



TABLE OF CONTENTS

INTRODUCTION

Yes, You Can Have Dessert Again (Without Regret, Reflux, or Boring Rice Cakes)

CHAPTER 1

The Sweet Side of Soothing. How Dessert Can Heal (When It's Done Right)

CHAPTER 2

Mornings Without Misery. Breakfasts to Start the Day Gently

Recipes:

Chamomile-Banana Oat Porridge

Creamy Sweet Potato & Fennel Bowl

Soothing Apple-Oat Breakfast Muffins

Banana-Oat Pancakes with Ginger Hint

Pancake Toppings That Love You Back

Soothing Carrot-Coconut Muffins

Chamomile-Pear Smoothie Bowl

Marshmallow Root Rice Pudding with Lavender Hint

A Gentle Morning Is a Powerful Thing

CHAPTER 3

Dessert, Reimagined. Sweet Treats That Don't Bite Back

Recipes:

Chamomile-Pear Crumble with Oat Topping

Sweet Potato & Ginger Crumble with Coconut Crunch

Coconut-Mango Rice Pudding with Cardamom

Butternut & Ginger Herbal Pudding

Cinnamon-Oat Cookies with Marshmallow Root Powder

Sweet Potato & Calendula Mini Cakes

Lavender-Lemon Balm Soft Bites

Persimmon Muffin Cakes with Chamomile Glaze

Sweet Potato-Ginger Smoothie Pops

Mango-Chamomile Frozen Yogurt Bites



TABLE OF CONTENTS

Recipes:

Honeydew Melon Sorbet
Cinnamon Banana "Nice Cream"
Cooling Cucumber-Melon Almond Milk Popsicles
No-Bake Coconut-Lemon Balm Bars
Carob-Date Soft Fudge Bites
Mixed Berry Compote with Gentle Oat Crumble
Coconut Yogurt Parfait with Maple-Poached Fruits
Triple Chia Pudding
Vanilla-Almond Celebration Cake with Whipped
Coconut Frosting
Ginger-Maple Shortbread Stars
Pear Trifle with Ginger Cake and Coconut Cream

Build-Your-Own Reflux-Friendly Dessert

CHAPTER 4

Sweet Traditions from Around the World. Because dessert is a language everyone speaks.

Recipes:

Creamy Cardamom Rice Pudding
Baked Apple Slices with Fennel-Honey Glaze
Gentle Rice Mochi with Ginger-Maple Syrup
Nordic Honey Oat Bites with Chamomile
Yogurt & Rice "Rizogalo" with Rose & Cardamom
Date & Almond Bites with Orange Blossom Water
Coconut Mango Gelée
Soft Almond Cantucci
Herbal Honey Mini Cakes
Soft Tahini Date Cookies (Inspired by Barazek & Ma'amoul)
Mini Pistachio "Baklava" Cups
Soothing Herbal Crêpes with Chamomile & Oat Flour
Crêpe Companion: Safe & Soothing Toppings Guide

Ingredient Guide for Reflux-Friendly Desserts

Natural Sweeteners That Don't Aggravate Symptoms



TABLE OF CONTENTS

Reflux-Safe Flavor Enhancers

CHAPTER 5

Sippable Sweets: Fruity Drinks & Soothing Sippers. Sweet hydration that loves your gut back

Recipes:

Coconut Mango Chill

Fennel-Cucumber Cooler

Vanilla Pear Tonic

Banana-Coconut Mylkshake

Peach & Chamomile Spa Water

Papaya-Lime Blossom Cooler

Sweet Sipper Cheat Sheet

Recipes:

Papaya-Melon Glow Smoothie

Blueberry Oat Smoothie with Chamomile Hint

Sweet Potato Spice Smoothie

Creamy Mango-Date Shake

Build Your Own Soothing Smoothie

CHAPTER 6

Sweet Myths, Triggers & Truths. What You've Heard About Sugar, Sweets & Reflux — Debunked

Common Trigger Ingredients & Their Substitutes

Dining Out with Reflux: Enjoying Desserts Safely

My Reflux Dessert Tracker

FINAL THOUGHTS

INTRODUCTION

YES, YOU CAN HAVE DESSERT AGAIN (WITHOUT REGRET, REFLUX, OR BORING RICE CAKES)

Let's start with a confession:
You miss dessert, don't you?

You miss the joy of a sweet bite after dinner. The comfort of something soft and warm on a cold afternoon. The feeling of curling up with a treat that hugs you from the inside out. But if you live with acid reflux, GERD, or that mysterious burning that creeps up your throat when all you've done is exist — you've probably come to believe dessert is the enemy.

That chocolate cake? A firestorm.
Those cookies? Regret in a crunchy disguise.
Even fruit? A sneaky, acidic ambush.

And somewhere between your doctor's stern warnings, your midnight Google sessions, and your third bowl of sad plain oatmeal, you started to wonder:
"Will I ever enjoy food again?"

Here's the sweet truth: yes.
Yes, you can enjoy dessert. Yes, you can have comfort. And yes, you can do it in a way that honors your body, rather than punishes it.

This book isn't about deprivation. It's about reclaiming joy — gently.
We're here to explore soft, soothing, lovingly crafted treats that work with your digestion, not against it. From warm puddings to mellow smoothies, herbal cookies to oat-laced crumbles, these recipes were created to nourish, comfort, and calm — without the burn.

Alongside the desserts, you'll find:

- Low-acid breakfasts that don't wreck your morning
- Herbal tea pairings that love your belly
- Evening rituals that tell your nervous system, "You're safe now"
- Stories, science, and sweet traditions from around the world

Because healing doesn't have to be clinical.
And a reflux-safe life doesn't have to taste like cardboard.

So grab your softest blanket, warm up the kettle, and let's bring dessert back where it belongs:
Right beside you, without guilt or fear — just a spoon, a smile, and maybe a sigh of relief.

Let's begin. 

CHAPTER 1

THE SWEET SIDE OF SOOTHING. HOW DESSERT CAN HEAL (WHEN IT'S DONE RIGHT)

If you've ever been told to “just cut out all sugar” or “forget dessert forever,” this chapter is your permission slip to exhale. You are not broken. And you don't have to live in a joyless world of steamed broccoli and shame.

Let's be honest: dessert has gotten a bad rap in the reflux world. And to be fair, there's a reason for that. Many traditional sweets are a perfect storm of reflux triggers — acidic fruit, chocolate, mint, heavy cream, fried dough, spicy cinnamon bombs, and enough sugar to make your stomach weep.

But here's what nobody tells you:
It's not the dessert itself — it's how we build it.

When you understand your digestive system, you can start making smart, soothing choices that bring back the joy without the aftermath.

So Why Do Some Desserts Trigger Reflux?

Let's talk about it — because knowledge isn't scary, it's empowering. Acid reflux happens when the lower esophageal sphincter (LES) — a small ring of muscle at the bottom of your esophagus — relaxes at the wrong time or doesn't close properly. This allows stomach acid to sneak upward, causing that burning feeling in your chest or throat.

Now, guess what foods love to relax the LES just a little too much?
You got it — many of the ones found in traditional desserts.

Here's how the sweet stuff becomes not-so-sweet for your gut:

High Fat Content

Think creamy frostings, whipped toppings, buttery crusts, deep-fried dough. Fat slows digestion and relaxes the LES, meaning acid lingers longer in your stomach and has more opportunity to rise. That's why heavy desserts can feel like a brick in your belly (and a fire in your throat).

Caffeine & Chocolate

We know. It hurts to hear.

Chocolate contains theobromine, a compound that also relaxes the LES, plus a bit of natural caffeine, which can stimulate acid production. Some people are more sensitive than others, but it's one of the most common sweet triggers reported by reflux sufferers.

Refined Sugar Overload

Desserts high in refined sugar (think candy, packaged cookies, supermarket cakes) can cause gut fermentation. When sugar ferments in your digestive system, it produces gas—leading to bloating, pressure, and that uncomfortable upward push of stomach contents.

Also, blood sugar spikes can trigger stress hormones, which in turn stimulate acid secretion. So yes, sugar and stress can team up in the worst possible way.

Acidic Ingredients

Citrus fruits, pineapple, vinegar-based fillings, sour berries, and even some apples are naturally acidic. These can directly irritate the esophageal lining and make reflux worse, especially in people already inflamed or sensitive.

Spices That Sneak In

Cinnamon, peppermint, nutmeg, cloves... They smell like comfort, but for some, they spell disaster. These “warming” spices can trigger acid production or irritate the stomach lining. (We'll show you how to use them in safe doses—or swap them for gentler options.)

Timing Is Everything

It's not just what you eat—it's when.

Eating dessert too close to bedtime (or lying down afterward) gives gravity no chance to help. And in reflux management, gravity is your best friend.



💡 The Good News?

Not all sweets are created equal.

With the right ingredients, preparation, portions, and timing, dessert can shift from being a trigger to becoming a soothing ritual.

We're not here to police your plate. We're here to help you understand it. And in the coming chapters, you'll discover that dessert isn't off-limits—it just needs a little gut-friendly redesign.

Enter: The Soothing Sweet

A truly reflux-friendly dessert is:

- Low in acid (think banana, oats, cooked apples, sweet potato, rice, chamomile...)
- Moderate in sugar, using gentle alternatives like maple syrup, mashed fruits, or herbal infusions
- Soft and warm, helping your digestive system relax
- Infused with calming herbs, like fennel, ginger, marshmallow root, or lemon balm
- Paired with the right tea or moment of stillness

It's less about restriction and more about reimagination.

We're not just avoiding symptoms—we're creating comfort.

Dessert as a Healing Ritual

Here's something nobody tells you: sweetness is more than taste.

It's a feeling. It's memory. It's safety.





That's why this book blends dessert with rituals, herbal pairings, and moments of calm. It's a chance to listen to your body and say, "I hear you. I'll take care of you."

You're not weak for wanting dessert.
You're wise for wanting it to love you back.

💡 **Did You Know?**

Chocolate isn't just sweet — it's sneaky. It contains theobromine, which relaxes the valve that keeps stomach acid where it belongs.

Lemon and vinegar-based desserts may seem "light," but they're acidic troublemakers for sensitive stomachs.

Creamy, fatty desserts linger in your gut longer, increasing pressure and making acid more likely to rise.

🔍 **High sugar = high fermentation.**

Too much refined sugar can cause gas and bloating, pushing acid upward and fueling heartburn.

Late-night sweets + gravity = reflux party.

Try to leave at least 2–3 hours between dessert and lying down.

🌿 **The good news?**

With the right herbs, ingredients, and timing, you can turn dessert into a form of digestive relief — not regret.

CHAPTER 2

MORNINGS WITHOUT MISERY. BREAKFASTS TO START THE DAY GENTLY

Mornings are supposed to feel like a fresh start — not like your stomach is staging a protest before 9 a.m.

And yet... for so many of us with reflux, breakfast has become the most dreaded meal of the day. Coffee? No-go. Orange juice? Acidic ambush. Toast with jam? Burn on bread. And don't even get started on buttery croissants or cinnamon buns (aka heartburn in disguise).

You may have gotten used to skipping breakfast altogether or forcing down the same bland bowl of oatmeal while longing for something — anything — with flavor and comfort.

But good news: you don't need to sacrifice joy to feel better in the morning.

You just need a breakfast that speaks your gut's language.

🌿 What Makes a Breakfast Reflux-Friendly?

Let's keep it simple. A gentle breakfast should be:

- Low in acid (skip the citrus, tomatoes, and pineapple)
- Low to moderate in fat (avoid greasy or deep-fried options)
- Not too spicy or sugary (your esophagus will thank you)
- Warm and soft-textured (think soothing oats, cooked fruit, herbal blends)
- Balanced with fiber + calming ingredients (like banana, sweet potato, chamomile, oats, rice)

It should also give your stomach time to wake up gently. That means chewing well, sipping warm herbal tea instead of gulping down cold smoothies, and choosing foods that comfort — not challenge — you.

🍵 But First... Tea

If you're missing your morning coffee (understandable), consider herbal infusions that gently wake your digestive system without the acid bomb.

Try:

- 🌼 Chamomile + fennel
- 🍋 Lemon balm + oatstraw
- 🌿 Ginger + marshmallow root
- 🌾 Roasted barley (a coffee-like alternative, naturally caffeine-free)



Pair any of these with a soft breakfast and you're already setting the tone for a better day.

Coming Up Next: Gentle Breakfast Recipes

In the next pages, you'll find warm porridges, oat bakes, reflux-safe muffins, soft pancakes, and herbal smoothie bowls that look — and taste — like the real thing.

Because your morning should feel like a calm invitation, not a warning sign.

🚫 What to Skip at Breakfast — And What to Enjoy Instead

No more sad toast and fear-driven fasting. Here's how to trade reflux triggers for feel-good swaps.

✗ Skip This	✓ Try This Instead
Orange juice, grapefruit juice	Warm water with lemon balm & fennel tea (lemon-free, stomach-friendly!)
Buttered toast with jam	Mashed banana on oat toast with a drizzle of maple syrup
Bacon, sausage, greasy eggs	Soft scrambled eggs with herbs + steamed zucchini
Spicy avocado toast	Mashed sweet potato on toast with cinnamon (if tolerated)
Coffee (especially on an empty stomach)	Herbal "wake-up tea" (ginger + chamomile or roasted barley tea)
Fruit yogurt with citrus & sugar	Homemade oat-based "yogurt bowl" with pear purée and flaxseed
Cold smoothie with pineapple, berries, or ice	Warm chamomile-oat smoothie with cooked apple & ginger

💡 Pro tip:

Eating warm foods in the morning helps your stomach ease into digestion — just like stretching before exercise.





Chamomile-Banana Oat Porridge

Creamy, calming, and naturally sweet—this is the hug-in-a-bowl your morning deserves.

