

Healthy Sweets & Treats

@eat.sweat.pray



Enjoy!
xo, Steph

Welcome to "Healthy Sweets and Treats Guide." In this e-book, we'll explore the wonderful world of delicious desserts that won't derail your healthy lifestyle. Contrary to popular belief, enjoying sweet treats doesn't have to mean compromising your health and wellness goals. In fact, it's possible to create mouthwatering desserts that are also packed with nutrients.

In the following pages, we'll share recipes, tips, and insights on how to satisfy your sweet tooth while staying on track with your health and fitness journey.

The Art of Healthy Baking

Before we dive into specific recipes, it's important to understand the principles of healthy baking.

Here are a few key tips:

Choose whole-grain flours: Swap refined flours for whole-grain options like whole wheat, almond, or coconut flour to increase fiber and nutrients.

Natural sweeteners: Replace refined sugars with healthier alternatives like honey, maple syrup, or mashed bananas for sweetness with added benefits.

Healthier fats: Opt for heart-healthy fats like avocado, nut butters, or coconut oil instead of butter or shortening.

Boost with superfoods: Add ingredients like chia seeds, flaxseeds, and cocoa powder to increase the nutritional value of your treats.

Add protein: Add in Life Shake to increase fiber and protein.

@eat.sweat.pray

Flourless Chocolate Zucchini Protein Muffins

1/2 cup chocolate Life shake
2 Tbsp ground flax seed
1/4 cup cacao powder (or unsweetened cocoa powder)
1 medium ripe banana
1/2 cup almond butter
1 egg

1 1/4 cup honey
1/2 tsp baking soda
1 tsp vanilla extract
1 cup shredded zucchini (squeezed of excess liquid)
1/4 cup chocolate chips, plus more for sprinkling on top

1. Preheat oven to 375. Spray a 12 count muffin pan with cooking spray (I love to use avocado or coconut oil spray-no other added ingredients).
2. Add all ingredients, except for zucchini and chocolate chips, to your blender. Blend until batter is smooth. Stir in shredded zucchini and chocolate chips.
3. Pour batter into muffin pan and sprinkle with additional chocolate chips.
4. Bake for 15 minutes until tops are set and tooth pick inserted comes out clean. Cool in the pan on a wire rack for 10 mins, and then remove and allow to completely cool before storing in an airtight container.





Chocolate Chip Banana Zucchini Muffins

2 cups oats
1 cup French Vanilla Life Shake
4 Tbsp ground flaxseed
1 tsp cinnamon
4 tsp baking powder
1 tsp baking soda

1/2 tsp salt
4 eggs
3/4 cup almond butter
3/4 cup maple syrup or honey
4 medium-size very ripe bananas
2 cups shredded zucchini, squeezed of excess liquid
1 cup chocolate chips

1. Preheat oven to 350° and spray muffin pans with avocado or coconut oil spray.
2. Add all ingredients, except zucchini and chocolate chips, to a high-speed blender, and process until oats have broken down into fine flour and batter is mixed (I have a [@blendtec](#) blender and used the batter setting).
3. Transfer batter to a large bowl and fold in the zucchini and chocolate chips.
4. Fill muffin cups and bake for 17-20 mins, until toothpick inserted in center comes out clean. I baked my mini muffins for 12 mins. Allow muffins to cool in pan for 10 mins then transfer to wire rack to cool completely. Transfer to airtight container and store at room temp for up to 5 days, or freeze up to 3 months.

Protein Packed Chocolate Waffles

2 cups @kodiakcakes pancake and waffle mix
2 Tbsp cacao powder
1 Scoop Dark Chocolate Life Shake
2 cups water
2 Tbsp avocado oil
1 egg
Hearty sprinkle of mini chocolate chips

1. Preheat your waffle iron (mine is \$10 from Target!)
 2. Mix all the ingredients together in a bowl.
 3. Once heated, spray waffle iron with pure avocado or coconut oil spray
 4. Fill iron with heaping 1/4 cup of batter and once cooked remove carefully.
 5. Top waffles with berries, organic powdered sugar, coconut whipped topping, pure maple syrup etc!
- This makes about 14 waffles. We freeze the extras and toast later for an easy breakfast!



