

Dessert Recipes

Dessert	Nutrition	Ingredients	Directions
Chocolate Chip Cookies 	Serving: 1 cookie <i>makes 16 cookies</i> Calories: 145 Fat: 9 g Carbs: 15 g Sugar: 8 g Protein: 2 g Sodium: 145 mg	• 1½ cup flour • ½ cup chocolate chips • ½ cup cream cheese • ½ cup plant butter • ¼ cup + 2 Tbs sugar • ¼ cup + 2 Tbs brown sugar • 1 tsp vanilla extract • ½ tsp baking soda • ¼ tsp salt	1. Preheat oven to 375 °F. 2. In a bowl, mix the dry ingredients together. 3. In another bowl, mix the butter, cream cheese, sugars, and vanilla. Add in the dry ingredients and chocolate chips. 4. Roll the dough into 12 balls. 5. Place the dough balls on a baking sheet. 6. Bake for 10-12 minutes.
Low Carb Classic Cheesecake 	Serving: <i>1/12 of the pie</i> Calories: 180 Fat: 14.5 g Carbs: 6.5 g Sugar: 4.5 g Protein: 7 g Sodium: 255 mg	• 16oz cream cheese • 8oz nonfat cream cheese • 1¼ cups Splenda • 4 eggs • 1½ Tbs lime juice	1. Preheat oven to 350°F. 2. Beat the cream cheese at high speed until creamy. 3. Then slowly add the Splenda. 4. Add eggs, one at a time, beating until combined and then add the lime juice. 5. Pour into baking dish. Bake for 50-60 minutes.
Chocolate Pudding 	Serving: ¼ <i>recipe</i> Calories: 100 Fat: 3 g Carbs: 21 g Sugar: 5 g Protein: 1 g Sodium: 85 mg	• 3 cups unsweetened vanilla almond milk • 1 cup Splenda • ½ cup unsweetened cocoa powder • ⅓ cup cornstarch	1. In a saucepan, mix the sugar substitute, cocoa powder, and cornstarch. 2. Slowly whisk in almond milk until foamy and smooth. 3. Heat over medium heat and cook, stirring constantly, until mixture simmers. 4. Pour into serving dishes. 5. Refrigerate for at least 30 minutes before serving.
Apple Pie Overnight Oats 	Serving: ½ <i>recipe</i> Calories: 150 Fat: 5 g Carbs: 21 g Sugar: 7.5 g Protein: 4 g Sodium: 90 mg	• 1½ cups unsweetened vanilla almond milk • ⅓ cup dry quick oats or rolled oats • 1 small apple, diced • 1 Tbs chia seeds • 2 tsp cinnamon • ¼ tsp vanilla extract • 1-2 packets sugar substitute	1. Dice the apple into small bite-size pieces. 2. Combine the apple, oats, chia seeds, cinnamon, and sugar substitute. Mix well. 3. Add the almond milk and vanilla extract and then stir the mixture together until fully combined. 4. Store in the refrigerator overnight before serving.