SERVINGS: 2

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- ½ cup rolled oats
- 1 cup water
- ½ cup unsweetened almond or oat milk
- 1 ripe banana, mashed
- 1 tsp dried chamomile flowers (or 1 chamomile tea bag)
- 1 tsp maple syrup (optional)
- Pinch of cinnamon (optional and only if tolerated)

INSTRUCTIONS

1. In a small pot, bring water and chamomile to a gentle simmer. Let steep 5 minutes, then strain and return to pot.
2. Add oats, mashed banana, and milk. Cook over low heat for 5–7 minutes, stirring until thick and creamy.
3. Drizzle with maple syrup and sprinkle cinnamon if desired.

🌿 Why it works: Bananas and oats are a reflux-friendly dream team. Chamomile adds a floral, anti-inflammatory touch that gently preps your stomach for the day.

NUTRITION VALUES PER SERVING:

190 calories • 4 g fiber • 4 g protein • 3 g fat • 9 g sugar



Creamy Sweet Potato & Fennel Bowl

A savory-sweet morning bowl that tastes like comfort food—but loves your gut.

SERVINGS: 2

PREP TIME: 5 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1 medium sweet potato, peeled and cubed
- ½ cup unsweetened oat milk
- 1 tsp ground or freshly grated fennel seed
- 1 tsp olive oil or coconut oil
- 1 tsp maple syrup or mashed ripe pear
- Pinch of nutmeg or cinnamon (optional)

INSTRUCTIONS

1. Boil sweet potato cubes until soft (about 10–12 min). Drain and mash until smooth.
2. Stir in oat milk, fennel, oil, and sweetener of choice. Warm gently over low heat until creamy and steamy.
3. Top with a sprinkle of cinnamon or nutmeg if tolerated.

🌿 Why it works: Sweet potato is alkaline, gentle, and rich in gut-friendly fiber. Fennel supports digestion and reduces bloating — perfect for a smooth start.

NUTRITION VALUES PER SERVING:

160 calories • 5 g fiber • 2 g protein • 4 g fat • 8 g sugar



Soothing Apple-Oat Breakfast Muffins

Soft, barely sweet, and filled with gut-friendly comfort. Bake once, enjoy all week.

SERVINGS: 4 (8 MINI MUFFINS) PREP TIME: 10 MIN COOK TIME: 20 MIN

INGREDIENTS

- 1 cup oat flour
- ½ cup unsweetened applesauce (or mashed peeled apple)
- 1 egg or flax egg
- ¼ cup oat milk
- 1 tbsp olive oil or coconut oil
- 1 tsp baking powder
- ½ tsp ground ginger or cinnamon (optional)
- Pinch of salt (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line or grease mini muffin tin.
2. Mix all ingredients in a bowl until smooth. Spoon into muffin cups.
3. Bake 20–22 minutes until firm and lightly golden. Cool before eating.

🌿 Why it works: Apples (peeled and cooked) are mild and alkalizing. Oats are soothing and fibrous. These muffins are low-acid, easy to digest, and full of slow energy.

NUTRITION VALUES PER SERVING:

90 calories • 1.5 g fiber • 2 g protein • 3 g fat • 3 g sugar



Banana-Oat Pancakes with Ginger Hint

Soft, naturally sweet, and perfect for slow mornings (with or without slippers).

SERVINGS: 2 (4–5 SMALL PANCAKES) PREP TIME: 5 MIN COOK TIME: 10 MIN

INGREDIENTS

- 1 ripe banana, mashed
- ½ cup oat flour or finely ground rolled oats
- 1 egg or flax egg
- ¼ cup unsweetened oat or almond milk
- ¼ tsp ground ginger
- ½ tsp baking powder
- Coconut oil or olive oil (for cooking)

INSTRUCTIONS

1. In a bowl, mash the banana and mix in egg and milk.
2. Add flour, baking powder, and ginger. Stir until smooth.
3. Heat a nonstick pan over medium-low. Lightly oil the pan.
4. Drop small scoops of batter and cook 2–3 mins per side until golden.
5. Serve warm, with a drizzle of maple syrup or pear purée if desired.

🌿 Why it works: Banana adds sweetness without acid, oats provide fiber and calm energy, and a touch of ginger can help soothe digestion and reduce inflammation.

NUTRITION VALUES PER SERVING:

210 calories • 4 g fiber • 5 g protein • 5 g fat • 8 g sugar

Sweet on Top: Pancake Toppings That Love You Back

No syrup bomb. No citrus drizzle. Just belly-kind goodness. You don't need a flood of maple syrup or a pile of whipped cream to make pancakes special. Here's your reflux-friendly topping guide — made to be just as sweet, but a lot more soothing.

🍏 Fruit-Based Toppings

Naturally sweet, fiber-rich, and easy to prep

- Stewed apples or pears with chamomile or cinnamon
- Peach compote (peeled, gently cooked with a hint of honey)
- Banana mash with a drizzle of almond butter
- Mango-papaya purée blended with oat milk
- Chilled berry blend (use low-acid berries like blueberries or blackberries, cooked down and strained)

🥥 Creamy & Nutty Add-Ons

For richness without reflux regret

- Unsweetened coconut yogurt
- Almond or cashew cream (lightly sweetened with maple)
- Smooth tahini drizzle with a touch of honey or cardamom
- Oat cream cheese-style spread with mashed fruit
- Marshmallow root powder stirred into a spoonful of almond butter

🌿 Drizzles & Herbal Hugs

Soft, fragrant, and lightly sweet

- Chamomile-infused honey (steep chamomile in warm honey, then strain)
- Date syrup or puréed soaked dates
- Fennel-maple glaze (1 tbsp brewed fennel tea + 1 tsp maple, reduced slightly)
- Vanilla oat milk splash
- Cardamom-coconut drizzle (1 tsp coconut oil + dash of cardamom + honey)

💡 Topping Tips:

- ✓ Keep portions light to avoid heaviness
- ✓ Use warm or room-temp toppings — not icy or overly hot
- ✓ Combine texture + flavor for max comfort (creamy + fruity is magic)





Soothing Carrot-Coconut Muffins

A soft, earthy, naturally sweet muffin that tastes like comfort in your hand.

SERVINGS: 4 (8 MINI MUFFINS)

PREP TIME: 10 MIN COOK TIME: 20 MIN

INGREDIENTS

- 1 cup oat flour
- ½ cup finely grated carrot
- ¼ cup unsweetened shredded coconut
- 1 egg or flax egg
- ¼ cup oat or almond milk
- 1 tbsp olive or coconut oil
- 1 tsp maple syrup (optional)
- ½ tsp baking powder
- ½ tsp ground ginger or cardamom (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line or grease muffin tin.
2. Mix all ingredients in a bowl until well combined.
3. Spoon into muffin cups and bake for 20–22 minutes or until set and lightly golden.
4. Cool before serving. Store in the fridge for up to 3 days.

🌿 Why it works: Grated carrot adds sweetness without acidity. Coconut is soothing and anti-inflammatory, while oat flour keeps things gentle and digestible.

NUTRITION VALUES PER SERVING:

95 calories • 1.8 g fiber • 2 g protein • 3 g fat • 4 g sugar



Chamomile-Pear Smoothie Bowl

Calming, cool, and gently sweet—perfect for slow, mindful mornings.

SERVINGS: 2

PREP TIME: 10 MIN COOK TIME: 15 MIN

INGREDIENTS

- 1 ripe pear, peeled and chopped
- ½ frozen banana (or sub ¼ cup pear purée)
- 2 tbsp rolled oats
- ½ cup brewed chamomile tea, cooled
- ¼ cup oat or almond milk
- 1 tsp maple syrup (optional)

Toppings (optional & gentle):

- Sliced peeled pear
- A few oat flakes or unsweetened coconut
- Chamomile petals (edible grade, optional and beautiful!)

INSTRUCTIONS

1. Brew chamomile tea and let cool.
2. Blend all ingredients until smooth and creamy.
3. Pour into bowls and chill for 10–15 min (optional for thickness).
4. Add toppings and enjoy with a spoon and soft lighting

🌿 Why it works: Pears are soft, low-acid, and naturally sweet when ripe. Chamomile soothes the gut and nervous system, while oats and banana add creaminess and fiber.

NUTRITION VALUES PER SERVING:

160 calories • 3 g fiber • 2 g protein • 3 g fat • 9 g sugar



Marshmallow Root Rice Pudding with Lavender Hint

Creamy, floral, and belly-soothing—like dessert and breakfast had a calm little baby.

SERVINGS: 2

PREP TIME: 5 MIN

COOK TIME: 20 MIN

INGREDIENTS

- ½ cup cooked white rice
- ¾ cup unsweetened oat milk
- ½ tsp dried marshmallow root
- ¼ tsp culinary lavender
- 1 tsp honey or maple syrup

Optional: pinch of cinnamon or vanilla extract

INSTRUCTIONS

1. In a small pot, simmer oat milk with marshmallow root and lavender for 5–7 min.
2. Strain, then return milk to pot and add cooked rice and sweetener.
3. Simmer on low for 10–12 minutes, stirring often, until thick and creamy.
4. Serve warm or chilled, optionally sprinkled with cinnamon.

🌿 Why it works: Marshmallow root coats and soothes the digestive tract. White rice is gentle and easy to digest, while oat milk and lavender add elegance and calm.

NUTRITION VALUES PER SERVING:

180 calories • 1.5 g fiber • 3 g protein • 3 g fat • 6 g sugar

A Gentle Morning Is a Powerful Thing

Mornings don't have to be rushed. Or acidic. Or sad.

They can be quiet, kind, and delicious — a little ritual of nourishment you create for yourself, one bite and one sip at a time.

By choosing gentle foods, warm textures, and soothing herbs, you're not just avoiding discomfort—you're actively healing. You're giving your nervous system the signal that everything's okay. That today is a good day. That food can be friendly again.

Remember: you don't need perfect routines or Pinterest-worthy breakfasts. You just need a few intentional choices, repeated often enough to become peace.

Even one small change — like switching coffee for tea, or trading acidic toast for a soft oat bowl — can shift your whole day.

So breathe. Sip. Stir slowly.
Your morning is yours again.

Herbal Tea Pairing Guide: Best Morning Sips for a Happy Belly

Tea Blend	When to Enjoy	Why It Helps
Chamomile + Fennel	With or after breakfast	Soothes spasms, supports digestion, calms the nervous system
Lemon Balm + Oatstraw	First thing in the morning	Uplifting, calming, and gently energizing without caffeine
Ginger + Marshmallow Root	Cold mornings or heavy breakfasts	Warming, anti-inflammatory, and soothing for the throat and gut lining
Roasted Barley Tea (Mugicha)	Coffee alternative	Toasty, rich, caffeine-free, and gentle on digestion

 Pro Tip:

Sip your tea slowly, without multitasking. Even 5 minutes of calm sipping is digestion therapy in disguise.

Morning Rituals for a Calm, Reflux-Free Start



Start your day with softness, intention, and a happy gut.

Use this space daily — or whenever you need a reset. These simple morning actions support digestion, reduce stress, and help you reconnect with your body (before the world gets loud).

Your Morning Checklist

- ✓ Drink a glass of warm water or herbal tea upon waking
- ✓ Wait at least 30 minutes before eating (give your belly a gentle start)
- ✓ Sit down to eat — no phones, no rushing
- ✓ Chew slowly and savor the first few bites
- ✓ Pause for a deep breath or three before finishing your meal
- ✓ Move a little (5–10 minutes walk, stretch, or gentle yoga)
- ✓ Notice how your body feels — without judgment

Today's Gentle Morning Notes

What I drank this morning:

What I ate:

How I felt after eating (body + mood):

One small thing I'd like to try tomorrow:

 **A herb I want to explore or pair today:**

One thing I'm grateful for this morning:

CHAPTER 3

DESSERT, REIMAGINED. SWEET TREATS THAT DON'T BITE BACK

Let's face it — dessert has been unfairly villainized.

If you've been living with acid reflux, GERD, or LPR, you've probably been told that dessert is dangerous, off-limits, or at best... joyless.

But here's the truth: reflux-friendly desserts exist — and they can be just as satisfying as the ones that used to haunt you.

You just need to change the script.

What Makes a Dessert “Safe”?

Not all sweets are equal. The trick is in choosing:

- Low-acid ingredients (ripe bananas, sweet potatoes, oats, rice, cooked apples, pears)
- Gentle sweeteners (maple syrup, honey in moderation, fruit purée)
- Anti-inflammatory herbs (chamomile, fennel, ginger, marshmallow root, lemon balm)
- Soft textures (creamy, smooth, or crumbly — not crunchy or fried)
- Calm cooking methods (baking, chilling, simmering — no flash frying or heavy fats)

These aren't sad “diet” desserts.

They're thoughtfully crafted, belly-hugging, mood-lifting treats that love you back.

Why Pair with Herbal Allies?

Dessert is the perfect moment to sneak in herbs that calm your belly and mind. Think:

- Chamomile + pear = soft floral sweetness
- Fennel + honey = sweet anise calm
- Marshmallow root + rice = creamy and comforting
- Lemon balm + baked apples = fragrant and mellow

You'll see these pairings again and again — because they work, and they taste amazing.

Coming Up: Reflux-Friendly Treats

We'll start with fruit crumbles and puddings, ease into cookies and muffins, and finish with dreamy no-bake and freezer treats. You can mix and match, enjoy them warm or chilled, and even share them (if you're feeling generous).

Let's reimagine dessert together — not as a danger zone, but as a space for pleasure, peace, and plant-powered healing.



Chamomile-Pear Crumble with Oat Topping

Soft, floral, and golden—this is dessert disguised as therapy.

