



**EASY
HEALTHY
DESSERTS**

**7 HEALTHY
DESSERT RECIPES**

Easy Healthy Desserts: 7 Healthy Dessert Recipes

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Letter from the Editor

Dear Dessert Enthusiasts,

In this eCookbook, you will find some of our favorite healthy desserts on TheBestDessertRecipes.com. Everyone is entitled to indulging in a decadent dessert now and then, but sometimes you want to satisfy your sweet tooth with lighter, healthier options. These easy dessert recipes will do just that.

For more tasty dessert recipes, be sure to visit TheBestDessertRecipes.com. While you're there, [subscribe to our free newsletter, *The Dessert Dish*](#), to get free recipes delivered to your inbox every week.

Happy Baking!

Sincerely,

The Editors of TheBestDessertRecipes.com

Read blog articles about our recipes at RecipeChatter.com.

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EASY LOW-CARB SCOTCHAROOS

BY THEBESTDESSERTRECIPES.COM TEST KITCHEN



Scotcheroos are the ideal blend of chocolate and peanut butter. They also have a satisfying crunch that makes them addictive. Luckily, these Easy Scotcheroos use ingredients that make them low carb and low sugar, so you won't have to worry if you get hooked on these delicious dessert bars.

Makes: 24 squares

Ingredients

- 3 cups unsweetened coconut flakes
- ½ cup butter
- ½ cup natural sugar-free peanut butter
- 1 cup Splenda
- 2/3 cup vanilla whey protein powder
- 1 cup coconut oil
- 2 teaspoons cocoa powder
- 3 Tablespoons Splenda

Instructions

1. Prepare a 10 x 7 inch baking pan by lining it with foil with an overhang on each of the long sides. Press the foil into the corners and smooth the surface.
2. Place the coconut flakes into a wide dry skillet and, over low heat, cook and stir for about 3 minutes until the coconut flakes begin to brown lightly around the edges. Set aside to cool.
3. In a large microwaveable bowl, microwave the butter and peanut butter for 30 seconds or until melted. Stir to combine, then add in the Splenda and whey protein powder. Stir again until completely combined. Add in the coconut flakes until they are coated.
4. Use a spatula to press the coconut mixture into the pan, then lay a piece of plastic wrap on top (so your fingers do not stick to the mixture). Press to compact the mixture and get it into the corners. Smooth the top as flat as possible. Leave the plastic wrap on top, and let the dessert chill in the refrigerator for 1 hour.
5. In a ceramic bowl, melt the coconut oil in the microwave and combine with cocoa powder and Splenda.

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6. Pour the chocolate layer over the peanut butter layer. Make sure the chocolate layer completely covers the peanut butter layer.
7. Chill in freezer for 10 minutes, and then these scotcheroos are ready to serve. Enjoy!

Nutrition Information: Per Serving: 1 square or 31 g, 215 Calories, 19.7 g Total Fat, 14.9 g Saturated Fat, 0 g Trans Fat, 11 mg Cholesterol, 41 mg Sodium, 5.1 g Total Carbs (2.1 g Fiber), 2.3 g Sugar, 4.3 g Protein

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PECAN PIE ENERGY BALLS

BY MAI-LIS FROM [A SUNSHINY DAY](#)



Forget about drinking coffee or chugging an energy drink whenever you need a pick-me-up. Go for this chocolate dessert recipe instead. Chocolate Pecan Pie Energy Ball are tiny, tasty treats that will curb your sweet tooth and give you energy.

Makes: 25 balls

Ingredients

- 1 cup raw unsalted pecans
- 12 Large medjool dates (pitted)
- 1 scoop vanilla protein powder
- 2 teaspoons cocoa powder
- 1 teaspoon chia seeds
- 1 tablespoon ground flax
- 1/8 teaspoon salt
- 1 teaspoon vanilla
- 1/4 cup dark chocolate chips
- sprinkle cinnamon

Instructions

1. Add pecans to a dry skillet and heat to medium high heat. Toast the pecans in the skillet for about 3 minutes, stirring consistently so they don't burn.
2. Add all of the ingredients, including the pecans to a food processor. Blend until everything is combined well. Roll into small balls and store in the refrigerator.

