

SIMPLE & SWEET

treats for healthy living

tasty recipes to satisfy
your sweet tooth so you can stay
on track for your wellness goals





bon appetit!

Navigating treats while on a wellness journey isn't hard...if you plan ahead for your sweet tooth. The following are my favorite healthy dessert recipes to keep on hand! I hope they help you as much as they have helped me! Enjoy!

xoxo

KATIE ODOM



KATIEODOM.MYSHAKLEE.COM

A close-up photograph of several brownies and chocolate chips scattered on a dark, textured surface. The brownies are fudgy and have a cracked top. The chocolate chips are semi-sweet and round. The background is a dark, mottled grey.

”

Desserts are the fairy
tales of the kitchen -
A happily-ever-after to supper.

Teggi Guillemets

“

The image features a top-down view of numerous round cookie dough balls, each studded with dark chocolate chips. They are arranged in a grid-like pattern on a light-colored, veined marble surface. A semi-transparent white rectangular box is centered over the image, containing the text 'Plan For Your Sweet Tooth' in a dark green, cursive script. A solid dark green horizontal bar is positioned at the top of this white box.

Plan For
Your Sweet
Tooth

PLANNING FOR *your sweet tooth*



Benjamin Franklin said, "If you fail to plan, then you plan to fail." This is especially true on a wellness journey. You must know ahead of time what you are going to do when your sweet tooth hits to avoid temptation. Here are some simple strategies to navigate your future need for dessert.

01

Your sweet tooth is coming, so it's your job to make some treats ahead of time. We tend to choose whatever is easiest, make a healthy sweet treat an easy choice by keeping it on hand.

02

Along the same lines, set aside a weekly (or monthly) prep day. Use this day to make desserts so that they are accessible throughout your week. Make sure to honor this time block.

03

Keep the supplies on hand for your favorite recipes. Immediately add the ingredients to your grocery list when they run out. That way you can always easily make more.

04

The best supply to keep on hand is Life Shake. This can easily turn into a sweet beverage or you can add it into various recipes for extra nutrients. Definitely a pantry staple.

SUCCESS STARTS WITH LIFE SHAKE



You might be asking...why would a meal replacement shake help me with my sweet tooth? Well, who wouldn't want to drink dessert every morning to get the energy and vitamins they need to tackle the day?

Plus, when you add Life Shake Protein to your sweet treat recipes you end up helping your overall health in an easy and convenient way. How? Studies show that eating protein can reduce hunger levels, boost metabolism, and even stop late-night cravings.

By sneaking in Life Shake to your sweet treats you not only increase your protein intake but you also add in extra fiber, vitamins, and minerals. This all helps you stay on track for your health goals while enjoying your sweet tooth!



LEARN MORE

about Life Shake

- 20 g ultra-pure, non-GMO protein
- 24 essential vitamins & minerals
- Source of Omega-3s
- 6 g of fiber to keep your gut happy
- Low-glycemic meal naturally sweetened
- Leucine to support a healthy weight

Is this your first time hearing about Life Shake (and want to learn more)? Click the link to discover the best naturally nourishing meal replacement. If you aren't already using this resource [contact me](#) to level up your wellness routine!

watch now!

KATIEODOM.MYSHAKLEE.COM



The Recipes

No Bake COOKIE DOUGH BITES



INGREDIENTS

- 1/4 cup coconut oil
- 3 tablespoons almond milk
- 2 tablespoons lite maple syrup (or honey)
- 2 cups almond flour
- 1/2 cup mini dark chocolate chips

INSTRUCTIONS

- Melt coconut oil in the microwave.
- In a large bowl combine coconut oil, almond milk, and maple syrup.
- Stir in the almond flour, just until the ingredients are combined.
- Fold in the chocolate chips and refrigerate the dough for 30-60 minutes (or until firm).
- Once chilled, roll the dough into small balls. Place onto a plate or baking sheet lined with parchment paper (to prevent sticking).
- Store the balls in the fridge or freezer, and serve them chilled for the firmest texture.

