



The “I Can’t Believe These Are Healthy” Dessert Recipes

Shockingly delicious, nourishing treats that feel indulgent but support your wellbeing. You’ll be in love.



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Hello beautiful woman,

If you have a sweet tooth, like me, this booklet is my gift for you!

I am Rachel, a health coach to women over 50 and the creator of the “freedom from sugar addiction” workshop. As you can see, living sugar free doesn’t have to mean deprivation or avoiding sweet treats.

These desserts are wholesome and full of good-for-you ingredients. You will make these recipes again and again, satisfy your cravings for ‘something sweet’ and nourish your body. Win-win!

My preferred sweeteners and the ones I use in these dessert recipes are:

Dates
Date syrup
Coconut sugar
Stevia

They are all low glycemic and are gentle on our blood sugar levels. No roller coaster sugar rides. Use them to taste. I prefer my desserts mildly sweet, use more or less to your preferred sweetness level.

Make sure the sweeteners you buy are 100% natural and don’t have added processed sugar.

To learn more about my “freedom from sugar addiction” workshop click here : healthnutgirl.com/freedom-from-sugar-addiction

Now go make some yummy desserts and fall in love with a healthy life.

Xoxo Rachel

Choco-Coco Balls

- 1 cup of walnuts
- 1 cup of pitted Medjool dates
- 1 teaspoon of vanilla
- 2 tablespoons of raw cacao powder
- 2 tablespoons of unsweetened coconut flakes
- 2 tablespoons of almond milk

Put all the ingredients in a food processor and blend to desired consistency.

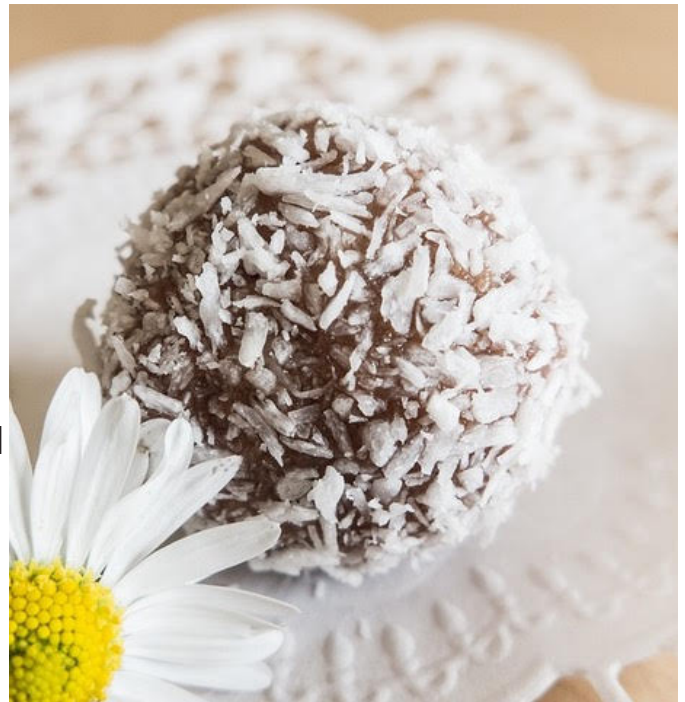
With wet hands, form little balls.

Roll each ball in additional coconut flakes.

Store in the fridge.

Variations:

- You can use any nuts instead of the walnuts; almonds, cashews or hazelnuts work well.
- You can use raw cacao, cinnamon or sesame seeds to coat the balls instead of coconut flakes.



Halvah Spread

- 1/4 cup raw tahini
- 1/4 cup date syrup

Blend until smooth.

Variations:

- Add a tablespoon of raw cacao.
- Add 1 teaspoon of cinnamon.
- Add 1 teaspoon of vanilla extract.

Oatmeal Banana Bread

2 cups rolled oats
2 eggs
3 very ripe bananas
1 teaspoon baking soda
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1 pinch salt
1/4 cup date syrup

Put all the ingredients in a food processor or blender and blend until smooth.

Pour into an oiled pan and bake on 350° for 35-40 minutes.

Variations:

- You can add dark chocolate chips or chopped walnuts to the batter.



Strawberry Chia “Jam”

1 cup of fresh or frozen strawberries
1 Tablespoon chia seeds
½ Tablespoon lemon juice
Stevia to taste

Cook the strawberries in a small pan until soft.

Mash or blend them to desired thickness.

Add chia seeds, lemon juice and stevia.

Cool and thicken in the fridge for about 2 hours.

Variations:

- You can use any berries like blueberries or raspberries or a combination.

Halvah Energy Balls

1 cup rolled oats
1/2 cup ground flax seeds
1/2 cup raw tahini
1/4 cup date syrup
1 teaspoon vanilla extract
4-5 chopped dates

Mix all the ingredients in a large bowl.
Form into balls and store in the fridge.

