

# Model Treats

## *cookbook*

chemaines.model.health

*What fun is life without a little sweetness?!  
It hugs and comforts us in times of need and raises our  
spirits higher in times of joy  
- Chemaine Linnie*

## Note from the Chemaine xo

In order for your way of eating to be healthy and successful you must indulge in the niceties and sweet things in life. I believe that my clients and I are successful in weight loss and leading a healthy lifestyle because we feed ourselves good nutritious tasty food. This includes chocolate, cakes, cheese cakes, ice cream and more!

But why do we lose weight when we are eating like this, yet others who eat treats and desserts keep gaining weight?.....

Its simple, we use REAL HIGH QUALITY ingredients!!

By feeding our bodies nutritious food that it can use, those calories do not get stored as fat but used for repairs, energy, protection and growth instead. You will be amazed at how eating MORE of the right foods gives you a complete transformation on every aspect of your life.

Indulge in healthy sweet luxurious foods daily.

This way you can avoid binging on processed foods that mess with your hormones, blood sugar, excess body weight and more.

More of the good = less of the bad!

So lets get eating some treats xo

# Contents

8 recipes that will satisfy your cravings and  
impress guests ;)

- 1} Meringue bites
- 2} Vanilla cranberry shortbread
- 3} 2 ingredient chocolate truffles
- 4} Quinoa brittle
- 5} Chocolate ice cream
- 6} Raspberry almond muffins
- 7} Mini cheesecakes
- 8} Dulce De Leche pops

# Meringue bites

## Ingredients -

3 fresh egg whites (pasteurized whites will not whip)

1/2 TBSP lemon juice

5 oz / 140 g xylitol (I use Xyla)

## Instructions -

Pre-heat oven to 225°F.

Place the egg whites in a large mixing bowl, add the lemon juice and whisk using either a stand- or hand-mixer until the egg whites have formed stiff, dry peaks. Add the xylitol, a tablespoon at a time, whisking very well between each addition. Once you have added the last of the xylitol, continue whisking until the meringue is stiff and very glossy. Using a piping bag with the nozzle of your choice, fill the bag with meringue and pipe small shapes onto a baking tray lined with parchment paper. Place the baking sheet(s) in the center of the pre-heated oven and bake for 2 hours. After 2 hours, turn the oven off and leave the meringues in the warm oven overnight. If the meringues are still sticky in the morning, leave them in the oven until they are dry, or if you need the oven, place them somewhere dry until they are ready. This could take up to 2 days. Patience is a virtue.

## Vanilla cranberry shortbread

### Ingredients -

8 oz / 225g unsalted butter, at room temperature

4 oz / 110g xylitol

1 1/2 tsp vanilla extract

1/2 tsp salt

15 oz / 420g almond flour / ground almonds

2 tsp xanthan gum

4 oz / 110g dried unsweetened cranberries, finely chopped

### Instructions -

Mix butter, xylitol, vanilla and salt together with a hand mixer until well creamed. Mix in almond flour, xanthan gum and chopped cranberries until a dough is formed.

Turn dough onto surface, using dusting of almond flour to prevent sticking if necessary. Roll dough to 1/2 inch thick, and use a cutter to cut out shapes. Place on a greased baking sheet. Bake at 300°F for around 20 minutes, just until they start to turn very pale brown. Remove from oven and leave on baking sheets until cool. Do not try to move them! Step away from the shortbread!

Once cool, using a spatula, carefully transfer to a wire rack to get completely cold. I highly recommend leaving them overnight if you can possibly stand it. They firm up and have a better texture. Store in airtight container.

### Notes;

This shortbread dough can be made in advance, stored in the 'fridge and baked as required. Allow the dough to come to room temperature before rolling, cutting and baking.