SERVINGS: 2

PREP TIME: 10 MINUTES

COOK TIME: 25-30 MINUTES

INGREDIENTS

- 2 ripe pears, peeled and sliced
- 1 tsp dried chamomile flowers or 1 chamomile tea bag (cut open)
- 1 tsp honey or maple syrup
- 2 tbsp rolled oats
- 1 tbsp oat flour or almond flour
- 1 tbsp coconut oil or neutral olive oil
- ¼ tsp cinnamon (optional and only if tolerated)

INSTRUCTIONS

- Preheat oven to 350°F (175°C).
- In a bowl, mix sliced pears with chamomile and honey. Spread in a small baking dish.
- In another bowl, mix oats, flour, oil, and cinnamon. Crumble over the pears.
- Bake for 25–30 min until top is golden and pears are soft. Cool slightly before serving.

🌿 Why it works: Pears are low-acid and sweet when cooked. Chamomile calms the gut and nerves, while oats add fiber and texture without triggering reflux. A gentle sweet with a purpose.

NUTRITION VALUES PER SERVING:

180 calories • 4 g fiber • 2 g protein • 6 g fat • 9 g sugar



Sweet Potato & Ginger Crumble with Coconut Crunch

Warm, cozy, and secretly healing—like dessert in fuzzy socks.

SERVINGS: 2

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

INGREDIENTS

- 1 small sweet potato, peeled and diced
- ½ tsp grated fresh ginger (or ¼ tsp ground)
- 1 tsp maple syrup
- 2 tbsp shredded unsweetened coconut
- 2 tbsp rolled oats
- 1 tbsp oat flour
- 1 tbsp coconut oil

INSTRUCTIONS

- Preheat oven to 350°F (175°C).
- Steam sweet potato until soft (8–10 min), then toss with ginger and maple syrup.
- Place in a small baking dish.
- In a bowl, mix oats, flour, coconut, and oil. Crumble over sweet potato.
- Bake for 25–30 min until lightly golden and crispy on top.

🌿 Why it works: Sweet potato is alkaline and soothing. A touch of ginger helps digestion, while coconut adds texture and richness without triggering fat overload.

NUTRITION VALUES PER SERVING:

200 calories • 3 g fiber • 2 g protein • 7 g fat • 8 g sugar



Coconut-Mango Rice Pudding with Cardamom Whisper

Tropical, fragrant, and silky smooth—without the acidity.

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

INGREDIENTS

- ½ cup cooked white rice
- ½ cup unsweetened coconut milk
- ¼ cup finely chopped ripe mango (or purée)
- 1 tsp maple syrup or honey (optional)
- ⅛ tsp ground cardamom
- Pinch of salt (optional)

INSTRUCTIONS

- In a small saucepan, combine rice, coconut milk, mango, cardamom, and sweetener.
- Simmer gently over low heat for 10–15 minutes, stirring occasionally, until thick and creamy.
- Let cool slightly. Serve warm or chilled.

🌿 Why it works: Mango (when ripe and in small portions) is low-acid and gut-friendly. Coconut milk provides richness without dairy, and cardamom adds gentle warmth.

NUTRITION VALUES PER SERVING:

190 calories • 1 g fiber • 3 g protein • 5 g fat • 9 g sugar



Butternut & Ginger Herbal Pudding

Velvety, earthy, and comfort in a cup—perfect for fall or emotional emergencies.

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

INGREDIENTS

- ½ cup mashed cooked butternut squash (steamed or roasted)
- ½ cup unsweetened oat milk
- ½ tsp grated fresh ginger (or ¼ tsp ground)
- 1 tsp maple syrup
- 1 tsp ground flaxseed (optional, for thickness + fiber)
- Pinch of cinnamon or nutmeg (optional)

INSTRUCTIONS

- In a small pot, combine all ingredients and whisk until smooth.
- Simmer over low heat, stirring, until warm and slightly thickened (5–7 min).
- Let cool slightly and serve warm, topped with crushed oats or coconut if desired.

🌿 Why it works: Butternut squash is low-acid, sweet, and loaded with gut-soothing fiber. Ginger supports digestion, and the texture is soft enough to hug you from the inside.

NUTRITION VALUES PER SERVING:

160 calories • 3 g fiber • 2 g protein • 4 g fat • 6 g sugar



Cinnamon-Oat Cookies with Marshmallow Root Powder

Soft, chewy, and soothing—a cookie that loves your gut back.

SERVINGS: 4 (8 COOKIES) PREP TIME: 10 MINUTES COOK TIME: 12 MINUTES

INGREDIENTS

- $\frac{3}{4}$ cup rolled oats
- $\frac{1}{4}$ cup oat flour
- 1 egg or flax egg
- 2 tbsp maple syrup
- 1 tbsp olive oil or coconut oil
- $\frac{1}{2}$ tsp cinnamon (optional)
- 1 tsp marshmallow root powder
- $\frac{1}{2}$ tsp baking powder

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Line baking sheet with parchment.
- Mix all ingredients in a bowl until combined. Dough will be sticky.
- Scoop small spoonfuls onto sheet. Flatten slightly with a wet spoon.
- Bake 10–12 minutes until edges are lightly golden. Cool completely.

🌿 **Why it works:** Marshmallow root coats and calms the digestive tract. Oats add gentle fiber, while cinnamon (in low amounts) can add warmth for those who tolerate it.

NUTRITION VALUES PER COOKIE:

90 calories • 1.5 g fiber • 2 g protein • 3 g fat • 4 g sugar



Sweet Potato & Calendula Mini Cakes

Moist, earthy, and mildly sweet—like a muffin and a cookie had a baby.

SERVINGS: 3 (6 MINI CAKES) PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES

INGREDIENTS

- ½ cup mashed cooked sweet potato
- ¾ cup oat flour
- 1 egg or flax egg
- ¼ cup unsweetened oat milk
- 1 tbsp olive or coconut oil
- 1 tsp dried calendula petals (optional)
- 1 tsp maple syrup
- ½ tsp baking powder

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Grease or line muffin pan.
- Mix all ingredients into a thick batter. Fold in calendula petals last.
- Spoon into 6 muffin cups. Bake 18–20 minutes or until firm and golden.
- Cool slightly before serving.

🌿 Why it works: Sweet potato is alkaline and deeply comforting. Calendula has anti-inflammatory and gut-repairing properties and adds a beautiful golden hue.

NUTRITION VALUES PER MINI CAKE:

110 calories • 2 g fiber • 2 g protein • 3 g fat • 5 g sugar



Lavender-Lemon Balm Soft Bites

Floral, calming, and melt-in-your-mouth soft—perfect with tea.

SERVINGS: 2 (4 BITES)

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS

- ½ cup almond flour
- 1 tsp lemon balm (dried or powder)
- ¼ tsp culinary lavender
- 1 tbsp coconut oil
- 1 tbsp maple syrup
- 1 tsp oat milk (as needed)

INSTRUCTIONS

- Mix all ingredients in a bowl to form soft dough. Add oat milk if dry.
- Roll into balls or flatten into discs. Chill for 15 minutes in fridge.
- Serve cool with a calming herbal tea.

🌿 Why it works: Lemon balm soothes the nervous system and reduces stress-related reflux. Lavender adds subtle flavor and relaxation. No-bake = no acid-producing browning.

NUTRITION VALUES PER BITE:

80 calories • 1 g fiber • 2 g protein • 5 g fat • 3 g sugar



Persimmon-Vanilla Muffin Cakes with Chamomile Glaze

A sophisticated dessert muffin with delicate sweetness and gentle digestive properties.

SERVINGS: 3 (6 MUFFINS)

PREP TIME: 15 MINUTES

COOK TIME: 25 MINUTES

INGREDIENTS

For the muffin cakes:

- $\frac{3}{4}$ cup oat flour
- $\frac{1}{2}$ cup puréed ripe Fuyu persimmon (about 1 medium, skin removed)
- $\frac{1}{4}$ cup unsweetened applesauce
- 1 egg or flax egg
- $1\frac{1}{2}$ tbsp maple syrup
- 1 tbsp olive oil or melted coconut oil
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{2}$ tsp baking powder
- Pinch of salt

For the chamomile glaze:

- $\frac{1}{4}$ cup powdered sugar
- 1 tbsp strong chamomile tea, cooled
- $\frac{1}{4}$ tsp vanilla extract

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Grease or line muffin tin.
- Prepare persimmon by removing the skin and blending the flesh until smooth.
- Mix all muffin cake ingredients into a smooth batter. Spoon into muffin cups, filling about $\frac{3}{4}$ full.
- Bake 22-25 minutes until firm and lightly golden.
- Prepare the glaze by whisking together powdered sugar, chamomile tea, and vanilla until smooth.
- When muffins are completely cool, drizzle with the chamomile glaze.
- For an elegant finish, garnish with small slices of persimmon.

🌿 Why it works: Ripe persimmons offer a unique honey-like sweetness and silky texture that's low in acid.

NUTRITION VALUES PER MUFFIN:

100 calories • 2 g fiber • 2 g protein • 3 g fat • 4 g sugar



Sweet Potato-Ginger Smoothie Pops

Velvety and creamy with a whisper of warmth—like ice cream for sensitive tummies.

SERVINGS: 4 (4 SMALL POPS) PREP TIME: 10 MINUTES FREEZE TIME: 4-5 HOURS

INGREDIENTS

- ½ cup mashed cooked sweet potato
- ½ cup unsweetened oat milk
- ¼ tsp ground ginger
- 1 tbsp maple syrup
- Pinch of cinnamon (optional)
- ½ tsp vanilla extract (optional)

INSTRUCTIONS

- Blend all ingredients until smooth and creamy.
- Pour into silicone molds or small paper cups with sticks.
- Freeze for 4-5 hours. Let soften 2-3 min before serving.

🌿 **Why it works:** Sweet potato and ginger are soothing, alkaline, and gut-loving. These pops are dairy-free, low in sugar, and soft when they melt—great for warm days or post-meal comfort.

NUTRITION VALUES PER POP:

85 calories • 2 g fiber • 1 g protein • 2 g fat • 5 g sugar



Mango-Chamomile Frozen Yogurt Bites

Cooling, floral, and mildly tropical—like herbal therapy in frozen form.

SERVINGS: 2 (6 MINI BITES)

PREP TIME: 5 MINUTES

FREEZE TIME: 2-3 HOURS

INGREDIENTS

- ½ cup plain non-dairy yogurt (coconut or almond)
- ¼ cup mashed ripe mango
- 1 tsp chamomile tea (steeped & cooled)
- ½ tsp maple syrup

INSTRUCTIONS

- Mix all ingredients in a bowl until well combined.
- Spoon into mini silicone molds or ice cube tray.
- Freeze 2–3 hours or until firm. Pop out and enjoy!

🌿 Why it works: Ripe mango is low-acid and sweet. Chamomile adds anti-inflammatory calm, while non-dairy yogurt keeps it light and reflux-safe.

NUTRITION VALUES PER 3 BITES:

95 calories • 1 g fiber • 1 g protein • 3 g fat • 6 g sugar



Honeydew Melon Sorbet

Cool, refreshing, and naturally sweet—like summer in a bowl.

SERVINGS: 4

PREP TIME: 15 MINUTES

FREEZE TIME: 4 HOURS

INGREDIENTS

- 1 medium ripe honeydew melon, peeled, seeded and cubed (about 4 cups)
- 2 tbsp honey or maple syrup
- 1 tbsp fresh lemon juice (optional, omit if very sensitive)
- ¼ tsp vanilla extract
- Pinch of salt

INSTRUCTIONS

- Place melon cubes on a parchment-lined baking sheet and freeze until solid (about 2 hours).
- In a food processor, combine frozen melon, sweetener, vanilla and salt. Pulse until smooth, scraping down sides as needed.
- For softer sorbet, serve immediately. For firmer texture, transfer to a container and freeze for 2 more hours.
- Let sit at room temperature for 5 minutes before scooping if frozen solid

🌿 Why it works: Honeydew melon is low in acid and gentle on the esophagus. The natural sweetness means minimal added sugar, while the freezing process creates a satisfying dessert without common reflux triggers like fat or dairy.

NUTRITION VALUES PER SERVING:

95 calories • 1 g fiber • 1 g protein • 0 g fat • 22 g sugar



Cinnamon Banana "Nice Cream"

Creamy, indulgent, and dairy-free—like ice cream's gentler cousin.

SERVINGS: 2

PREP TIME: 10 MINUTES + FREEZING BANANAS

INGREDIENTS

- 2 large ripe bananas, sliced and frozen
- 2 tbsp almond milk
- ¼ tsp vanilla extract
- ¼ tsp ground cinnamon (optional)
- 1 tbsp maple syrup (optional)
- 1 tbsp almond butter (optional)

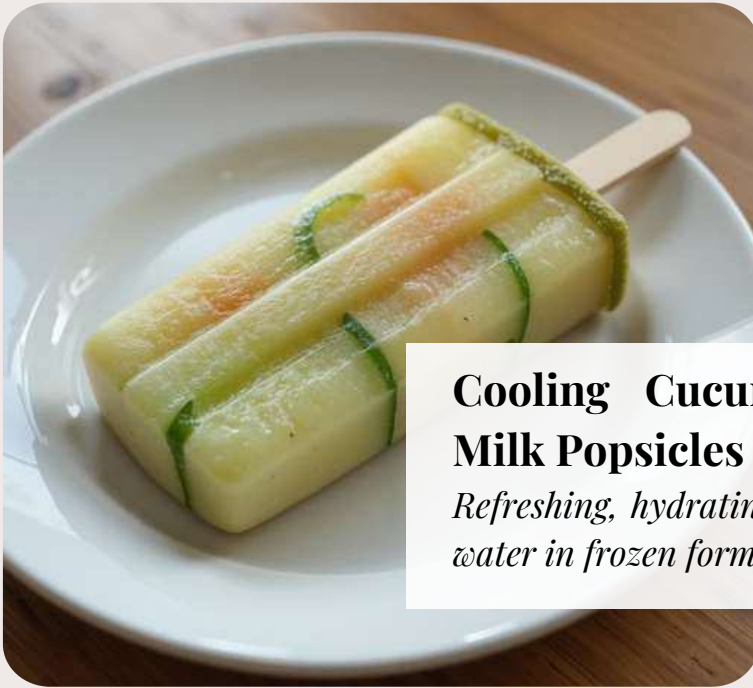
INSTRUCTIONS

- Slice bananas and freeze for at least 2 hours or overnight.
- Place frozen banana slices in a food processor with almond milk.
- Process until smooth, scraping down sides as needed.
- Add vanilla, cinnamon, and optional maple syrup and almond butter.
- Pulse until fully incorporated and creamy.
- Serve immediately for soft-serve texture or freeze for 30 minutes for firmer consistency

🌿 **Why it works:** Ripe bananas are alkaline-forming and contain natural antacids. The frozen texture satisfies ice cream cravings without dairy, while cinnamon adds warmth in a reflux-friendly amount.

