

FAVORITE DESSERTS



**DELICIOUS RECIPES THAT
QUICKLY BURN FAT**

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Introduction

Today is your lucky day!

I'm going to give you 27 of my favorite desserts recipes that will have your mouth watering in no time.

Even though you'll be able to eat all the sweets you want once you've complete the Diabetes Free Program, eating clean is still a good idea. Not only will it prevent you from becoming diabetic again, it will also help you keep the weight off.

These recipes were specifically made with diabetics in mind, yet they're still delicious. So yummy that even your kids won't be able to tell they aren't packed with junk.

I've worked hard to make sure they are easy to make and use ingredients many of us already have in the kitchen.

I hope you enjoy these treats as much as I do. Share them with your friends, family and non-diabetics too.

I can't wait to hear all the Mmm's once you've tried one of my delicious 27 desserts. Enjoy!!

P.S. If you love baking and have a recipe you would love share with other former diabetics, please feel free send us an email.

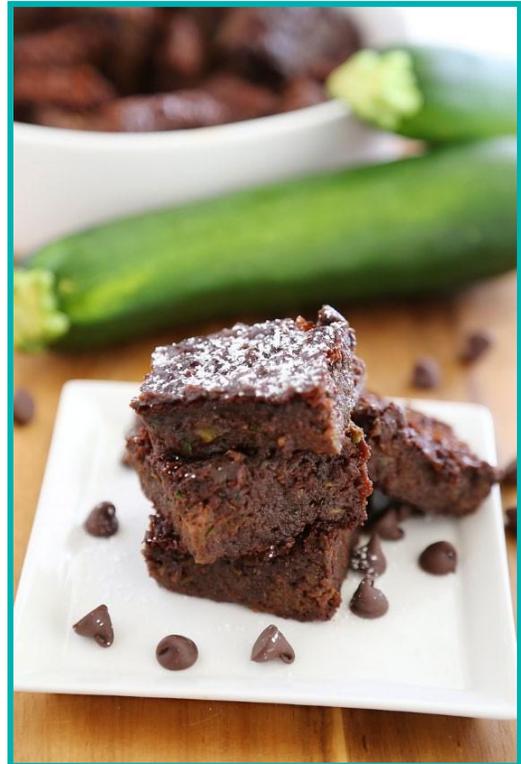
27 Delicious Desserts

Flourless Zucchini Chocolate Brownies

PREP TIME	COOK TIME	SERVINGS
20 Min	40 Min	16

INGREDIENTS:

- 1 Cup Creamy Almond Butter
- 2 Medium Zucchini, Shredded (Unpeeled)
- 1/3 Cup Honey
- 1 Large Egg
- 1 Teaspoon Vanilla
- 1 Teaspoon Baking Soda
- 1/2 Teaspoon Ground Cinnamon
- 1 Cup Semisweet Chocolate Chips, Melted



DIRECTIONS:

1. Preheat oven to 350°F. Grease a 9x9 inch baking pan, set aside.
2. In a large bowl, combine all ingredients and mix thoroughly until smooth. Pour into prepared pan.
3. Bake for 35-40 minutes, or until a toothpick inserted in the center comes out clean.
4. Let cool completely before cutting into squares.

Coconut Secret Bars

PREP TIME	COOK TIME	SERVINGS
20 Min	0 Min	16

INGREDIENTS:

- Filling:
 - 4 Cups Grated, Unsweetened Coconut
 - ½ Cup Softened Or Melted Coconut Oil
 - 2-4 Tablespoons Coconut Nectar (or Honey)
 - Roasted Whole Or Slivered Almonds
- Coating:
 - ½ Cup Dark Chocolate Pieces
 - 1 Tablespoon Coconut Oil



DIRECTIONS:

1. In a food processor, put the filling ingredients and process for several minutes. The mixture should soften and heat the coconut oil.
2. Taste for sweetness, add more if you like.
3. Line an 8x8 inch or similar sized pan with waxed paper.
4. Pour the coconut filling in and spread around evenly. If you would like to add almonds, now is the time.
5. Place the pan in the fridge or freezer to speed the solidifying process.
6. Meanwhile, melt your chocolate with the coconut oil.
7. Once solid, lift the whole chunk out by lifting the paper. Cut into desired shapes. Dip each in the chocolate, letting the excess drip back before laying it on waxed paper to solidify.
8. Store in an airtight container on the counter or in the freezer.

