and icy homemade ice cream.

Maple syrup: Liquid sweeteners lower the freezing point, keeping ice cream scoopable.

Almond butter: Extra fat coats ice crystals and prevents them from growing.

Parchment on surface: Barrier against air, preventing the icy layer on top.

Notes

- The two stirs are essential — they break ice crystals like a machine does.
- Too hard? Sit 10-15 minutes at room temperature.
- For chocolate: add 3 tbsp cacao. For fruit: blend in 100g frozen berries.
- Nut-free: extra tbsp coconut cream + extra tbsp maple syrup.

Allergen note: Contains almonds and eggs.

Egg-Free / Vegan Version

- Omit the egg yolks. Replace with 2 tablespoons of tapioca starch dissolved in 3 tablespoons of warm plant milk.
- Increase maple syrup from 3 to 4 tablespoons — without yolks the ice cream freezes harder.
- Increase almond butter from 2 to 3 tablespoons for extra fat.
- The two stirs during freezing become even more important in the vegan version.



Recipe 07

Mango and Passion Fruit Mousse

Gluten-free · Dairy-free · Refined sugar-free · No bake · No eggs · Vegan

Servings: 4 | Prep time: 10 minutes + 2 hours in the fridge

Ingredients

- 2 ripe mangoes (about 300g flesh)
- 3 passion fruits
- 200ml (3/4 cup + 1 tbsp) full-fat coconut cream
- 2 tbsp maple syrup (adjust to mango sweetness)
- 1 tbsp fresh lime juice
- 1 tsp pure vanilla extract
- 1 pinch salt
- Optional: extra passion fruit pulp and fresh mint



Method

1. Cut passion fruits, scoop pulp. Set aside 2 tbsp for topping. Press rest through sieve (about 3-4 tbsp juice).
2. Blend mango, passion fruit juice, coconut cream, maple syrup, lime, vanilla and salt until smooth. Adjust sweetness.
3. Pour into 4 glasses.
4. Refrigerate at least 2 hours.
5. Serve with reserved pulp and mint.

Why These Ingredients

Ripe mango: Base and sweetener in one. Creamy body when blended.

Passion fruit: Sharp acidity that transforms the mousse from good to exceptional.

Full-fat coconut cream: Creamy body without dairy.

Lime juice: Lifts the mango, sharpens everything.

Maple syrup: Safety net for under-ripe mangoes.

Notes

- Thickens naturally. No setting agent needed.
- For firmer set: add 1/2 tsp agar-agar in 2 tbsp warm water.
- Frozen mango works. Thaw and drain first.
- Store in fridge up to 2 days.

Allergen note: Nut-free. No eggs.



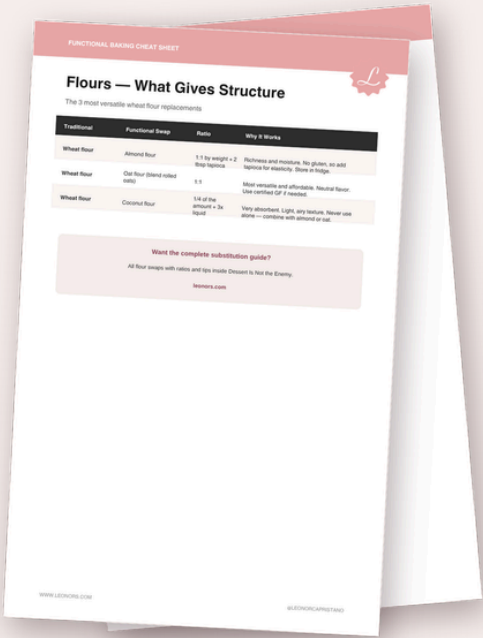
BONUS

The Complete Functional Baking Cheat Sheet

Every substitution I use in my kitchen. The exact ratios, and why each one works.

45 swaps, organized by what the ingredient does in your recipe:

- Flours — What Gives Structure
- Sugars and Natural Sweeteners
- Sugar-Free Sweeteners
- Fats, Dairy & Milks
- Eggs, Setting Agents & Gums



*Print these pages. Keep them next to your oven.
They will change how you bake.*



Flours — What Gives Structure

What to use instead of wheat flour, and why each one behaves differently.

