

27 FAT BURNING DESSERTS



CREATED BY
DIANA KEULIAN

27 Fat Burning Desserts

A slice of moist, yellow cake with whipped filling and rich chocolate frosting on your birthday. A plate of sweet, crumbly chocolate chip cookies after school...or after work. A decadent bit of fudgy, chocolate brownie after dinner.

There are moments in our lives that are defined by a sweet treat. So what happens when one day you decide to give up cane sugar, grains and dairy? Does that mean dessert for you is only a piece of fruit? No way.

While there's no denying that fruit is delicious, certain occasions beg for a more indulgent treat. The desserts in this book contain zero dairy, zero grains and zero cane sugar, so feel free to indulge without a trace of guilt. Here are my 5 secrets to making wholesome, guilt-free desserts...

Secret #1: Wholesome Sweeteners

Cane sugar and corn syrup have no place in a healthy diet. Ever. Not even when you indulge in dessert. Lucky for us, there are plenty of wholesome sweeteners available which will have less of an impact on your blood sugar.

My favorites: raw honey, pure maple syrup, coconut crystals and stevia.

Secret #2: Whole Food Flours

Just like sugar, traditional flour has no place in your healthy diet. It's filled with gluten, which is a digestive irritant, and it encourages your body to store fat. Try these whole food flours: almond flour, coconut flour and flax meal.

Secret #3: Dark Chocolate

Don't you love chocolate? Oh. Man. I. Do. If chocolate is your dessert-of-choice then it's important to learn to love the dark stuff. 73% cocoa content is a good place to start, then as your sweet receptors become more sensitive you'll start to like even darker chocolate. Dark chocolate is lower in sugar and higher in cocoa, which is where the actual benefit of chocolate lies: antioxidants, vitamins and minerals.

Secret #4: Portion Size

I know, I know, this one is no fun. It's common to think that wholesome desserts should be enjoyed with no limits. Sorry, but that's just not realistic. Dessert is still dessert and should be enjoyed in reasonable portions. Keep your desserts to no more than a few bites. Learn to savor and enjoy.

Secret #5: Moderation

Dessert should not be an everyday occurrence. Your diet should be comprised predominately of lean meats, and an abundance of fresh vegetables. Wholesome, portion-controlled desserts are OK to include occasionally, but not all the time.

DISCLAIMER:

The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

27 Dessert Recipes

Cookies & Bars:

Easy Chocolate Chip Cookies	5
Buttery Pecan Caveman Cookies	7
Guilt-Free Macarons	9
Pumpkin Quinoa Cookies.....	11
Real Healthy No Bake Cookies	13
Be Thin Mint Cookies.....	14
Real Healthy Cut-Out Cookies.....	16
Skinny Lemon Bars	18
No-Bake Caramel Cheesecake Bars	20
Skinny Banana Chocolate Bars	22

Cakes & Brownies:

Real Healthy Birthday Cake	24
Real Healthy Zebra Cake.....	26
Real Healthy Spice Cake with Maple Frosting	28
5 Minute Chocolate Mug Cake	30
Raw Carrot Cake Truffles.....	31
Real Healthy Banana Cake	33
Real Healthy Hostess Cupcakes	35
Double Chocolate Mini Brownies	37
Real Healthy Zucchini Brownies.....	38

Other Treats:

Creamy Coconut Pops with Yacon Syrup.....	40
Real Food Truffles	41
Chloe's Apple Crisp	42
Chocolate Drizzled Strawberry Skewers	43
Real Healthy Apple Pie.....	44
Real Healthy Popsicles	46
Dark Chocolate Almond Bark.....	50
Caveman Candy.....	51
Fun Fruit Skewers	52

Easy Chocolate Chip Cookies

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 20 cookies

One cookie equals:

71 calories, 5g fat, 21mg sodium, 5g carbohydrate, 1g fiber, and 2g protein



This is the recipe I use when we need cookies in a flash! The dough has a good consistency for using simple cookie cutter shapes. Chloe likes making hearts! These cookies are perfect for packing in lunches or taking a bag to the movies or on a hike.

Here's what you need:

- 2 cups blanched almond flour
- 3 Tablespoons coconut flour
- 1 Tablespoon arrowroot starch
- ½ teaspoon baking soda
- 1/8 teaspoon sea salt
- 1 egg
- ½ teaspoon vanilla extract
- ¼ cup pure maple syrup
- 2 Tablespoons coconut oil
- 1/2 cup mini, dairy and soy free chocolate chips (Enjoy Life brand)

1. Preheat oven to 350 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a medium bowl combine the almond flour, coconut flour, almond flour, arrowroot starch, baking soda and salt.
3. In another medium bowl combine the egg, vanilla, syrup and (cooled) oil. Add the

wet ingredients to the dry ones and mix until fully combined. Stir in the mini chocolate chips.