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Cranberry Oat Bites 	Serving: 1 ball <i>makes 20 balls</i> Calories: 85 Fat: 3.5 g Carbs: 11 g Sugar: 4 g Protein: 2.5 g Sodium: 15 mg	• 1½ cups rolled oats • ½ cup peanut butter • ⅓ cup maple syrup or honey • ¼ cup chopped dried cranberries (no sugar added)	1. Combine all ingredients in a medium sized bowl. 2. Mix to combine into a dough. 3. Roll dough into 20 balls. 4. Refrigerate for 30–60 minutes before serving. 5. Store bites in the fridge for up to 1 week.
Fruit Punch Popsicles 	Serving: 1 popsicle <i>makes 6 popsicles</i> Calories: 35 Fat: 1.5 g Carbs: 5 g Sugar: 3 g Protein: 1 g Sodium: 60 mg	• 3 cups unsweetened vanilla almond milk • 1 cup sugar free/diet fruit juice (any flavor) • 1½ cups frozen berries • ½ cup frozen peaches	1. Combine all ingredients into a blender. Blend until smooth. 2. Pour the juice mixture into a popsicle mold. Recipe makes a total of 6 popsicles. 3. Freeze popsicles for 4 – 6 hours or until fully frozen before serving.
Peaches n' Cream Sorbet 	Serving: ½ recipe Calories: 190 Fat: 11 g Carbs: 21 g Sugar: 13 g Protein: 6.5 g Sodium: 70 mg	• 1 cup low sugar vanilla yogurt • 2 cups frozen peaches • ½ cup unsweetened vanilla almond milk • 1 tsp cinnamon • 1 packet sugar substitute	1. Add the yogurt, frozen peaches, almond milk, and cinnamon to a blender. 2. Blend until smooth. 3. Pour into sealable container. 4. Freeze for 1 – 2 hours before serving.
Hot Chocolate 	Serving: 1 recipe Calories: 40 Fat: 3 g Carbs: 4 g Sugar: 0 g Protein: 1 g Sodium: 115 mg	• 1 cup unsweetened vanilla almond milk • 1 Tbs unsweetened cocoa powder • 1 packet sugar substitute	1. Pour almond milk into a microwavable-safe mug and microwave for 2 minutes or bring almond milk to a simmer in a saucepan and then pour milk into a mug. 2. Add the cocoa powder and sugar substitute to the warm milk and then stir until completely blended.
Yogurt Covered Blueberries 	Serving: ½ recipe Calories: 100 Fat: 5 g Carbs: 14 g Sugar: 7.5 g Protein: 2.5 g Sodium: 20 mg	• ½ cup low sugar vanilla yogurt • 1 cup blueberries	1. Wash the blueberries and then pat dry. 2. Line a small baking sheet with parchment or wax paper. 3. Using a toothpick, dip each blueberry into the yogurt. 4. Place the yogurt coated blueberries on baking sheet. 5. Place baking sheet in freezer and freeze for at least 1 hour.

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Cherry Chocolate Milkshake 	Serving: 1 recipe Calories: 120 Fat: 4 g Carbs: 24 g Sugar: 14 g Protein: 2 g Sodium: 115 mg	• 1 cup unsweetened vanilla almond milk • 1 cup ice cubes • ¾ cup frozen sweet cherries • 2 Tbs unsweetened cocoa powder • 1 packet sugar substitute	1. Add all ingredients into a blender. 2. Blend until smooth. 3. Pour milkshake into a glass and serve.
Peanut Butter Cookies 	Serving: 1 cookie makes 16 cookies Calories: 120 Fat: 8 g Carbs: 9 g Sugar: 6.5 g Protein: 4 g Sodium: 45 mg	• 1 cup peanut butter • ¾ cup Splenda • ½ cup granulated sugar • 1 large egg	1. Preheat oven to 325°F. 2. Prepare a baking sheet with nonstick spray or parchment paper. 3. Mix ingredients into a dough. 4. Roll dough into 16 equal size balls. Place dough balls spread out on baking sheet. 5. Bake for 7 – 9 minutes.
Key Lime Dip & Graham Crackers 	Serving: 1 recipe Calories: 185 Fat: 11 g Carbs: 19 g Sugar: 5 g Protein: 5 g Sodium: 120 mg	• ½ cup low sugar vanilla yogurt • 1 Tbs lime zest • 1 Tbs lime juice • 1 sheet of graham crackers	1. In a small bowl, mix the yogurt, lime zest, and lime juice with a fork or whisk until the ingredients are well combined. 2. Serve the dip with a sheet of graham crackers for dipping.
Chocolate Peanut Butter Oatmeal 	Serving: 1 recipe Calories: 220 Fat: 12 g Carbs: 24 g Sugar: 2 g Protein: 8 g Sodium: 155 mg	• ¼ cup dry quick oats • 1 cup unsweetened vanilla almond milk • 1 Tbs peanut butter • 1 Tbs unsweetened cocoa powder • 1–2 packets sugar substitute	1. Mix the oats, cocoa powder, and almond milk together in a microwave-safe bowl. 2. Microwave for about 3 – 5 minutes. 3. Remove from microwave and then stir in the peanut butter and sugar substitute until fully combined.
Berry Walnut Yogurt Parfait 	Serving: 1 recipe Calories: 250 Fat: 20 g Carbs: 17 g Sugar: 7 g Protein: 7 g Sodium: 50 mg	• ½ cup low sugar vanilla yogurt • ½ cup mixed berries • 2 Tbs chopped unsalted walnuts • 1 tsp cinnamon	1. Scoop the yogurt into a bowl or serving dish. 2. Add the berries and walnuts on top of the yogurt. 3. Sprinkle with cinnamon and then serve.