Traditional	Functional Swap	Ratio	Why It Works
Wheat flour	Almond flour	1:1 + 2 tbsp tapioca	Richness and moisture. Add tapioca for elasticity. Store in fridge.
Wheat flour	Oat flour	1:1	Most versatile and affordable. Neutral flavor. Use certified GF.
Wheat flour	Coconut flour	1/4 amount + 3x liquid	Very absorbent. Never use alone — combine with almond or oat.
Wheat flour	Cassava flour	1:1 (less liquid)	Closest to wheat. Stretchy, soft crumb. Best for breads and wraps.
Wheat flour	Buckwheat flour	1:1 or 50/50 with oat	Earthy, nutty. Pairs with chocolate and banana. Fully GF despite the name.
Wheat flour	Rice flour	1:1 + 30% tapioca	Neutral but gritty alone. Best for crepes and thin batters.
Wheat flour	Tapioca starch	15-20% of total flour	Not standalone. Adds chew, elasticity and crispness. The glue in GF blends.
Wheat flour	Tigernut flour	1:1	Naturally sweet, nut-free (it is a tuber). Great for cookies and muffins.
Wheat flour	Chickpea flour	3/4 of amount	Earthy flavor. Works with chocolate and spices. High in protein.



Sugars and Natural Sweeteners

What replaces refined white sugar, and why each one behaves differently.

Traditional	Functional Swap	Ratio	Why It Works
White sugar	Coconut sugar	1:1	Lower glycemic index (GI 35 vs 65). Caramel depth. Dissolve in warm liquid first.
White sugar	Demerara sugar <i>For special cases. Use occasionally.</i>	1:1	Less processed than white. Coarse crystals, mild molasses flavor. Crunchy topping.
White sugar	Light brown sugar <i>For special cases. Use occasionally.</i>	1:1	Adds moisture and caramel notes. Contains some molasses. Softer bake.
White sugar	Dark brown sugar <i>For special cases. Use occasionally.</i>	1:1 (reduce liquid slightly)	More molasses than light. Deeper flavor, more moisture. Best for gingerbread and spice cakes.
White sugar	Raw honey	3/4 of amount, reduce liquid	Liquid sweetener. Adds moisture. Flavor varies by source. Not vegan.
White sugar	Maple syrup	3/4 of amount, reduce liquid	Reduce other liquids by 3 tbsp per cup. Best for no-bake and toppings.
White sugar	Agave syrup	2/3 of amount, reduce liquid	Very sweet, thin liquid. Low GI but high in fructose. Use sparingly.
White sugar	Molasses / blackstrap	1/4-1/3 cup per cup of sugar	Very strong. Never use alone. Rich in iron and calcium. Blend with coconut sugar.
White sugar	Medjool dates (paste)	4-6 dates per cup	Whole food. Fiber slows absorption. Darkens batter, best for chocolate recipes.
White sugar	Ripe banana	1 banana per 1/3 cup	Sweetens and adds moisture. Riper = sweeter. Reduces the need for other liquids.



Sugar-Free Sweeteners

Zero or very low glycemic options for blood sugar management.

Traditional	Sugar-Free Swap	Ratio	Notes
White sugar	Stevia (pure extract)	1/4 tsp per cup of sugar	Extremely sweet. No calories, no GI impact. Can taste bitter if overused. Best blended.
White sugar	Monk fruit sweetener	1:1 (if blended)	Zero GI, zero calories. Clean sweet taste, no aftertaste. The most expensive option.
White sugar	Erythritol	1:1	Zero GI, almost zero calories. Cooling effect on the tongue. Does not caramelize. Can crystallize.
White sugar	Xylitol	1:1	Low GI (7). Closest to sugar in look and taste. Toxic to dogs. Can have a laxative effect.
White sugar	Allulose	1:1 (slightly less sweet)	Low GI, near-zero calories. Caramelizes like sugar. Best for baking. Harder to find.