NUTRITION VALUES PER SERVING:

120 calories • 3 g fiber • 1 g protein • 1 g fat • 16 g sugar



Cooling Cucumber-Melon Almond Milk Popsicles

Refreshing, hydrating, and subtly sweet—like spa water in frozen form.

MAKES 6 POPSICLES

PREP TIME: 15 MINUTES FREEZE TIME: 6 HOURS

INGREDIENTS

- 1 cup unsweetened almond milk
- ½ cup peeled, seeded cucumber
- ½ cup honeydew or cantaloupe chunks
- 2 tbsp honey or maple syrup
- ½ tsp vanilla extract
- 5-6 fresh mint leaves (optional, if tolerated)
- 1 tbsp chia seeds (optional, for texture)

INSTRUCTIONS

- In a blender, combine all ingredients except chia seeds until smooth.
- If using chia seeds, stir them in after blending.
- Pour mixture into popsicle molds.
- Insert popsicle sticks and freeze until solid (about 6 hours).
- To unmold, run warm water over the outside of molds for a few seconds.

🌿 Why it works: Cucumber and melon are alkaline and incredibly soothing. Almond milk provides creaminess without dairy acids, while mint adds flavor without spice or heat that could trigger reflux.

NUTRITION VALUES PER POPSICLE:

50 calories • 1 g fiber • 1 g protein • 2 g fat • 8 g sugar



No-Bake Coconut-Lemon Balm Bars

Soft, slightly sweet, and rich in herbal calm.

SERVINGS: 4 (8 SMALL BARS)

PREP TIME: 5 MINUTES

CHILL TIME: 30-60 MIN

INGREDIENTS

- 1 cup oat flour
- ½ cup unsweetened shredded coconut
- 1 tbsp lemon balm powder (or 1 tsp dried, finely ground)
- 2 tbsp coconut oil
- 2 tbsp maple syrup
- 1-2 tbsp oat milk (as needed)

INSTRUCTIONS

- Mix all dry ingredients. Stir in oil and syrup. Add oat milk until sticky dough forms.
- Press into a small lined container.
- Chill for 30-60 minutes. Cut into bars and store in fridge.

🌿 Why it works: Coconut and oats are low-acid and satisfying. Lemon balm calms both the gut and the nervous system. A great stress-relief snack.

NUTRITION VALUES PER BAR:

110 calories • 2 g fiber • 2 g protein • 4 g fat • 5 g sugar



Carob-Date Soft Fudge Bites

Chocolate vibes, but reflux-safe. And no one will believe they're healthy.

SERVINGS: 4 (8 SMALL BITES)

PREP TIME: 5 MINUTES

CHILL TIME: 30-60 MIN

INGREDIENTS

- ½ cup soft dates (pitted)
- 2 tbsp almond butter
- 2 tbsp oat flour
- 1 tbsp carob powder
- Pinch of cinnamon (optional)

INSTRUCTIONS

- Blend all ingredients in a food processor until a sticky dough forms.
- Roll into small balls or press into a dish and slice.
- Chill for 30 minutes. Store in fridge.

🌿 Why it works: Carob is a gentle, caffeine-free alternative to chocolate. Dates offer natural sweetness and fiber, while almond butter adds softness and calm fats.

NUTRITION VALUES PER BITE:

100 calories • 2 g fiber • 2 g protein • 4 g fat • 7 g sugar



Mixed Berry Compote with Gentle Oat Crumble

Warm, comforting, and lightly sweet—like a berry hug in a bowl.

SERVINGS: 4

PREP TIME: 15 MINUTES COOK TIME: 25 MINUTES

INGREDIENTS

For the compote:

- 3 cups mixed berries (choose low-acid options like blueberries and strawberries)
- 2 tbsp maple syrup
- 1 tbsp water
- ½ tsp vanilla extract

For the crumble:

- ½ cup rolled oats
- 2 tbsp oat flour
- 1 tbsp coconut oil, melted
- 1 tbsp maple syrup
- ¼ tsp ground ginger

INSTRUCTIONS

- Preheat oven to 350°F (175°C).
- In a saucepan, combine berries, maple syrup, and water. Cook over medium-low heat for 5-7 minutes until berries soften and release juice.
- Stir in vanilla extract and transfer to a small baking dish.
- In a bowl, mix all crumble ingredients until combined. Sprinkle crumble mixture evenly over the berry compote.
- Bake for 15-18 minutes until topping is golden and crisp. Let cool slightly before serving.

🌿 **Why it works:** Cooking berries reduces their acidity, while oats provide gentle fiber that aids digestion. The natural sweetness and minimal added fats create a satisfying dessert that won't trigger reflux symptoms.

NUTRITION VALUES PER SERVING:

120 calories • 3 g fiber • 1 g protein • 1 g fat • 16 g sugar



Coconut Yogurt Parfait with Maple-Poached Fruits

Layered, elegant, and soothing—like dessert at a spa retreat.

SERVINGS: 2

PREP TIME: 15 MINUTES CHILL TIME: 1 HOUR

INGREDIENTS

- 1 cup unsweetened coconut yogurt
- 1 medium pear or apple, peeled and diced
- 2 tbsp maple syrup, divided
- ¼ tsp vanilla extract
- ¼ cup gluten-free granola or toasted rolled oats
- 1 tbsp ground flaxseed
- 1 tbsp sliced almonds (optional)

INSTRUCTIONS

- In a small saucepan, combine diced fruit with 1 tbsp maple syrup and 2 tbsp water.
- Simmer gently for 5-7 minutes until fruit is tender but not mushy.
- Remove from heat, stir in vanilla, and cool completely.
- Mix remaining 1 tbsp maple syrup into coconut yogurt.
- In clear glasses, layer: 2 tbsp yogurt, 2 tbsp poached fruit, 1 tbsp granola. Repeat layers.
- Top with flaxseed and optional almonds.
- Refrigerate for at least 1 hour before serving

✿ Why it works: Non-dairy coconut yogurt provides probiotics without the acid of dairy yogurt. Gentle poached fruits are easier to digest than raw, while oats add fiber that helps stabilize digestion.

NUTRITION VALUES PER SERVING:

220 calories • 5 g fiber • 4 g protein • 10 g fat • 18 g sugar



Triple Chia Pudding

Creamy, satisfying, and nutrient-dense—like three desserts in one gentle package.

SERVINGS: 3

PREP TIME: 10 MINUTES CHILL TIME: 4 HOURS

INGREDIENTS

Base mixture (divide into three portions):

- 6 tbsp chia seeds
- 1½ cups unsweetened almond milk
- 3 tbsp maple syrup
- ¾ tsp vanilla extract

Vanilla variation:

- Extra ¼ tsp vanilla extract
- ¼ tsp ground cardamom (optional)

Maple-pecan variation:

- 1 tbsp extra maple syrup
- 1 tbsp finely chopped pecans

Gentle cocoa variation:

- 1 tbsp carob powder (milder than cocoa)
- 1 tbsp almond butter

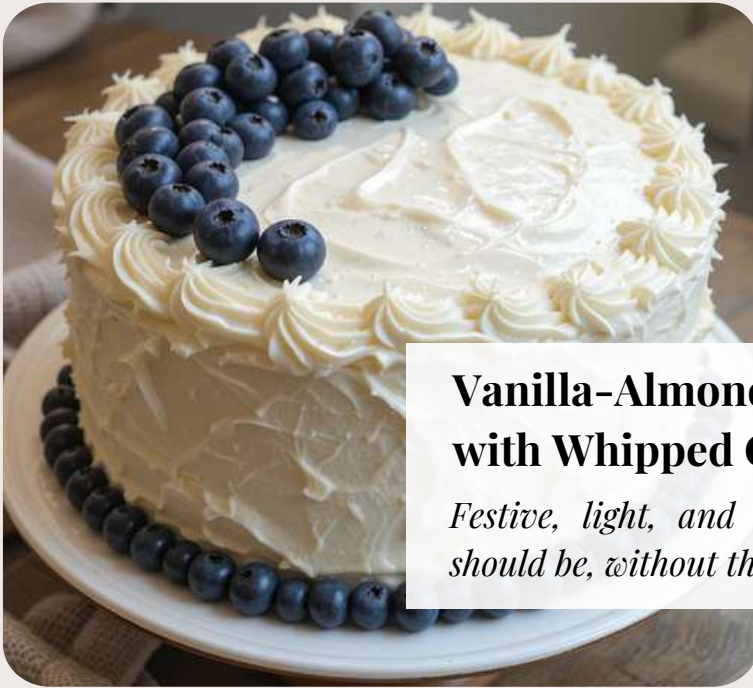
INSTRUCTIONS

- In a bowl, whisk together base mixture ingredients. Divide equally into three bowls.
- To the first bowl, add extra vanilla and optional cardamom.
- To the second bowl, add extra maple syrup and chopped pecans.
- To the third bowl, add carob powder and almond butter, whisking well.
- Transfer each mixture to small jars or dessert cups. Refrigerate for at least 4 hours or overnight.
- Serve chilled, optionally topped with a sprinkle of oats or sliced banana.

🌿 **Why it works:** Chia seeds are alkaline-forming and soothing for the digestive system. The gel-like texture helps coat the esophagus, while plant milks avoid dairy triggers. Multiple flavor options provide variety without acid.

NUTRITION VALUES PER SERVING:

190 calories • 8 g fiber • 6 g protein • 11 g fat • 12 g sugar



Vanilla-Almond Celebration Cake with Whipped Coconut Frosting

Festive, light, and celebratory - like birthdays should be, without the reflux aftermath.

SERVINGS: 10-12

PREP TIME: 25 MINUTES BAKE TIME: 30 MINUTES

INGREDIENTS

For the cake:

- 2 cups almond flour
- ½ cup oat flour
- 1 tsp baking powder (aluminum-free)
- ¼ tsp salt
- 4 egg whites
- ⅓ cup maple syrup
- ¼ cup coconut oil, melted
- 1 tbsp vanilla extract
- ½ cup unsweetened almond milk

For the frosting:

- 2 cans full-fat coconut milk, refrigerated overnight
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- Fresh berries for decoration

INSTRUCTIONS

- Preheat oven to 325°F (165°C). Line two 8-inch cake pans with parchment.
- Whisk dry ingredients in a large bowl.
- In another bowl, beat egg whites until foamy but not stiff. Add maple syrup, oil, vanilla, and almond milk to egg whites. Whisk to combine.
- Gently fold wet ingredients into dry until just combined.
- Divide batter between pans and bake 25-30 minutes until a toothpick comes out clean. Cool completely before frosting.
- For frosting: Open coconut milk cans and scoop out only the solid cream (save liquid for smoothies). Beat coconut cream with maple syrup and vanilla until fluffy.
- Frost between layers and outside of cake. Decorate with optional berries. Refrigerate until serving.

🌿 Why it works: Almond flour provides protein and gentle fiber, while avoiding wheat triggers. The minimal oil and egg whites create lightness without richness that could trigger symptoms. Coconut whipped topping offers creaminess without dairy acids.

NUTRITION VALUES PER SLICE:

280 calories • 4 g fiber • 7 g protein • 22 g fat • 12 g sugar



Ginger-Maple Shortbread Stars

Crisp, festive, and gently spiced - like holiday cookies that love you back.

MAKES 24 COOKIES PREP TIME: 20 MIN (PLUS 30 MIN CHILLING) BAKE TIME: 12 MIN

INGREDIENTS

- 1½ cups oat flour
- ½ cup almond flour
- ¼ tsp baking soda
- Pinch of salt
- ¼ cup coconut oil, solid but soft
- ¼ cup maple syrup
- 1 tsp vanilla extract
- ¾ tsp ground ginger
- ¼ tsp cardamom

For optional glaze:

- ½ cup powdered sugar (can use powdered maple sugar)
- 1-2 tbsp almond milk
- ¼ tsp vanilla extract

INSTRUCTIONS

- In a bowl, whisk together flours, baking soda, salt, ginger, and cardamom.
- In another bowl, beat coconut oil until creamy. Add maple syrup and vanilla, mixing well.
- Gradually add dry ingredients to wet, mixing until a dough forms.
- Form dough into a disk, wrap, and refrigerate for 30 minutes.
- Preheat oven to 325°F (165°C). Line two baking sheets with parchment.
- Roll dough between parchment paper to ¼-inch thickness. Cut with star-shaped cookie cutters. Transfer to baking sheets and bake 10-12 minutes until edges are golden.
- Cool completely on wire racks.
- For optional glaze: Mix ingredients until smooth, adjusting consistency with more milk or sugar. Drizzle over cookies.
- Allow glaze to set before serving or storing.

🌿 Why it works: Oat flour provides a gentle base, while ginger aids digestion without the burn of cinnamon or nutmeg. The minimal sweetener and thoughtful spice balance create holiday flavor without reflux triggers.