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Blueberry Lemon Muffins 	Serving: 1 muffin <i>makes 12 muffins</i> Calories: 120 Fat: 5 g Carbs: 17 g Sugar: 9.5 g Protein: 2 g Sodium: 115 mg	• 1 cup flour • ¾ cup frozen blueberries • ½ cup sugar • ⅓ cup sour cream • 1 large egg • 4 Tbs plant butter, softened • ½ tsp vanilla extract • ¼ tsp baking soda • ¼ tsp salt • zest of 2 large lemons	1. Preheat oven to 375°F. 2. In a mixing bowl, combine the butter, sugar, and lemon zest. Beat in the egg and vanilla. 3. In another bowl, combine the flour, baking soda, and salt. 4. Fold in half the flour mixture and half the sour cream into the egg mixture. Fold in remaining flour and sour cream. Do not overmix. 5. Fold in the frozen blueberries. 6. Pour batter into lined muffin tin. Bake for 20 – 25 minutes.
Chocolate Chip Raspberries 	Serving: ½ recipe Calories: 100 Fat: 4 g Carbs: 17 g Sugar: 12 g Protein: 1 g Sodium: 5 mg	• 1 cup fresh raspberries • 1 Tbs white chocolate chips • 1 Tbs chocolate chips	1. Wash the raspberries and then pat dry. 2. Fill each raspberry with a single chocolate chip.
Brownies 	Serving: 1 brownie <i>makes 9 brownies</i> Calories: 125 Fat: 4 g Carbs: 23 g Sugar: 13 g Protein: 2 g Sodium: 100 mg	• ¾ cup unsweetened cocoa powder • ½ cup flour • ½ cup unsweetened applesauce • ½ cup granulated sugar • ½ cup Splenda • 2 eggs • 2 Tbs plant butter • ½ tsp vanilla extract • ¼ tsp salt	1. Preheat to 325°F. Prepare an 8-inch square pan with nonstick spray. 2. In a large bowl, combine the sugars, applesauce, melted butter, cocoa powder, salt, and vanilla, and stir until combined. Stir in the eggs. 3. Slowly add the flour and then stir well to combine. 4. Bake for about 25 – 30 minutes or until fully baked.
Peanut Butter Rice Krispies Treats 	Serving: 1 treat <i>makes 9 treats</i> Calories: 200 Fat: 10 g Carbs: 22 g Sugar: 11.5 g Protein: 5 g Sodium: 105 mg	• 3 cups original Rice Krispies • ¾ cup peanut butter • 6 Tbs maple syrup or honey	1. Line an 8x8 pan with nonstick spray or parchment paper. 2. In a small bowl, microwave the peanut butter and honey for 1 minute. Whisk together. 3. Pour the mixture over cereal and then mix to combine. 4. Spoon mixture into the 8x8 pan and push down to flatten. 5. Refrigerate 1 – 2 hours.

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Chocolate Chip Coconut Bites 	Serving: 1 ball <i>makes 12 balls</i> Calories: 120 Fat: 7 g Carbs: 12 g Sugar: 4 g Protein: 3.5 g Sodium: 1 mg	1 cup rolled oats ½ cup almond butter 2 Tbs honey or maple syrup 2 Tbs chocolate chips 2 Tbs unsweetened shredded coconut 1 Tbs water	- Combine all ingredients into a small mixing bowl. - Roll the mixture into 12 equal size balls. - Place the balls on a plate. - Refrigerate for 1 hour to harden before serving. - Store in refrigerator.
Vanilla Ice Cream 	Serving: ½ recipe Calories: 115 Fat: 0 g Carbs: 18 g Sugar: 15.5 g Protein: 12 g Sodium: 50 mg	2 cups low sugar vanilla Greek yogurt 2 Tbs honey or maple syrup ½ Tbs vanilla extract	- Add all ingredients into a blender. Blend until smooth. - Pour the ice cream mixture into a container. Freeze mixture for 1 hour. - Remove mixture from freezer. Stir with a rubber spatula and then place back into freezer. - Freeze for 2 more hours, stirring every 30 minutes.
Snickerdoodle Cookies 	Serving: 1 cookie <i>makes 24 cookies</i> Calories: 140 Fat: 6.5 g Carbs: 17 g Sugar: 7 g Protein: 2 g Sodium: 115 mg	2 ¾ cups flour 1 cup Splenda ¾ cup sugar 1 cup plant butter 2 eggs 2 tsp cream of tartar 2 tsp cinnamon 1 tsp baking soda 1 tsp vanilla extract	- Preheat oven to 400° F. - Put aside ¼ cup sugar and the cinnamon into a bowl. - Combine all other ingredients in another bowl and mix. - Form 24 balls. - Roll each ball in the sugar-cinnamon mixture. - Place balls on a baking sheet and bake for 8–10 minutes.
Mint Chocolate Milkshake 	Serving: 1 recipe Calories: 145 Fat: 12 g Carbs: 10 g Sugar: 1 g Protein: 4 g Sodium: 100 mg	1 cup ice cubes ½ cup low sugar vanilla yogurt ½ cup unsweetened vanilla almond milk 1 Tbs unsweetened cocoa powder ¼ tsp peppermint extract	- Add all ingredients into a blender. - Blend until smooth. - Pour the milkshake into a glass and serve.
PB&J Rice Cake 	Serving: 1 recipe Calories: 155 Fat: 8 g Carbs: 17 g Sugar: 6 g Protein: 5 g Sodium: 40 mg	1 plain rice cake ½ cup sliced strawberries 1 Tbs peanut butter	- Spread the peanut butter on top of the rice cake. - Top with sliced strawberries and serve.