Before you swap

Sugar-free sweeteners do not behave like sugar. Most do not caramelize (allulose is the exception), and sugar alcohols like erythritol and xylitol can upset digestion in large amounts. Start with a blend, taste and adjust. If you manage diabetes, check any change with your doctor or dietitian.



Fats, Dairy & Milks

What replaces butter, cream and milk, and why each one behaves differently.

Traditional	Functional Swap	Ratio	Why It Works
Butter	Coconut oil (refined)	1:1 + 1-2 tbsp liquid	Solid when cold, like butter. No coconut flavor if refined. No dairy.
Butter	Cocoa butter	1:1	Solid fat with a chocolate aroma. Best for truffles, ganache and chocolate bark.
Heavy cream	Coconut cream (full-fat)	1:1 (fridge 24h)	Same richness. Whips like dairy. Use only the solid part from the can.
Cream cheese	Soaked cashews + lemon	1.5 cups + 3 tbsp lemon	Soak cashews 4h+, then blend. Closest texture to real cream cheese.
Milk	Oat milk	1:1	Most versatile. Creamy, neutral, froths well. The best all-rounder.
Milk	Almond milk	1:1	Light, slightly nutty, low calorie. Thinner than oat, so less body in batters.
Milk	Rice milk	1:1	Mildest flavor of all. Very thin. Best for light batters and sauces.
Milk	Coconut milk (carton)	1:1	Creamy with a slight coconut note. Richer than almond or rice. Not the canned kind.
Milk	Soy milk	1:1	Highest protein of the plant milks. Good for custards. Some find the taste strong.
Butter (if tolerated)	Ghee butter	1:1	Clarified butter, most lactose and casein removed. Tolerated by many, but not dairy-free.



Eggs, Setting Agents & Gums

What to use for binding, moisture, lightness, setting and structure.

Function	Substitute	Ratio	Best For
Binding	Flax egg	1 tbsp ground flax + 3 tbsp water, rest 5 min	Cakes, muffins, pancakes. Neutral flavor. Golden flax is milder.
Binding	Chia egg	1 tbsp chia + 3 tbsp water, rest 5 min	Puddings, bars, cookies. Visible dots. Absorbs more than flax.
Moisture	Mashed banana	1/2 ripe banana per egg	Muffins, pancakes. Adds sweetness. Banana flavor comes through.
Moisture	Applesauce	3 tbsp per egg	Moist cakes and muffins. Neutral flavor. Adds no structure.
Lightness	Aquafaba	3 tbsp, whipped, per egg	Meringues, mousses. Whips like egg whites. Use the liquid from canned chickpeas.
Structure	Psyllium husk	1 tsp + 3 tbsp water, rest 2 min	Breads, dense cakes. Closest to gluten elasticity. Do not overuse.
Setting	Agar-agar	1 tsp per 250 ml, boil 2 full min	Panna cotta, puddings, mousses. Must boil. A simmer is not enough.
Thickening	Arrowroot starch	1 tbsp per cup of liquid	Sauces, fillings, glazes. Lighter than cornstarch. Freezes better.
Thickening	Cornstarch	1 tbsp per cup of liquid	Universal thickener. Glossy finish. Cook it through to lose the starchy taste.
Binding / texture	Xanthan gum	1/4-1/2 tsp per cup of flour	Replaces gluten elasticity in GF baking. Essential in GF breads. A little goes far.
Binding / texture	Guar gum	1/4-1/2 tsp per cup of flour	Similar to xanthan, made from a bean. Better for cold recipes. Cheaper, slightly grittier.



WHAT COMES NEXT

Now You Know the Why.

These seven recipes are not just recipes. They are a way of thinking. Every ingredient was chosen for a reason. Every swap was made with a purpose.

But here is the truth: this is only the first layer.

Seven recipes show you what is possible. The Functional Desserts Program shows you how to do it with any dessert, for any body, every single time.

Inside, you will learn:

Nutrition, without the confusion. What is truly healthy, what only looks healthy, and why.

Every ingredient, in depth. What each one does in your recipe, and what it does in your body.

Swaps made for you. The right alternatives for your diet, your health and your taste.

Every pastry technique you need. Adapt a traditional recipe, rescue an old family favorite, or create your own from scratch.