Variations:

- You can add chopped nuts to the recipe.
- You can use any nut or seed butter instead of raw tahini; almond butter, sunflower butter or peanut butter work well.



Chia Pudding

2 tablespoons of chia seeds
1/2 a cup of unsweetened almond milk
1 tablespoon of date syrup
1 teaspoon of vanilla extract

Mix it together in a cup or a bowl and refrigerate for at least 4 hours.

Variations:

- You can use any milk instead of the almond milk.
- Add a tablespoon of shredded coconut.
- Add a teaspoon of raw cacao.
- Top with fresh fruit like diced apples, berries or sliced bananas.

Cashew Chocolate Pudding

1 cup of cashews, soaked over night and rinsed
1-2 tablespoon of raw cacao
1 teaspoon of vanilla extract
Stevia to desired sweetness

Blend in a food processor and slowly add almond milk, 1 tablespoon at a time, to desired thickness.

Store in fridge.



Variations:

- You can mix the raw cacao with only half the pudding and create chocolate vanilla layers.
- You can add cinnamon.
- You can use fruit flavors instead of chocolate by replacing the cacao with 1/2 cup of fresh or frozen fruit. Try strawberries, raspberries or mango.

Homemade Nutella

2 1/2 cups of peeled and roasted hazelnuts
1/4 to 1/2 cup date syrup depending on desired sweetness
3 tablespoons of cacao powder
1 teaspoon vanilla extract
2-3 tablespoons almond milk
1 tablespoon coconut oil

Blend in a high power blender until smooth, adding almond milk slowly to desired consistency.





Chocolate Drizzle Cookies

Put the following dry ingredients into your food processor and mix until a coarse flour consistency is formed:

- 1 cup of walnuts
- 1 cup of rolled oats
- 1 cup of whole spelt flour

Add the following wet ingredients and continue to mix until a ball of dough forms:

- 1/4 cup of coconut oil
- 1/2 cup of date syrup
- 1 teaspoon of vanilla extract

Arrange the cookies on a parchment lined baking sheet, working with wet hands and forming the cookies to your desired shape and size. Bake for 12-15 minutes on 350°F/175°C preheated oven.

Drizzle with melted dark chocolate.

Variations:

- You can use any nuts instead of walnuts like almonds or cashews.
- You can use wholewheat flour instead of spelt flour.
- You can make it gluten free by using gluten free oats and gluten free flour.



Cinnabon Muffins

Mix together dry ingredients:

1 cup blanched almond flour

1/4 cup coconut flour

Pinch of sea salt

1/4 teaspoon of baking soda

Whisk together wet ingredients:

1/4 cup coconut milk

1 egg

1 tablespoon of date syrup, (add another tablespoon if you want your muffins sweeter)

Mix dry and wet ingredients until combined.

Dice 2 apples and sprinkle with a teaspoon of cinnamon.

Fold apples into the batter.

Make Cinnamon drizzle by warming lightly (don't boil) and mixing:

2 tablespoons of date syrup

1 tablespoon of coconut oil

1 tablespoons of cinnamon

Spoon half the batter into 6 lined muffin tins, cover with 1/2 the cinnamon drizzle, spoon the rest of the batter and cover with the rest of the drizzle. I like to take a wooden skewer and swirl the batter, so the cinnamon drizzle gets everywhere!

Bake at 325° for about 25 minutes until muffins turn golden and a knife inserted to the center comes out clean.

These muffins come out gooey and are best eaten warm but delicious cold as well.

Chocolate Covered Halvah

1 cup of sesame seeds
1 cup of raw almonds

Put in food processor and blend to fine consistency.

Add:

1 cup of raw tahini
4-6 tablespoons of date syrup (to desired sweetness)
1 teaspoon of vanilla extract

Blend again until smooth.

Use parchment paper to shape it into a log and refrigerate until firm.

Dark chocolate ganache:

1 tablespoon of coconut oil
50 gr. Of dark chocolate (70% or more)

Place in a bowl and melt it on top of a pot with boiling water.

Drizzle over halvah and refrigerate until firm.

Variations:

- You can make the halva without the chocolate.
- You can top the halvah with chopped pistachios.
- You can top the halvah with toasted sesame seeds.





Gluten Free Apple Cake

Mix all the following dry ingredients together:

- 2 cups of almond flour
- 1 teaspoons of baking soda
- 1 pinch of salt
- 1/2 teaspoon of cinnamon
- 1/3 cup of coconut sugar

Mix the following wet ingredients together:

- 2 egg yolks
- 1 teaspoon of vanilla
- 3 tablespoons of coconut oil
- 1/2 cup of almond milk (or any other milk)

Beat the 2 egg whites until stiff.

Wash, peel and cut 4 apples into thin slices or small cubes.

Mix wet and dry ingredients. Gently fold in the egg whites and then the apples.

Bake in a cake pan lined with parchment at 350°F, 180°C for about 40 minutes, until the top starts to brown and a toothpick comes out clean.