NUTRITION INFORMATION

Yield 18 Serving Size 1 ball
Calories per Serving: 66
Carbs 4g Protein 1g Fat 6g
Cholesterol 0mg Sodium 7mg Fiber 1g

chocolate covered strawberries



INGREDIENTS

- 2 scoops Life Shake (preferably chocolate)
- 1/3 cup unsweetened cocoa powder
- 1/3 cup melted coconut oil
- 2 tablespoons maple syrup
- Strawberries (or preferred fruit)

NOTES

By adding in Life Shake, you not only get a delicious dessert but also sneak in extra protein, fiber, vitamins, and minerals! This helps you stay on track for your health goals while enjoying your sweet tooth!

INSTRUCTIONS

- Add the ingredients to a bowl and blend until smooth.
- Dip choice of preferred fruit into the mixture and place on a plate (or parchment paper) to chill in the fridge.
- Enjoy!

NUTRITION INFORMATION

Yield 12 Serving Size 1
Calories per Serving: 80
Carbs 5g Protein 2g Fat 7g
Cholesterol 0mg Sodium 35mg Fiber 1g

INGREDIENTS

- 1 large avocado
- 1/2 cup unsweetened applesauce
- 1/2 cup lite maple syrup
- 1 teaspoon vanilla extract
- 1 large egg
- 2 cups almond flour
- 1/2 cup unsweetened dutch-processed cocoa powder
- 1/4 teaspoon sea salt
- 1 teaspoon baking soda
- (OPTIONAL) melted chocolate or peanut butter to drizzle on top

NUTRITION INFORMATION

Yield 16 Serving Size 1

Calories per Serving: 61

Carbs 7g Protein 2g Fat 4g

Cholesterol 12mg Sodium 120mg Fiber 2g

Avocado
Brownies

INSTRUCTIONS

- Preheat the oven to 350°.
- Blend together the avocado, applesauce, maple syrup, and vanilla. Whisk in eggs. Add in almond flour, cocoa powder, sea salt, and baking soda. Stir until the mixture is smooth and well-combined.
- Grease an 8x8 inch baking dish with cooking spray and add batter.
- Place in oven to bake for 25 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies).
- Allow the brownies to cool for 20 minutes. Serve immediately or place in an airtight container. They will be good for 2 days when stored at room temperature. Increase the shelf life by keeping them in the fridge or freezer.

NOTES

- Make sure your avocados are ripe - but not too ripe. They should be green and creamy inside.
- Use dutch-processed cocoa powder. Because these brownies are already rich, using unprocessed cocoa will make them too bitter.





Birthday Cake Bites

INGREDIENTS

- 2 Scoops Life Shake (preferably vanilla)
- 3 teaspoons almond flour
- 3 teaspoons almond butter
- 1 tablespoon coconut oil
- 2 tablespoons honey
- 1 teaspoon butter extract
- 1/2 teaspoon sea salt
- (OPTIONAL) sprinkles

.....

INSTRUCTIONS

- Add the ingredients to a bowl and blend until smooth.
- Scoop the batter by heaping tablespoons and roll it into balls with your hands.
- Place the balls on a plate (or parchment paper) and put them in the fridge or freezer.
- Top with sprinkles and serve them chilled for the firmest texture.

NUTRITION INFORMATION

Yield 12 Serving Size 1 ball
Calories per Serving: 51
Carbs 5g Protein 2g Fat 3g
Cholesterol 2mg Sodium 144mg Fiber 1g

INGREDIENTS

- 4 cups frozen strawberries
- 1/2 cup nonfat greek yogurt
- 1 tablespoon lime juice
- Liquid stevia to taste
- Water (as needed)

Strawberry Lime Sherbert

INSTRUCTIONS

- Add the frozen strawberries, liquid stevia, yogurt, and lime juice to the bowl of a food processor.
- Process until creamy, about 5 min. Add water as you go so that it stays thick.
- Serve immediately or transfer to an airtight container and store it in the freezer for up to a month.

NOTES

When choosing your yogurt try to look for one that is low in fat, has little to no added sugar, and has high protein. These three together help keep the calories down while helping you be satisfied.

