

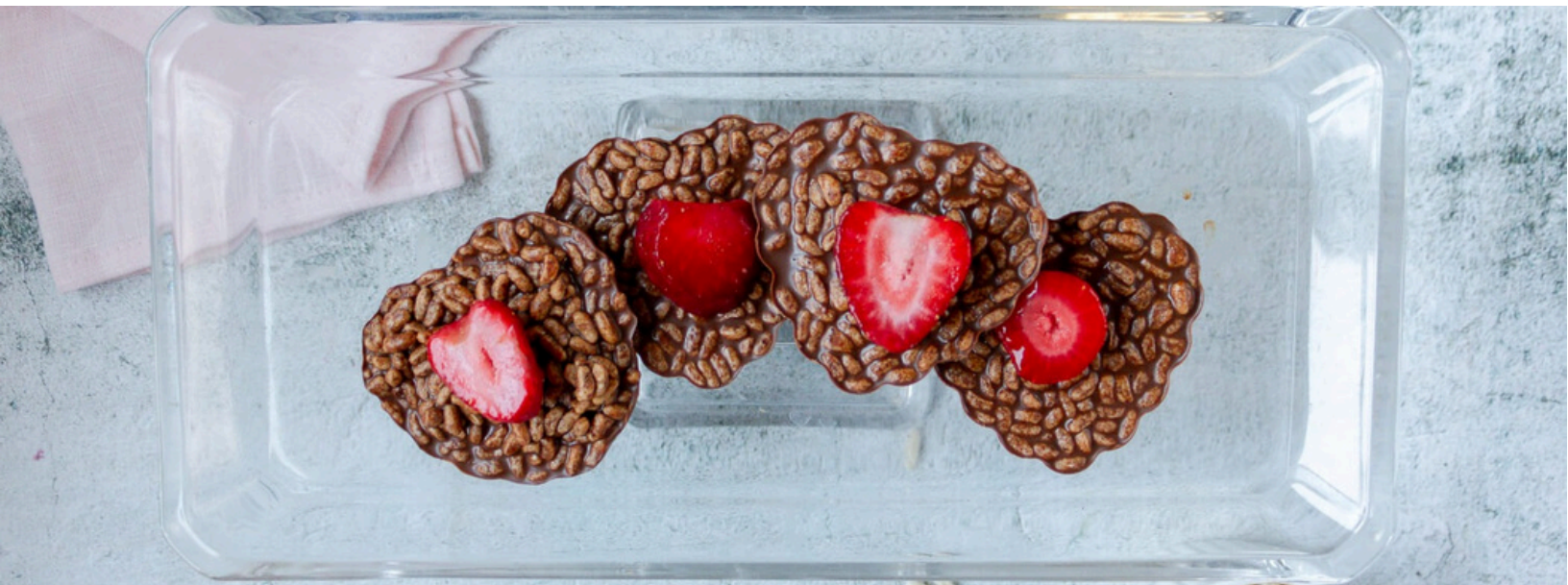
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WHOLE FOOD BASED
NO-SUGAR-ADDED
desserts



Chocolate Strawberry Crunch Bites

4 ingredients · 40 minutes · 4 servings



Directions

1. Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
2. Add the chocolate and coconut oil to the bowl. Continuously stir until the chocolate has melted.
3. Add the rice puffs to the chocolate mixture and mix well. Pour the chocolate rice puff mixture into silicone heart molds and place the strawberry slices on top. Freeze for at least 30 minutes. Enjoy!

Notes

Ingredients

- 3 ozs** Dark Chocolate
- 1 1/2tbsps** Coconut Oil
- 1/3 cup** Rice Puffs Cereal
- 2 tbsps** Frozen Strawberries (or fresh, sliced)

Nutrition		Amount per serving	
Calories			
Fat	180	Cholesterol	1mg
Carbs	14g	Sodium	4mg
	11g	Vitamin A	11IU
Fiber	2g	Vitamin C	3mg
Sugar	5g	Calcium	17mg
Protein	2g	Iron	3mg

Raspberry Banana Ice Cream

2 ingredients · 1 hour · 2 servings



Directions

1. Add the bananas and raspberries to a food processor and blend until smooth. The mixture will be thick. Scrape down the sides as needed.
2. You can serve it at this point for a soft-serve consistency or freeze it for 45 minutes for a firmer consistency. Enjoy!

