

31

*Tasty, Delicious
& Guilt-Free*

DESSERT
RECIPES

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I believe that cooking and eating healthy should be easy and delicious, even when it comes to dessert.

This collection of 31 Delicious, Tasty and Guilt-Free Dessert Recipes is unique in the non-traditional ingredients it calls for. You may even run into a few new ingredients that you've never heard of. These ingredient substitutions are the key to transforming dessert from simply empty calories into something nutritious and beneficial.

Most desserts are filled with refined sugar, dairy products and gluten-filled grains. Those are the ingredients that we need to avoid, in order to be fit and healthy. The great news is that the nutritious ingredient substitutions used in these recipes are not only good for you, they taste delicious and help you maintain your fitness results.

Here are some of the ingredient substitutions you'll find in this cookbook:

- **Refined Sugar and Corn Syrup:** No, you won't find any refined sugar or corn syrup in these healthy recipes. Instead you'll use raw honey, pure maple syrup, agave nectar, coconut crystals or Stevia. These natural sweeteners are lower in carbs and, unlike refined sugar, contain nutrients and minerals in addition to sweetness and they won't spike your fat storage hormones like sugar would.
- **Wheat Flour:** Flour made from wheat contains gluten, which is something that we could all benefit from avoiding. It is also higher in simple carbs compared with almond flour and coconut flour, which are used in these recipes. This means that your body isn't going to go into fat storage mode like it would with wheat flour.
- **Butter and Vegetable Oil:** Put down the butter and toss that jug of vegetable oil. Coconut oil takes center stage in this collection of dessert recipes. Coconut oil has been proven to be a healthy and delicious fat to use when baking.
- **Milk and Cream:** Instead of dairy these recipes focus on using coconut milk and coconut cream. Many people have sensitivities to dairy products, as they cause inflammation and bloating, so it's always a good idea to use dairy as sparingly as possible.
- **Chocolate:** Don't worry, there is chocolate in this cookbook! But instead of milk chocolate, which is higher in sugar and contains dairy, we focus in on dark chocolate that contains 73% or higher cocoa content. Also unsweetened cocoa powder is used with the wholesome sweeteners listed above.

While these dessert recipes are filled with usable nutrients and are lower in carbs and sugar than traditional recipes, they still are desserts. So feel free to indulge now and then, but in order to maintain your fitness results it's important to use portion control.

The bulk of your diet should be made of lean meats, eggs, nuts, seeds and a plethora of fresh, vegetables and fruits. Remember that when it comes to seeing amazing results in the gym it's important to get enough protein, fiber and lots of water.

And the occasional healthy dessert :)

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Caramel Apple Upside Down Cake



This Caramel Apple Upside Down Cake is moist and delicious, all without refined sugars or grains.

Caramel Topping:

- 1/4 cup coconut oil, melted
- 1/4 cup coconut crystals
- 1/2 teaspoon ground cinnamon
- 2 organic apples, thinly sliced and chopped

Apple Cake:

- 1/3 cup coconut flour
- 1/3 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 5 organic eggs
- 2 teaspoons vanilla extract
- 1/4 cup pure maple syrup, grade B
- 1/4 cup organic, full fat coconut milk
- 2 Tablespoons coconut oil, melted

1. Preheat oven to 325 degrees F. Grease an 8x8 pan with coconut oil.
2. Caramel Topping: In a small bowl combine the melted coconut oil, coconut crystals and cinnamon. Pour into the prepared pan. Evenly sprinkle the chopped apples over the caramel.
3. In a medium bowl combine the coconut flour, almond flour, salt, baking powder, cinnamon and nutmeg.
4. In another medium bowl combine the eggs, vanilla, syrup, and coconut milk. Blend well.
5. Add the wet ingredients to the dry ones, and then slowly mix in the melted coconut oil.
6. Carefully spread the cake batter over the apples and caramel in the pan.
7. Bake for 35 minutes. Remove from oven and allow to cool for 15 minutes.
8. Loosen the edges of the cake with a knife. Invert the cake by placing a plate over the top of the pan and then flipping it over.
9. Slice, serve and enjoy!

20 Servings

Nutritional Analysis: 105 calories, 7g fat, 44mg sodium, 7g carbohydrate, 1g fiber, and 3g protein

Dark Chocolate Almond Cups



Dark chocolate, 70% cocoa or more, has the most health benefits as well as the lowest sugar content, so with this recipe I took it a step further. Dark chocolate is combined with unsweetened chocolate for a delicious bitter-sweet chocolate shell with a creamy, almond-buttery center.

Here's what you need:

- 1 cup dark chocolate, 73% cocoa or higher, chopped
- 1/2 cup unsweetened chocolate, chopped
- 3 Tablespoons coconut oil
- 1/2 cup raw almond butter

1. Fill a skillet with an inch of water over medium heat. Place the chocolate pieces and coconut oil in a small saucepan and place the saucepan directly in the skillet. Stir often until the chocolate and coconut oil becomes fully melted and smooth. Remove from heat.
2. Use a spoon to fill rubber ice-cube molds 1/3 full. Place in the freezer for 10 minutes. Carefully drop a small spoonful of almond butter in each mold, then top with melted chocolate to the top of the mold. Place back in the freezer for 20 minutes.
3. Pop the chocolate candies out of the molds and enjoy.
4. Store in an airtight container in the fridge or freezer.

20 Servings

Nutritional Analysis: 125 calories, 13g fat, 2mg sodium, 4g carbohydrate, 1g fiber, and 2g protein

Real Food Truffles



Forget packaged 'health food' bars. One of these tasty truffles will power your entire afternoon.

These are not overly sweet and are high in fat, so one little truffle will give you energy for an entire afternoon without spiking your blood sugar.

Here's what you need for 50 truffles:

- 2 cups toasted pecans
- 1 cup coconut oil
- 2 cups organic almond butter
- 1/2 cup coconut flour
- 1/2 cup unsweetened cocoa powder
- 1 cup shredded, unsweetened coconut, toasted
- 1 cup ground chia seeds
- 1 Tablespoon vanilla extract
- 1/2 teaspoon almond extract
- 1/2 teaspoon sea salt
- 1/3 cup macadamia nuts, ground

1. In a food processor, grind the pecans. Mix in the coconut oil and almond butter. Mix in the coconut flour and cocoa powder. Blend thoroughly.
2. Transfer the mixture to a large mixing bowl and mix in the shredded coconut, chia seeds, vanilla and almond extracts and the salt.
3. Form small balls with the chocolate mixture. Roll each ball in the ground macadamia nuts.
4. Refrigerate to harden, and store in an airtight container in the fridge.