4. Shape the dough into 20 cookies, flattening them slightly onto the greased pan. Bake for 12-15 minutes, or until golden.
5. Allow to cool on the pan for 5 minutes, then transfer to a wire cooling rack. Store in an airtight container in the fridge.

Buttery Pecan Caveman Cookies

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 20 cookies

One cookie equals:

154 calories, 11g fat, 32mg sodium, 12g carbohydrate, 2g fiber, and 2.5g protein



Caveman cookies provide real, usable energy to power your day. So having one of these cookies as a snack is a smart move.

Here's what you need:

- 1 1/2 cup raw pecans
- 3 Tablespoons coconut flour
- 1/2 cup almond flour
- 2 Tablespoons arrowroot starch
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1 omega-3 egg
- 1/2 teaspoon vanilla extract
- 1/4 cup pure maple syrup, grade b
- 2 Tablespoons coconut oil, melted
- 1/2 cup mini, dairy and soy free chocolate chips (Enjoy Life brand)

1. Preheat oven to 350 degrees F. Lightly grease a baking sheet with coconut oil.
2. Place the raw pecans in a food processor and pulse until coarsely ground.
3. In a medium bowl combine the ground pecans, coconut flour, almond flour, arrowroot starch, baking soda and salt.
4. In another medium bowl combine the egg, vanilla, syrup and (cooled) oil. Add the wet ingredients to the dry ones and mix until fully combined. Stir in the mini chocolate chips.

5. Shape the dough into 20 cookies, flattening them slightly onto the greased pan. Bake for 12-15 minutes, or until golden.
6. Allow to cool on the pan for 5 minutes, then transfer to a wire cooling rack. Store in an airtight container in the fridge.

Guilt-Free Macaroons

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 15 cookies

One cookie equals:

115 calories, 10g fat, 15mg sodium, 2g carbohydrate, 0g fiber, and 3g protein



Stevia is a natural, calorie-free sweetener made from the Stevia plant. It's a good option to have when you're craving something sweet but don't want the calories of other sweeteners.

Here's what you need:

- 3 egg whites
- 1/4 teaspoon cream of tartar
- 4 Tablespoons coconut oil, melted and cooled
- 2 Tablespoons water
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 2 Tablespoons Stevia in the Raw
- 2 cups unsweetened coconut flakes
- 1/4 cup dark chocolate chips

1. Preheat the oven to 350 degrees F. Generously grease a baking sheet with coconut oil.
2. Beat the egg whites with an electric mixer with the whisk attachment until peaks begin to form.

3. Add the cream of tartar, coconut oil, water, vanilla and almond extracts.
4. Fold in the coconut flakes.
5. Place 1/4 cup mounds of batter on the prepared baking sheet.
6. Bake for 15 minutes, or until golden. Sprinkle the chocolate chips on top of the warm cookies, then spread with a fork once melted.

Pumpkin Quinoa Cookies

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 30 cookies

One cookie equals:

96 calories, 6g fat, 20mg sodium, 8g carbohydrate, 1g fiber, and 4g protein



Really, why make traditional cookies that are filled with empty calories when you could make a nutritious, delicious cookie like this that's filled with vitamins, minerals and protein? It just makes sense! These cookies will cure your pumpkin craving while delivering good health.

Here's what you need:

- 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.

Real Healthy No Bake Cookies

Prep: 20 minutes **Chill:** 30 minutes **Makes:** 35 cookies

One cookie equals:

145 calories, 11g fat, 10mg sodium, 8g carbohydrate, 2g fiber, and 4g protein



Here's a super quick recipe for tasty no-bake cookies. Enjoy on a hot summer's day when you don't want to turn the oven on!

Here's what you need:

- 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.

Be Thin Mint Cookies

Prep: 15 minutes **Bake:** 10 minutes **Oven:** 350 **Makes:** 30 cookies

One cookie equals:

95 calories, 8g fat, 70mg sodium, 5g carbohydrate, 2g fiber, and 3g protein



In the spirit of savoring a bite of something rich and delicious, these cookies are filled with high quality ingredients and that unmistakable mint and chocolate flavor combo.

Here's what you need:

- 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 liquid. 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.