Notes

Ingredients

2 Banana (frozen, chopped)

1cup Frozen Raspberries

Nutrition

Amount per serving

Calories

Fat	144	Cholesterol	0mg
Carbs	1g	Sodium	4mg
	36g	Vitamin A	127IU
Fiber	6g	Vitamin C	23mg
Sugar	19g	Calcium	23mg
Protein	2g	Iron	1mg

Dark Chocolate Covered Fig Bites

6 ingredients · 25 minutes · 15 servings



Directions

1. Line baking sheet with parchment paper.
2. Add the dried strawberries to a small food processor and blend until the mixture is powdery. Set aside in a small bowl.
3. Blend the figs, almonds, and water in the food processor until it forms a sticky paste. Roll the mixture into small balls and place on the prepared baking sheet.
4. In a saucepan over low heat, melt the coconut oil and chocolate, continuously stirring.
5. Roll the fig balls in the melted chocolate until they are thoroughly coated, using two forks. Allow any excess chocolate to drip off before placing them back on the baking sheet.
6. Sprinkle all the balls with strawberry dust. Chill in the fridge for at least 30 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is one bite.

Nut-Free

Use pumpkin seeds or sunflower seeds instead of almonds.

Ingredients

1/2 oz Freeze Dried Strawberries (optional)

1 1/2 cups Dried Fig (chopped)

2 tbsps Almonds (finely chopped)

2 tbsps Water

1 tbsp Coconut Oil (melted)

1/2 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories

Fat	103	Cholesterol	0mg
Carbs	4g	Sodium	2mg
	15g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	11g	Calcium	28mg
Protein	1g	Iron	1mg

Pomegranate Yogurt Bites

3 ingredients · 2 hours 10 minutes · 6 servings



Directions

1. Line a baking sheet with parchment paper.
2. In a bowl, stir together the yogurt, vanilla and pomegranate seeds.
3. Spoon the yogurt onto the prepared baking sheet in clusters. Transfer to the freezer until set, about two hours.
4. When ready to enjoy, let them sit out for about five to eight minutes to soften a little. Enjoy!

Notes

Leftovers

Keep stored in the freezer.

Serving Size

One serving is two yogurt bites.

More Flavor

Once the bites are frozen, drizzle or dunk in white chocolate and then freeze until the chocolate has set.

No Coconut Yogurt

Use yogurt of choice.

Ingredients

1 cup Unsweetened Coconut Yogurt

1/4 tsp Vanilla Extract

3/4 cup Pomegranate Seeds

Nutrition

Amount per serving

Calories

Fat	34	Cholesterol	0mg
Carbs	1g	Sodium	8mg
	5g	Vitamin A	0IU
Fiber	1g	Vitamin C	2mg
Sugar	3g	Calcium	86mg
Protein	0g	Iron	0mg

Raspberry Swirl Chocolate Fudge

3 ingredients · 2 hours 15 minutes · 8 servings



Directions

1. Line a loaf pan with parchment paper.
2. In a saucepan over medium heat, add the raspberries. Use a fork and smash the raspberries. Stir and bring to simmer. Simmer for about five minutes then remove from the heat and set aside.
3. Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
4. Add the chocolate to the bowl. Stir frequently until the chocolate has melted. Add the peanut butter and stir until smooth.
Pour the chocolate mixture into the loaf pan. Spoon the mashed raspberries on top.
5. Using a toothpick, gently swirl the raspberries into the chocolate mixture.
Refrigerate for at least two hours. Cut into squares and enjoy!
- 6.

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Serving Size

An 8 x 6-inch loaf pan was used to make eight servings. One serving is one square.

No Peanut Butter

Use any other nut or seed butter that you have.

Ingredients

2/3 cup Raspberries

1 cup Dark Chocolate Chips

1/2 cup All Natural Peanut Butter

Nutrition

Amount per serving

Calories

Fat	282	Cholesterol	0mg
Carbs	18g	Sodium	3mg
	21g	Vitamin A	3IU
Fiber	1g	Vitamin C	3mg
Sugar	16g	Calcium	10mg
Protein	6g	Iron	1mg

Raspberries & Cream Chocolate Rice Cakes

6 ingredients · 25 minutes · 4 servings



Directions

1. Line a baking sheet with parchment paper. Add the cream cheese and milk to a mixing bowl. Mix with a handheld mixer until fluffy. Add another splash of milk if needed. Refrigerate until ready to use.
2. Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water. Add the chocolate and coconut oil to the bowl and continuously stir until the chocolate has melted.
3. Drop two heaping tablespoons of melted chocolate into one spot on the baking sheet then place a rice cake on top. Turn it until it is covered in chocolate. Keep face down. Repeat with the remaining rice cakes. Refrigerate for 10 minutes or until the chocolate has set. Once the chocolate has set, flip the rice cakes over and top each with the whipped cream cheese. Garnish each with raspberries. Enjoy!
- 4.
- 5.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one rice cake.

Make it Vegan

Use a plant-based cream cheese and plant-based milk alternative.

