



12 HEALTHY DESSERT RECIPES

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12 HEALTHY DESSERTS: QUICK AND EASY ON-THE-GO DESSERT TO ENJOY ANY TIME OF DAY

Healthy Baking Staples

For whenever you're craving something sweet, these are some great ingredients to have on-hand so you can indulge and still achieve your health goals!

Protein Powder

Vanilla protein powder is a great ingredient to have on hand. It's surprisingly versatile and can be transformed into so many different flavors. In addition to adding protein to recipes, I like that it also acts as a sweetener and bulking agent.

Flour

There are so many options when it comes to flour. Upgrading the nutritional punch of flour in your recipes is really easy. Oat flour, almond flour, quinoa flour, and coconut flour are all great options. These flours can also all be used as a 1:1 ratio whenever substituting flours in a recipe.

Applesauce

Applesauce is a great ingredient when substituting for oil or eggs. It adds bulk, moisture, and sweetness to recipes.

Fruit

Fruit, both fresh and frozen, offer sweetness, texture, flavor, and valuable vitamins/minerals to baked goods. When baking, try using fruit to replace a portion of the sugar that is called for.

Nuts and Seeds

Nuts and seeds are great for adding texture, healthy fats, and some protein to baking. They can be mixed into cookies, brownies, breads, crumbles, and even ice cream!

Cocoa Powder

Cocoa powder adds rich chocolate flavor to any recipe. Cocoa powder is also low in calories, is a great source of Flavonoids, and research shows may help to reduce your risk of heart disease.

Nut Butter

Nut butters are a great source of healthy unsaturated fat and play an important role in many recipes to help maintain moisture and texture.

Sweeteners

Not all sweeteners are created equal! A recipe does not need to be 100% sugar-free to be healthy. What's important is to be mindful of how much added sugar goes into the recipe, and how processed the sugar is. Instead of using granulated sugar, try coconut sugar, agave, honey, protein powder, and fruit.



BERRY COBBLER ON-THE-GO

A light and comforting dessert, cobbler is always a favorite. This on-the-go version in a mason jar is low in added sugar, low in fat, and provides great nutrients, whole grains, and fiber. Fresh berries and your favorite granola are all you need to bring some sweet dessert along for your busy day!

Ingredients

1 cup mixed raspberries and blackberries; frozen or fresh

1 tsp honey

1 tsp lemon juice

1/4 cup granola of choice

*Optional: Greek yogurt or whipped cream for topping

Substitute berries with your favorite seasonal fruits to make this dessert into exactly what you're craving. Apples, peaches, and cherries all make great cobblers.

Instructions

- 1 In a small saucepan, combine berries, lemon juice, and honey. Heat on low for 10 minutes, stirring occasionally.
- 2 After 10 minutes, the berries should be soft, and a sauce will have formed.
- 3 In a mason jar with a fitted lid, layer the berry compote with granola for dessert on-the-go!

Nutrition Information

- Makes one parfait
- 170-200 kcal (will vary depending on granola used)
- 3 g protein
- 2 g fat
- 8 g added sugar





DARK CHOCOLATE SEA SALT POPCORN

Light, crunchy, salty, and sweet, this popcorn has it all. Popcorn is a great source of fiber, and dark chocolate delivers a good dosage of antioxidants. Whether you're off to night class, vegging out with Netflix or staying up late studying, this makes a great guilt-free dessert.

Ingredients

1/4 cup popping
corn kernels

0.5 oz dark chocolate

1 tsp sea salt

*Instead of sea salt, cinnamon, nutmeg, chili powder, and caramel can be added to season your popcorn.

Instructions

- 1 In an air popper or on the stove, popcorn kernels.
- 2 Meanwhile, melt dark chocolate in the microwave in 20-second intervals until smooth.
- 3 Spread the popcorn out on a large cookie sheet, and drizzle with melted chocolate.
- 4 Immediately after, gently mix the popcorn on the sheet with a spatula (or hands) until the chocolate is evenly distributed.
- 5 While the chocolate is still warm, sprinkle popcorn with sea salt.