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Cinnamon Rice Pudding 	Serving: ½ recipe Calories: 150 Fat: 2.5 g Carbs: 27 g Sugar: 0 g Protein: 3 g Sodium: 115 mg	• 6 cups unsweetened vanilla almond milk • 1 cup short-grain white rice, rinsed • 4 packets sugar substitute • ½ Tbs cinnamon	1. In a medium saucepan, combine the rice, sugar substitute, cinnamon, and 2. 1 cup of the almond milk. 3. Cook over medium-low heat, stirring, until the milk is fully absorbed (about 5 minutes). 4. Gradually add the rest of the milk, 1 cup at a time, stirring and cooking until the rice thickens (25 – 30 minutes).
Watermelon Popsicles 	Serving: 1 popsicle <i>makes 6 popsicles</i> Calories: 40 Fat: 2.5 g Carbs: 11 g Sugar: 10 g Protein: 0.5 g Sodium: 0 mg	• 6 cups cubed watermelon • 3 Tbs Splenda • 3 Tbs lemon juice	1. Add all the ingredients into a blender. 2. Blend until smooth. 3. Pour the mixture into a popsicle mold (recipe makes 6 popsicles in total). 4. Freeze popsicles for about 4 hours or until they are solid.
Zucchini Bread Muffins 	Serving: 1 muffin <i>makes 12 muffins</i> Calories: 185 Fat: 10 g Carbs: 22.5 g Sugar: 11 g Protein: 2 g Sodium: 205 mg	• 1 ½ cups flour • 1 cup grated zucchini • ¾ cup granulated sugar • ½ cup olive oil • ¼ cup unsweetened vanilla almond milk • 1 large egg • 1 Tbs lemon juice • 1 tsp vanilla extract • 1 tsp baking soda • 1 tsp cinnamon • ½ tsp salt	1. Preheat oven to 350°F. 2. In a mixing bowl, combine the flour, sugar, baking soda, cinnamon, and salt. 3. In another bowl, beat the egg, oil, milk, lemon juice and vanilla. Stir this mixture into the bowl with dry ingredients. 4. Fold in the grated zucchini. 5. Pour batter into paper-lined muffin tin (makes 12 muffins). 6. Bake for 20 – 25 minutes.
Sugar Cookies 	Serving: 1 cookie <i>makes 12 cookies</i> Calories: 125 Fat: 6.5 g Carbs: 14 g Sugar: 4.5 g Protein: 2 g Sodium: 90 mg	• 1 ¼ cups flour • ½ cup plant butter • ¼ cup granulated sugar • ¼ cup Splenda • 1 egg • 1 tsp vanilla extract • 1/8 tsp salt	1. Preheat oven to 350°F. 2. Line a baking sheet with parchment paper. 3. In a mixing bowl, mix the butter, sugar, egg, and vanilla together until light and fluffy. 4. Slowly add the flour and salt while stirring to form dough. 5. Refrigerate dough for 1 hour. 6. Roll dough into 12 balls. Place spread out on baking sheet. 7. Bake for 8-12 minutes.



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.