Kind Bars 2.0

PREP TIME	COOK TIME	SERVINGS
20 Min	20 Min	10



INGREDIENTS:

- 1 Cup Almonds
- ½ Cup Walnuts, Pecans Or Any Nut
- ½ Cup Shredded Unsweetened Coconut
- ⅓ cup golden raisins
- ⅔ cup pumpkin seeds
- ⅔ cup sunflower seeds
- 3 Tbsp sesame seeds
- 3 Tbsp chia seeds
- 1 Tbsp orange zest
- 2 Tbsp coconut oil, melted
- ½ cup honey

DIRECTIONS:

1. Preheat oven to 350°F, and line a cookie sheet with wax paper.
2. Roughly chop nuts and mix all ingredients in a large bowl (Except coconut oil and honey)
3. Separately mix oil and honey, pour over the nut/seed mixture & stir until evenly coated.
4. Pour into lined cookie sheet and spread an even layer. Bake for 15-20 minutes.
5. Remove from oven and let cool for 20 minutes, then lift gently using the wax paper, and place in the fridge for another 45 minutes to harden. Once solid, remove from the fridge and slice into bars of your desired size (it's easiest if you use a nice big, sharp knife).
6. To store, wrap them in parchment paper separately (so that they don't stick together), and keep in an airtight container. I keep mine in the fridge, but you could also keep them at room temp.

Dark Chocolate Mousse

PREP TIME	COOK TIME	SERVINGS
20 Min	0 Min	4

INGREDIENTS:

- 1 ripe avocado
- 1/4 cup date paste or 4 medjool dates, pitted
- 1 tbsp unpasteurized honey
- 1 cup full fat coconut milk
- 1/2 cup organic cacao powder
- 1 tsp fresh coffee grounds
- 1/4 tsp Himalayan salt
- 1 tbsp pure vanilla extract



DIRECTIONS:

1. Process avocado, date paste (or pitted medjool dates), honey and coconut milk in a small food processor until smooth and creamy.
2. Add cacao powder, coffee, salt and vanilla and resume processing until well incorporated. You might have to scrape the sides once or twice to get all the powder to mix in nicely.
3. Transfer this mixture to the bowl of your stand mixer and whisk on high for 4-5 minutes until light and fluffy. You could also do this with a hand mixer if you don't have a stand mixer.
4. Divide the chocolate mousse between 4 to 6 individual dessert bowls, dust lightly with cacao powder and refrigerate for 4-6 hours, or up to 2 days.
5. Note that this mousse can also be served immediately, but its texture greatly benefits from it sitting in the fridge for at least a few hours.

Ultimate Soft Chocolate Chip Cookies

PREP TIME	COOK TIME	SERVINGS
10 Min	10 Min	14



INGREDIENTS:

- 1 egg
- ½ cup smooth almond butter
- 1 tbsp coconut oil, melted and cooled
- ½ cup organic coconut sugar
- 1 and ½ tsp pure vanilla extract
- 1 cup blanched almond flour
- ¼ cup coconut flour
- ½ tsp baking soda
- ⅛ tsp fine grain sea salt
- ⅓ cup dark chocolate chips (dairy free)

DIRECTIONS:

1. Preheat your oven to 350°F and line a large cookie sheet with parchment paper.
2. Beat the egg, almond butter, coconut oil, coconut sugar and vanilla together until smooth. In a separate bowl, combine all the almond flour, coconut flour, baking soda, and salt.
3. Mix the dry ingredients into the wet until a thick dough forms. Add the chocolate chips at the end (if they don't fully combine, you can stick extra chips on top of each cookie before baking)
4. Roll the dough into small balls and then flatten before placing on the parchment lined cookie sheet. (they will not spread much)
5. Bake for about 8-10 minutes in the preheated oven, or until cookies are set and beginning to brown.
6. Remove from oven and transfer to wire racks to cool completely. Enjoy!