## 2 ingredient chocolate truffles

### Ingredients -

225g of organic dark chocolate - 70-100% cacao content, finely chopped

90mls of coconut milk

### Instructions -

Place finely chopped chocolate in a medium-sized mixing bowl. The finer the chocolate is chopped, the easier it will melt and the quicker the truffle-making process will go. In a separate small mixing bowl, add coconut milk and microwave until very warm but not boiling - about 25 seconds (alternatively, heat in a small saucepan over medium heat until just starting to simmer). Immediately add coconut milk to chocolate and loosely cover with a cooking lid or towel to trap the heat in. Do not touch for 5 minutes, then lift cover and use a mixing spoon to gently stir, trying not to incorporate air. Continue stirring until completely melted, creamy and smooth. Set the mixture in the refrigerator to chill uncovered for 2-3 hours, or until almost completely solid. A good test is dipping a knife into the middle of the bowl to see if any chocolate sticks. If it comes out mostly clean, it's ready to scoop. If there's still wet chocolate in the center, continue refrigerating. Once chilled and firm, prepare a small dish of cocoa or cacao powder or chopped nuts for rolling (optional). Use a Tablespoon-sized scoop or a Tablespoon to scoop out small balls, then use your hands to gently but quickly roll/form the chocolate into balls. There should be about 16 truffles, depending on the size of your scoop. If any of the chocolate near the center of the bowl was too soft to form, refrigerate that portion for a bit longer before proceeding. Enjoy truffles immediately, or refrigerate for 1-2 hours or overnight. This allows them to set.

## Quinoa brittle

### Ingredients -

- 1/2 cup (92 g) uncooked white quinoa
- 3/4 cup (75 g) pecans, chopped
- 1/4 cup (22.5 g) rolled oats
- 2 Tbsp (24 g) chia seeds
- 2 Tbsp (24 g) coconut sugar
- optional: pinch sea salt
- 2 Tbsp (30 ml) coconut oil
- 1/2 cup (120 ml) maple syrup

### Instructions -

Preheat oven to 325 degrees F and line a baking sheet with parchment paper, ensuring it covers the entire surface and all the edges. Add quinoa, pecans, oats, chia seeds, coconut sugar, and salt to a mixing bowl - stir to combine. To a small saucepan, add coconut oil and maple syrup. Warm over medium-low heat for 2-3 minutes, stirring occasionally until the two are totally combined and there is no visible separation. Pour over the dry ingredients and stir to thoroughly combine and coat. Arrange on parchment-lined baking sheet and spread into an even layer with a metal spoon. Try to get it as even as possible, or the edges will burn and the center won't crisp up. Bake for 15 minutes, then turn the pan around to ensure even browning. Bake 5-10 minutes more. You'll know it's done when uniformly deep golden brown in color and very fragrant. The edges may appear to be getting too brown, but they're just getting crisp and caramelized, so don't be afraid of that!

Let cool completely before breaking into bite-size pieces with a sharp knife or your fingers.

## Chocolate ice cream

### Ingredients -

- 2 14-ounce cans coconut cream OR full fat coconut milk, chilled overnight
- 2/3 cup unsweetened cocoa or cacao powder powder
- 14-16 ounces pitted dates (if not sticky and moist, soak in warm water for 10 minutes then drain)
- 1 tsp pure vanilla extract
- 1/2 cup unsweetened almond milk

### Instructions -

Place a large mixing bowl in the freezer to chill for 10 minutes.

In the meantime, add moist, pitted dates to a food processor and process until small bits remain. Then add hot water a little at a time until it forms a thick paste.

Set aside.

Without tipping the cans, scoop out the coconut cream from the cans of coconut cream OR coconut milk, reserving the clear liquid for other uses. Place in chilled mixing bowl.

Using a mixer, whip until creamy and smooth. Then add cocoa powder, vanilla, almond milk and half of the date paste. Whip until fully incorporated.

Taste and adjust flavors as needed. I ended up adding most of the date paste and a little more cocoa powder. Transfer to a parchment-lined freezer-safe container and cover loosely with plastic wrap, then foil to help freeze.

You can take this out in a couple of hours for a chilled mousse-like ice cream.

Freeze overnight for a firmer ice cream.