50 servings

Nutritional Analysis: One serving equals: 186 calories, 17g fat, 19mg sodium, 6g carbohydrate, 3g fiber, and 4g protein

Healthy Apple Crisp



Traditional apple crisp recipes call for lots of sugar, flour and butter. Not this one! Enjoy this classic treat with a healthy twist.

Here's what you need:

- 4 organic apples
- 1/2 cup golden raisins
- 1 Tablespoon coconut flour
- 2 Tablespoons maple syrup
- 1 1/2 Tablespoons fresh lemon juice
- 1/2 cup coconut oil
- 1/2 cup almond flour
- 1/2 cup coconut crystals
- 1/2 cup sliced blanched almonds
- 1/4 cup chopped pecans

1. Preheat oven to 375 degrees F. Generously grease a baking dish with coconut oil.
2. Core and chop the apples. Combine the apples, raisins, coconut flour, maple syrup and lemon juice in the prepared dish.
3. In a bowl, use your fingers to combine the coconut oil, almond flour, coconut crystals, sliced almonds and chopped pecans. When the mixture is crumbly, sprinkle it over the fruit.
4. Bake for 30-40 minutes until the top is browned and apples are tender.

12 servings

Nutritional Analysis: One serving equals: 228 calories, 15g fat, 9mg sodium, 20g carbohydrate, 3g fiber, and 3g protein

Real Healthy Lebkuchen Cookies



These cookies are a delicious and free from refined sugar and gluten filled grains.

Here's what you need for 30 cookies:

- 1 1/2 cups slivered blanched almonds
- 2 cups blanched almond flour
- 1 3/4 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cloves
- 1 teaspoon allspice
- 1 teaspoon salt
- dash of nutmeg
- 1 1/2 cup coconut crystals
- 1/2 cup fruit-only orange marmalade
- 1/4 cup candied ginger, chopped
- 1/4 cup molasses
- 5 eggs

For the Glaze:

- 3/4 cup coconut oil, softened
- 1/4 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1 Tablespoon maple syrup
- 1 Tablespoon raw honey, softened

1. Preheat oven to 350 degrees F. Spread the almonds on a rimmed cookie sheet and toast for 10 minutes, until lightly golden. Let cool completely.
2. In a medium bowl, combine the blanched almond flour, baking powder, cinnamon, ground ginger, cloves, allspice, salt and nutmeg.
3. In a food processor, pulse the cooled almonds until coarsely chopped. Add the coconut crystals and pulse until fully mixed. Add marmalade, candied ginger and molasses and pulse until just incorporated. Add the eggs all at once. Add the dry ingredients and pulse until the batter is uniform in color.
4. Scrape the batter into a bowl, cover and freeze for at least 4 hours.
5. Preheat oven to 350 degrees F. Grease cookie sheets with coconut oil. Scoop the frozen batter by rounded tablespoon and press into a flattened circle on the prepared baking sheet. Bake for 10 to 12 minutes, until fully set. Once cooled place the cookies back in freezer. You want them really cold before you apply the glaze.
6. To make glaze: beat the softened coconut oil until fluffy. Add remaining ingredients and beat until fully incorporated.
7. Spread some glaze on each cookie, then keep in the refrigerator until ready to serve. The glaze stays nice and hard as long as the cookies are cold.

30 Servings

Nutritional Analysis: One cookie equals: 135 calories, 7g fat, 121mg sodium, 14g carbohydrate, 2g fiber, and 4g protein

Real Healthy Peanut Butter Cookies



Gluten and cane sugar free, these cookies are packed with wholesome calories, and usable nutrients.

Here's what you need for 24 cookies:

- 1 cup natural peanut butter (Try Earth Balance Creamy Coconut Peanut Butter)
- ½ cup coconut crystals
- 1 teaspoon vanilla extract
- ¾ cup blanched almond flour
- 1 teaspoon baking soda
- 2 omega-3 eggs
- 1 cup dark chocolate chips (look for big ones)

1. Preheat the oven to 350 degrees F. Grease a baking sheet with coconut oil.
2. In a large mixing bowl combine the peanut butter, coconut crystals, vanilla, almond flour, baking soda and eggs. Mix until fully combined.
3. Roll the dough into small balls, place on the baking sheet a couple of inches apart. Press a chocolate chip into the top of each cookie.
4. Bake for 10-12 minutes. Remove from oven and allow to cool.
5. Melt the remaining dark chocolate in a double boiler. Dip each cooled cookie in the chocolate, then flip over to allow to cool. To cool faster, place in the fridge.

24 servings

Nutritional Analysis: One serving equals: 139 calories, 9g fat, 41mg sodium, 10g carbohydrate, 1g fiber, and 5g protein

5 Minute Chocolate Mug Cake



This recipe is made with ingredients that all have something to offer nutritionally, so while your sweet tooth is being satisfied your body is also being nourished

Now keep in mind that this is a recipe for chocolate cake — the ingredients are wholesome, but it's still cake! Enjoy in moderation

Here's what you need for 1 mug cake:

- 4 Tablespoons almond meal
- 4 Tablespoon coconut crystals
- 2 Tablespoons unsweetened cocoa powder
- 2 Tablespoons whisked egg
- 4 Tablespoons coconut milk
- 1 generous Tablespoon coconut oil, melted over low heat
- 1/8 teaspoon vanilla extract
- 3 Tablespoons dark chocolate chips

1. In a microwave safe mug, combine the almond meal, coconut crystals, and cocoa powder. Mix well, until all the lumps are gone.
2. Add the whisked egg and mix. Add the coconut milk, coconut oil and vanilla extract. Mix well. Add the chocolate chips.
3. Microwave on high for 3 minutes.
4. Serve immediately!

2 Servings

Nutritional Analysis: One serving equals: 332 calories, 25g fat, 53mg sodium, 25g carbohydrate, 3g fiber, and 7g protein

Pumpkin Quinoa Cookies



These fall cookies are as tasty as they are healthy.