Real Healthy Cut-Out Cookies

Prep: 15 minutes **Chill:** 60 minutes **Bake:** 10 minutes **Oven:** 350 **Makes:** 28 cookies

One cookie equals:

93 calories, 7g fat, 31mg sodium, 4g carbohydrate, 1g fiber, and 3g protein



There's nothing in the world that will bring a smile to someone's face quicker than handing them a homemade cookie.

Here's what you need:

- 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.

Skinny Lemon Bars

Prep: 20 minutes **Chill:** 120 minutes **Bake:** 35 minutes **Oven:** 350 **Makes:** 30 bars

One bar equals:

151 calories, 12g fat, 60mg sodium, 8g carbohydrate, 2g fiber, and 4g protein



Biting into a Skinny Lemon Bar is like turning back the hands of time to revisit what it felt like to not care how productive a day would be, but to simply enjoy the moment.

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 x 9 inch 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.

No-Bake Caramel Cheesecake Bars

Prep: 25 minutes **Chill:** 60 minutes **Makes:** 24 bars

One bar equals:

238 calories, 13g fat, 22mg sodium, 31g carbohydrate, 3g fiber, and 4g protein



It may sound strange to have a cheesecake bar that's dairy-free, but it works!

For the Crust:

- 1 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 cup dates, pitted

For the Cheesecake:

- 12 oz raw cashews (about 2 cups) soaked for 1-2 hours, then discard soaking water
- 1/2 cup coconut oil
- 1/2 cup raw honey
- 1 teaspoon vanilla extract
- *optional* teaspoon of lemon juice

For the Caramel:

- 20 dates, pitted, soaked for 1 hour, then discard soaking water
- 3 Tablespoons filtered water
- 5 Tablespoons canned coconut milk, full fat
- 1 teaspoon vanilla extract
- pinch of salt (plus extra for the top)

1. Throw the crust ingredients into a food processor and mix until smooth. Press into the bottom of an 8 x 8 inch brownie pan. Place in the freezer as you prepare the cheesecake.

2. Wipe out the food processor, then add all of the cheesecake ingredients. Pulse until fully smooth. Spread over the crust. Freeze again as you make the caramel.
3. Throw all the caramel ingredients into the food processor. Blend for about 3 minutes, until fully smooth and caramel colored. Spread over the cheesecake layer. Put it back in the freezer.
4. After 30 minutes, cut the cheesecake into squares. Enjoy and then store leftovers (if there are any!) back in the freezer.

Skinny Banana Chocolate Bars

Prep: 20 minutes **Bake:** 30 minutes **Oven:** 350 **Makes:** 24 bars

One bar equals:

121 calories, 8g fat, 122mg sodium, 8g carbohydrate, 2g fiber, and 5g protein



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

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

For the topping:

- 1/2 cup dark chocolate, 72% cocoa

- 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

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

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 x 9) 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.

Real Healthy Birthday Cake

Prep: 25 minutes **Chill:** 60 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 24 servings

One slice equals:

299 calories, 21g fat, 86mg sodium, 23g carbohydrate, 2g fiber, and 6g protein



Birthdays in our family have always been celebrated with a two-layer, cream-filled, chocolate fudge frosted cake. Once we gave up sugar, grains and dairy our birthday celebrations felt empty without a cheery, decadent cake in the center of it all. This real food version of our favorite birthday cake is tender, moist, delicately sweet and 100% indulgent. Enjoy this on your special day!

Here's what you need:

For the Cake Batter:

- 2 cups blanched almond flour
- ¼ cup coconut flour
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ¼ teaspoon ground turmeric
- 10 eggs
- 1 cup raw honey
- 1 Tablespoon vanilla extract

For the Cream Filling:

- 1 (13.66 oz) can full fat coconut milk (or cream), chilled 24 hrs in the fridge
- 1 Tablespoon pure maple syrup
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 10 drops liquid stevia
- 2 Tablespoons arrowroot starch
- grind of sea salt

For the Chocolate Fudge Frosting:

- 12 oz dark chocolate, 73% cocoa or higher
- ½ cup coconut milk, canned and full fat
- ½ cup coconut oil
- ½ cup palm shortening
- ½ cup raw honey