Flourless Peanut Butter Brownie Cookies

PREP TIME	COOK TIME	SERVINGS
10 Min	10 Min	12



INGREDIENTS:

- 1 large egg
- 1 cup peanut butter at room temperature
- 1/3 cup brown sugar
- 1 teaspoon baking soda
- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 3/4 cup peanut butter chips

DIRECTIONS:

1. Preheat oven to 350°F and line two large baking sheets with parchment paper or silicone baking mats.
2. In a medium bowl, whisk the egg until beaten. Mix in the peanut butter, then the brown sugar, baking soda, and cocoa powder. Mix everything together very well, then mix in the vanilla extract. Finally, fold in the peanut butter chips until combined.
3. Scoop the dough, about 1.5 Tablespoons each, onto prepared baking sheet. Bake two batches - 6-7 cookies on each baking sheet each. Gently press down on the dough mounds with the back of a spoon. If you find the cookie dough balls are a little oily from your peanut butter-- mine usually are-- blot each with a paper towel.
4. Bake for 9-10 minutes. The cookies will look very soft-- that's ok! For crispier cookies, bake up to 11-12 minutes. Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely. Sometimes I press a couple more peanut butter chips into the tops of each cookie immediately after coming out of the oven. This is optional and only for looks!

Apple Pie With Cashew Crust

PREP TIME	COOK TIME	SERVINGS
20 Min	35 Min	8



INGREDIENTS:

- Apple Pie Crust
 - 1 cup almond meal
 - 1 cup whole unsalted cashew nuts
 - 1 whole egg
 - 1/4 cup coconut oil, melted
 - 1 tsp stevia or 1 tbsp maple syrup
 - 2 tsp vanilla extract
 - 2 tsp cinnamon powder
- Apple Filling
 - 4 apples, apples, thinly sliced
 - 4 regular sized eggs
 - ¾ cup of almond milk
 - 2 tbsp maple syrup

DIRECTIONS:

1. Greased a pie mold with coconut oil.
2. Pour all the crust ingredient in a food processor with the S blade attachment. Process for 1 minute or until it forms a ball.
3. Place the dough between two sheets of plastic wrap. Roll until about 2-3 mm thick.
4. Remove the first plastic wrap layer and flip onto a greased pie mold.
5. Add thinly sliced peeled apples.
6. In a bowl whisk with a fork the eggs, almond milk and maple syrup.
7. Pour the batter onto the apples.
8. Bake for 35 minutes at 350°F or until golden. Cool down before removing mold.
9. The crust will get harder when it reaches room temperature.

Cherry Crisp

PREP TIME	COOK TIME	SERVINGS
15 Min	20 Min	8

INGREDIENTS:

- 3 cups cherries, pitted and sliced
- 2 tsp almond extract
- 1/3 cup unsweetened coconut milk
- For the topping:
- 1/4 cup hemp seeds
- 1/4 cup almond flour
- 1/4 cup coconut flour
- 2 Tbsp coconut oil
- 1 Tbsp water
- 1 tsp cinnamon
- pinch of salt



DIRECTIONS:

1. In a medium bowl, combine the cherries, almond extract, coconut milk and sweetener if using. Make sure there are no pits!
2. In another bowl combine all of the topping ingredients and mix well until crumbly. Pour the cherry filling into one large, 4 medium, or 8 small greased ramekins or oven proof dishes. Top with the crumble mixture and bake for 20 minutes in a preheated 375 degree (F) oven. Remove from the oven and let cool before serving. Yum!