Here's what you need for 30 cookies:

- 2 cups cooked quinoa
- 2 cups almond meal
- 1/4 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1/2 cup canned pumpkin
- 1/3 cup coconut crystals
- 1 teaspoon vanilla extract
- 2 organic, omega 3 eggs
- 2 Tablespoons coconut oil
- 1 cup mini dark chocolate chips, divided

1. Preheat oven to 350 degrees F. Grease two cookie sheets with coconut oil. Set aside.
2. In a medium bowl, combine the cooked quinoa, almond meal, salt and pumpkin pie spice. Mix well.
3. In another medium bowl, combine the canned pumpkin, coconut crystals, vanilla extract, eggs and coconut oil. Mix well.
4. Combine the dry ingredients with the wet ones and then fold in 1/2 cup of the dark chocolate chips. Place by flattened Tablespoon on the prepared cookie sheets. Bake for 20 minutes, or until golden. Allow to cool for 15 minutes on the sheet before transferring to a cooling rack.
5. In a double boiler, or simply by placing a small saucepan in a skillet of water, over medium-low heat, melt the remaining 1/2 cup of dark chocolate chips. Drizzle over the cookies. Transfer the cookies to the refrigerator for 20 minutes or until the chocolate has hardened.

30 cookies

Nutritional Analysis: One cookie equals: 96 calories, 6g fat, 20mg sodium, 8g carbohydrate, 1g fiber, and 4g protein

Real Healthy Berry Crisp



Go on, take a break from apple pie....

Here's what you need for 10 servings:

- 3 cups fresh berries
- 1 omega-3 egg
- 1 1/2 cups blanched almond meal
- 2 Tablespoons coconut oil, melted
- 2 Tablespoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 Tablespoon agave nectar OR 1/4 cup coconut crystals

1. Preheat oven to 350 degrees F. Lightly grease a pie pan or 8"x8" glass pan with coconut oil.
2. Pour the berries into prepared pan.
3. In a small bowl combine the egg, almond meal, coconut oil, cinnamon, nutmeg and agave nectar (or coconut crystals).
4. Crumble the almond flour mixture by hand evenly over the berries.
5. Bake for 35 minutes.

* Top with some plain Greek yogurt mixed with coconut crystals.

10 Servings

Nutritional Analysis: One serving equals: 164 calories, 11g fat, 13mg sodium, 11g carbohydrate, 3g fiber, and 5g protein.

Real Healthy Whoopie Pie



Frosting (needs to refrigerate for 12 hours):

- 1 cup coconut milk
- 1 teaspoon vanilla extract
- 1/2 cup pure maple syrup
- 1 teaspoon xanthun gum OR guar gum
- 1 cup coconut oil

Cookies:

- 4 cups almond meal
- 1/2 cup unsweetened cocoa powder
- 1 1/4 teaspoons baking soda
- 1 teaspoon salt
- 1/2 cup coconut oil
- 1 cup coconut crystals
- 1 omega 3 egg
- 2 teaspoons pure vanilla extract
- 1 cup coconut milk

Make the Frosting:

1. Make the frosting the night before. Whisk coconut milk, vanilla extract and maple syrup in a small saucepan over medium heat.
2. Use a hand mixer and blend in the xanthun or guar gum, until the frosting starts to thicken.
3. Remove from heat and blend in the coconut oil.
4. Cover and chill in the fridge for at least 12 hours before using.

Make the Cookies:

1. Preheat oven to 350 degrees F. Grease 2 baking sheets with coconut oil.
2. Mix the almond meal, cocoa powder, baking soda and salt in a medium bowl.
3. In another medium bowl combine the coconut oil, coconut crystals, egg, vanilla and coconut milk.
4. Slowly add the dry ingredients to the wet ones, mixing well.
5. Spoon the batter by the heaping tablespoonful onto prepared baking sheets. Bake for 10-12 minutes, until the centers are cooked through. Remove from oven and allow to cool for 15 minutes before transferring to a cooling rack.
6. Once the cookies have fully cooled, spread about 2 tablespoons of frosting on the bottom of one cookie, then top with another cookie.
7. If you plan to transport your cookies, then I suggest placing them in the freezer for a few hours first. This will ensure that they stay stuck together. Also you may wrap each pie individually in plastic wrap.

60 Servings — half a pie is one serving

Nutritional Analysis: One serving equals: 99 calories, 8g fat, 47mg sodium, 5g carbohydrate, 1g fiber, and 3g protein

Chocolate Chip and Candied Bacon Cookies



Imagine a huge, flashing, neon-lighted sign above this cookie picture that says <<<WARNING!!!>>> Warning...this recipe isn't really *healthy*, more like *healthier*. We are combining bacon and chocolate here...

Here's what you need for 40 small cookies:

- 10 slices nitrate free bacon
- 1/4 cup pure maple syrup
- 4 1/2 cups blanched almond flour
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 3 eggs
- 1 cup coconut crystals
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 3/4 cup coconut oil, melted
- 1.5 cups 72% dark chocolate chips

1. Preheat oven to 350 degrees F.
2. In a medium bowl combine the bacon slices with the maple syrup. Evenly coat each slice.
3. Line a baking sheet with parchment paper, then line the bacon on it. Bake for 20 minutes.
4. Remove from oven and allow to cool. Once cooled, crumble into a bowl then set aside.
5. Preheat the oven to 375 degrees F. Grease a cookie sheet with coconut oil and set aside.
6. In a medium bowl combine the almond flour, baking soda and salt.
7. In another medium bowl combine the coconut crystals, eggs, vanilla extract and almond extract. Pour the wet ingredients into the dry ones and mix well.
8. Add the melted coconut oil to the batter. Add the bacon crumbles and chocolate chips. Mix until fully incorporated.
9. Drop dough by the tablespoon onto prepared cookie sheet. Bake for 10 to 12 minutes.
10. Remove from cookie sheet and allow to cool on a wire rack for 15 minutes.

40 Servings

Nutritional Analysis: One serving equals: 156 calories, 12g fat, 128mg sodium, 9g carbohydrate, 2g fiber, and 4g protein

Peanut Butter Frozen Yogurt



Made with fat free Greek yogurt, coconut crystals and unadulterated, creamy peanut butter, this recipe is a tasty way to cool off.