Nutrition Information: Per Serving (1 ball), 98.9 Calories, 5.48 g Total Fat, .68 g Saturated Fat, 7.72g Carbohydrates, 2.8 g Dietary Fiber, 1.36 g Sugars, 2.38 g Protein

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HEALTHY CLOUD COOKIES

BY THEBESTDESSERTRECIPES.COM TEST KITCHEN



These light as a cloud healthy cookies will give you your sugar fix without spoiling your appetite. These soft chocolate chip cookies are sweet and satisfying, but they aren't loaded with butter and sugar like traditional cookies. If you need a low-calorie, low-carb treat, we recommend these!

Makes: 30 cookies

Cooking Time: 10 min

Ingredients

- 1/2 cup rolled oats
- 1/2 cup brown sugar, lightly packed
- 1/4 cup butter, room temperature
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup plain low-fat yogurt
- 1 egg
- 1/2 teaspoon vanilla
- 1 1/4 cup all-purpose flour
- 1 cup sugar-free chocolate chips

Instructions

1. Preheat oven to 375° F. Have ready two ungreased cookie sheets.
2. Place oats into a small food processor or in a blender and process to a fine flour. Set aside.
3. In an electric mixer, blend brown sugar with butter, baking soda, and salt until well mixed. Combine yogurt, eggs, and vanilla in a small bowl. Whisk to combine and then add to the butter mixture with the machine running. Stir in the flour, then the ground oats, and finally the chocolate chips.
4. Use a small ice cream scoop or measuring tablespoon to scoop dough onto baking sheets. Bake about 10 minutes. The bottoms should be browned but the tops will be only very lightly browned. Cool on a wire rack.

Nutrition Information: Per Serving (22 g), 80 Calories, 3.4 g Total Fat, 1.6 g Saturated Fat, 11.4g Carbohydrates, .6 g Dietary Fiber, 2.7 g Sugars, 1.3 g Protein

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HEALTHY CHOCOLATE TRUFFLES

BY LINDSAY FROM [VEGGIE BALANCE](#)



These guilt-free chocolate treats will be your new favorite healthy dessert. Healthy Chocolate Truffles are naturally gluten free, are made with 4 Ingredients, and are also low sugar and dairy free. These rich chocolate truffles will satisfy your sweet tooth without the unhealthy ingredients.

Makes: 12 balls

Prep Time: 10 minutes

Ingredients

- 2/3 cup oat flour
- 1/3 cup cocoa powder
- 3 Tablespoon honey
- 3 Tablespoon peanut butter

Instructions

1. In a small bowl mix together oat flour, cocoa powder, honey, and peanut butter.
2. Roll mixture into 12 rolls.
3. Best if stored in an airtight container in refrigerator.

Nutrition Information: Per Serving size (1 ball) 70 Calories, 3 g Total Fat, 1 g Saturated Fat, 10 g Carbohydrates, 4 g Sugar, 19 mg Sodium, 2 g Fiber, 2 g Protein, 0 mg Cholesterol

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LIGHT AND CREAMY FRUIT SALAD

BY THEBESTDESSERTRECIPES.COM TEST KITCHEN



This light and creamy fruit salad is simple, smooth, and super tasty. It will remind you of summer and tropical weather all year round with its blend of fresh fruits and berries, coconut flakes, and your favorite brand of creamy yogurt.

Serves: 8

Ingredients

- 2 cups fat-free sour cream or plain yogurt
- 1 orange
- 2 cups pineapple chunks, fresh or frozen or canned, packed in pineapple juice
- 2 cups fresh or frozen berries
- 1 cup fresh or frozen peaches or nectarines, diced
- 1/4 cup unsweetened coconut flakes, toasted to a light brown

Instructions

1. Place sour cream into a very large bowl. Remove 1 teaspoon of zest from the orange and add to the sour cream and stir. Peel and cut the orange into segments and then into bite size pieces and add to the bowl.
2. Add pineapple, blueberries, and the peach to the bowl. Gently stir to coat. Salad may be served right away but it's even better if covered and refrigerated overnight before serving.
3. When ready to serve, sprinkle coconut over the top and garnish with a few fresh berries.