Raw Chocolate Coconut Banana Tart

PREP TIME	CHILL TIME	SERVINGS
15 Min	8 Hours	9



INGREDIENTS:

- Pie Crust
 - 2½ cups raw almonds
 - 1 cup pitted Medjool dates
 - 1 Tbsp. water
 - 1 tsp. pure vanilla extract
 - pinch sea salt
- Coconut Banana Tart
 - 5 ripe medium bananas, cut into ½ inch pieces
 - 1 cup well-shaken full-fat culinary coconut milk (from a BPA-free can)
 - ¼ cup unsweetened cocoa powder
 - 1½ tsp. pure vanilla extract
 - 1 tsp. raw honey
 - ¼ cup chopped or slivered raw almonds
 - 2 Tbsp. raw cacao nib

DIRECTIONS:

1. MAKE THE CRUST: Place the almonds in a food processor and process until coarsely chopped. With the machine still running, add the dates, water, vanilla and salt until it forms a sticky dough.
2. Firmly press the crust mixture into a parchment paper-lined 8x8 inch baking or tart pan to form a thick crust on the bottom and up the four sides of the pan.
3. MAKE THE TART: Combine the bananas, coconut milk, cocoa powder, vanilla and honey in a blender; puree until smooth. Pour the mixture over the pie crust. Sprinkle with the almonds and cacao nibs. Cover with wax or parchment paper and freeze for at least 8 hours or overnight. Thaw the tart until it's soft enough to cut into 9 squares.

Hot Chocolate Ice Cream

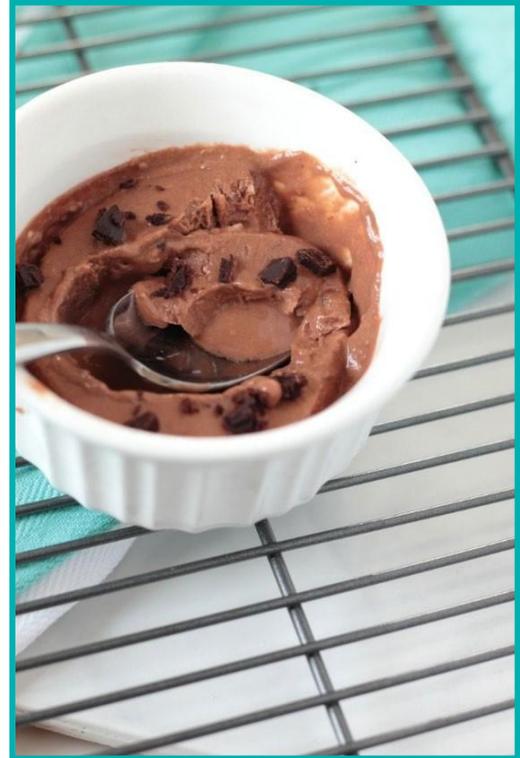
PREP TIME	CHILL TIME	SERVINGS
15 Min	2 Hours	1

INGREDIENTS:

- ½ cup full-fat coconut milk
- 1 teaspoon raw honey
- 1 egg white
- .75 ounces extra dark chocolate

DIRECTIONS:

1. Warm coconut milk over low heat in a pan. Add one teaspoon raw honey.
2. In the meantime, whisk the egg white until light and frothy.
3. Add dark chocolate warmed milk and continue stirring until the chocolate is melted, being careful not to burn.
4. Pour the egg white into the coconut milk and mix well. Let the melted chocolate cool for about a minute, then pour the melted chocolate into the coconut milk. Mix well.
5. Place in the freezer for 2-3 hours, or until lightly set.
6. Optional: Garnish with dark chocolate flakes.