Nutrition Information

- Makes two 3-cup servings
- 100 kcal
- 3 g protein
- 3 g added sugar
- 1 g fat



SNICKERDOODLE COOKIE DOUGH BITES

Energy bites are a convenient and quick way to fuel up on-the-go. Packed with fiber and healthy fats and carbs, these little bites provide long-lasting energy. As an added bonus, cinnamon promotes the regulation of blood sugar. Inspired by the snickerdoodle cookie, these energy bites will satisfy any dessert craving!

Ingredients

1 cup oats

1/2 cup sunflower seed butter

1 tsp cinnamon

1/3 cup vanilla protein powder

1 T honey

2 T white chocolate chips

Optional: instead of sprinkling with cinnamon, roll each ball in a mixture of equal parts coconut sugar and cinnamon.

Instructions

- 1 Combine oats, cinnamon and protein powder in a medium bowl.
- 2 Separately, mix honey and sunflower seed butter and microwave for one minute, mixing once halfway through.
- 3 Pour the warm mixture into dry ingredients, and combine thoroughly using a spoon.
- 4 Fold in white chocolate.
- 5 Using hands, form the dough into 1 T portioned balls, and sprinkle with cinnamon.
- 6 Store energy bites in a sealed container in the refrigerator for up to two weeks.

Nutrition Information

- Makes two 3-cup servings
- 100 kcal
- 3 g protein
- 3 g added sugar
- 1 g fat

FROZEN DARK CHOCOLATE BANANA BITES

Bananas and dark chocolate are a natural pair. Frozen? Even better! This potassium-packed fruit takes on the creamy texture of ice cream, and cold chocolate adds a crunch. Throw them in a Tupperware for a quick dessert that stays frozen for an hour. This simple treat will keep your sweet tooth happy without weighing you down!

Ingredients

1 banana

1 oz dark chocolate

Your favorite toppings.

We used:

Chocolate chips

White chocolate

Crushed pretzels

Chopped nuts

Sprinkles

Freeze dried berries

Granola

Instructions

- 1 Cut a peeled banana into 1-inch slices and place in an even layer on parchment paper.
- 2 In the microwave, heat the dark chocolate in 20-second intervals until smooth.
- 3 With a spoon, cover the tops of each banana slice with chocolate, and sprinkle with desired toppings.
- 4 Freeze for at least two hours until frozen solid. Store in the freezer in a sealed container to enjoy anytime!

Nutrition Information

- Makes 2 servings
- 100-120 cal
(may vary depending upon toppings)
- 1 g protein
- 2 g added sugar
- 1 g fat



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CHOCOLATE RASPBERRY FROYO

Even in the cold months, FroYo hits the spot. Dark chocolate and raspberries make a decadent combination. Greek yogurt blended with cottage cheese keep calories low, protein high, and maintain a great rich texture. This healthy version of your favorite dessert will not have you missing trips to the yogurt shop!

Ingredients

1 cup Greek yogurt

1/2 cup low fat
cottage cheese

3 T cocoa

Optional: sweetener of choice
(here, one (1) scoop of vanilla
protein powder
was used)

1/2 cup fresh or frozen
raspberries

Instructions

- 1 In a blender, combine yogurt, cottage cheese, cocoa powder, and sweetener of choice.
- 2 Blend until one smooth mixture has formed.
- 3 In a sealed container, gently fold berries in with yogurt base.
- 4 Cover and freeze for at least two hours. Before serving, let sit at room temperature for 15 minutes.

Nutrition Information

- Makes four ½ cup servings
- 105 kcal
- 9 g protein
- 3 g fat
- 1 g added sugar





LEMON SHERBET PROTEIN SMOOTHIE

This protein smoothie can be enjoyed immediately as a refreshing post-workout smoothie, or frozen to be eaten like ice cream! Packed with protein, calcium, and vitamin C, you'll have no guilt while indulging in this bright, cool, treat.