Here's what you need for 8 servings:

- 3/4 cup creamy, natural peanut butter (only use peanut butter that doesn't contain corn syrup or sugar)
- 3/4 cup coconut crystals
- 1/2 tsp vanilla extract
- 1/3 cup filtered water
- 16 oz fat free plain Greek yogurt
- 16 oz fat free vanilla Greek yogurt
- Banana for topping
- Chopped peanuts for topping

1. Prepare your ice cream maker.
2. Combine the peanut butter, coconut crystals and water in a small sauce pan. Heat over very low heat, mixing constantly, until it is all melted together. If the mixture is extremely thick, then add some more water. It should be pourable. Separate 1/2 a cup of the sauce if you'd like to use it as a topping. Set aside and allow to cool.
3. In a medium bowl combine both types of yogurt. Add the peanut butter sauce and mix well.
4. Put in your ice cream maker and allow to run until it reaches ice cream consistency.
5. Top with the reserved peanut butter sauce, banana slices and chopped peanuts.

8 Servings

Nutritional Analysis: One serving equals: 249 calories, 8g fat, 163mg sodium, 19g carbohydrate, 3g fiber, and 19g protein.

Real Healthy No Bake Cookies



No need for an oven with these tasty morsels.

Roll the balls in topping, then place on tray.

- 1.5 cup almond flour, plus 1/4 cup for topping
- 1 cup mini chocolate chips
- 1/2 cup coconut crystals, plus 1/2 cup for topping
- 1/2 cup almond butter
- 1/4 cup coconut oil
- 1 cup unsweetened shredded coconut
- 2 tsp cinnamon

1. Line a baking sheet with wax paper. Set aside.
2. In a large bowl, combine the almond flour, chocolate chips, coconut crystals, almond butter, coconut oil, shredded coconut and cinnamon.
3. In a small bowl combine the almond flour and coconut crystals for the topping.
4. Form round balls out of 1 Tablespoon scoops of dough, roll in the topping, then place on prepared baking sheet.
5. Chill the cookie balls in the fridge for 30 minutes.

35 Servings

Nutritional Analysis: One serving equals: 145 calories, 11g fat, 10mg sodium, 8g carbohydrate, 2g fiber, and 4g protein.

Real Healthy Zucchini Brownies



The secret to perfectly moist brownies? Add some zucchini!

Here's what you need for 16 servings:

- 5 oz dark chocolate, 72% or higher cocoa content
- 1/4 cup coconut oil
- 2 omega-3, free range eggs
- 1/4 cup agave nectar
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 1 cup blanched almond flour
- 1/4 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 1/2 cups shredded zucchini

1. Preheat oven to 350 degrees F. Grease an 8x8 pan with coconut oil, then dust with blanched almond flour. Set aside.
2. In a double boiler, gently melt the chocolate. (If you don't have a double boiler then fill a skillet with a few inches of water and set a small pot in the water, place over very low heat.) Add the coconut oil and mix until fully combined. Remove from heat and set aside to cool.
3. In small bowl combine the eggs, agave nectar and vanilla and almond extracts. Add the cooled chocolate mixture.
4. In a medium bowl combine almond flour, cocoa powder, baking soda and salt. Pour in the wet ingredients and mix until fully combined.
5. Using a food processor, shred the zucchini. Then place on a cutting board and finely chop the shredded pieces. Having very tiny pieces of zucchini is the key to making this recipe work!
6. Fold the zucchini into the batter. Pour into prepared pan and bake for 25 minutes, or until fully set. Allow to cool in the pan for at least 30 minutes before cutting. *Tip: Use a serrated, plastic knife to cut your brownies — this makes it less likely to crumble.

16 servings

Nutritional Analysis: One serving equals: 116 calories, 8g fat, 102mg sodium, 7g carbohydrate, 2g fiber, and 3g protein.

Be Thin Mint Cookies



One cookie will fill you up and will provide usable energy for your day. The perfect snack to hold you over between meals.

Here's what you need for 30 cookies:

- 5 oz dark chocolate (73% cocoa)
- 1/3 cup coconut oil
- 1 3/4 cup blanched almond flour
- 1/4 cup unsweetened cocoa powder
- 1 1/2 teaspoon baking soda
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoon peppermint extract
- 1 Tablespoon agave nectar
- 2 eggs
- 1/4 cup mini chocolate chips

1. Preheat oven to 350 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a double boiler melt the dark chocolate over low heat. Add the coconut oil and mix until fully liquified. Set aside to cool.
3. In a medium sized bowl combine the almond flour, unsweetened cocoa powder, baking soda, baking powder and salt.
4. Add the vanilla and peppermint extracts and agave nectar to the melted chocolate mixture. Mix well and then add to the dry ingredients.
5. Add the eggs, stir until fully combined, then mix in the chocolate chips.
6. Using a tablespoon, form cookie dough balls and place an inch apart on the prepared baking sheet. Bake for 10 minutes.
7. Allow to cool for 10 minutes on the pan before moving to a cooling rack.

Nutritional Analysis: One cookie equals: 95 calories, 8g fat, 70mg sodium, 5g carbohydrate, 2g fiber, and 3g protein.

Real Healthy Apple Pie



This recipe for apple pie is probably different than any you've tried in the past. It's wheat and gluten free, and calls for no sugar. It is lightly sweet and filled with nutritious ingredients. Try it with a dollop of plain or vanilla Greek yogurt.

Here's what you need for 12 servings:

- 4-6 medium green apples, cored and sliced
- 4 omega-3, free range eggs
- 2 Tablespoons agave nectar
- 1/2 cup full fat coconut milk, from can
- 2 Tablespoons coconut oil, melted over low heat
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/3 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon plus more for garnish
- Pinch of ground nutmeg

1. Preheat oven to 350 degrees F. Grease a 9-inch pie pan with coconut oil, then dust with blanched almond flour.
2. Arrange the apple slices in concentric circles, fanning out from the center of the pan.
3. In a medium bowl whisk together the eggs, agave nectar, coconut milk, coconut oil, vanilla and almond extracts. In another bowl combine the almond flour, salt, cinnamon and nutmeg.
4. Stir the wet ingredients into the flour mixture until fully combined. Pour over the arranged apples.
5. Bake for 45-55 minutes, until the pie is set and the top is golden. Allow to cool for 30 minutes before slicing.
6. Add a dollop of plain or vanilla Greek yogurt and a sprinkle of cinnamon to each slice.