Simple Reese Cups

PREP TIME	CHILL TIME	SERVINGS
10 Min	1 Hour	12

INGREDIENTS:

- 1 cup natural, sugar-free peanut butter
- ½ cup unsweetened shredded coconut
- 1 tablespoon coconut oil
- 1 tablespoon honey
- 1 cup dark chocolate chips (Enjoy Life brand)

DIRECTIONS:

1. Place almond butter, oil and honey in a glass bowl then microwave for about 30 seconds or until melted. Stir in shredded coconut until evenly combined. Divide the mixture into each opening of a mini muffin tin (fills 12 openings).
2. Place the chocolate chips in the glass bowl then microwave for about 30 seconds or until melted. Pour melted chocolate on top of each muffin tin then place the tin in freezer for about an hour.
3. Take muffin tin out of freezer. Carefully scrape a knife around the edges and the peanut butter cups will pop out easy. Handle with care.



Chocolate Chip Cookie Dough

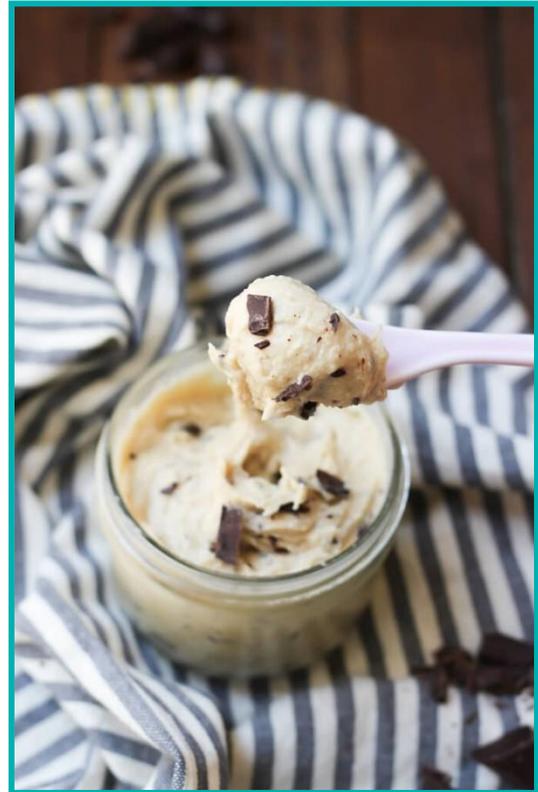
PREP TIME	COOK TIME	SERVINGS
10 Min	0 Min	4

INGREDIENTS:

- 1/2 cup packed almond flour
- 1/4 cup tapioca flour
- 5 tablespoons cold unsalted grass-fed butter
- 2-3 teaspoons honey, to taste
- 3/4 teaspoon vanilla
- 1 ounce chopped dark 85% chocolate
- Generous pinch of sea salt

DIRECTIONS:

1. Combine all ingredients (except chocolate) in a blender and blend until smooth. Taste and see if you need a bit more honey, vanilla, or salt depending on your taste. If you do just add a little bit at a time until you're satisfied. Stir in the chocolate and enjoy!



Raspberry Popsicles

PREP TIME	COOK TIME	SERVINGS
5 Min	15 Min	12

INGREDIENTS:

- 1 & ½ cups fresh raspberries
- 2 cups water
- Ice cube tray
- 4-5 Popsicle sticks, cut into 3 equal pieces



DIRECTIONS:

1. Combine the water and raspberries in a saucepan over medium heat.
2. Let simmer for 10 to 15 minutes, until the mixture sticks to a spoon.
3. Remove from the heat and drain using a fine sieve to remove unwanted seeds.
4. Pour the mixture into each hole of an ice cube tray.
5. Place a popsicle stick piece into each hole, and freeze for at least 2 hours before eating. (If the popsicle sticks won't stay upright in the holes, stick the tray in the freezer and let it freeze for half an hour and then try again)
6. You can also add fresh raspberries to the popsicles before freezing.

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