1. Line two 8-inch, round cake pans with parchment paper. Grease the pan sides with coconut oil. Preheat the oven to 350 degrees F.
2. For the Cake Batter: In a food processor, combine the almond flour, coconut flour, salt, baking soda and turmeric. Pulse until well combined. Add the eggs, honey and vanilla. Process until fully combined. Divide the batter between the prepared pans. Bake for 20-25 minutes, until golden and fully set. Cool in the pans for 20 minutes before transferring to a cake plate.
3. For the Cream Filling: Place your metal mixing bowl and whisk attachment in the freezer for 15 minutes. Remove from freezer, immediately pour the chilled coconut milk (or cream) into the bowl and whisk on high for 60 seconds. Add the syrup, vanilla, almond, stevia, arrowroot and salt. Continue to whisk for 3 minutes. Transfer the cream mixture to a shallow bowl and place in the freezer. (Do not leave in the freezer for more than 10 minutes. If you're not ready to assemble at that point then transfer to the fridge.)
4. For the Chocolate Fudge Frosting: In a double boiler (to make your own double boiler simply place a small amount of water in a skillet and then place a medium saucepan in the skillet) over low heat, melt the chocolate, mixing often. Add the coconut milk, coconut oil, shortening and honey. Continue to mix over low heat until melted fully combined. Remove from heat and place the saucepan in a bed of ice (fill a big bowl with ice), while you whisk constantly until the frosting thickens and becomes creamy. If you want to skip the ice bed part then place the saucepan in the freezer for about 5 minutes, remove and whisk for 60 seconds, place back in the freezer for 5 minutes and whisk for 60 seconds - continue this process until the frosting thickens and becomes creamy.
5. Assemble Your Cake: Place one cake layer in the center of a clean cake plate. Remove the cream filling from the freezer and spread over the top of the first cake layer, leaving a small outer ring of cake untouched - about an inch, to prevent the cream from dripping out. Place the second cake layer on top of the cream. Clean the edges of the cake, if any cream has been pushed out. Frost the cake with the chocolate fudge frosting, starting with the top of the cake, working your way down the sides. If at any time your cream becomes too runny then simply freeze the whole cake before continuing to frost.
6. Smooth the frosting out and wipe any excess frosting off the cake plate. Chill for 20 minutes before serving.

Real Healthy Zebra Cake

Prep: 30 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 24 servings

One slice equals:

312 calories, 25g fat, 116mg sodium, 16g carbohydrate, 2g fiber, and 4g protein



Here's a cake that's gorgeous *and* made with wholesome ingredients! Chloe's preschool class was called the Zebras, so we made this yummy treat for her class party. There's something extra satisfying about serving a cake that is visually stunning as well as delicious.

Here's what you need:

For the Vanilla Batter:

- 2/3 cup coconut flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 8 eggs
- 2 Tablespoons vanilla extract
- 1/2 cup maple syrup, grade b
- 1/2 cup coconut milk, canned and full-fat
- 1/2 cup coconut oil, melted

1. In a medium bowl combine the coconut flour, salt and baking powder.
2. In another medium bowl combine the eggs, vanilla, syrup and coconut milk.

3. Add the dry ingredients to the wet ones and mix well. Slowly pour in the coconut oil and mix until all lumps have disappeared.

For the Chocolate Batter:

- 3 oz dark chocolate
- 1/2 cup coconut oil
- 1/2 cup raw honey
- 2 eggs
- 1 Tablespoon vanilla
- 1/4 teaspoon almond ext
- 3/4 cup blanched almond flour
- 1/2 tsp salt

1. In a double boiler, gently melt the chocolate, coconut oil and raw honey. Remove from heat, allow to cool, add the eggs, vanilla and almond extracts.
2. In a medium bowl combine the almond flour and salt. Add the wet ingredients and mix well.

For the Frosting:

- 1 cup cold pressed Palm Shortening
- 3/4 cup canned coconut milk, full fat
- 1/3 cup pure maple syrup,
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- pinch of sea salt
- 2 packets Stevia

1. Combine all of the ingredients and blend with your electric mixer on low for 30 seconds.
2. Scrape down the sides of the bowl and beat on high until the frosting is thick and fluffy.

Assembling Your Zebra Cake:

1. Preheat the oven to 350 degrees F. Generously grease 2 round cake pans with coconut oil.
2. Pour 1/4 cup of the vanilla cake batter into the very center of the prepared cake pans. Pour 1/4 cup of the chocolate cake batter slowly into the very center of the circle of vanilla. Repeat this process, slowly pouring alternating 1/4 cups of each batter into the very center of the pan until you've used up all of the batter.
3. Bake for 20-25 minutes, until golden on the top and fully set. Allow to cool in the pans before transferring to a cake pan and frosting.

Real Healthy Spice Cake with Maple Frosting

Prep: 15 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 20 servings

One slice equals:

262 calories, 20g fat, 88mg sodium, 15g carbohydrate, 2g fiber, and 4g protein



Life without grains, gluten, dairy and refined sugar should not be boring. Or bland. Or without a slice of deliciously moist spice cake on a lazy afternoon.

