



Alternative Dish Health Coaching

1:1 Coaching

Changing the way you eat can be a daunting process. Whether you are taking gluten out of your diet, wanting to move toward a plant based diet or just trying to figure out how to fit more vegetables into your diet, I can help you make that transition. I specialize in helping you build a lifestyle around your food sensitivities that will assist you in making the transition with ease. I am an expert in diets free from gluten, dairy, eggs, nuts, nightshades, and more!

Services offered:

- **Plant-Based Transition Course**
- **Gluten Free Transition Course**
- Transition support for food sensitivities or allergies
- Recipes based on your food sensitivities and cooking level
- Meal prep guidance and grocery list
- Pantry Clean Out
- Cooking Lessons
- And more...

Schedule your complimentary discovery session to find out if working together would benefit you.

[Schedule Your Free Discovery Session](#)

Customized Recipes and Menu Plans

\$40 for initial assessment and 1-week of easy to follow recipes; \$20/week after initial assessment. Purchase a 4-week package and receive the assessment free of charge.

We will setup a [one-on-one phone assessment](#) to talk about your food sensitivities, dietary needs, likes and dislikes, kitchen equipment and level of cooking knowledge. I will prepare a personalized 7-day recipe book and grocery list based on our conversation.

[Schedule Your Menu Plan Assessment](#)

For a deeper dive into gluten free baking, sign up for *Gluten Free Baking Basics* class and receive \$5.00 off with the code: gfdessert

[Register Here](#)



Berries & Basil with Pepper

1 teaspoon granulated sugar or other sweetener, or more to taste*
2 tablespoons fresh basil, finely chopped
1/4-1/2 teaspoon finely ground black pepper, adjust to taste
6 cups mixed fresh berries such as strawberries, blackberries or blueberries**

Add the sugar, basil and black pepper to a large bowl. The amount of sugar you add will depend largely on how sweet the berries are on their own. During the peak of summer, you'll need less than a teaspoon. But, if you are making this in the dead of winter you may want to add up to a tablespoon or more. Adjust according to your taste.

Use a [silicone spatula](#) to mash the basil into the sugar and pepper. Do this for about a minute until the basil looks wet, sandy and thoroughly bruised.

Add your berries to the basil mixture and toss gently to combine. Put the fruit salad in the fridge to marinate for at least 30 minutes, or up to 6 hours. Give it another gentle stir and then serve as desired.

Notes:

*The purpose of the sugar in this recipe is to break down the basil to get as much flavor as possible out of it by acting as a sort of sandpaper. If you choose to leave the sugar out of it, that's okay, the pepper will help to achieve the same result to a lesser extent.

**This is excellent with peaches, nectarines, plums and sweet cherries when they are at the peak of their season. The pepper and basil both work well with these fruits and I highly recommend playing around with different flavor combinations with in-season fruits.

Coconut Whipped Cream

1 14-ounce can full fat coconut milk or coconut cream (see note)

Place the can of coconut milk in the fridge overnight, or at least 12 hours.

When the coconut milk is thoroughly chilled, open the can of coconut milk and scoop out the fat on top, leaving the water behind.

In the bowl of a stand mixer fitted with the whisk attachment, whip the coconut cream on high until light and fluffy, about 3-5 minutes. You can also do this with a handheld mixer, but it will take longer, about 8-10 minutes. When it has whipped to your desired consistency stop the mixer, scoop on to your favorite dessert and ENJOY!

Note: Lite coconut milk **will not** work for this, you need to make sure you have the full-fat coconut milk or coconut cream.

Gluten Free Chocolate Chip Cookies

Makes 18 cookies

1 tablespoon [ground flax](#)*

3 tablespoons water

1/4 cup solid coconut oil OR vegan butter I like soy-free Earth Balance

1/4 cup nut butter OR sunflower butter

1/2 cup (100g) brown sugar

1/4 cup (50g) coconut sugar

1/2 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon sea salt

1 cup (112g) almond flour**

1 cup (100g) gluten-free oat flour***

1/4 cup mini-chocolate chips allergen-free if necessary

Preheat oven to 350F. Line 2 cookie sheets with parchment paper and set aside.

Make the flax egg by mixing the flax and water (see note), and set aside. In the bowl of a stand mixer fitted with the paddle attachment (or a hand mixer will work too), beat the oil or vegan butter, nut or sunflower butter and both sugars. Beat for 3-4 minutes until light and fluffy. Add the flax egg and beat for another 2 minutes until fully combined.

In a medium bowl whisk together the baking soda, powder, salt almond flour and oat flour. Use the whisk or your hands to break up any big chunks of almond flour. Add the dry ingredients to the bowl of the stand mixer and mix on low speed for 1 minute to thoroughly combine. Add the chocolate chips and mix another 30 seconds to fully incorporate.

Use a scoop or spoon and drop 2 tablespoons of dough approximately 2 inches apart onto the prepared cookie sheets. Flatten slightly with the palm of your hand. Baking one cookie sheet at a time, bake for 10-12 minutes, or until slightly browned on top and around the edges. Place on a cooling rack and enjoy warm or cooled!

Notes

*If you want to use a real egg omit the flax and water and use one egg in its place.

**For a nut free cookie omit the almond flour and use an additional cup of oat flour.

***For a grain free cookie omit the oat flour and use an additional cup of almond flour.

Aquafaba Chocolate Mousse

Serves 4

- ½ cup chopped dark chocolate or chocolate chips
- 2 tablespoons unsweetened non-dairy milk
- 1 large pinch sea salt (omit if your aquafaba contains sodium)
- ¾ cup aquafaba (the liquid from a 15-ounce can of chickpeas), preferably sodium free
- 1/8 teaspoon cream of tartar
- 2 tablespoons granulated sugar

In a microwave safe bowl, add the chocolate, milk and salt. Microwave for 60 seconds, remove and stir. You will likely be able to get all the chocolate to finish melting just by stirring it. If lumps remain, microwave in 15 second intervals, stirring in between, until completely melted. Set aside to cool. The chocolate should be about room temperature when you add it to the aquafaba meringue.

Add the aquafaba and cream of tartar to the bowl of a stand mixer. Alternatively, you can use a large bowl and hand mixer. Mix on medium-high speed for 3-4 minutes (6-8 minutes with a handheld mixer) until stiff peaks form. You'll know when you've achieved stiff peaks when you pull some of the aquafaba up and it does not fall over but stays upright. Very slowly add the sugar to the aquafaba and whip for another 2-3 minutes (4-5 minutes with a handheld mixer).

Once the chocolate has cooled, add a large dollop of the meringue to the chocolate and lightly stir to combine. This will lighten the chocolate and make it easier to mix into the rest of the meringue. Add the chocolate mixture to the remaining meringue and very lightly fold together to combine. Scoop into serving glasses and chill at least 2 hours. Enjoy!

Looking for ways to use up the chickpeas from the can of aquafaba? Check out these recipes:

[Flourless Chickpea Brownies](#)

[Chocolate Chip Cookie Dough Dip](#)

[Sweet Potato Chickpea Curry](#)

[Chickpea Salad](#)

[Thai Coconut Soup](#)