## Raspberry almond muffins

### Ingredients -

6 oz. / 170g almond flour (NOT almond meal)

1 oz. / 30g chia seeds, ground

1 oz. / 30g egg white powder

1/2 tsp. sea salt

3 tsp. baking powder

3 oz. / 85g xylitol

1 tsp. guar gum

6 oz. / 170g fresh raspberries

1 egg

2 tsp. almond extract

6 fl. oz. / 3/4 cup thin coconut milk (carton)

### Instructions

Preheat oven to 325 F

Spray muffin tins or silicone cups with coconut oil

In a large bowl mix the almond flour, ground chia seeds, egg white powder, sea salt, baking powder, xylitol, and guar gum together well. Cut raspberries in to quarters.

Gently mix raspberries into the dry mixture. In a small bowl mix the egg, almond extract, and thin coconut milk together well. Add the egg mixture to the dry ingredients and stir quickly and well. It will be very thick. Use a quarter cup (or similar) to scoop mixture out into muffins cups / tins. Bake in center of oven for 40 minutes.

Remove from the cups / tins as soon as they are cool enough to handle and cool completely on a wire rack before packing in an airtight container.

## Mini cheesecakes

### Ingredients -

- 1 cup packed (200 g) pitted dates soaked
- 1 cup (120 g) raw walnuts
- 1 1/2 cups (180 g) raw cashews soaked
- 1 large lemon, juiced (scant 1/4 cup or 50 ml)
- 1/3 cup (80 g) coconut oil, melted
- 1/2 cup + 2 Tbsp (150 ml) full fat coconut milk
- 1/2 cup (120 ml) agave nectar or maple syrup (or honey if not vegan)
- 2 TBSP of smooth natural peanut butter (optional)

### Instructions -

Add dates to a food processor and blend until small bits remain and it forms into a ball. Remove and set aside. Next add nuts and process into a meal. Then add dates back in and blend until a loose dough forms - it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing. If too wet, add more almond or walnut meal. Optional: add a pinch of salt to taste. Lightly grease a standard, 12 slot muffin tin. Next scoop in heaping 1 Tbsp amounts of crust and press with fingers. To pack it down, use a small glass or the back of a spoon to compact it and really press it down. Set in freezer to firm up. Add all filling ingredients to a blender and mix until very smooth. I mixed mine for 1 minute, then "liquified" it until silky smooth. If it won't come together, add a touch more lemon as the liquid should help it blend better. Taste and adjust as needed. If adding peanut butter, add to the blender and mix until thoroughly combined. Divide filling evenly among the muffin tins. Tap a few times to release any air bubbles, then cover with plastic wrap and freeze until hard - about 4-6 hours.

## Dulce De Leche pops

### Ingredients -

1 1/4 cups medjool dates, pitted (If dry, soak in warm water for 10 min. then drain)

1/2 tsp sea salt

1 14-ounce can coconut cream or full fat coconut milk

1 tsp pure vanilla extract

1-2 Tbsp maple syrup

### Instructions -

Add pitted dates to a food processor or high speed blender and blend until a caramel-like paste is achieved. If you have trouble blending, add 2-4 Tbsp warm water to help achieve the right texture - thick and spreadable. Scrape down sides as needed and blend until a thick, caramel-like consistency is achieved. Once the date caramel is smooth and creamy, add 1/4 - 1/2 tsp sea salt depending on how salty you prefer it. Taste and adjust as needed. Scoop out caramel and set aside. Then add coconut cream or milk, vanilla, 1/2 cup of the date caramel, and 1-2 Tbsp maple syrup for additional sweetness. Blend until creamy and smooth and taste and adjust flavors as needed. Transfer mixture to a mixing bowl, cover and chill in the refrigerator for 3-4 hours (or freezer for 1-2 hours) for best results. Once chilled, add the remaining caramel back in in small spoonfuls and loosely stir to combine / swirl. Scoop/pour into popsicle or ice cube molds (about 10, depending on their size) trying to evenly distribute the caramel swirls, and tap to remove air bubbles. Insert popsicle sticks and freeze for at least 6 hours or until firm. Once set, remove from freezer and let rest for 5 minutes to soften. Then gently pull out of molds and enjoy. Pops keep covered in the freezer for up to 1 week, though best when fresh.