Here's what you need:

- 1 1/4 cups full fat canned coconut milk
- 2 Tablespoons lemon juice
- 2 cups blanched almond flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoons ground cloves
- 1/4 teaspoon ground ginger
- 1/2 cup palm shortening
- 1 1/2 cups coconut crystals
- 1/2 teaspoon vanilla extract
- 2 omega-3 eggs, at room temperature

1. In a small bowl combine the coconut milk and lemon juice. Set aside at room temperature to allow to sour.
2. Preheat the oven to 350 degrees F. Grease a 13x9x2 inch baking pan with coconut oil, or two 8 1/2 inch round cake pans. Set aside.

3. In a medium bowl combine the almond flour, baking powder, cinnamon, soda, nutmeg, cloves and ginger. Set aside.
4. In a mixing bowl, beat the shortening on high speed for 30 seconds. Add the coconut crystals and vanilla, beat until well combined. Add the eggs 1 at a time beating well after each addition.
5. Alternately add flour mixture and sour coconut milk, beating on low speed after each addition just until combined. Pour into prepared pan or pans.
6. Bake for 35-40 minutes for the 13x9x2 inch pan, 30-35 minutes for the round pans. Allow to cool before frosting. Once frosted chill in the fridge to firm the frosting, at least 20 minutes. Store leftovers in the fridge.

For the Maple Frosting:

- 1/2 cup palm shortening
- 1/3 cup pure maple syrup
Grade-B
- pinch of sea salt
- 1/2 teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 2 Tablespoons arrowroot starch
- 2 Tablespoons coconut oil,
melted

1. Place all the ingredients, except the coconut oil, in a mixing bowl and beat until fully combined. Scrape down the sides and beat again.
2. Turn the mixer on low and slowly add the melted coconut oil, mixing until smooth.
3. Place the frosting in the fridge for 30 minutes before using. Store all leftovers in the fridge.

5 Minute Chocolate Mug Cake

Prep: 10 minutes **Microwave:** 3 minutes **Makes:** 2 servings

One ½ mug serving equals:

332 calories, 25g fat, 53mg sodium, 25g carbohydrate, 3g fiber, and 7g protein



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

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!

Raw Carrot Cake Truffles

Prep: 20 minutes **Makes:** 24 truffles

One truffle equals (without frosting):

65 calories, 4g fat, 21mg sodium, 5g carbohydrate, 1g fiber, and 1g protein



Here's the perfect recipe for when you get that I-have-to-have-carrot-cake-now feeling. Er, I'm not the only one who gets that, right?

Here's what you need:

- 4 large, organic carrots
- 2 organic apples
- 2 Tablespoons raw honey
- 1/3 cup almond butter
- 1/2 teaspoon vanilla extract
- 1/4 cup unsweetened, shredded coconut – toasted
- 1/2 cup macadamia nuts, toasted and finely chopped
- 1/4 teaspoon ground cinnamon
- pinch of nutmeg
- 2 teaspoons fresh lemon juice
- 1 teaspoon fresh, grated ginger
- 1/4 cup pineapple, finely chopped
- sprinkle of sea salt

1. Juice the carrots and apples. Enjoy the juice, then place the pulp in a medium sized bowl, discarding any large pieces. Add the remaining ingredients to the pulp, mix well.
2. Form 24 balls, place on a plate that will fit in your freezer. Decorate with Coconut Frosting.

3. Freeze for a few hours. Remove from freezer 10 minutes before serving.

For the Coconut Frosting:

- 1 (15oz) can coconut cream (Trader Joe's carries it)
- 2-3 Tablespoons pure maple syrup
- 2 teaspoons vanilla extract
- ¼ teaspoon almond extract
- dash of sea salt
- 1/3 cup coconut oil, melted and cooled

1. Chill the can of coconut cream overnight in the fridge. Open the can and drain out any water – this is very important step, otherwise your frosting will be runny.
2. Using an electric mixer with a whisk attachment, beat the coconut cream until fluffy. Add the syrup, vanilla and almond extracts and sea salt. Before adding the coconut oil check that it is not warm to the touch. It should be still runny but not warm. If it's too warm then the coconut cream will curdle. Add the coconut oil and beat on high for 3-5 minutes. If your frosting is too runny then place the bowl in the freezer for a few minutes and the beat again.