Ingredients

- 1/2 cup Cream Cheese, Regular
- 2 tbsps Cow's Milk, Whole
- 1cup Dark Chocolate Chips
- 1tsp Coconut Oil
- 4 Plain Rice Cake
- 1/2 cup Raspberries

Nutrition

Amount per serving

Calories

Fat	506	Cholesterol	28mg
Carbs	30g	Sodium	137mg
	43g	Vitamin A	17IU
Fiber	1g	Vitamin C	4mg
Sugar	30g	Calcium	35mg
Protein	7g	Iron	2mg

No Bake Strawberry Cheesecake Bites

9 ingredients · 8 hours · 8 servings



Directions

1. Line a muffin tray with muffin liners or use a silicone muffin tray.
2. In a food processor or high-powered blender, add the oats and half of the cashews. Blend until a flour-like consistency is reached. Add the melted coconut oil, vanilla extract, and salt. Blend again until it's smooth, and you can pinch the dough without it crumbling.
3. Take approximately two heaping tablespoons of the mix and place into each muffin cup. Press down to make a crust.
4. In a blender, add the coconut cream, coconut water, strawberries, lemon juice, and the remaining cashews. Blend until smooth. Add more coconut water if needed. Divide the filling into each muffin cup.
5. Freeze for at least three hours or overnight for best results. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month.

Serving Size

One serving is one cheesecake bite.

Ingredients

- 1/2 cup** Oats (rolled)
- 1 cup** Cashews (raw, soaked for at least one hour, rinsed, divided)
- 2 tbsps** Coconut Oil (melted)
- 1/2 tsp** Vanilla Extract
- 1/8 tsp** Sea Salt
- 1/2 cup** Coconut Cream
- 1/4 cup** Coconut Water (from the coconut cream can)
- 1 1/2 cups** Frozen Strawberries
- 2 tbsps** Lemon Juice

Nutrition

Amount per serving

Calories	198	Cholesterol	0mg
Fat	15g	Sodium	48mg
Carbs	14g	Vitamin A	19IU
Fiber	2g	Vitamin C	19mg
Sugar	4g	Calcium	18mg
Protein	4g	Iron	2mg

Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Likes it Thicker

Use full fat coconut milk instead.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1/4 cup Chia Seeds

1 cup Plain Coconut Milk (unsweetened, from the carton)

1/4 cup Chocolate Protein Powder

1 cup Strawberries (halved)

Nutrition

Amount per serving

Calories	219	Cholesterol	2mg
Fat	10g	Sodium	41mg
Carbs	20g	Vitamin A	258IU
Fiber	10g	Vitamin C	42mg
Sugar	7g	Calcium	447mg
Protein	14g	Iron	2mg

Sweet Almond Crêpes with Strawberries

7 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
2. Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
3. Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!
- 4.

Notes

Leftovers

Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

Serving Size

One serving is approximately two crêpes.

More Flavor

Add cinnamon to the batter.

Additional Toppings

Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

No Strawberries

Use raspberries instead.

No Coconut Butter

Use almond butter instead.

Ingredients

- 3 Egg
- 1 tbs Monk Fruit Sweetener
- 1tsp Vanilla Extract
- 1/2 cup Almond Flour
- 1tsp Coconut Oil (divided)
- 2 tbsps Coconut Butter (soften, divided)
- 1cup Strawberries (sliced, divided)

Nutrition

Amount per serving

Calories

Fat	42g	Cholesterol	279mg
Carbs	34g	Sodium	112mg
	22g	Vitamin A	414IU
Fiber	7g	Vitamin C	42mg
Sugar	6g	Calcium	114mg
Protein	17g	Iron	3mg

Strawberries & Coconut Whip

2 ingredients · 10 minutes · 2 servings



Directions

1. Divide strawberries and coconut whipped cream into cups or small bowls. Enjoy!

Notes

Leftovers

Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

No Coconut Whipped Cream

Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

Additional Toppings

Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

Coconut Whipped Cream

Use a store-bought can or make your own.

Ingredients

1 cup Strawberries

1 cup Coconut Whipped Cream

Nutrition

Amount per serving

Calories

Fat	83	Cholesterol	0mg
Carbs	4g	Sodium	1mg
	14g	Vitamin A	9IU
Fiber	1g	Vitamin C	42mg
Sugar	8g	Calcium	12mg
Protein	0g	Iron	0mg

Strawberry Banana Ice Cream

3 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!