NUTRITION VALUES PER COOKIE:

85 calories • 1 g fiber • 1 g protein • 5 g fat • 5 g sugar



Vanilla-Pear Trifle with Ginger Cake and Coconut Cream

Elegant, layered, and impressive - like a dessert that belongs at the finest gathering, minus the reflux regrets.

SERVINGS: 8

PREP TIME: 40 MIN CHILL TIME: 3 HOURS

INGREDIENTS

For ginger cake:

- 1½ cups oat flour
- ½ tsp baking soda
- ¼ tsp salt
- 1 tsp ground ginger
- 2 eggs, room temperature
- ¼ cup maple syrup
- ¼ cup applesauce
- 3 tbsp coconut oil, melted
- 1 tsp vanilla extract

For pear layer:

- 4 ripe pears, peeled and diced
- 2 tbsp maple syrup
- 1 tbsp water
- ½ tsp vanilla extract

For coconut cream:

- 2 cans full-fat coconut milk, refrigerated overnight
- 3 tbsp maple syrup
- 1 tsp vanilla extract

Additional: 2 tbsp sliced almonds, lightly toasted

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Line an 8-inch square pan with parchment.
- For cake: Whisk dry ingredients. In another bowl, whisk wet ingredients. Combine gently. Pour into pan and bake 20-25 minutes until toothpick comes out clean. Cool completely.
- For pears: In a saucepan, combine pears, maple syrup, and water. Simmer gently 5-7 minutes until tender but not mushy. Stir in vanilla. Cool completely.
- For cream: Open coconut milk cans and scoop out only the solid cream. Beat with maple syrup and vanilla until fluffy.
- Cut cooled cake into 1-inch cubes. In a trifle dish or clear glass bowl, layer: cake cubes, pear mixture, coconut cream. Repeat layers.
- Top with final layer of coconut cream and sprinkle with toasted almonds.
- Refrigerate at least 3 hours or overnight before serving.

🌿 Why it works: Gentle ginger cake adds warmth without spice overload, while pears provide sweetness without acid. The coconut cream replaces traditional custard, eliminating dairy triggers.

NUTRITION VALUES PER COOKIE:

85 calories • 1 g fiber • 1 g protein • 5 g fat • 5 g sugar

Build-Your-Own Reflux-Friendly Dessert

A cheat sheet to mix, match & create soothing sweets

Step 1: Pick Your Base (Soft, Low-Acid & Comforting)

- Cooked fruit purée – mango, papaya, ripe persimmon, butternut squash
- Steamed/mashed sweet potato
- Cooked rice, oats, or quinoa
- Oat flour, almond flour, or coconut flour
- Unsweetened shredded coconut
- Applesauce (low-acid apples only, if tolerated)



Step 2: Add a Soothing Herb (Flavor + Function)

- 🌸 Chamomile – calming & anti-inflammatory
- 🌿 Marshmallow root – coats and soothes
- 🍋 Lemon balm – gently lifts mood & supports digestion
- 🌸 Calendula – gut-healing and anti-inflammatory
- 🌸 Lavender – calming (use in small amounts)
- 🌿 Fennel – reduces bloating & post-meal discomfort
- 🍋 Ginger – digestive support, adds warmth (in moderation)

(Use as tea infusion, powder, or dried crumbled herb)



Step 3: Choose a Gentle Sweetener

- Maple syrup
- Raw honey (only if tolerated)
- Mashed ripe fruit (banana, pear, papaya)
- Small amount of date syrup or purée

Step 4: Add Texture or Crunch (Gently!)

- Rolled oats
- Toasted coconut
- Crushed reflux-safe seeds or nuts (if tolerated)
- Nut butter swirl (almond, cashew, tahini)



Step 5: Serve It Right

- Chill it – for a pudding or soft bar
- Bake it – for muffins, crumbles, or soft cookies
- Freeze it – as pops, bites, or soft “ice cream”
- Pair with tea – chamomile, lemon balm, ginger-fennel blend

💡 Pro Tips:

- Always cook fruit and grains to soften fiber and reduce irritation
- Keep fat content moderate and avoid acidic fruits like citrus, pineapple, berries
- Want to boost healing? Add ½ tsp of your favorite herb powder to puddings or bakes!



CHAPTER 4

SWEET TRADITIONS FROM AROUND THE WORLD. BECAUSE DESSERT IS A LANGUAGE EVERYONE SPEAKS.

From the spice bazaars of India to the candlelit kitchens of Scandinavia, every culture has its own way of saying, “You’re loved” — and it’s often in the form of something sweet.

But here’s the fun twist: many traditional desserts weren’t built on sugar overload. They were gentle, comforting, often made from whole ingredients like rice, oats, nuts, and fruit. The kind of sweets that nourished both belly and soul. The kind your grandmother probably made from memory, not a measuring cup.

In Japan, soft rice cakes like mochi have symbolized good fortune for centuries. In Germany and France, baked apples filled the house with warmth long before chocolate lava cake stole the spotlight. In India and the Middle East, rice puddings flavored with cardamom and rosewater have soothed generations after dinner — or breakfast. And in Nordic countries, honey oat bites were the original cozy snack before “energy balls” became trendy.

✨ Did you know?

- Ancient Egyptians sweetened desserts with dates and honey, not sugar.
- In medieval Europe, dessert was often served before the main meal to “open the stomach.”
- The word “dessert” comes from the French *desservir*, meaning “to clear the table.” Ironical, since it’s usually the part we all wait for!

This chapter is your sweet passport — no passport stamps or acid flare-ups required. Each recipe is inspired by a global comfort food, then gently adapted to keep it reflux-friendly and soothing.

So let’s take a delicious trip together — softly spiced, lightly sweet, and full of joyful discoveries.





Creamy Cardamom Rice Pudding

Inspired by India & the Middle East

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

INGREDIENTS

- ½ cup cooked white rice
- 1 cup unsweetened oat milk
- 1 tbsp maple syrup
- ¼ tsp ground cardamom
- 1 tsp slivered almonds (optional)

INSTRUCTIONS

- Combine rice, oat milk, syrup, and cardamom in a saucepan.
- Simmer on low, stirring, until thick and creamy (15–20 min).
- Serve warm or chilled with a sprinkle of almonds.

🌿 Why it works: Cooked rice is easy to digest. Oat milk is reflux-safe. Cardamom soothes the gut and adds floral depth.

🌟 The Story: In Indian households, kheer is often the first solid food given to babies. In the Middle East, variations like muhalabia are flavored with rosewater or orange blossom. These puddings are symbols of care, comfort, and celebration.

NUTRITION VALUES PER SERVING:

160 calories • 2 g fiber • 3 g protein • 4 g fat • 8 g sugar



Baked Apple Slices with Fennel-Honey Glaze

Europe

SERVINGS: 2

PREP TIME: 10 MINUTES

BAKE TIME: 20 MINUTES

INGREDIENTS

- 1 sweet apple (Fuji or Gala), peeled & sliced
- 1 tsp fennel seeds
- 1 tsp honey
- ¼ tsp cinnamon (optional)
- ¼ cup water

INSTRUCTIONS

- Preheat oven to 350°F (175°C).
- Steep fennel seeds in hot water for 5 min. Strain.
- Place apples in baking dish. Drizzle with fennel water, honey, and cinnamon.
- Bake uncovered for 20 min or until tender.

🌿 **Why it works:** Cooking apples lowers acidity. Fennel reduces bloating and calms digestion.

🌟 **The Story:** From Austrian apfelstrudel to simple baked apples in Germany or France, apples have been gently cooked into desserts for centuries. Baking neutralizes acidity, making apples gentler and sweeter.

NUTRITION VALUES PER SERVING:

110 calories • 2 g fiber • 1 g protein • 2 g fat • 9 g sugar



Gentle Rice Mochi with Ginger-Maple Syrup

Japan

SERVINGS: 4 (8 MINI MOCHI) PREP TIME: 10 MINUTES COOK TIME: 10 MINUTES

INGREDIENTS

- ½ cup glutinous rice flour (Mochiko)
- ¼ cup warm water
- 1 tbsp maple syrup
- ¼ tsp fresh grated ginger

INSTRUCTIONS

- Mix flour with water into a soft dough. Roll into small balls.
- Steam for 8–10 minutes until slightly translucent.
- Mix syrup and ginger. Drizzle over warm mochi.

🌿 Why it works: Rice flour is soft and gluten-free. Ginger supports digestion in small amounts. The texture is gentle and comforting.

🌟 The Story: Japanese mochi has been enjoyed since the 8th century as a symbol of luck and unity. While traditional mochi can be sticky and challenging for digestion, small, soft versions can be soothing with the right ingredients.

NUTRITION VALUES PER SERVING:

95 calories • 1 g fiber • 1 g protein • 0 g fat • 5 g sugar



Nordic Honey Oat Bites with Chamomile

Scandinavia

SERVINGS: 2 (6 BITES)

PREP TIME: 10 MINUTES

CHILL TIME: 30 MINUTES

INGREDIENTS

- ½ cup rolled oats
- 1 tbsp chamomile tea (brewed & cooled)
- 1 tbsp almond butter
- 1 tbsp honey
- Pinch of cinnamon (optional)

INSTRUCTIONS

- Mix oats, tea, almond butter, honey, and cinnamon.
- Roll into soft balls. Chill for 30 minutes.
- Serve cool with evening tea

🌿 Why it works: Oats are gentle and high in soluble fiber. Chamomile calms inflammation and nerves. Honey adds natural sweetness and anti-microbial benefits.

🌟 The Story: Scandinavian cultures embrace hygge — the art of comfort. Simple oat-and-honey treats were once enjoyed by farmers and children alike, often flavored with garden herbs.

NUTRITION VALUES PER SERVING:

85 calories • 1.5 g fiber • 2 g protein • 3 g fat • 5 g sugar



Yogurt & Rice “Rizogalo” with Rose & Cardamom

Greece

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

INGREDIENTS

- ½ cup cooked white rice
- ¾ cup unsweetened oat milk
- 2 tbsp unsweetened coconut yogurt or almond yogurt
- 1 tbsp maple syrup or honey
- ½ tsp rose water
- ⅛ tsp ground cardamom

INSTRUCTIONS

- In a small pot, heat oat milk and cooked rice together on low heat until thick and creamy (about 10 min).
- Stir in yogurt, sweetener, rose water, and cardamom.
- Serve warm or chilled.

🌿 Why it works: Rice and oat milk are soothing and easy to digest. Rose water and cardamom are traditionally used to reduce tension and aid digestion.

✨ The Story: In Greek homes, rizogalo (rice pudding) is a humble, beloved dessert — served warm or chilled, often after Sunday lunch or shared in small cafés. Traditionally made with milk and sugar, it's a hug in a bowl.

NUTRITION VALUES PER SERVING:

140 calories • 1.5 g fiber • 2 g protein • 4 g fat • 8 g sugar



Date & Almond Bites with Orange Blossom Water

Morocco

SERVINGS: 2 (6 SMALL BITES) PREP TIME: 10 MINUTES CHILL TIME: 20 MINUTES

INGREDIENTS

- ¼ cup almond flour
- ¼ cup soft Medjool dates, pitted and mashed
- ½ tsp orange blossom water
- Pinch of cinnamon or cardamom (optional)

INSTRUCTIONS

- Mash dates and mix well with almond flour and orange blossom water.
- Add spices if using, and shape into soft bites.
- Chill for 20 minutes before serving.

🌿 Why it works: Dates are sweet but low-acid. Almonds provide gentle fiber and healthy fats. Orange blossom water is soothing and aromatic without citrus acidity.

🌟 The Story: In Morocco, dates and almonds are staples in both sweet and savory dishes. You'll often find date balls infused with orange blossom water served with mint tea during celebrations and everyday teatimes alike.

NUTRITION VALUES PER SERVING:

90 calories • 2 g fiber • 2 g protein • 4 g fat • 9 g sugar



Coconut Mango Gelée

Thai-Inspired

SERVINGS: 2 PREP TIME: 5 MIN COOK TIME: 5 MIN CHILL TIME: 45-60 MIN

INGREDIENTS

- ½ cup full-fat coconut milk
- ¼ cup ripe mango puree (fresh or frozen, no added sugar)
- ½ tsp agar-agar powder
- 1 tsp maple syrup (optional)

INSTRUCTIONS

- In a small saucepan, whisk coconut milk, mango, syrup, and agar.
- Bring to a light boil and simmer for 1-2 minutes.
- Pour into small ramekins. Chill until set (45-60 minutes).
- Serve chilled in cubes or with a spoon.

🌿 **Why it works:** Mango (when ripe) is lower in acid. Coconut milk is naturally soothing. Agar-agar helps create a gentle texture without animal gelatin.

✨ **The Story:** Thai desserts often combine fruit and coconut in refreshing, light ways. Inspired by mango sticky rice (minus the rice), this gently sweet gelée is cool, tropical, and belly-happy.

NUTRITION VALUES PER SERVING:

110 calories • 1 g fiber • 1 g protein • 7 g fat • 6 g sugar



Soft Almond Cantucci

Gentle Italian Biscotti

SERVINGS: 2 (6 BISCOTTI)

PREP TIME: 10 MIN COOK TIME: 20 MIN

INGREDIENTS

- ½ cup almond flour
- ½ cup oat flour
- ¼ tsp baking powder
- 1 tbsp maple syrup or coconut sugar
- 1 egg
- 1 tsp olive oil
- 1 tsp fennel seeds or chopped almonds

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Line a small baking sheet.
- Mix all ingredients into a soft dough. Form a small log, flatten gently.
- Bake 18–20 min until lightly golden. Cool slightly, slice into biscotti.
- Serve soft, or toast gently for a firmer bite.