Real Healthy Banana Cake

Prep: 20 minutes **Bake:** 40 minutes **Oven:** 325 **Makes:** 24 servings

One serving equals:

169 calories, 7g fat, 158mg sodium, 12g carbohydrate, 2g fiber, and 4g protein



This recipe is my healthy version of the memorable banana cake that was baked in a cozy kitchen on a farm in Skagit Valley in the mid nineties. Hope you enjoy it as much as I did! If you are a fan of banana bread, then you will simply love this cake recipe.

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 x 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.

Real Healthy Hostess Cupcakes

Prep: 30 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 24 cupcakes

One cupcake equals:

222 calories, 14g fat, 99mg sodium, 19g carbohydrate, 2g fiber, and 5g protein



This recipe uses blanched almond flour and a meringue frosting consisting of egg whites and agave nectar to re-create the nostalgic treat.

Here's what you need:

For the Cake:

- 1/2 cup blanched almond flour
- 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!

Double Chocolate Mini Brownies

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 24 brownies

One brownie equals:

133 calories, 8g fat, 48mg sodium, 10g carbohydrate, 1g fiber, and 2g protein



I love the idea of making brownies in a mini muffin tin because it forces portion control. One little morsel is really all you need to satisfy your sweet tooth.

Here's what you need:

- 3.5 oz dark chocolate
- ½ cup coconut oil
- 1/3 - 1/2 cup raw honey
- 2 eggs
- 1 Tablespoon vanilla
- ¼ teaspoon almond ext
- ¾ cup blanched almond flour
- ½ tsp salt
- 1/2 cup mini chocolate chips – dairy free, soy free (Enjoy Life Brand)

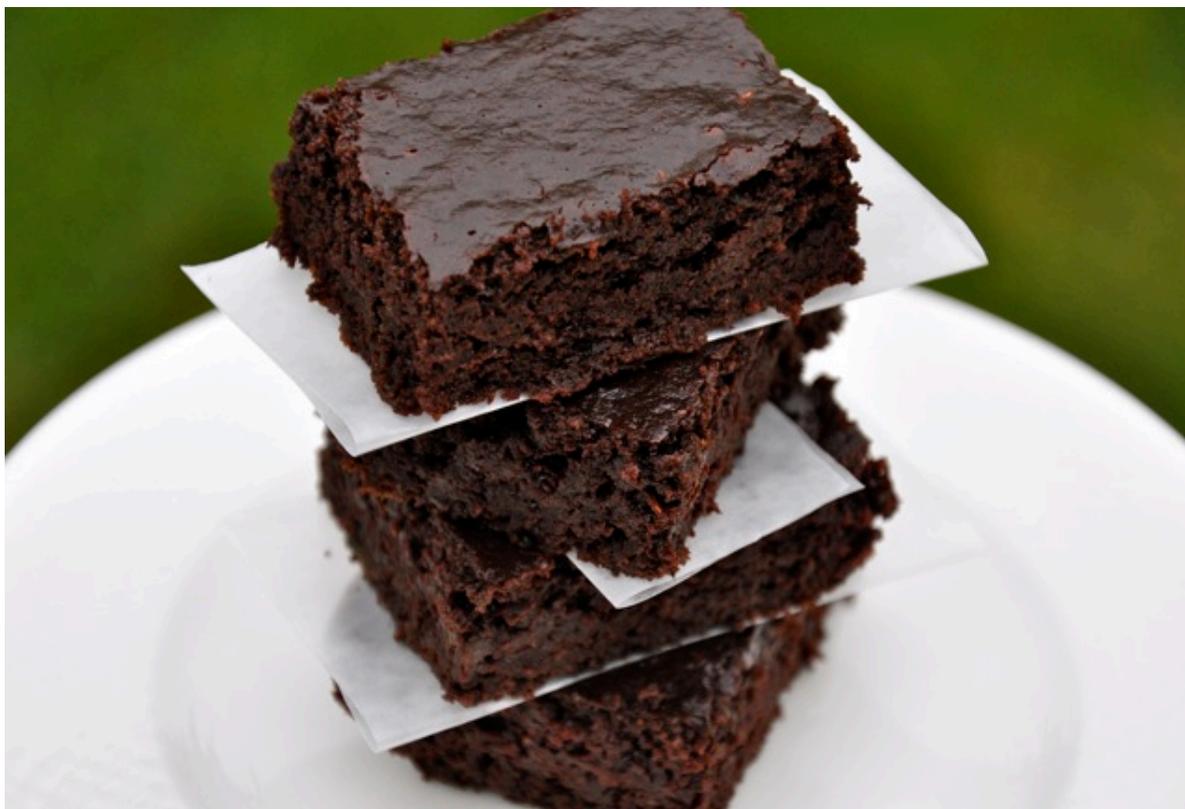
1. Preheat oven to 350 degrees F. Grease a mini muffin pan with coconut oil.
2. In a double boiler, gently melt the chocolate, coconut oil and raw honey. Remove from heat, allow to cool, add the eggs, vanilla and almond extracts.
3. In a medium bowl combine the almond flour and salt. Add the wet ingredients and mix well. Stir in the mini chocolate chips. Fill the mini muffin tins nearly to the top. Bake for 15-25 minutes until golden and set.
4. Allow the brownies to cool in the pan – if you don't wait then they fall apart!