Ingredients

1/2 cup Greek yogurt

1/2 cup ice

1 scoop vanilla
protein powder

1/2 lemon

1/2 cup almond milk

Instructions

- 1 In a blender, combine yogurt, protein powder, ice, and half of one lemon.
- 2 Blend on high until ingredients are thoroughly combined, and then continue to blend for one minute.
- 3 Pour into a glass and enjoy as is, or put in the freezer for two hours to enjoy as a sherbet later!

Nutrition Information

- Makes 1 smoothie
- 200 kcal
- 30 g protein
- 1 g fat
- 1 g added sugar



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PEANUT BUTTER FUDGE COOKIES

Peanut butter cookies are a classic, delicious dessert. Often packed with sugar and saturated fat, they won't leave you feeling great. These simple, four-ingredient cookies let the peanut butter do all the talking. One cookie will provide healthy unsaturated fats, protein, and only two grams of sugar. Play around with mix-ins to make them your own!

Ingredients

1 egg

1 cup PB

1 T honey

1/4 cup oat flour

Optional mix-ins:
nuts, chocolate,
raspberries, cranberries,
seeds.

Instructions

- 1 In a small bowl, beat the egg and then add peanut butter and honey.
- 2 Once wet ingredients are fully incorporated, fold in oat flour, being careful not to overmix the dough.
- 3 Add desired mix-ins.
- 4 Portion dough into 1.5 T balls and space out evenly on a greased cookie sheet.
- 5 With a fork, flatten the top of each cookie twice to make a lattice.
- 6 Bake the cookies in a 350-degree oven for 10 minutes.
- 7 Allow cookies to cool for 5 minutes before removing from cookie sheet.

Nutrition Information

- Makes 12 cookies
- 150 kcal
- 15 g fat
- 6 g protein
- 2 g added sugar



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PUMPKIN SPICE MOUSSE

There's nothing better than pumpkin spice in the fall. In this recipe, a good dose of pumpkin makes up for the lack of nutritional value in whipped cream. Packed with vitamins and minerals, it's also a great source of fiber. This pumpkin spice mousse will satisfy all your fall dessert cravings, without wrecking your diet.

Ingredients

16 oz container lite
whipped topping

12 oz can pumpkin puree

1 T pumpkin spice

For some added crunch,
healthy fat, and protein,
sprinkle some roasted
pumpkin seeds on top of your
mousse.

Instructions

- 1 Allow whipped topping to defrost in the refrigerator.
- 2 Once soft throughout, combine whipped topping, pumpkin puree, and pumpkin spice in a large mixing bowl.
- 3 With a hand mixer, whip the ingredients until they are thoroughly combined.
- 4 Store the mousse in a sealed container. Keep it in the fridge for a soft dessert, or store in the freezer to enjoy as an ice cream!

Nutrition Information

- Makes 8 ½ cup servings
- 150 kcal
- 6 g fat
- 6 g added sugar
- 0 g fat
- 1 g added sugar





CAKE BATTER PROTEIN BARS

Making your own protein bars is easy and economical. Depending on your nutritional goals, you can fine-tune protein, carbohydrate, and fat content. These Cake Batter protein bars are nutritionally well-rounded and don't contain "funky" ingredients. Wrap them up to take with you, or have as a guilt-free dessert!

Ingredients

- 1.5 cup oat flour
- 1/2 cup almond flour
- 1 cup protein powder
- 1/2 cup sunflower seed butter
- 2 T agave
- 6 T almond milk
- 2 T sprinkles
- 1 T white chocolate chips

Instructions

- 1 In a large bowl, combine oat and almond flour, and protein powder.
- 2 In a microwave safe bowl, heat sunflower seed butter for one minute, stirring halfway through.
- 3 Combine sunflower seed butter and agave with the dry ingredients, and mix with a fork until the mixture resembles wet sand.
- 4 Add half of the almond milk to the dough and combine fully, and then the remainder until the dough is smooth.
- 5 Gently fold in 1 T of sprinkles.
- 6 Line a baking dish with parchment paper, and press dough in to form an even layer. Add the remaining sprinkles and white chocolate chips to the top of the bars.
- 7 Using a water glass or rolling pin, flatten and smooth the tops of the bars.
- 8 Refrigerate for one hour, and then cut into ten pieces and wrap individually in parchment paper.
- 9 Store at room temperature, or in the refrigerator or freezer in a sealed container