🌿 **Why it works:** Using almond flour and oat flour makes them easy to digest. Lightly spiced, with no chocolate or citrus. Reflux-safe and gentle on the gut.

🌟 **The Story:** Traditional cantucci (or biscotti) are twice-baked Italian cookies, often crunchy and filled with almonds. These are soft-baked cantucci-style almond cookies—reduced in sugar, no citrus zest, and spiced just enough. Perfect for dunking in tea.

NUTRITION VALUES PER SERVING:

90 calories per cookie • 2 g fiber • 2 g protein • 5 g fat • 4 g sugar



Herbal Honey Mini Cakes

Inspired by French Pain d'Épices

SERVINGS: 2 (2 SMALL CAKES)

PREP TIME: 10 MIN COOK TIME: 20 MIN

INGREDIENTS

- ½ cup oat flour
- 1 tbsp ground almonds
- 1 egg
- 2 tbsp honey or maple syrup
- 2 tbsp brewed chamomile tea (cooled)
- ½ tsp baking powder
- Pinch of cinnamon (optional)

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Grease a small muffin tin or 2 ramekins.
- Mix all ingredients until smooth. Pour into molds.
- Bake 18–20 minutes or until golden and springy.
- Cool slightly before serving.

🌿 Why it works: No dairy, no refined sugar, and no strong spices. Just soft texture, calming herbs, and natural sweetness in every bite.

🌟 The Story: Pain d'épices is a French spiced honey bread — rich, aromatic, and traditionally made with rye and citrus zest. Ours skips the heavy spice and makes a lighter version in mini cake form.

NUTRITION VALUES PER SERVING:

130 calories per cake • 2 g fiber • 3 g protein • 4 g fat • 9 g sugar



Soft Tahini Date Cookies (Inspired by Barazek & Ma'amoul)

Middle East

SERVINGS: 2 (4-6 COOKIES)

PREP TIME: 10 MIN COOK TIME: 12 MIN

INGREDIENTS

- ¼ cup almond flour
- 2 tbsp tahini
- 2 soft Medjool dates, mashed
- 1 tsp maple syrup (optional)
- ¼ tsp vanilla extract
- Sesame seeds for topping (optional)

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Line a small baking tray.
- Mix all ingredients into a soft dough. Roll into balls, flatten gently.
- Sprinkle with sesame seeds.
- Bake for 10–12 minutes. Cool before serving.

🌿 Why it works: Tahini is rich in healthy fats and calcium. Dates offer natural sweetness. Almond flour adds softness and is naturally low-acid.

🌟 The Story: From Lebanon to Syria, cookies made with sesame and dates are a cherished part of family gatherings and religious holidays. Barazek and ma'amoul are usually rich and buttery — but we're making a gentler, softer version.

NUTRITION VALUES PER SERVING:

95 calories • 1.5 g fiber • 2 g protein • 6 g fat • 5 g sugar



Mini Pistachio “Baklava” Cups

Middle East

SERVINGS: 2 (4 MINI CUPS)

PREP TIME: 10 MIN COOK TIME: 5 MIN

INGREDIENTS

- 4 mini rice paper circles or reflux-friendly crackers (plain, no spice)
- ¼ cup unsalted pistachios, finely chopped
- 1 tbsp honey
- 2 tbsp chamomile tea (brewed)
- 1 tsp maple syrup (optional)

INSTRUCTIONS

- Mix pistachios with honey and a splash of tea to soften.
- Warm the rice papers briefly in hot water and press into mini muffin molds OR use thin plain crackers.
- Spoon pistachio filling into cups.
- Optional: Bake at 325°F for 5 minutes for a toasty touch.
- Drizzle with chamomile tea + maple syrup mix.

🌿 Why it works: Instead of phyllo, we use thin rice paper wrappers or mini wholegrain crackers as cups. Then we fill them with a reflux-safe pistachio-honey mix and a splash of chamomile syrup.

🌟 The Story: Baklava is a buttery, flaky pastry soaked in syrup and filled with nuts—beloved across the Middle East, Turkey, and the Balkans. Gorgeous... but heavy. Our version keeps the spirit, skips the burn.

NUTRITION VALUES PER SERVING:

100 calories • 1 g fiber • 2 g protein • 6 g fat • 6 g sugar



Soothing Herbal Crêpes with Chamomile & Oat Flour

France

SERVINGS: 2 (4 CRÊPES)

PREP TIME: 5 MIN COOK TIME: 10 MIN

INGREDIENTS

- ½ cup oat flour
- 1 egg
- ¼ cup brewed chamomile tea (cooled)
- ¼ cup water or almond milk (unsweetened)
- ½ tsp olive oil (plus extra for pan)
- Pinch of salt

INSTRUCTIONS

- In a bowl, whisk oat flour, egg, liquids, oil, and salt until smooth. Let rest 5 min.
- Heat a non-stick pan over medium-low. Lightly brush with oil.
- Pour ¼ cup of batter and swirl to coat the pan.
- Cook 1–2 minutes per side. Remove gently.
- Fill with your favorite gentle toppings and fold or roll.

✿ Why it works: Made with oat flour for extra gut-soothing fiber and chamomile tea instead of dairy. These crêpes are light, flexible, and kind to the stomach.

NUTRITION VALUES PER CRÊPE (WITHOUT FILLING):

90 calories • 2 g fiber • 3 g protein • 3 g fat • 1 g sugar

A Soft Hug from the French Countryside

There's something magical about a warm crêpe — simple, delicate, and endlessly comforting. In France, they're not just a recipe... they're a ritual.

Whether rolled with honey for breakfast or filled with soft cheese and herbs for dinner, crêpes are a gentle celebration of texture and taste. And while traditional versions often include butter, citrus, or heavy creams, this reflux-friendly twist keeps all the charm—without the burn.

Crêpe Companion: Safe & Soothing Toppings Guide

✨ Gentle ideas for filling your crêpes without flaring up reflux

Sweet & Soft

- Mashed mango + a drizzle of coconut yogurt
- Stewed pears or peaches with a splash of chamomile syrup
- Almond butter + banana slices (if tolerated)
- Oat cream + cardamom-honey drizzle
- Cinnamon rice pudding (or leftover creamy porridge!)
- Unsweetened applesauce + marshmallow root powder

Savory & Satisfying

- Mashed sweet potato + a pinch of turmeric & fennel seeds
- Steamed zucchini ribbons + lactose-free ricotta
- Avocado mash + a dash of cumin
- Cooked quinoa + chopped herbs (mint, parsley) + soft goat cheese
- Wilted spinach + mashed white beans

🌿 **Pro Tip:** Add a sprinkle of ground chamomile, fennel powder, or marshmallow root to the fillings for extra herbal love.



Ingredient Guide for Reflux-Friendly Desserts

Pantry Staples for Reflux-Friendly Baking

Flours & Grains:

- Oat flour: Gentle, slightly sweet, and alkaline-forming. Perfect base for most desserts.
- Almond flour: Protein-rich and neutral for digestion. Creates moist textures without reflux triggers.
- Rice flour: Light, versatile, and non-irritating for sensitive systems.
- Quinoa flour: High in protein and minerals. Use in small amounts (25% of total flour) for nutrition boost.
- Rolled oats: Excellent for crumbles, granolas, and adding texture without wheat sensitivity issues.
- Ground flaxseed: Provides binding properties similar to eggs while adding gentle fiber.

Fats & Oils:

- Coconut oil: Use in moderate amounts. Its medium-chain fatty acids are easier to digest than other fats.
- Light olive oil: For recipes where minimal flavor is desired. Choose light (not extra virgin) for baking.
- Avocado oil: Neutral-tasting and stable at high temperatures. Contains healthy monounsaturated fats.
- Nut butters (almond, cashew): Use sparingly as fat replacements or flavor enhancers.

Plant-Based Milks:

- Almond milk: Low in fat, versatile, and generally well-tolerated.
- Oat milk: Creamier texture, perfect for puddings and frozen desserts.
- Rice milk: The gentlest option for highly sensitive individuals.
- Coconut milk: Use diluted or in small amounts due to fat content.

Leavening Agents:

- Aluminum-free baking powder: Regular versions can cause digestive discomfort for some.
- Baking soda: Use with caution and in proper amounts to avoid alkaline aftertaste.
- Egg whites: Provide lift and structure without the fat content of whole eggs.

Thickeners:

- Arrowroot powder: Gentle alternative to cornstarch for puddings and fillings.
- Chia seeds: Create gel-like consistency while adding nutrition.
- Tapioca starch: Light thickener that works well in fruit-based desserts.

Natural Sweeteners That Don't Aggravate Symptoms

Best Options:

- Maple syrup: Gentle, mineral-rich, and less processed than other sweeteners. Contains beneficial compounds.
- Rice malt syrup: Very gentle, slow-releasing sweetness with minimal fructose.
- Date paste: Create by soaking and blending whole dates. Provides fiber along with sweetness.
- Mashed ripe banana: Natural sweetener that also adds moisture and binding properties.
- Applesauce (unsweetened): Reduces need for added sugars while adding moisture.

Use in Moderation:

- Raw honey: Contains enzymes that can aid digestion, but use sparingly as it's still acidic for some.
- Coconut sugar: Lower glycemic impact than regular sugar, but use in limited amounts.
- Monk fruit extract: Zero-calorie option that doesn't affect blood sugar. Use pure versions without additives.

Sweeteners to Avoid:

- White sugar, brown sugar, and artificial sweeteners (can stimulate acid production)
- Agave nectar (high fructose content can be problematic)
- High-fructose corn syrup
- Molasses (too acidic)



Reflux-Safe Flavor Enhancers

Gentle Spices:

- Vanilla: The foundation of reflux-friendly desserts. Use extract, powder, or whole beans.
- Cardamom: Aromatic and warming without the burn of cinnamon. Use in small amounts.
- Ginger (in moderation): Can actually aid digestion while adding warmth. Use sparingly.
- Lavender (culinary grade): Floral notes for special treats.
- Saffron: Distinctive flavor and beautiful color for special occasion desserts.

Herbs:

- Mint (small amounts): Cooling and refreshing in frozen desserts. Avoid with severe reflux.
- Basil: Sweet varieties pair beautifully with fruit desserts.
- Lemon verbena: Lemon flavor without the acidity of actual lemons.
- Rosemary (tiny amounts): Can complement sweet flavors in cookies and shortbreads.

CHAPTER 4

Natural Extracts:

- Almond extract: Intense flavor in tiny amounts. Perfect for adding depth without irritants.
- Coconut extract: Tropical flavor without the fat content of coconut products.
- Maple extract: Amplifies maple flavor without added sweetness.
- Vanilla powder: Concentrated flavor without the alcohol in extract.

Fruit-Based Flavors:

- Fruit purées: From low-acid fruits like melon, mango, banana, and pear.
- Dried berries (in moderation): Blueberries and strawberries become less acidic when dried.
- Rose water: Floral note for Middle Eastern-inspired desserts.
- Orange blossom water: Adds citrus notes without actual citrus acids.

Other Flavor Boosters:

- Salt (tiny pinch): Enhances sweetness and balances flavors without causing reflux.
- Unsweetened coconut flakes: Texture and tropical flavor in small amounts.
- Carob powder: Chocolate-like flavor without the acidity and caffeine of cocoa.
- Toasted nuts (small amounts): Amplify flavor through toasting rather than increasing quantity.

Special Notes for Reflux Bakers:

- Balance is key: Combine flavor enhancers thoughtfully rather than relying on a single strong flavor.
- Freshness matters: Fresh ingredients often have more flavor, requiring less quantity.
- Layering technique: Create depth by using complementary flavor enhancers in small amounts.
- Room temperature serving: Flavors are more pronounced when desserts aren't ice-cold.
- Overnight resting: Many flavors develop and intensify when allowed to rest, particularly in puddings and oat-based desserts.



CHAPTER 5

SIPPABLE SWEETS: FRUITY DRINKS & SOOTHING SIPPERS. SWEET HYDRATION THAT LOVES YOUR GUT BACK

Let's be honest: most sweet drinks on the shelf are a reflux flare-up waiting to happen.

Fizzy sodas? Acid bombs.

Fruit juice blends? Often full of sugar and... more acid.

Iced teas? Often packed with caffeine, lemon, or mysterious “natural flavors.”

But here's the good news: you can absolutely enjoy refreshing, gently sweet drinks that feel indulgent and keep your digestion calm. In fact, many traditional cultures have long used herbs, fruits, and soft spices to craft beverages that hydrate, soothe, and delight — without the sugar crash or stomach sting.

This chapter is your invitation to rethink sweet sips.

We're talking naturally alkaline fruits, cooling ingredients, herbal infusions, and blended creamy drinks that taste like a treat — but leave your belly saying “thank you.”

Grab your favorite glass. It's time to sip soft.





Coconut Mango Chill

Silky, tropical, and belly-soothing—like vacation in a glass.

SERVINGS: 2

PREP TIME: 5 MIN CHILL TIME: 10 MIN (OPTIONAL)

INGREDIENTS

- ½ cup ripe mango (fresh or frozen, thawed)
- 1 cup coconut water (no added sugar)
- ¼ cup unsweetened oat milk or almond milk
- 1 tsp maple syrup (optional)
- 1 tsp chamomile tea (brewed and cooled)

INSTRUCTIONS

- Blend mango, coconut water, milk, and maple syrup until smooth.
- Stir in chamomile tea.
- Serve over ice or chill for 10 minutes.

🌿 Why it works: Ripe mango is low-acid and naturally sweet. Coconut water is hydrating and alkaline. Together they make a gentle, sunshiny treat.

NUTRITIONAL VALUES (PER SERVING): 80 calories • 2 g fiber • 1 g protein • 1 g fat • 12 g sugar



Fennel-Cucumber Cooler

Fresh, crisp, and perfect for calming after a hot day or heavy meal.