12 Servings

Nutritional Analysis: One serving equals: 123 calories, 7g fat, 49mg sodium, 13g carbohydrate, 3g fiber, and 3g protein.

Real Healthy Popsicles



Cure your sweet summer sweet tooth with these wholesome homemade Popsicles!

Orange Creamsicle

Classic orange and white Popsicles that you get at the store contain artificial colors, flavors and sweeteners. This Real Healthy Creamsicle is made with organic, Greek yogurt, and fresh fruit.

Here's what you need for 6 servings:

- 2 cups organic, vanilla Greek yogurt
 - 1 orange, peeled and seeded
 - 1 cup pineapple chunks
 - 1 teaspoon agave nectar
1. Fill the bottom 1/3 of each popsicle mold with yogurt. Freeze for 15 minutes.
 2. In a high speed blender, combine the orange, pineapple and agave nectar. Blend on high speed for a full minute.
 3. Fill the remaining space in each mold with the orange mixture. Freeze until solid.



6 servings

Nutritional Analysis: One serving equals: 90 calories, 0g fat, 30mg sodium, 15g carbohydrate, 1g fiber, and 8g protein.

Strawberry Kiwi

The kids love the exotic look of this popsicle, and have fun playing ‘How many licks does it take to get to the kiwi?’ It’s amazing how bright and vibrant natural fruit colors can be!

Here’s what you need for 6 servings:

- 2 cups strawberries, hulled
- 2 Tablespoons filtered water
- 2 teaspoons agave nectar (optional)
- 2 kiwis, sliced

1. In a high speed blender, combine the strawberries, water and agave nectar. Allow to run for a full minute on high.
2. Place one slice of kiwi in each popsicle mold, pressed against the side. Fill the molds with the strawberry mixture.
3. Freeze until solid.

6 servings

Nutritional Analysis: One serving equals: 38 calories, 0g fat, 2mg sodium, 9g carbohydrate, 2g fiber, and 1g protein.



Mint Watermelon

Watermelon is by far the most beloved summer fruit.

It’s easy to make layers by freezing one section at a time. The red and green pattern brings the flavor to life by imitating real slice of watermelon.

Here’s what you need for 6 servings:

- 2 cups watermelon pieces
- 3 kiwis, peeled and seeded
- 1 Tablespoon agave nectar
- 30 mint leaves
- 1 Tablespoon filtered water

1. Blend the watermelon in a high speed blender on high for 30 seconds. Fill the bottom 2/3’s of each popsicle mold with the watermelon. Freeze for 30 minutes.
2. Combine the kiwi, agave nectar, mint leaves and water in the high speed blender for a full minute or until the tiny pieces of mint have disappeared and the green color is vibrant and uniform.
3. Fill the remaining space in each popsicle mold with the mint mixture. Freeze until solid.

6 servings

Nutritional Analysis: One serving equals: 42 calories, 0g fat, 3mg sodium, 30g carbohydrate, 2g fiber, and 1g protein.



Blue Raspberry

If your blueberries are super ripe and sweet then feel free to leave out the agave nectar.

Here's what you need for 6 servings:

- 2 cups blueberries
- 1/4 cup filtered water
- 1 teaspoon agave nectar
- 1 cup raspberries

1. Place the blueberries, water and agave nectar in your high speed blender and blend on high for a full minute or until the little pieces of blueberry skin have disappeared and the purple color is vibrant and uniform.
2. Place 2 whole raspberries in each popsicle mold, then fill with the blueberry mixture. Freeze until solid.



6 Servings

Nutritional Analysis: One serving equals: 42 calories, 0g fat, 1mg sodium, 10g carbohydrate, 3g fiber, and 1g protein.

Banana Coconut

Creamy banana, rich coconut milk, flakes of coconut and pure cinnamon make up this gourmet popsicle. It's so delicious you'll think you're eating ice cream.

Here's what you need for 6 servings:

- 2 bananas
- 1 cup coconut milk, full fat from can
- 1/2 cup unsweetened, shredded coconut
- 1 teaspoon agave nectar
- 1 teaspoon ground cinnamon

1. Place the peeled bananas, coconut milk, shredded coconut, agave nectar and cinnamon in your high speed blender. Blend on high for a full minute or until smooth.
2. Fill each popsicle mold. Freeze until solid.

6 Servings

Nutritional Analysis: One serving equals: 167 calories, 13g fat, 7mg sodium, 13g carbohydrate, 2g fiber, and 2g protein.



Iced Tea Lemonade

Ice tea and lemonade are a classic summer combo!

Here's what you need for 6 servings:

- 1 cup brewed tea
- 5 dates, pitted
- 1/3 cup lemon juice
- 3 Tablespoons agave nectar
- 1/4 cup water
- decorative lemon slices

1. Brew your tea, then drop the dates in while the tea is still hot. Place the soaking dates in the fridge for 20 minutes.
2. Place the lemon juice, agave nectar, and water in cup and whisk. Set aside.
3. Place the tea and dates in your high speed blender and combine on high for a full minute, or until the tiny date pieces have disappeared.
4. Fill each popsicle mold with a 50-50 combination of tea and lemonade. Add decorative slices of lemon. Freeze until solid.

6 Servings

Nutritional Analysis: One serving equals: 51 calories, 0g fat, 0mg sodium, 16g carbohydrate, 1g fiber, and .5g protein.



Real Healthy Chocolate MacNut Cookies



Form the dough into a log, freeze, and then slice into perfectly shaped cookies.

Here's what you need:

- 2 1/2 cup blanched almond flour
- 2 Tablespoons flax meal
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 cup unsweetened cocoa powder
- 1/3 cup coconut oil, melted over low heat
- 1/3 cup agave nectar
- 1 Tablespoon vanilla extract
- 1/2 cup macadamia nuts, chopped

1. Preheat oven to 350 degrees F. Grease a cookie pan with coconut oil, set aside.
2. In a medium bowl combine the almond flour, flax meal, salt, baking soda and cocoa powder.
3. In another medium bowl combine the coconut oil, agave nectar, and vanilla extract.
4. Add the dry ingredients to the wet ones and mix until just combined. Add the macnuts. Do not overmix!
5. Form the dough into a log with a 2.5 inch diameter, wrap in plastic wrap and place in the freezer for 1 hour.
6. Remove dough from freezer and unwrap. Slice the log into cookies about 1/2 inch thick. Place on prepared baking sheet and bake for 7-10 minutes. Allow to cool on the baking sheet for 30 minutes before removing.