NUTRITION INFORMATION

Servings 2

Calories per Serving: 129

Carbs 26g Protein 8g Fat 1g

Cholesterol 3mg Sodium 24mg Fiber 7g



A close-up photograph of several peanut butter cups. One cup in the foreground is partially cut, revealing the light-colored peanut butter filling inside the dark chocolate shell. The cups have a scalloped edge.

Peanut Butter Cups

INGREDIENTS

- 1/3 cup cocoa powder
- 1/3 cup lite maple syrup
- 1/3 cup melted coconut oil
- 2 scoops chocolate Life Shake
- 1/3 cup almond butter

INSTRUCTIONS

- Whisk first 4 ingredients together until smooth.
- Cover bottom of mini silicone muffin mold with chocolate (approximately a tablespoon if using larger muffin molds).
- Dollop nut butter into each mold.
- Top off with remaining batter (reheat if needed).
- Place in freezer until solid. Enjoy!

NUTRITION INFORMATION

Yield 18 Serving Size 1
Calories per Serving: 80
Carbs 5g Protein 2g Fat 7g
Cholesterol 0mg Sodium 26mg Fiber 1g

INGREDIENTS

- 1/2 cup coconut oil
- 1/4 cup cocoa powder
- 2 tablespoon honey (or agave)
- 1 teaspoon vanilla

Chocolate
Tuffles

INSTRUCTIONS

- Melt coconut oil in a glass measuring cup (makes for easy pouring later). This can be done in the oven on low heat.
- Whisk in honey, cocoa powder, and vanilla until smooth.
- Pour immediately into small silicone ice trays. Try using fun shapes if possible.
- Put in the freezer for 20 minutes (or until set). Pop out and enjoy!
- NOTE: Keep these in the freezer at the ready for your sweet tooth! Please be aware that these melt in warm temperatures.

NUTRITION INFORMATION

Yield 18 Serving Size 1
Calories per Serving: 60
Carbs 3g Protein 0g Fat 6g
Cholesterol 0mg Sodium 37.5mg Fiber 0g





Chocolate Peanut Butter Protein Bars

INGREDIENTS

base

- 3 scoops Life Shake (preferably vanilla)
- 1 cup almond butter
- 1/2 cup honey
- 1 cup ground oats

topping

- 1 scoop Life Shake (preferably chocolate)
- 1 cup mini dark chocolate chips

INSTRUCTIONS

- Start by creating the base. Put the almond butter and honey in a bowl and heat to soften. Add oats and protein and mix together. Place in a 9x9 glass dish and press down to flatten.
- Move on to the topping. Heat the chocolate chips in a bowl. Add the protein and mix. Take this mixture and smooth over the base.
- Refrigerate and, once set, enjoy!

NUTRITION INFORMATION

Yield 16 Serving Size 1 bar
Calories per Serving: 200
Carbs 21g Protein 7g Fat 14g
Cholesterol 0mg Sodium 50mg Fiber 4g

INGREDIENTS

- 3 1/2 oz dark chocolate (at least 70% cocoa, made with unrefined sweetener)
- 1 cup pitted dates (if the dates are hard, soak them in hot water for 10 minutes, then drain before processing)
- 1/4 cup pecan halves

NUTRITION INFORMATION

Yield 18 Serving Size 1

Calories per Serving: 67

Carbs 8g Protein 1g Fat 3g

Cholesterol 0mg Sodium 0mg Fiber 1g

Dark
Chocolate
Turtles

INSTRUCTIONS

- Add dates to a food processor. Blend until they become sticky and jam-like in consistency.
- Roll this mixture into marble-sized balls using the palms of your hands. Place on a lightly greased cookie sheet.
- Press 2-3 pecan halves into the date balls and then place in the freezer for 10 minutes (or until set).
- Heat dark chocolate in a small saucepan over very low heat. Stir continuously until melted into a smooth sauce.
- Using a spoon, pour a small amount of chocolate sauce over each date pecan mound. Repeat until each one is covered with the chocolate. The chocolate sauce will harden quickly becoming a shell over the date pecan mounds.
- Place turtles in the freezer for 10 minutes (or until set).
- Store in the fridge or freezer so they don't get sticky. Enjoy!