SERVINGS: 2

PREP TIME: 5 MIN INFUSION TIME: 15-30 MIN (OPTIONAL)

INGREDIENTS

- 1 small cucumber, peeled and sliced
- 1 tsp fennel seeds
- 1½ cups water
- 1 tsp maple syrup or honey (optional)
- Few fresh mint leaves (optional and only if tolerated)

INSTRUCTIONS

- Lightly crush fennel seeds. Add to water with cucumber slices.
- Infuse for 15–30 min (or refrigerate for 2+ hours).
- Strain and stir in sweetener if desired. Serve cold.

🌿 Why it works: Cucumber is alkaline and hydrating. Fennel eases bloating and calms digestion. This one's a spa day for your insides.

NUTRITIONAL VALUES (PER SERVING): 25 calories • 1 g fiber • 0 g fat • 4 g sugar



Vanilla Pear Tonic

A soft, fragrant hug in a glass—cool, calm, and very classy.

SERVINGS: 2

PREP TIME: 5 MIN INFUSION TIME: 10-15 MIN

INGREDIENTS

- 1 ripe pear, peeled and sliced
- 1½ cups water
- ¼ tsp vanilla extract (alcohol-free if possible)
- ½ tsp honey or maple syrup (optional)
- 2–3 fresh basil leaves (optional, for aroma — not to be blended)

INSTRUCTIONS

- Simmer pear slices in water with vanilla for 10 minutes.
- Let cool slightly, then strain.
- Stir in honey/maple syrup if using.
- Serve warm or chilled over ice with a basil leaf on top.

🌿 Why it works: Pears are low-acid and naturally sweet. Vanilla is comforting and smooth. A perfect afternoon or post-dinner drink for cozy calm.

NUTRITIONAL VALUES (PER SERVING): 60 calories • 2 g fiber • 0 g fat • 10 g sugar



Banana-Coconut Mylkshake

Like dessert, but drinkable—and blissfully easy on your belly.

SERVINGS: 2

PREP TIME: 5 MIN

INGREDIENTS

- 1 small ripe banana (not overripe)
- ¾ cup full-fat coconut milk
- ¼ cup cold water or oat milk
- 1 tsp maple syrup (optional)
- Pinch of cinnamon or cardamom (optional)

INSTRUCTIONS

- Blend all ingredients until smooth and creamy.
- Serve immediately, or chill 10 minutes before drinking.

🌿 Why it works: Banana is soft and soothing, coconut adds healthy fat and hydration. This is comfort in a glass — best enjoyed slowly, with a spoon or straw.

NUTRITIONAL VALUES (PER SERVING): 130 calories • 3 g fiber • 1 g protein • 7 g fat • 10 g sugar



Peach & Chamomile Spa Water

Delicate, floral, and refreshing—like sipping summer.

SERVINGS: 2

PREP TIME: 5 MIN INFUSION TIME: 15–30 MIN

INGREDIENTS

- 1 ripe peach, peeled and thinly sliced
- 1 cup brewed chamomile tea (cooled)
- ½ cup water
- ½ tsp honey (optional)

INSTRUCTIONS

- Add peach slices to cooled tea and water.
- Infuse 15–30 minutes (or chill longer for stronger flavor).
- Stir in honey if using. Serve with or without ice.

🌿 **Why it works:** Peaches are naturally alkaline when peeled and ripe. Chamomile helps relax the stomach and the mind. A lovely afternoon cooler.

NUTRITIONAL VALUES (PER SERVING): 45 calories • 1 g fiber • 0 g fat • 8 g sugar



Papaya-Lime Blossom Cooler

A creamy, dreamy sip with island vibes—minus the acid kick.

SERVINGS: 2

PREP TIME: 5 MIN CHILL TIME: 15 MIN (OPTIONAL)

INGREDIENTS

- ½ cup ripe papaya, cubed
- ¾ cup cooled lime blossom (linden) tea
- ¼ cup almond milk or oat milk
- 1 tsp honey (optional)
- Pinch of ginger powder (optional and only if tolerated)

INSTRUCTIONS

- Brew lime blossom tea and let it cool.
- Blend papaya, tea, milk, and honey until smooth.
- Serve chilled or over ice with a soft straw.

🌿 **Why it works:** Papaya is a superstar for digestion—low-acid, anti-inflammatory, and naturally rich in enzymes like papain. Lime blossom (linden) tea adds a floral, calming note without the citrus burn.

NUTRITIONAL VALUES (PER SERVING): 70 calories • 2 g fiber • 1 g protein • 1 g fat • 8 g sugar

🍷 Sweet Sipper Cheat Sheet

Gentle drinks for every time of day (and every type of tummy)

Not sure which sippable sweet to enjoy today?

Use this simple guide to match your mood, moment, or symptom to the perfect reflux-friendly drink.

Morning Calm Boosters

Wake up your gut gently—with calm hydration, not caffeine

✓ **Fennel-Cucumber Cooler**

Great after a late dinner the night before

Supports digestion & de-bloating

✓ **Vanilla Pear Tonic**

Light, fragrant, and great on an empty stomach

Perfect for sensitive mornings

Midday Refresher (Before or After Meals)

Stay cool and keep digestion on track

✓ **Coconut Mango Chill**

Tropical treat without the acidity

Adds hydration + potassium boost

✓ **Peach & Chamomile Spa Water**

Refreshing, floral, and calming

Ideal after lunch to reduce reflux risk

🍌 **Afternoon Sweet Craving Fixers**

When you want something dessert-like, but belly-safe

✓ **Banana-Coconut Mylkshake**

Thick, creamy, and filling

Satisfies sweet tooth without added junk

✓ **Chamomile Date Smoothie (Bonus idea!)**

Blend chamomile tea + almond milk + 2 soft dates

Like caramel in a cup—without the crash

🌙 **Evening Wind-Down Sippers**

Ease tension and prep your digestion for better sleep

✓ **Pear & Basil Infused Water**

Light, alkaline, and a perfect post-dinner sip

✓ **Warm Oat Milk with Cardamom (Mini Recipe!)**

Heat $\frac{3}{4}$ cup oat milk + pinch cardamom + $\frac{1}{2}$ tsp honey

Sip slowly like a lullaby

♥ **TIPS TO SIP SMART:**

- Always sip slowly—no gulping!
- Wait 30–60 min after meals to drink large amounts
- Avoid icy-cold drinks late at night
- Try using a straw for thicker drinks to reduce swallowing air





Papaya-Melon Glow Smoothie

Cool, tropical, and belly-calming—like spa water turned silky.

SERVINGS: 2

PREP TIME: 5 MIN

INGREDIENTS

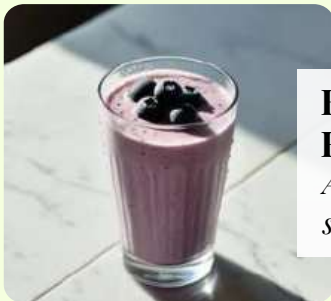
- ½ cup ripe papaya, chopped
- ½ cup peeled cantaloupe or honeydew melon
- ½ cup unsweetened coconut milk
- ¼ cup water
- ½ tsp maple syrup (optional)
- Tiny pinch of ginger powder (optional)

INSTRUCTIONS

- Blend all ingredients until smooth and creamy.
- Serve immediately or chill for 15 min.

🌿 Why it works: Papaya and melon are low-acid, soothing, and naturally hydrating. Coconut adds richness, and ginger (in a tiny amount) supports digestion.

NUTRITIONAL VALUES (PER SERVING): 90 calories • 2 g fiber • 1 g protein • 4 g fat • 9 g sugar



Blueberry Oat Smoothie with Chamomile Hint

A calming, fiber-rich blend with soft floral notes—ideal for slow mornings.

SERVINGS: 2

PREP TIME: 5 MIN

INGREDIENTS

- ½ cup frozen or lightly cooked blueberries
- ¼ cup rolled oats (soaked 5–10 min in hot water)
- ¾ cup oat milk
- ¼ cup cooled chamomile tea
- 1 tsp honey or date syrup

INSTRUCTIONS

- Blend everything until very smooth. Add more tea if too thick.
- Serve chilled or room temperature.

🌿 Why it works: Blueberries (when cooked or frozen) are less acidic than other berries. Oats provide soluble fiber to soothe the stomach. Chamomile adds a gentle herbal finish.

NUTRITIONAL VALUES (PER SERVING): 110 calories • 3 g fiber • 2 g protein • 3 g fat • 8 g sugar



Sweet Potato Spice Smoothie

A creamy dessert-style blend that tastes like pie—without the heartburn.

SERVINGS: 2

PREP TIME: 5 MIN (PLUS PRE-COOKED POTATO)

INGREDIENTS

- ½ cup cooked sweet potato, cooled
- ¾ cup almond milk
- 1 tbsp almond butter
- ½ tsp marshmallow root powder (optional)
- ¼ tsp cinnamon
- 1 tsp maple syrup

INSTRUCTIONS

- Blend until velvety smooth. Add more milk to thin if needed.
- Serve slightly warm or cool, not icy.

🌿 **Why it works:** Sweet potatoes are anti-inflammatory and reflux-friendly. Cinnamon and marshmallow root offer soothing warmth and gut support.

NUTRITIONAL VALUES (PER SERVING): 130 calories • 3 g fiber • 3 g protein • 6 g fat • 7 g sugar



Creamy Mango-Date Shake

Thick, sweet, and tastes like sunshine in a glass.

SERVINGS: 2

PREP TIME: 5 MIN

INGREDIENTS

- ½ cup ripe mango (fresh or frozen)
- 2 soft Medjool dates, pitted
- ¾ cup oat milk (or almond milk)
- 1 tbsp almond butter or sunflower seed butter
- ¼ tsp vanilla extract (alcohol-free if sensitive)

INSTRUCTIONS

- Soak the dates in warm water for 5–10 minutes if not very soft.
- Blend all ingredients until smooth and creamy.
- Serve at room temperature or chilled slightly — never icy cold.

🌿 **Why it works:** Mango is low-acid and soothing when ripe. Dates offer rich natural sweetness and a caramel-like flavor. Oat milk makes it creamy without dairy, and almond butter adds satisfying depth.

NUTRITIONAL VALUES (PER SERVING): 140 calories • 3 g fiber • 2 g protein • 6 g fat • 10 g sugar

Build Your Own Soothing Smoothie

♥ The No-Burn, All-Comfort Customizer

Make your own reflux-friendly blend by choosing gentle, low-acid ingredients in each category.

Step 1: Choose Your Base (¾–1 cup)

- ✓ Oat milk
- ✓ Almond milk
- ✓ Cooled chamomile or fennel tea
- ✓ Coconut milk (light)
- ✓ Rice milk
- ✓ Water + nut butter

🍌 Step 2: Pick Your Soft, Sweet Produce

(½ to 1 cup total)

- ✓ Banana (just ripe)
- ✓ Ripe papaya
- ✓ Ripe mango
- ✓ Cooked pear or apple
- ✓ Frozen or steamed blueberries
- ✓ Sweet potato (cooked + cooled)
- ✓ Melon (honeydew or cantaloupe)

🌿 Step 3: Add a Gentle Thickener (Optional)

- ✓ Soaked rolled oats
- ✓ Cooked white rice
- ✓ Coconut yogurt (unsweetened)
- ✓ Marshmallow root powder
- ✓ Cooked quinoa (in small amounts)

🍯 Step 4: Flavor Gently

- ✓ 1 tsp honey or maple syrup
- ✓ Cinnamon or cardamom (just a pinch)
- ✓ Vanilla extract (alcohol-free if sensitive)
- ✓ Chamomile or fennel tea splash
- ✓ A drop of rose water or orange blossom (if tolerated)



🌿 Pro Tips:

- ✓ Avoid citrus, cocoa, coffee, mint, and pineapple
- ✓ Don't serve icy-cold — chill mildly or let rest 5 mins
- ✓ Sip slowly and sit upright
- ✓ Start small (½ smoothie) and track how you feel

CHAPTER 6

SWEET MYTHS, TRIGGERS & TRUTHS. WHAT YOU'VE HEARD ABOUT SUGAR, SWEETS & REFLUX—DEBUNKED

You've probably heard it all:

“No more sugar.”

“Dessert is poison.”

“If you want to heal, say goodbye to sweets forever.”

Sound familiar?

Let's take a deep breath and a warm cup of tea — because the truth, as always, is gentler and far more doable than the fearmongers say.

✗ MYTH 1: “You Have to Eliminate All Sugar Forever”

No. You don't.

Natural sugars like those in fruits, honey, maple syrup, and even small amounts of coconut sugar can be enjoyed — especially when paired with fiber, healthy fats, and calming ingredients.

The real culprits?

- ! Processed sweets
- ! Large portions
- ! Hidden sugars in packaged snacks, sauces, cereals
- ! Acid-triggering combos (sugar + chocolate + dairy + coffee at 10pm = party in your esophagus... and not the fun kind)

✓ TRUTH: “Sugar Isn't Evil — But It Needs a Gentle Hand”

Reflux isn't just about what you eat — it's how much, how often, and how your body responds.

What matters more than banning sugar is:

- Portion control (small is soothing)
- Timing (not late at night)
- How you feel when you eat (stressed vs relaxed)

Sugar becomes a problem when it's part of a chaotic, high-acid lifestyle — not when it's tucked gently into a soft oat cookie after lunch.



✗ MYTH 2: “Desserts Cause Reflux”

Only some desserts do. Others can actually soothe reflux when made with the right ingredients.

High-risk desserts:

- Chocolate cakes
- Citrus pies
- Dairy-heavy ice cream
- Deep-fried anything
- Mint chocolate lava surprise (fun to say, less fun to burp at 2 a.m.)