28 Servings

Nutritional Analysis: One serving equals: 100 calories, 7g fat, 27mg sodium, 5g carbohydrate, 1g fiber, and 3g protein

Real Healthy Cut-Out Cookies



Most cookies are a bittersweet affair — tasty and enjoyable on the lips but then headed straight for your hips. These cookies, on the other hand, aren't weighed down with refined sugar, gluten-filled flour or butter, making them nothing but sweet.

Here's what you need for 28 cookies:

- 2 1/2 cups blanched almond flour
- 1/2 teaspoon salt
- 2 Tablespoons ground flax meal
- 1/3 cup coconut oil, melted over very low heat
- 1/4 cup agave nectar
- 1 Tablespoon vanilla extract
- 1/2 teaspoon almond extract

1. Preheat oven to 350 degrees F. Grease a baking sheet with coconut oil then set aside.
2. In a medium bowl combine the almond flour, salt and flax. In another bowl combine the coconut oil, agave, vanilla and almond extracts.
3. Stir the wet ingredients into the dry ones and mix until fully combined. Form the dough into a large ball, then flatten it slightly. Wrap in plastic and store in the freezer for 1 hour.
4. Remove the dough from freezer, place between 2 sheets of wax paper and use a rolling pin to flatten to 1/2 inch thickness. Use your favorite cookie cutter shapes to create cookies — dipping the cookie cutters in cold water before each use.
5. Place cut-out cookies on prepared pan then bake for 7-10 minutes, until golden. Allow to cool on the pan for 1 hour.

28 Servings

Nutritional Analysis: One serving equals: 93 calories, 7g fat, 31mg sodium, 4g carbohydrate, 1g fiber, and 3g protein.

Real Healthy Summer Bars



For the crust:

- 1 cup blanched almond flour
- 3/4 cup almond meal
- 3 dates, soaked for 20 minutes in warm water
- 3 teaspoons lemon zest
- 2 omega-3, free range eggs

For the Cashew Cream:

- 1 cup raw cashews
- 5 dates
- 3 cups water, divided
- 1 teaspoon vanilla extract
- 1 teaspoon lemon rind
- pinch of salt

For the Fruit Topping:

- 6 strawberries, sliced
- 24 raspberries
- 36 blueberries

Make the Crust:

1. Preheat oven to 375 degrees F. Grease a 9"x9" pan with coconut oil, set aside.
2. Drain the dates, then place in a food processor with the eggs and lemon zest. Blend until smooth. Add the almond flour and almond meal in small batches, blending until fully incorporated.
3. Press dough into the bottom of prepared pan, evenly. Bake for 15 minutes or until golden. Allow to cool in the pan for an hour.
4. Cut into 12 equal bars.

Make the Cashew Cream:

1. Soak the cashews in 2 cups of warm water, and the dates in 1 cup of warm water for 20 minutes.
2. Drain the cashews. Place the dates and their water into a high speed blender along with the vanilla, lemon rind and salt. Blend on high speed for 1-2 minutes until creamy.
3. Place in the fridge for 2-3 hours before frosting bars. It will become thicker and creamier once cold.

Assemble the Patriotic Bars

1. Spread chilled cashew cream on each of the 12 bars.
2. Place a slice of strawberry, 2 raspberries and 3 blueberries on each bar.
3. Serve immediately or place in fridge until ready to serve.

12 Servings

Nutritional Analysis: One serving equals: 211 calories, 13g fat, 11mg sodium, 20 carbohydrate, 4g fiber, and 7g protein.

Real Healthy Banana Cake



This cake is unbelievably moist.

For the cake:

- 1/2 cup coconut oil, melted over low heat
- 1/2 cup agave nectar
- 3 omega-3, free range eggs
- 3 ripe bananas, mashed
- 1/4 cup coconut milk, full-fat from can
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 cups blanched almond flour
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

For the Frosting:

- 8 oz organic cream cheese, room temperature
- 2 Tablespoons agave nectar
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- pinch of salt
- 1 Tablespoon coconut milk, full-fat from can

1. Preheat oven to 325 degrees F. Grease a 9×11 baking pan with coconut oil. Set aside.
2. In a medium sized bowl combine the coconut oil, agave nectar, eggs, banana, coconut milk, vanilla extract and almond extract. In another bowl combine the almond flour, baking soda, cinnamon and salt. Pour the wet ingredients over the dry and mix until well combined.
3. Pour into prepared pan and bake for 35-40 minutes, until golden on top.
4. For the frosting: With an electric mixer, beat the cream cheese until fluffy. Reduce the mixing speed and add the remaining ingredients. Beat on high speed until fluffy.
5. Once the cake is fully cooled, cover with the frosting and cut into squares.

24 Servings

Nutritional Analysis: One serving equals: 169 calories, 7g fat, 158mg sodium, 12g carbohydrate, 2g fiber, and 4g protein.

Apricot-Filled Caveman Bars



For the Apricot Filling:

- 1 cup dried apricots
- 3/4 cup filtered water
- 2 Tablespoons agave nectar
- 1 Tablespoon coconut flour

For the Crust:

- 2 1/2 cups blanched almond flour
- 1 cup dry toasted sliced almonds
- 1 cup unsweetened shredded coconut
- 1/4 teaspoon baking soda
- 1/3 cup coconut oil, melted over low heat
- 1/3 cup agave nectar
- 1 omega-3, free range egg

1. Preheat the oven to 350 degrees F. Grease an 11"x7" baking pan with coconut oil. Set aside.
2. Make the Apricot Filling: Place the 3/4 cup water in a saucepan over low heat. Use clean kitchen scissors to snip the dried apricots into small pieces, then place them in the water. Bring the water to a boil, then cover and simmer for 5 minutes. Combine the agave nectar and coconut flour together, then mix in with the apricots. Continue to cook, uncovered, until the mixture is thick and bubbly. Remove from heat and set aside.
3. Make the Crust: In a large bowl combine the almond flour, sliced almonds, shredded coconut and baking soda. In another bowl combine the coconut oil, agave nectar and egg. Add the wet ingredients to the dry ones, mixing until fully incorporated.
4. Reserve 3/4 cup of the crust mixture, then press the rest of it into the bottom of the prepared pan. Top with the apricot filling, then sprinkle the reserved crust mixture over the top.
5. Bake for 30 minutes, or until golden. Allow to cool 30 minutes before cutting into squares.