Must Have
Resources

grocery list

produce

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

meat & fish

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

frozen

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

dairy & eggs

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

baking

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

deli

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

canned

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

beverages

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

other

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

recipe *reviewer*

| recipe | make again? | |
|--------|------------------------------|-----------------------------|
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| <hr/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |

fill in the blank

Use this page to keep track of recipes you like and want to try that you find from other sources

recipes

title

ingredients

instructions

title

ingredients

instructions

RESOURCES

These are the absolute BEST resources to help you on your wellness journey! HINT: These are all clickable links in the PDF!



Custom Vitamin Packs Based on Your Unique Biology

There's only one you. That's why there's Meology. Based on your biology, lifestyle, and health goals, Meology will match you with the nutrients you need to be the you you want to be.

Me⁺ For You

A personalized supplement plan based on your unique nutrition needs and health goals.

[VIEW MY PERSONALIZED PLAN](#)

[Retake Assessment](#)

[Learn More](#)

Me^{kids} For Kids

A selection of gummy vitamins to help your child grow and develop.

[GET STARTED](#)

[Learn More](#)

TAKE MEOLGY
GET A PERSONALIZED WELLNESS PLAN

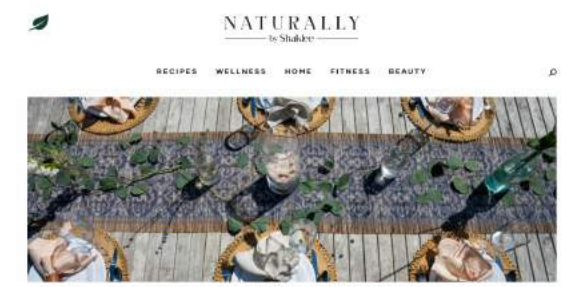


**wellness
wednesdays**

Expert Classes. Completely Free.

We're on a mission to bring true wellness to the world, and that means giving everyone the opportunity to live well. Join us on Wednesdays for classes led by wellness experts from around the world. Sign up for FREE today, and together we can Make Healthy Happen.

**WELLNESS
WEDNESDAYS**
ATTEND FREE WEEKLY
EXPERT CLASSES



NATURALLY
by Shaklee

RECIPES WELLNESS HOME FITNESS BEAUTY

4 Wellness Within Breakfast Recipes by Chef Maggie...

Food just tastes better when it's made with love, nutritious ingredients, and served beautifully. This June, we invited a few media friends to a summer soiree in Nantucket to celebrate health and good food. We collaborated...

**NATURALLY
BLOG**
TIPS TO HELP YOU LIVE
A HEALTHY LIFESTYLE



Shaklee.TV

SEARCH

CHANNELS

- 2021 Global Conference
- Shaklee News & Events
- Healthy Nutrition
- Healthy Beauty | YOUTH+
- Healthy Weight | SHAKLEE 100
- Healthy Home | Get Clean
- Shaklee Performance+
- Protein Challenge
- The Shaklee Opportunity
- Shaklee Science
- Shaklee Canada
- Shaklee Heritage
- I'm Living Proof
- Shaklee 2020 Virtual Conference
- Shaklee Care
- The Shaklee Effect™
- Mindset
- Shaklee Recipes
- Shaklee Impact

Why Shaklee? (04:04)

What sets Shaklee apart? Hear first hand from these Shaklee Leaders sharing what makes them from our products, to our income opportunity and our supportive community. Start now.

SHAKLEE TV
INSPIRATIONAL &
EDUCATIONAL VIDEOS



“

Kindness is like sugar,
it makes life taste
a little sweeter!

Carla Jegerovi

”



COPYRIGHT DISCLAIMER

.....

Simple & Sweet Treats For Healthy Living
© 2022 Helping You Rise

All rights reserved.

Helping You Rise is your source for Shaklee coaching resources.
For other resources like this go to:

www.HelpingYouRise.com

No portion of this book may be reproduced in any form without
permission from the author, except as permitted by U.S.
copyright law.

For permissions contact:

contact@helpingyourise.com

KATIEODOM.MYSHAKLEE.COM