Real Healthy Zucchini Brownies

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 16 brownies

One brownie equals:

116 calories, 8g fat, 102mg sodium, 7g carbohydrate, 2g fiber, and 3g protein



Hmmmmmm, what to do with all the zucchini from the garden? Make brownies?!? Yes!
This recipe is so much fun. Zucchini adds moisture and is virtually undetectable.

Here's what you need:

- 5 oz dark chocolate, 72% or higher cocoa content
- 1/4 cup coconut oil
- 2 omega-3, free range eggs
- 1/4 cup raw honey
- 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 8 x 8 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 honey and mix until fully combined. Remove from heat and set aside to cool.

3. In small bowl combine the eggs, 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.

Creamy Coconut Pops with Yacon Syrup

Prep: 10 minutes **Freeze:** 6 hours **Makes:** 8-10 popsicles

One popsicle equals:

129 calories, 12g fat, 57mg sodium, 10g carbohydrate, .5g fiber, and 1g protein



Yacon syrup is my new obsession – it's low glycemic, low calorie and filled with fiber all while providing a caramel-like sweetness to desserts and baking. Canned coconut milk makes the perfect base for these creamy frozen pops.

Here's what you need:

- 2 1/2 cups canned coconut milk, full fat (coconut milk from a carton will be too runny, stick with the canned stuff)
- 1/2 cup Yacon Syrup plus a few tablespoons more for topping
- 1 Tablespoon ground cinnamon
- sea salt

1. In a medium bowl combine the coconut milk, yacon syrup, cinnamon and a dash of sea salt.
2. Prepare 8-10 popsicle molds by drizzling a teaspoon of yacon syrup into the bottoms and grinding a touch of sea salt. Fill each mold with the coconut milk mixture.
3. Freeze for 6 hours, or until solid. Enjoy!

Real Food Truffles

Prep: 20 minutes **Chill:** 20 minutes **Makes:** 50 truffles

One truffle equals:

186 calories, 17g fat, 19mg sodium, 6g carbohydrate, 3g fiber, and 4g protein



These truffles 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:

- 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 20 minutes to harden, and store in an airtight container in the fridge.

Chloe's Apple Crisp

Prep: 15 minutes **Bake:** 40 minutes **Oven:** 375 **Makes:** 12 servings

One serving equals:

228 calories, 15g fat, 9mg sodium, 20g carbohydrate, 3g fiber, and 3g protein



My little girl, Chloe, helped me come up with this healthier version of the apple crisp recipe. Make this recipe with your little helper!

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.

Chocolate Drizzled Strawberry Skewers

Prep: 20 minutes **Chill:** 20 minutes **Makes:** 5 servings

One serving equals:

65 calories, 3g fat, 0mg sodium, 7g carbohydrate, 2g fiber, and 1g protein



This recipe is a way to quickly and simply turn farm fresh strawberries into an elegant dessert. By using high quality ingredients the taste of this dessert cannot be matched.

Here's what you need:

- 20 ripe, organic strawberries
- 1/4 cup dark chocolate, 72% cocoa
- 5 wooden skewers

1. Wash and hull strawberries.
2. Poke the skewer through the center of the strawberries, lining 4 strawberries per skewer.
3. Gently melt the chocolate over low heat in a double boiler.
4. Line the skewers side-by-side on a large plate. Use a fork to dip into the melted chocolate and drizzle across the row of strawberries. Once all the chocolate has been used, place the skewers in the refrigerator for 20 minutes until the chocolate has hardened.

Real Healthy Apple Pie

Prep: 20 minutes **Bake:** 55 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

123 calories, 7g fat, 49mg sodium, 13g carbohydrate, 3g fiber, and 3g protein



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. Technically it's a clafoutis, but that sounds a little too pretentious for a pan of baked apples.

Here's what you need:

- 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 spices 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.