30 Servings

Nutritional Analysis: One serving equals: 125 calories, 8g fat, 8mg sodium, 10g carbohydrate, 2g fiber, and 3g protein.

Skinny Lemon Bars



With no refined sugar or flour, you can enjoy the delicately sweet treat without worrying about adding an extra workout to your list.

For the Crust:

- 3 cups blanched almond flour
- 1 teaspoon salt
- 1/4 cup coconut oil, melted over low heat
- 2 Tablespoons agave nectar
- 1 Tablespoon vanilla extract
- 1/2 teaspoon almond extract
- 1 teaspoon lemon rind

For the Lemon Layer:

- 1/2 cup coconut oil, melted over low heat
- 1/2 cup agave nectar
- 6 omega-3, free range eggs
- 2/3 cup fresh lemon juice
- 2 Tablespoons lemon rind
- 2 Tablespoons coconut flour

1. Preheat oven to 350 degrees F. Generously grease a 13"x9" baking pan with coconut oil and lightly dust with coconut flour. Set aside.
2. For the crust: In a medium bowl combine the almond flour and salt. In another bowl combine the coconut oil, agave nectar, extracts and lemon rind. Mix the dry and wet ingredients together until well combined. Press the dough into the bottom of prepared pan. Bake for 15 minutes, or until golden.
3. For the Lemon Layer: In a blender combine all of the lemon layer ingredients on high until smooth. Pour over the baked crust. Bake for another 15-20 minutes until golden. Allow to cool for 30 minutes then refrigerate for 2 hours until set. Cut into bars and serve.

30 servings

Nutritional Analysis: One serving equals: 151 calories, 12g fat, 60mg sodium, 8g carbohydrate, 2g fiber, and 4g protein.

Real Healthy Hostess Cupcakes



For the Cake:

- 1/2 cup blanched almond flour (save \$ buy purchasing this online in bulk)
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 4 free range, omega 3 eggs
- 1/3 cup coconut oil, melted over very low heat
- 1/2 cup agave nectar
- 1 teaspoon vanilla extract

For the Meringue:

- 1/4 cup agave nectar
- 2 egg whites

For the Ganache:

- 1/2 cup dark chocolate (72% cocoa or higher)
- 1/4 cup coconut oil

1. Preheat oven to 350 degrees F and line 12 muffin cups with paper liners.
2. In a medium bowl combine the almond flour, cocoa powder, salt and baking soda. In another bowl combine the eggs, coconut oil, agave nectar and vanilla extract.
3. Add the wet ingredients to the dry ones and mix until fully incorporated.
4. Pour 1/4 cup of batter into each muffin liner. Bake for 20 minutes, then allow muffins to cool for one hour in the pan.
5. Make the Ganache: Melt chocolate in a sauce pan over very low heat, stirring constantly. Stir in the coconut oil. Cool in fridge for 10 minutes. Blend with mixer until fluffy.
6. Make the Meringue: Heat the agave nectar over medium heat in a small sauce pan. Bring to a boil, stirring constantly. Decrease heat and simmer for 10 minutes, until the color darkens. Set aside. Using an electric mixer, whip the egg whites until stiff peaks form. Slowly drizzle the agave nectar into the egg white while continuing to whip. Stop whipping when the meringue becomes shiny with stiff peaks.
7. Assemble your cupcakes: Remove each muffin from the liner. Use a small knife to carve out a small circle on the top of each muffin. Save the top piece, and carve down about an inch, discarding the crumbs. Fill a pastry bag with the meringue, and use to fill each hole. Replace the top pieces. Carefully apply a layer of ganache on top of each cupcake, then use the remaining meringue to create the signature Hostess swirls!

12 servings

Nutritional Analysis: One serving equals: 222 calories, 14g fat, 99mg sodium, 19g carbohydrate, 2g fiber, and 5g protein

Dark Chocolate Almond Bark



Here's a delicious treat that is both good for you and tastes amazing. Dark chocolate is filled with antioxidants and other beneficial properties. Couple that with sliced almonds and a sprinkle of toasted coconut and you've got yourself a splendid treat.

Here's what you need:

- 20 oz dark chocolate, 73% or higher cocoa content
- 1/2 teaspoon almond extract
- 1 cup sliced almonds
- 1/2 cup shredded coconut, lightly toasted

1. Line a tray with wax paper, making sure that it will fit into your freezer.
2. Lightly toast the coconut in a small skillet over low heat. Set aside.
3. Gently melt the chocolate in a double boiler. Mix in the almond extract and sliced almonds. Spread the mixture over the prepared sheet. Evenly sprinkle with coconut.
4. Place in freezer for 30 minutes. Break into pieces.

20 servings

Nutritional Analysis: One serving equals: 208 calories, 15g fat, 12mg sodium, 14g carbohydrate, 5g fiber, and 4g protein.

Skinny Banana Chocolate Bars



These bars contain a modest amount of healthy coconut oil with nutrient-packed Chia seeds to create a delicious and moist banana chocolate bar. Dark chocolate drizzled across the top adds the perfect finishing touch.

Here's what you need:

- 2 teaspoons Chia seeds

For Banana layer:

- 1 1/2 cups Almond Flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon sea salt

- 6 Tablespoons filtered water

- 2 ripe organic bananas
- 2 Tablespoons coconut oil, melted
- 2 Tablespoons raw honey, melted
- 1 teaspoon vanilla extract
- 4 omega 3, free range eggs

For the Chocolate layer:

- 2/3 cup Almond Flour
- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda

- 1 Tablespoon coconut oil, melted
- 2 Tablespoons raw honey, melted
- 1/2 teaspoon vanilla extract
- 2 omega-3, free range eggs

For the topping:

