



10 CLEAN EATING DESSERT RECIPES

A HEALTHY WAY TO
STAY ON TRACK

Dark Chocolate Truffles

Ingredients:

14 dates
1/2 cup almonds*
3/4 cup almond meal
1/4 cup cocoa powder
1 teaspoon vanilla
1/2 teaspoon sea salt
70% dark chocolate bar (3.5 ounces)
coarse sea salt for topping, optional
* You can substitute your favorite nuts.



Directions:

1. Put the dates in a small bowl and cover in hot water. Let soak for 5-10 minutes, drain, and squeeze out the excess water.
2. Add the almonds, almond meal, and cocoa powder to a food processor or high quality blender. Pulse or blend until finely ground. Add the dates and 1/2 teaspoon sea salt and blend until a thick dough ball forms.
3. Remove the dough and roll into small balls. Put the balls on a dish lined with parchment paper. Freeze for 20-30 minutes.
4. Break the chocolate bar into a microwavable dish and melt for 30 seconds at a time, stirring in-between until completely melted. You may want to start by only melting half of the bar. Depending on how thickly you coat the truffles, you'll only use about half.
5. Roll each truffle in the melted chocolate and put back on the parchment paper. Top with a little coarse sea salt or coconut.
6. When all of the truffles have been covered in chocolate, put the dish into the fridge until the chocolate hardens. Store truffles in the refrigerator in an air tight container.

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Salted Caramel Fudge

Ingredients:

1/2 cup unrefined coconut oil, melted
1/2 cup creamy natural peanut butter
1/4 cup honey or pure maple syrup
1/2 teaspoon vanilla
1/2 cup cocoa powder
pinch of salt
1/2 cup Homemade Caramel Sauce*
course sea salt
* see next recipe in this ebook



Directions:

1. In large bowl, blender, or food processor, mix together the coconut oil, peanut butter, honey, and vanilla.
2. Add the cocoa powder and salt and stir until mixed well.
3. Pour mixture into a small container lined with parchment paper. I used a 6x9 inch glass casserole dish. Spread into an even layer and refrigerate or freeze for at least an hour before adding the caramel topping.
4. While the fudge sets, prepare the caramel sauce.
5. Pour 1/2 cup of the caramel sauce onto the fudge and spread to cover evenly.
6. Sprinkle with course sea salt, cut into small squares, and enjoy!

Homemade Caramel Sauce

Ingredients:

1 can (13.5oz) unsweetened full-fat coconut milk
1/2 cup pure maple syrup
pinch of sea salt
1 tablespoon unrefined coconut oil
2 teaspoons vanilla extract



Directions:

1. In a large saucepan with a thick bottom, combine coconut milk, maple syrup and salt.
2. Bring to a boil over medium-high heat. Reduce the heat to medium-low and let simmer for about 40 minutes, stirring occasionally.
3. Add coconut oil and cook for another 5 minutes, or until it reaches a deep caramel color.
4. Stir a little more often towards the end to keep the bottom from burning.
5. Remove from the heat, add the vanilla, then pour the caramel into a bowl and let it cool for about 5 minutes.
6. Once it has cooled slightly, stir vigorously until it is smooth and glossy.
7. Use the sauce while it is still warm for the best spreading/pouring results. Stir leftovers (if there are any) in the fridge and reheat in a double boiler.

Dark Chocolate Fudge Brownies

Ingredients:

- 1/2 cup almond butter (or creamy natural peanut butter)
- 2 tablespoons honey
- 3 tablespoons unrefined coconut sugar
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened apple sauce
- 1 large egg
- 1/4 cup + 1 tablespoon oat flour*
- 1/4 cup unsweetened cocoa powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1/2 cup + 1/4 cup dark chocolate chips
- *old fashioned oats that have been ground

Directions:

1. Preheat the oven to 350 degrees and line an 8x8 inch baking pan with parchment paper. Don't skip this step, or the brownies will be super hard to get out of the pan. Plus, with the parchment paper, you can just lift them right out and not have to clean the pan!
2. Grind your oats in a blender or food processor. Remember to measure the oat flour after grinding the oats.
3. In a large bowl, beat together the almond butter, honey, coconut sugar, and vanilla.
4. Mix in the applesauce until combined, and then beat in the egg until just combined.
5. In a separate bowl, stir together the oat flour, cocoa powder, baking soda, baking powder, and salt.
6. Using a wooden spoon or spatula, gently mix the wet and dry ingredients together until just combined. Do not over-stir.
7. Fold in 1/2 cup of the dark chocolate chips and then transfer the mixture into the lined 8x8 baking pan. Sprinkle the remaining 1/4 cup dark chocolate chips over the mixture.
8. Bake for 20-22 minutes or until light and puffy. If you under-bake just a little they will be softer and more chewy.
9. Cut into 16 (2 inch) squares. Enjoy guilt free!