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No more failed attempts. No more wasted ingredients, money or weekends. Just desserts that work, and the confidence to make them your own.

Five modules. Over 30 lessons. Everything I have built over the last five years. Not just recipes. The complete method.

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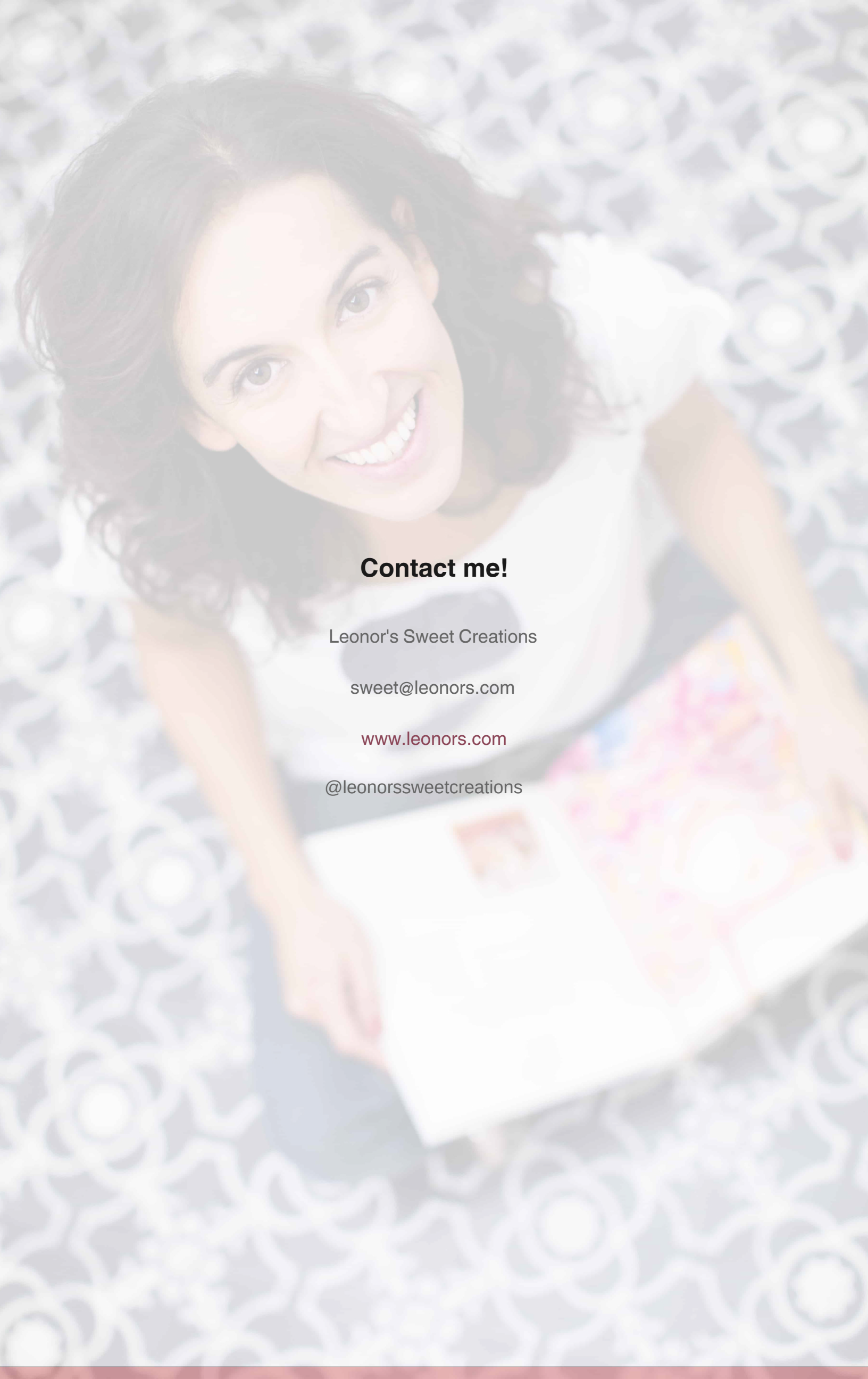
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Have a sweet day!

— Leonor





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