- 1/2 cup dark chocolate, 73% cocoa

1. In a cup combine chia seeds with water. Mix well and set aside for at least 15 minutes.
2. Preheat oven to 350 degrees F. Lightly grease a large (13"x9") baking pan with coconut oil.
3. For the banana layer: In a medium bowl combine the almond flour, baking soda, baking powder, cinnamon and salt. In another bowl mash the bananas, then add coconut oil, honey, vanilla, eggs and 4 Tablespoons of the Chia seed gel. Add the almond flour mixture to the banana mixture and combine well. Set aside.
4. For the chocolate layer: In a medium bowl combine the almond flour, cocoa powder, baking powder, and baking soda. In another bowl combine the coconut oil, honey, vanilla, eggs and 2 Tablespoons of the Chia seed gel. Add the almond flour mixture into the wet ingredients and combine well.
5. Spread the banana batter evenly in the prepared pan. Drop spoonfuls of the chocolate batter over the banana batter. To create a swirl, place a blunt knife in the top left-hand corner of the pan. Drag the knife through the chocolate dots in that row, then without taking the knife out of the batter, turn and go back up the next row of dots. Once you get to the end of the pan, change direction and draw the knife through the rows the long way.
6. Bake for 25-30 minutes, until lightly golden.
7. Once cooled, cut the bars into squares and place on a wax paper-lined tray. Melt the dark chocolate over very low heat, stirring constantly, then drizzle over each square. Chill in the fridge for 20 minutes before serving.

24 servings

Nutritional Analysis: One serving equals: 121 calories, 8g fat, 122mg sodium, 8g carbohydrate, 2g fiber, and 5g protein

Black Bean Brownies



It's fun to share these brownies with an unsuspecting friend and then drop the bomb that they just ate black beans!

Here's what you need:

- 1 1/2 cup almond meal (ground almonds)
- 1 1/2 teaspoon baking soda
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 can black beans (15oz), drained
- 1 cup melted dark chocolate (72% cocoa or higher)
- 1/3 cup melted coconut oil
- 1/2 cup melted raw honey
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 2 organic, omega-3 eggs
- 12 walnut halves

1. Preheat oven to 350 degrees F. Lightly grease a brownie pan with coconut oil. Set aside.
2. In a medium bowl combine the almond meal, baking soda, baking powder and salt.
3. In a high speed blender combine the drained beans, melted chocolate, coconut oil, honey, vanilla and almond extracts. Blend on low speed until smooth.
4. Pour the wet ingredients into the bowl of dry ingredients and mix. Add the eggs and mix until fully incorporated.
5. Pour into prepared pan. Place the walnut halves on top.
6. Bake for 25-30 minutes. Allow to cool fully before cutting into squares.

30 servings

Nutritional Analysis: One serving equals: 147 calories, 9g fat, 87mg sodium, 12g carbohydrate, 3g fiber, and 4g protein.

Chocolate Covered Coffee Bean Cookies



These cookies are fun way to get a little dash of caffeine and that delicious coffee bean taste.

Here's what you need:

- 4 cups almond meal (1 full bag from Trader Joe's)
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 2 omega-3 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 cup pecans, chopped
- 1/2 cup chocolate covered coffee beans, chopped

1. Preheat oven to 350 degrees F. Line baking sheets with wax paper.
2. In a large bowl combine the almond meal, baking soda and salt. Mix well. Over low heat, in small saucepan, gently melt coconut oil and honey. Add to bowl. Add eggs and mix well. Add vanilla and almond extracts. Add pecans, and chocolate covered coffee beans. Mix until fully incorporated.
3. Shape dough into golf ball-sized balls, then flatten onto pan. Bake for 12-15 minutes until golden. Allow to cool before removing from pan.

24 servings

Nutritional Analysis: One serving equals: 197 calories, 16g fat, 160mg sodium, 9g carbohydrate, 3g fiber, and 5g protein

White Chocolate & Berries Cookie Recipe



These cookies are cram-packed with dried berries, crunchy nuts and tiny white chocolate morsels. I dare you to eat just one!

Here's what you need:

- 4 cups almond meal
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 2 omega-3 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 cup pecans, chopped
- 1/2 cup mini white chocolate chips
- 1/2 cup dried berries

1. Preheat oven to 350 degrees F. Line baking sheets with wax paper.
2. In a large bowl combine the almond meal, baking soda and salt. Mix well. Over low heat, in small saucepan, gently melt coconut oil and honey. Add to bowl. Add eggs and mix well. Add vanilla and almond extracts. Add pecans, chocolate chips and berries. Mix until fully incorporated.
3. Shape dough into golf ball-sized balls, then flatten onto pan. Bake for 12-15 minutes until golden. Allow to cool before removing from pan.

24 servings

Nutritional Analysis: One serving equals: 202 calories, 16g fat, 164mg sodium, 11g carbohydrate, 3g fiber, and 5g protein

Real Healthy Strawberry Ice Cream



Here's a strawberry ice cream that you can really get excited about. It's made with 2 simple, wholesome ingredients: organic strawberries and non fat Greek yogurt.

Here's what you need:

- 20 organic strawberries
- 2 cups non fat Greek yogurt

1. Wash and hull the strawberries. Mix in high speed blender until smooth.
2. Add yogurt and blend well.
3. Pour into an ice cream maker and run until yogurt is frozen and creamy.

2 servings

Nutritional Analysis: One serving equals: 191 calories, 0g fat, 109mg sodium, 24g carbohydrate, 5g fiber, and 25g protein

Real Healthy Poached Pears



If you've never made poached pears, don't be intimidated. The recipe is quite simple, and produces a delicately sweet and delicious treat. Using fresh squeezed oranges instead of sugar, this recipe cuts back on calories and guilt.

Here's what you need:

- 4 cups fresh squeezed orange juice
- 4 cups water
- 1 (2 inch) piece fresh ginger, peeled
- 6 whole cloves
- 1 cinnamon stick
- zest from an orange
- 6-8 ripe pears
- optional: low fat cottage cheese

1. Place all ingredients, except pears in a large saucepan over low heat.
2. Wash, peel and core the pears. Use a small melon baller to scoop out the core from the bottom of the pear.
3. Place all the pears in the saucepan, making sure that all the pears are fully covered with liquid.
4. Bring the pot to a simmer for 30 minutes. When the pears are soft, but not mushy, remove from liquid.
5. Optional: serve your poached pears over cottage cheese.

4 servings

Nutritional Analysis: One serving equals approx. (not including cottage cheese): 172 calories, 0g fat, 4mg sodium, 45g carbohydrate, 8g fiber, and 2g protein.