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Homemade Hot Chocolate

Ingredients:

4½ cups almond milk
½ cup unsweetened cocoa powder
¼-⅓ cup pure maple syrup
½ (about 1.5 oz) dark chocolate bar*, melted
1 teaspoon pure vanilla extract
or 3-4 drops essential oil (optional)
*70% cacao or more



Directions:

1. In a medium saucepan, heat milk over medium low heat until steam starts to rise from the surface. Add cocoa, sweetener, and melted chocolate and stir well.
2. Warm over medium low heat until all ingredients are combined and hot chocolate is to desired temp. Add vanilla or other flavoring and stir.
3. Serve warm and top with shredded dark chocolate or homemade maple whipped cream.

Dark Chocolate Fudge Tarts

Ingredients:

Crust:

1 generous cup almonds, ground
6 tablespoons cocoa powder
3 tablespoons pure maple syrup
3 tablespoons unprocessed coconut oil
1/2 teaspoon sea salt

Filling:

1 1/2 cups cocoa powder
1 cup plus 2 tablespoons pure maple syrup
2 tablespoons unprocessed coconut oil
1/2 teaspoon sea salt



Directions:

1. Mix all the crust ingredients together. I use my Blendtec blender, but you could use a food processor or just mix them by hand.
2. Divide crust into the 12 cups of a muffin pan. Press each serving onto the bottom and up the sides of the cups. Clean your Blendtec or food processor.
3. Add all the filling ingredients to the now clean Blendtec or food processor. Blend until smooth.
4. Divide filling among tartlets and spoon into crusts. Place the muffin pan in the refrigerator to chill for at least 2 hours before serving.
5. When you are ready to eat, just run a butter knife around the edge of each tartlet and they should pop out without too much trouble.
6. We topped ours with fresh raspberries and the combination was to-die-for!

Oatmeal Chocolate Chip Cookies

Ingredients:

- 1 cup oat flour*
- $\frac{2}{3}$ cup old fashioned oats
- $\frac{1}{3}$ cup quick oats
- $1\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup natural peanut butter
- 1 egg
- 4 tablespoons unrefined coconut oil, melted
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup mini chocolate chips
- *grind oats in the blender until flour consistency



Directions:

1. In a medium bowl mix together the oat flour (ground oats), old fashioned oats, quick oats, baking powder, salt, and cornstarch.
2. Add the honey, peanut butter, egg, coconut oil, and vanilla. Stir until well combined. Add the chocolate chips and mix well.
3. Refrigerate the dough for 30-45 minutes.
4. Preheat the oven to 325 degrees F and line a baking sheet with parchment paper or a baking mat.
5. Spoon out 1-2 tablespoons of dough and make a ball with your hands. Lightly flatten the dough and place it on the baking sheet. Repeat with the remaining dough.
6. Bake cookies for 10-12 minutes or until they are light brown. Let cool on the baking sheet for 5 minutes before removing to finish cooling on a wire rack.

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Chocolate Peanut Butter Fudge

Ingredients:

- 1/2 cup - peanut butter, all-natural
- 1 large - banana
- 1 teaspoon - vanilla extract
- 2 tablespoon - coconut oil
- 2 tablespoon - maple syrup, pure
- 1 tbsp - cocoa powder, unsweetened



Directions:

1. Stir peanut butter until creamy and smooth. If you need to warm it up to make it softer, it might be easier.
2. Place all ingredients in a high-powered blender or food processor and mix until very smooth. You don't want any lumps at all. Just smooth cream.
3. Spread into an 8x8 pan or a loaf pan. It doesn't need to come to the edge.
4. Place in fridge or freezer until firm. Cut into squares. Store in the fridge to maintain solid bars.

Candied Pecans

Ingredients:

2 tablespoons unrefined coconut oil
3 tablespoons pure maple syrup

1/2 teaspoon vanilla extract
1/4 teaspoon sea salt
2 cups raw pecans



Directions:

1. Melt coconut oil in a skillet over medium-low heat. Add maple syrup, vanilla and salt and stir well.
2. When mixture is bubbling, add pecans.
3. Stir pecans well, so that they're completely coated in the maple syrup mixture.
4. Cook and stir constantly for about 5 minutes, being careful so that they don't burn.
5. Take the pan off the heat and transfer the pecans onto a piece of wax paper or parchment paper to cool.
6. Serve when cool. Hide the extras in an airtight container so that you don't eat them all in one sitting. ;)

3 Ingredients Peanut Butter Banana Cookies

Ingredients:

2 ripe bananas, mashed
1 cup oats (quick or regular)*
2 tablespoons PB2 or natural peanut butter
optional mix-ins: dark chocolate chips, walnuts,
coconut, cinnamon, raisins, etc.

* You can use either or a combination of both. If you use just old fashioned, chop them a little bit.



Directions:

1. Grease a cookie sheet and preheat oven to 350 degrees F.
2. Mix together the bananas, oats, and PB2. Because banana's vary in size you may need to adjust the amount of oats you add. The texture should be like a wet cookie dough.
3. Add any mix-ins you want. Whatever you decide to add, stick to 1/4 cup or less, or the dough won't stick together.
4. Scoop dough onto the greased cookie sheet. I got 12 cookies from this recipe. Bake for 15 minutes at 350. ENJOY!
5. I keep leftovers in the refrigerator. I also froze a batch and then thawed them in the fridge and they were still fantastic!