Ingredients

- 1/4 cup** Frozen Banana
- 1 cup** Frozen Strawberries
- 2 tbsps** Unsweetened Almond Milk

Nutrition

Amount per serving

Calories

Fat	131	Cholesterol	0mg
Carbs	1g	Sodium	25mg
	33g	Vitamin A	198IU
Fiber	6g	Vitamin C	96mg
Sugar	17g	Calcium	95mg
Protein	2g	Iron	2mg

Peanut Butter Hearts

4 ingredients · 30 minutes · 12 servings



Directions

1. Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
2. Add the chocolate and coconut oil to the bowl. Continuously stir until the chocolate has melted.
3. Pour a thin layer of melted chocolate into each mini heart silicone tray(s) mold. Gently shake the tray to even out the chocolate, if needed. Freeze for five minutes.
4. Remove from the freezer and divide the peanut butter into each heart. Shake again to even out the peanut butter. Add the remaining chocolate to each heart and shake one more time to even out. Sprinkle each with flaky salt.
5. Freeze for 15 minutes. Pop out of the molds and add more salt if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is two mini hearts.

No Peanut Butter

Use other nut butter of choice.

Dairy-Free

Use dairy-free chocolate chips.

Ingredients

1 cup Dark Chocolate Chips

2 tsps Coconut Oil

1/4 cup All Natural Peanut Butter (creamy)

1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving

Calories

Fat	159	Cholesterol	0mg
Carbs	10g	Sodium	50mg
	12g	Vitamin A	0IU
Fiber	0g	Vitamin C	0mg
Sugar	10g	Calcium	3mg
Protein	3g	Iron	1mg

Heart Kabobs & Dip

6 ingredients · 25 minutes · 6 servings



Directions

1. Add the dried strawberries to a food processor and blend until the mixture is powdery. Add to the yogurt and mix until combined. Set aside.
2. Cut the watermelon, cantaloupe and strawberries with a heart-shaped cookie cutter.
3. Thread the fruit onto the skewers until they have a mix of colors and fruits. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two fruit kabobs.

More Flavor

Add other fruits like raspberries, blueberries, and honeydew melon.

Ingredients

- 1/3 oz** Freeze Dried Strawberries (optional)
- 1 cup** Unsweetened Coconut Yogurt
- 1/4** Seedless Watermelon (small, cut into 3/4 inch thick discs)
- 1/2** Cantaloupe (small, cut into 3/4 inch thick discs)
- 1 1/2 cups** Strawberries (large, halved)
- 12** Barbecue Skewers (small)

Nutrition

Amount per serving

Calories	107	Cholesterol	0mg
Fat	2g	Sodium	18mg
Carbs	24g	Vitamin A	2631IU
Fiber	2g	Vitamin C	53mg
Sugar	17g	Calcium	106mg
Protein	2g	Iron	1mg

Pomegranate Chocolate Mousse

6 ingredients · 1 hour 15 minutes · 2 servings



Directions

1. Add the yogurt, cacao powder, vanilla extract and salt to a mixing bowl. Set aside.
2. Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water. Add the chocolate to the bowl and continuously stir until the chocolate has melted.
3. Pour the melted chocolate into the mixing bowl with the yogurt mixture. Use a hand mixer to mix together to create a mousse that is smooth and fluffy.
4. Divide the mousse into bowls and refrigerate for at least one hour. When ready to eat, top with pomegranate seeds. Enjoy!

Notes

Leftovers

Refrigerate covered for up to three days.

Serving Size

One serving is approximately one cup.

Coconut Yogurt Consistency

This recipe was developed with a yogurt that has a thick consistency. For best results, use a thick yogurt.

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 2 tbsps Cacao Powder
- 1 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 1/2 cup Dark Chocolate Chips
- 1/2 cup Pomegranate Seeds

Nutrition

Amount per serving

Calories

Fat	486	Cholesterol	0mg
Carbs	26g	Sodium	173mg
	47g	Vitamin A	0IU
Fiber	5g	Vitamin C	4mg
Sugar	34g	Calcium	265mg
Protein	6g	Iron	3mg

Raspberry Yogurt Hearts

2 ingredients · 45 minutes · 4 servings



Directions

1. Use a fork to mash the yogurt and raspberries together. Add the mixture to each mini heart silicone tray(s) mold and freeze for at least 45 minutes.
2. Leave the bites out for about five minutes to soften slightly before eating. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month.

Serving Size

One serving is four mini hearts. A mini heart silicone tray with eight molds was used to create four servings.

Make it Vegan

Use dairy-free yogurt.

More Flavor

Add honey or maple syrup, and/or mini chocolate chips.

Additional Toppings

Shredded coconut.

Ingredients

1/3 cup Plain Greek Yogurt

1/4 cup Frozen Raspberries

Nutrition

Amount per serving

Calories

Fat	20	Cholesterol	3mg
Carbs	0g	Sodium	12mg
	2g	Vitamin A	111IU
Fiber	0g	Vitamin C	3mg
Sugar	1g	Calcium	44mg
Protein	2g	Iron	0mg