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Notes

To use frozen fruits: Thaw completely and drain well, then pat dry on paper towels. To use canned pineapple: Drain very well (save the juice for another use) and pat dry on paper towels.

Nutrition Information: Per Serving (143g), 80 Calories, .87 g Total Fat, .62 g Saturated Fat, 13.6g Carbohydrates, 1.25 g Dietary Fiber, 11.6 g Sugars, 4 g Protein

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HEALTHY APPLE CINNAMON YOGURT BOWL

BY RANDA FROM [THE BEWITCHIN' KITCHEN](#)



Apple Cinnamon Yogurt Bowl is a healthy dessert and snack that's full of protein and fiber. If you are looking for a light, guilt-free dessert recipe, this fresh Apple Yogurt Bowl is just what you need. It's perfect for apple season when you can enjoy your favorite type of apples fresh from the orchard.

Serves: 1

Prep Time: 5 minutes

Ingredients

- 3/4 cup 0% plain Greek yogurt
- 1 granny smith apple
- 1 Tablespoon chia seeds
- 1/4 teaspoon cinnamon
- 2 Tablespoons chopped walnuts
- 1 teaspoon pure maple syrup or raw honey (optional)

Instructions

1. In a bowl add the yogurt and then lay out the rest of the ingredients.

Nutrition Information: Per Serving (1 bowl) 282 Calories, 8g Total Fat, 0g Saturated fat, 35g Carbohydrates, 24g Sugar, 60mg Sodium, 11 g Fiber, 21g Protein, 11 mg Cholesterol

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HEALTHY DOUBLE CHOCOLATE CHIP COOKIES

BY LINDSAY FROM [VEGGIE BALANCE](#)



Healthy Gluten-Free Double Chocolate Chip Cookies are healthy chocolate chip cookies that are dairy free, low sugar, and vegan. No oil or butter are used in this recipe, and each cookie is under 100 calories! These fudgy cookies are the perfect healthy alternative to your usual cookie recipe.

Makes: 1 dozen cookies

Ingredients

- 2/3 cup gluten-free flour
- 1/3 cup cocoa powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon cornstarch
- 1/4 teaspoon sea salt
- 1 teaspoon pure vanilla extract
- 3-4 Tablespoons honey (Opt for Maple Syrup if desired)
- 4 Tablespoons peanut butter
- 4 ounces unsweetened applesauce
- 1/3 cup mini chocolate chips

Instructions

1. Preheat oven to 350° F.
2. Prepare baking sheet with silicone mat or parchment paper.
3. In a medium bowl, add gluten-free flour, cocoa powder, baking powder, cornstarch, and salt. Mix until fully combined.
4. Stir in vanilla extract, honey, peanut butter, and applesauce. Stir until fully combined.
5. Fold in mini chocolate chips.
6. Using a cookie scoop drop 1 Tablespoon of dough per cookie onto prepared baking sheet.

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7. These cookies will not spread out being baked, make sure you have them looking the way you want them to look. I recommend flattening them out and make them more into a circle.
8. Bake for 8-10 minutes. Let fully cool before handling.

Nutrition Information: Per Serving (1 cookie) 92 Calories, 3.5 g Fat, 1 g Saturated Fat, 14 g Carbohydrates, 7 g Sugar, 21 mg Sodium, 1 g Fiber, 2 g Protein, 0 mg Cholesterol

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THANK YOU

THE FOLLOWING BLOGGERS MADE THIS EBOOK POSSIBLE:

[Lindsay from Veggie Balance](#)

[Randa from The Bewitchin' Kitchen](#)

[Mai-Lis from A Sunshiny Day](#)

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