Soothing desserts (like the ones in this book):

- Soft oat-based cookies
- Baked fruits
- Non-dairy puddings
- Herbal-infused crumbles
- Rice-based sweets with calming spices

INGREDIENTS TO WATCH FOR

These may be fine for some—but triggers for others. Keep an eye out and journal your body’s response.

Ingredient	Why It May Trigger Reflux	What to Try Instead
Chocolate	Contains caffeine + relaxes LES	Carob, cinnamon, or berries
Mint (especially peppermint)	Relaxes esophageal valve	Lemon balm or ginger (small doses)
Dairy (ice cream, whipped cream)	High fat, can delay digestion	Coconut yogurt or oat milk
Citrus fruits	High acid, may irritate esophagus	Baked apples, peaches

Common Trigger Ingredients & Their Substitutes

Chocolate & Cocoa:

- Instead of chocolate: Use carob powder or chips (naturally caffeine-free and less acidic)
- Instead of cocoa powder: Try roasted carob powder (1:1 replacement)
- For chocolate flavor: Add 1 tsp vanilla + 1 tbsp carob powder + pinch of salt

Citrus Fruits & Juices:

- Instead of lemon juice: Use a tiny splash of apple cider vinegar diluted with water, or 2-3 drops lemon extract
- Instead of orange zest: Try orange blossom water (½-1 tsp) or orange extract (¼ tsp)
- For citrus brightness: Use a pinch of ground dried lemon verbena or lemongrass

Dairy Products:

- Instead of milk: Use almond, oat, or rice milk (1:1 replacement)
- Instead of heavy cream: Use coconut cream or whipped coconut milk
- Instead of yogurt: Try coconut yogurt or silken tofu blended with a bit of lemon extract
- Instead of butter: Use coconut oil (¾ amount), avocado oil (¾ amount), or applesauce (1:1 for half the butter)
- Instead of cream cheese: Blend soaked cashews with a bit of coconut cream and lemon extract

High-Fat Ingredients:

- Instead of nut butters: Use tahini (in moderation) or sunflower seed butter
- Instead of whole eggs: Use 2 egg whites per whole egg in baking
- For rich mouthfeel: Add 1-2 tbsp coconut flour to increase fiber and creaminess perception

Acidic Fruits:

- Instead of berries: Choose less acidic varieties (blueberries rather than raspberries) and cook them
- Instead of raw berries: Use poached fruits like pears, apples, or peaches
- Instead of pineapple/kiwi: Use papaya, melon, or banana for tropical recipes

Commercial Baked Goods Components:

- Instead of graham crackers: Use crisp oatmeal cookies or toasted oat-coconut crust
- Instead of cookie crumbs: Try granola crumbs or toasted crushed oats mixed with a bit of maple syrup
- Instead of pastry crust: Use almond flour or oat flour press-in crusts

Spices & Flavorings:

- Instead of cinnamon (if problematic): Use cardamom (½ the amount) or vanilla with a tiny pinch of nutmeg
- Instead of mint (if problematic): Try fresh basil or a drop of food-grade lavender oil
- Instead of alcohol extracts: Look for alcohol-free versions or use vanilla bean paste/powder

Sweet Beverages Substitution Guide

Instead of Acidic Fruit Juices:

- Watermelon juice (naturally alkaline)
- Coconut water with a splash of almond milk
- Honeydew melon smoothies

Instead of Chocolate Drinks:

- Carob hot "chocolate" with non-dairy milk and maple syrup. Heat 1 cup almond milk until warm, whisk in 1 tbsp carob powder and 1 tsp maple syrup until smooth. Optional: add ¼ tsp vanilla extract.
- Vanilla-chai warm beverage (using only cardamom, not cinnamon). Warm 1 cup oat milk with 2 crushed cardamom pods and ½ tsp vanilla extract. Strain, sweeten with 1 tsp maple syrup, and top with a sprinkle of ground cardamom.
- Golden milk made with turmeric and ginger (small amount). Whisk together 1 cup warmed rice milk, ¼ tsp turmeric, a tiny pinch of ginger (⅛ tsp), and 1 tsp honey. Add 1 tsp coconut oil for richness if desired.

Instead of Coffee-Based Drinks:

- Roasted dandelion root tea latte. Steep 1 dandelion root tea bag in ¾ cup hot water for 7 minutes. Add ¼ cup warmed almond milk, 1 tsp maple syrup, and a drop of vanilla extract.
- Vanilla rooibos tea with frothed non-dairy milk. Brew 1 rooibos tea bag in ¾ cup hot water for 5 minutes. Add ½ tsp vanilla extract and top with ¼ cup frothed almond milk (froth using a milk frother or shake vigorously in a jar).
- Caffeine-free herbal chai made with cardamom and vanilla. Steep 1 cup hot water with 1 caffeine-free tea bag, 2 cardamom pods, and a slice of fresh ginger for 5 minutes. Strain, add ¼ cup almond milk and sweeten with 1 tsp honey.

Instead of Carbonated Sweet Drinks:

- Still water infused with cucumber and melon. Combine 2 cups water with 3-4 thin cucumber slices and 5-6 small honeydew melon cubes. Refrigerate for at least 1 hour before enjoying.
- Aloe vera juice diluted with water and lightly sweetened. Mix 2 tbsp pure aloe vera juice (without additives) with 1 cup water and ½ tsp honey. Stir well and serve over ice if desired.
- Herbal tea cooled and mixed with a splash of fruit juice. Brew caffeine-free herbal tea like chamomile, cool completely, then add 1 tbsp blueberry juice and a fresh basil leaf.

The Sweet Trifecta: Portion, Pacing & Patience

- ✓ Portion: One serving. Not one tray. (Your gut isn't hosting a bake sale.)
- ✓ Pacing: Eat slowly. Savor. Sit upright.
- ✓ Patience: Healing takes time. One cookie won't ruin you — but neither will one perfect tea fix everything. It's the pattern, not the exception.

✓ My Safe Sweet List

Comforting desserts and ingredients that feel good in my body
(because dessert should never come with regret)

🌿 My Go-To Reflux-Friendly Desserts:

- ✓ Baked apple slices with honey drizzle
- ✓ Creamy rice pudding with oat milk and cardamom
- ✓ Soft oat & chamomile cookies
- ✓ Mini mochi with maple syrup
- ✓ Marshmallow root rice pudding
- ✓ Banana or sweet potato smoothie pops
- ✓ Lavender or fennel-infused muffins
- ✓ No-bake honey oat bites
- ✓ Sweet potato pudding with cinnamon
- ✓ Fruit compote with mint or chamomile

🍯 Natural Sweeteners That Work for Me:

- ✓ Maple syrup
- ✓ Honey (in moderation)
- ✓ Ripe fruits (like peaches, apples, bananas, berries)
- ✓ Coconut sugar
- ✓ Stewed or baked fruit
- ✓ Homemade applesauce

Desserts I've Learned to Limit or Avoid:

- ☐ Chocolate cake (especially late at night)
- ☐ Store-bought citrus-based sweets
- ☐ Mint chocolate (peppermint = reflux for me!)
- ☐ Dairy ice cream or whipped toppings
- ☐ Fried or heavily processed desserts

✨ When I Want Something Sweet But Gentle...

I'll ask myself:

- ◆ Am I actually hungry, or just tired or stressed?
- ◆ Can I enjoy a small portion mindfully, with tea or warm oat milk?
- ◆ Is this something I'll thank myself for 30 minutes from now?

♥ Reminder:

Sweetness can be healing.
Dessert is not the enemy.
This list is mine to build, adjust, and love.

💡 A Friendly Reminder:

You are not “bad” for wanting dessert.
You're human. And humans have celebrated with sweets since the dawn of bread and fire.

So the question is not “*Can I ever have sugar again?*”

It's: “*How can I choose sweetness that honors both my cravings and my healing?*”



Dining Out with Reflux: Enjoying Desserts Safely

Restaurant Strategies

Questions to Ask:

- "Does this dessert contain citrus, chocolate, or alcohol?"
- "Is there a fruit-based option that isn't citrus?"
- "Could I have the dessert without the sauce/topping?"
- "Is there a vanilla or non-chocolate option available?"

Best Bets on Standard Menus:

- Vanilla bean ice cream or sorbet (non-citrus)
- Rice pudding (ask for minimal spices)
- Plain cheesecake without citrus topping (if dairy is tolerated)
- Poached pears or baked apples
- Vanilla custard or flan (if tolerated)

Menu Red Flags:

- "Drizzled with sauce" often means citrus or chocolate
- "Spiced" typically includes cinnamon or nutmeg
- "Caramelized" may indicate high-fat preparation
- "A la mode" adds dairy which may be problematic
- "Decadent" usually means very rich and high-fat

Party & Special Event Tactics

Preparation Strategies:

- Eat a small reflux-friendly snack before the event
- Take any prescribed medication before arriving
- Bring a small container of almonds or another safe snack
- Position yourself away from the buffet to avoid temptation

Mindful Selection Tips:

- Choose plain items over those with sauces or toppings
- Look for light-colored desserts (often lower in acid)
- Take small portions to sample rather than full servings
- Select baked goods over chocolate or fruit-based options

Social Navigation:

- Offer to be the server ("Would anyone like me to cut the cake?") to control your portion
- Choose the simplest option available without drawing attention
- Hold a small plate with your selection to avoid being offered more
- If pushed to try something triggering, simply say "I'm pacing myself" or "I'll try that a bit later"



Create a Personal "Safe List"

Keep a note in your phone of specific desserts and sweet options that have worked well for you at:

- Chain restaurants
- Local favorite spots
- Coffee shops
- Bakeries
- Ice cream parlors

Example List Entry:

- Starbucks: Vanilla bean scone, oatmeal cookie
- Cheesecake Factory: Vanilla bean cheesecake (no sauce)
- Local bakery: Plain croissant, vanilla macaron
- Ice cream shop: Vanilla bean, butter pecan (small serving)

Emergency Kit for Sweet Cravings

Consider keeping these items in your bag or car:

- Reflux-friendly granola bar (low-fat, oat-based)
- Non-citrus dried fruit (banana chips, apple rings)
- Individually wrapped almond cookies or vanilla wafers
- Small container of maple syrup packets (to add to plain options)

After Indulging

If you do enjoy a dessert that might trigger symptoms:

- Stay upright for at least 2-3 hours afterward
- Sip room-temperature water (not ice cold)
- Take a gentle walk rather than sitting still
- Use any prescribed rescue medication as directed
- Wear loose clothing around your waistline

Remember that occasional enjoyment of special treats is part of a balanced life. With proper planning and mindful choices, you can participate in celebrations while managing your reflux effectively.



My Reflux Dessert Tracker



Dessert Information

Date & Time: _____ | Time of Day: Morning Afternoon Evening

Dessert Name: _____

Where Consumed: Home Restaurant Friend's Home Other: _____

Recipe Source: This Book (page: _____) Other: _____

Ingredients

Check all ingredients in this dessert:

Base Ingredients

Oat flour Almond flour Rice flour White flour (wheat) Coconut oil Butter Olive oil

Other oil: _____ Eggs Egg whites only Flax egg No egg product

Sweeteners

Maple syrup Honey White sugar Coconut sugar Date paste Banana Monk fruit

Other: _____

Dairy/Non-Dairy

Cow's milk Almond milk Oat milk Coconut milk Yogurt Coconut yogurt Cream None

Flavorings

Vanilla Cinnamon Ginger Cardamom Chocolate Carob Citrus Mint Other spices or

flavorings: _____

Fruits (if any)

Berries Apple/Pear Citrus Banana Melon Stone fruit Tropical fruit None Other

fruits: _____

Preparation Method

Baked Raw Frozen Chilled Warm

Portion size: Small (2-3 bites) Medium Large

Eaten with other food: Yes No

Time between dessert and lying down: _____ hours

Symptom Tracking

Immediate Reaction (within 30 min)

Reflux symptoms: None Mild Moderate Severe

Specific symptoms: Heartburn Regurgitation Chest pain Throat burning Coughing

Difficulty swallowing None Other: _____

Delayed Reaction (2-12 hours later)

Reflux symptoms: None Mild Moderate Severe

Night symptoms disrupted sleep: Yes No

Morning symptoms: Yes No

Notes & Observations

Overall Tolerance Rating

1 - Never again! Strong reaction 2 - Significant discomfort, avoid in future 3 - Mild symptoms, could try again with modifications 4 - Very minor reaction, generally well tolerated 5 - Perfect! No symptoms at all

For Next Time

Would try again: Yes No Yes, with modifications

Modifications to try: _____

FINAL THOUGHTS

MAY YOUR DAYS BE SWEETER (AND SOFTER)

You've just done something wonderful:

You chose comfort over restriction, wisdom over fear, and pleasure over guilt.

You learned how to honor your cravings without hurting your gut. You found new ways to say “yes” to sweetness — and “no” to suffering.

That's not a diet. That's self-kindness in action.

Whether you're here because reflux has been stealing your joy, or because you're finally ready to reclaim dessert as something nourishing, not punishing — this book was made for you.

And this is just the beginning.

 Want to explore more gentle, delicious healing?

Each book in my acid reflux series is designed to support you in a different way — always with clarity, encouragement, and comfort in every bite (or sip).

The Ultimate 21-Day Acid Reflux Diet Cookbook

A complete reset plan with gut-friendly recipes, meal plan, shopping list, and real strategies to stop suffering and start savoring.

The Acid Reflux Natural Herbal Remedies Book

Discover how to use herbs, teas, rituals, and everyday healing tools to naturally soothe GERD, LPR, and more.

Thank you for letting me guide you on this journey.

I hope this book finds a place in your kitchen — and in your healing story. And I hope your next dessert is delicious, gentle, and joyfully yours.

With care,

Ivy Lancaster

P.S. If you've enjoyed this book, I'd be incredibly grateful if you could take a moment to leave a review. Every word helps!