Real Healthy Popsicles



Orange Creamsicle

Prep: 10 minutes **Freeze:** 6 hours **Makes:** 6 popsicles

One popsicle equals:

90 calories, 0g fat, 30mg sodium, 15g carbohydrate, 1g fiber, and 8g protein.

Here's what you need:

- 2 cups organic, vanilla Greek yogurt
- 1 orange, peeled and seeded
- 1 cup pineapple chunks
- 1 teaspoon coconut 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 coconut nectar. Blend on high speed for a full minute.
3. Fill the remaining space in each mold with the orange mixture. Freeze until solid.



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

Strawberry Kiwi

Prep: 10 minutes **Freeze:** 6 hours **Makes:** 6 popsicles

One popsicle equals:

38 calories, 0g fat, 2mg sodium, 9g carbohydrate, 2g fiber, and 1g protein.

Here's what you need;

- 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.
2. Allow to run for a full minute on high.
3. Place one slice of kiwi in each popsicle mold, pressed against the side. Fill the molds with the strawberry mixture. Freeze until solid.



The kids love the exotic look of this popsicle, and have fun playing 'How many licks does it take to get to the kiwi?'

Mint Watermelon

Prep: 10 minutes **Freeze:** 6 hours **Makes:** 6 popsicles

One popsicle equals:

42 calories, 0g fat, 3mg sodium, 30g carbohydrate, 2g fiber, and 1g protein.

Here's what you need:

- 2 cups watermelon pieces
- 3 kiwis, peeled and seeded
- 1 Tablespoon coconut 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, coconut nectar, mint leaves and water in the high speed blender for a full minute or until the tiny pieces of the slice of watermelon, 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.



Blue Raspberry

Prep: 10 minutes **Freeze:** 6 hours **Makes:** 6 popsicles

One popsicle equals:

42 calories, 0g fat, 1mg sodium, 10g carbohydrate, 3g fiber, and 1g protein.

Here's what you need:

- 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.



Banana Coconut

Prep: 10 minutes **Chill:** 6 hours **Makes:** 6 popsicles

One popsicle equals:

167 calories, 13g fat, 7mg sodium, 13g carbohydrate, 2g fiber, and 2g protein.

Here's what you need:

- 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.



Iced Tea Lemonade

Prep: 10 minutes **Freeze:** 6 hours **Makes:** 6 popsicles

One popsicle equals:

51 calories, 0g fat, 0mg sodium, 16g carbohydrate, 1g fiber, and .5g protein

Here's what you need:

- 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.

Dark Chocolate Almond Bark

Prep: 10 minutes **Freeze:** 30 minutes **Makes:** 20 servings

One serving equals:

208 calories, 15g fat, 12mg sodium, 14g carbohydrate, 5g fiber, and 4g protein



Here's what you need:

- 20 oz dark chocolate, 72% 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.

Caveman Candy

Prep: 15 minutes **Chill:** 20 minutes **Makes:** 15 servings

One serving equals:

125 calories, 2g fat, 0mg sodium, 27g carbohydrate, 6g fiber, and 3g protein



Here's what you need:

- 5 oz dark chocolate – 72% cocoa or higher
- 30 dried mission figs

1. Cover a plate with wax paper and then set aside.
2. Melt the chocolate over very low heat, stirring constantly – or use a double boiler.
3. Grab the figs by their stem and dip into the melted chocolate. Place on the prepared plate.
4. Once all the figs have been dipped, place the plate in the fridge for a least 20 minutes.

Fun Fruit Skewers

Prep: 25 minutes **Makes:** 20 servings

One serving equals:

73 calories, .3g fat, 14mg sodium, 18g carbohydrate, 2g fiber, and 2g protein



Here's what you need:

- Wooden skewers (I found these thick ones in the cake decorating section at WalMart – these don't have pointed ends)
- 1 small watermelon
- 1 small cantaloupe
- 1 small honeydew
- 1 pineapple
- 20 large strawberries

1. Slice the melons in half and use a melon baller to create red, orange and green melon balls.
2. Twist the top off the pineapple, slice the skin off and cut out the tough core. Slice 20 triangular pieces, carefully cut a small X in the center of each piece.
3. Use a slightly damp paper towel to wipe down the strawberries (this will prevent them from getting soggy).
4. To assemble: slide 8 melon balls in alternating colors onto each skewer, top with a slice of pineapple and a strawberry.

Go on and dive into the rest of the books in my Family Friendly Fat Burning Meals Program...



Like the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and healthy recipes.

Happy Cooking :)

Diana Keulian