Nutrition Information

- Makes 10 protein bars
- 225 kcal
- 10 g fat
- 15 g protein
- 4 g added sugar





ZUCCHINI FUDGE BROWNIES

These tasty treats are just as chocolatey and delicious as Granny's without the guilt! Zucchini and applesauce give a moist texture, while cocoa and dark chocolate chunks keep a necessary chocolatey flavor. Whole grain flour adds complex carbs to keep you satisfied longer, and unrefined sweeteners reduce blood glucose spike. Yum!

Ingredients

2 cups peeled and
grated zucchini
(about 3 medium zucchinis)

2 eggs

1/4 cup unsweetened
applesauce

1 tsp vanilla extract

1 cup flour – oat

1/2 cup cocoa

Sugar – 2/3 cup coconut
or unrefined, or 1/2 cup
agave nectar

1 1/2 tsp baking soda

2/4 cup coarsely chopped
dark chocolate (85%)

Instructions

- 1 In a large bowl, combine grated zucchini, eggs, applesauce, sugar, and vanilla extract.
- 2 Gently fold flour, cocoa, and baking soda into the wet ingredients.
- 3 Pour the brownie batter into a greased baking dish, and sprinkle with chopped dark chocolate.
- 4 Bake in a 350-degree oven for 30 minutes, until the center of the brownies have just set.
- 5 Once cooled, enjoy brownies right away, or store in a sealed container for up to two days at room temperature, and up to one week in the refrigerator

Nutrition Information

- Makes 10 brownies
- 160 kcal
- 3 g fat
- 4 g protein
- 8 g added sugar



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MOCHA SHAKE

Thick and rich with a caffeine kick, you can have this mocha shake for a sweet afternoon pick-me-up, a pre-workout treat, or even start your day out with dessert! Protein and calcium will keep you full and satisfied, caffeine will keep you going, and the chocolate will keep you happy!

Ingredients

1 cup ice

1 cup coffee, chilled

1 scoop vanilla
protein powder

1 T cocoa powder

1/2 cup almond milk

Instructions

- 1 In a blender, combine all of the ingredients, with the ice at the bottom.
- 2 Blend on high until fully combined, and then for another minute until the shake has slightly lightened in color.
- 3 Pour into a glass and enjoy!

Nutrition Information

- Makes 1 shake
- 150 kcal
- 1 g added sugar
- 3 g fat
- 23 g protein



ROCKY ROAD FUDGE

This fudge is a protein bar in disguise (a really good disguise), making the chocolate-lover within you happy while also delivering valuable nutrients. Dark chocolate and cocoa powder give this fudge its decadence while giving you antioxidants. Tasting this good, you won't believe that this "fudge" is really a powerhouse protein bar!

Ingredients

1 cup oat flour

1/2 cup almond flour

1/2 cup Dutch
processed cocoa

1 cup protein powder
1/2 cup sunflower
seed butter

1/4 cup agave

1/3 almond milk

1 oz dark chocolate (85%)

1/2 cup coarsely
chopped walnuts

1/4 cup mini marshmallows

Instructions

- 1 In a large bowl, combine oat and almond flour, cocoa, and protein powder.
- 2 In a microwave safe bowl, heat sunflower seed butter for one minute, stirring halfway through.
- 3 Combine sunflower seed butter and agave with the dry ingredients, and mix with a fork until the mixture resembles wet sand.
- 4 Add half of the almond milk to the dough and combine fully, and then the remainder until the dough is smooth.
- 5 Gently fold in chopped dark chocolate, walnuts, and marshmallows.
- 6 Line a square baking dish with parchment paper, and press dough in to form an even layer.
- 7 Refrigerate for one hour, and then cut into 16 even squares.
- 8 Store at room temperature, or in the refrigerator or freezer in a sealed container.

Nutrition Information

- Makes 16 pieces
- 165 kcal
- 9 g fat
- 10 g protein
- 5 g added sugar



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