Chocolate Covered Strawberries

2 scoops Life Shake (preferably chocolate)
1/3 cup unsweetened cocoa powder
1/3 cup melted coconut oil
2 tablespoons maple syrup
Strawberries (or preferred fruit)

1. Add the ingredients to a bowl and blend until smooth.
2. Dip your choice of preferred fruit into the mixture and place on a plate (or parchment paper) to chill in the fridge.
3. Enjoy

By adding in Life Shake, you not only get a delicious dessert but also sneak in extra protein, fiber, vitamins, and minerals! This helps you stay on track for your health goals while enjoying your sweet tooth!



Chocolate Truffles

1/2 cup coconut oil
1/4 cup cocoa powder
2 tablespoon honey (or agave)
1 teaspoon vanilla

1. Melt coconut oil in a glass measuring cup (makes for easy pouring later). This can be done in the oven on low heat.
2. Whisk in honey, cocoa powder, and vanilla until smooth.
3. Pour immediately into small silicone ice trays.
4. Try using fun shapes if possible.
5. Put in the freezer for 20 minutes (or until set).
6. Pop out and enjoy!

NOTE: Keep these in the freezer at the ready for your sweet tooth! Please be aware that these melt in warm temperatures.



Protein Twix Bars

Cookie Base

1 cup almond flour
1 tbsp coconut flour
1 scoop vanilla Life Shake
3 tbsp maple syrup
2 1/2 tbsp coconut oil
1 tsp vanilla
Pinch sea salt

Filling

1/2 cup peanut butter *or almond
1/4 cup maple syrup
1/4 cup coconut oil melted
1 tsp vanilla & pinch of sea salt

Chocolate topping

1 1/3 cups chocolate chips
1 tsp coconut oil

Preheat oven to 350F and grab a mini cupcake tin or granola bar silicone mold and spray with oil spray. Mix together the base ingredients until dough forms. Divide amongst the tray, filling each crevice about 1/3 full. Bake for 10-12 minutes until golden around the edges. Remove from the oven and cool completely. While the bases are baking, mix together the filling until smooth. Once the bases have cooled, divide the filling amongst the tray, leaving a little less than 1/3 for the chocolate. Melt the chocolate and oil together until smooth. Cover each of the fillings with the chocolate. Place in the freezer for at least 2 hours to firm up. Enjoy!



Snicker Date Bites

Dates (pitted)
Peanut butter
Roasted peanuts (chopped)
Dark chocolate (melted)
Caramel sauce (optional)

1. **Prepare the Dates:** Carefully slice each date lengthwise and remove the pit.
2. **Fill with Peanut Butter:** Spoon a small amount of peanut butter into the center of each date.
3. **Add Chopped Peanuts:** Sprinkle chopped roasted peanuts over the peanut butter-filled dates.
4. **Dip in Chocolate:** Melt dark chocolate in a microwave-safe bowl or using a double boiler. Dip each filled date into the melted chocolate, ensuring it's well-coated.
5. **Place on a Tray:** Place the chocolate-coated dates on a tray lined with parchment paper.
6. **Optional Caramel Drizzle:** If desired, drizzle caramel sauce over the chocolate-covered dates for an extra layer of sweetness.
7. **Chill:** Place the tray in the refrigerator to allow the chocolate to set. This will take about 1-2 hours.
8. **Serve and Enjoy:** Once the chocolate is firm, your Snicker Dates are ready to be enjoyed! Serve them as a delightful snack or dessert.



High Protein Cosmic Brownie Fudge Bites

1 cup almond flour
1/3 cup chocolate Life Shake
1/3 c peanut butter
1/3 c cocoa powder

3 Tbsp. almond milk
1/3 cup maple syrup
1/2 cup chocolate chips
1/4 cup rainbow sprinkles

Chocolate topping
1 cup chocolate chips
1 Tbsp. coconut oil

Instructions

Mix all ingredients together and form into 1-2 Tbsp. balls. Lay on a baking sheet.

Melt chocolate chips and coconut oil together to make a spread. Drizzle onto formed balls and top with extra sprinkles. Put in the freezer for 10 minutes to harden. Let defrost for a bit before enjoying!

