

A top-down view of a white ceramic plate with a gold rim. On the plate are three small, clear glass cups. Each cup contains a light-colored, creamy dessert, possibly yogurt or a light custard. Topped on each cup are three fresh, bright red raspberries and several small, round, brown chocolate chips. The background is a grey, textured surface, possibly a tablecloth or placemat.

Health(ier) Desserts

Recipe Bundle

SIMPLE GUILT FREE TREATS
FOR YOU AND YOUR GUESTS.



Lean Living Jax
leanlivingjax.com

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Health(ier) Desserts Snack

QUICK PICK-ME-UP



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Brownies Without Regret



SERVINGS: 8

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1.5 cup [360 g] Black Beans (Canned)
(rinsed and drained)
- 0.5 cup [3 g] Cocoa Powder
- 1.5 tsp [6.9 g] Baking Soda
- 0.25 cup [54.5 g] Coconut Oil *(plus extra for greasing the pan)*
- 0.5 cup [161 g] Maple Syrup
- 1 tsp [4.2 g] Vanilla Extract
- 2 large [100 g] Egg
- 1 Dash [1 g] Himalayan Pink Salt
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease a 9x9 baking dish with coconut oil.
3. In a food processor or blender add black beans, coconut oil, maple syrup, vanilla extract, eggs, cocoa powder, baking soda, and salt. Blend together until smooth.
4. Pour brownie batter into a bowl and fold in dark chocolate chips.
5. Spread brownie batter evenly in the baking sheet and bake for 18 - 22 minutes, until fork inserted in the center comes out clean.
6. Allow brownies to cool for 10 minutes or longer before serving.

NUTRITION INFO

Calories : 198.69

Fat : 9.86 g

Carbs : 24.61 g

Protein : 4.57 g

Fiber : 3.49 g

Cinnamon Baked Apples



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 16 oz [453.6 g] Apples (*peeled, cored and sliced*)
- 6 teaspoon, packed [27.6 g] Brown Sugar
- 2 tsp [4.6 g] Cinnamon
- 0.5 tsp [1.1 g] Nutmeg (Ground)
- 0.5 tsp. [0.5 g] Himalayan Pink Salt
- 2 tbsp [28 g] Lemon Juice
- 1 cup (8 fl oz) [200 g] Frozen Yogurt

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine the apples, brown sugar, cinnamon, nutmeg, salt, and lemon juice.
3. Place into an 8x8 baking dish and bake for 25-35 minutes or until the apples are tender.
4. Stir halfway through.
5. Remove from the oven and serve warm with a scoop of vanilla frozen yogurt.
6. Enjoy!

NUTRITION INFO

Calories : 290

Fat : 2.14 g

Carbs : 67.53 g

Protein : 5.38 g

Fiber : 7.31 g

Dark Chocolate Almond Butter Banana Bites



SERVINGS: 12

PREP TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- 1 cup, mini chips [173 g] Dark Chocolate Chips (*melted*)
- 0.5 cup [125 g] Almond Butter
- 1 medium [118 g] Banana (*sliced into 1/2 inch slices*)

DIRECTIONS

1. Melt dark chocolate in the microwave for 30 second intervals, stirring between each interval until smooth.
2. In a silicone ice cube tray layer almond butter, 1 piece of banana, and melted chocolate into each cube.
3. Freeze for a minimum of 1 hour and serve cool.

NUTRITION INFO

Calories : 141.79

Fat : 10.14 g

Carbs : 13.3 g

Protein : 2.88 g

Fiber : 2.18 g

Homemade Raspberry Sorbert



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 cup [369 g] Raspberries (*Frozen*)
- 2 tbsp [40 g] Maple Syrup
- 4 tbsp [59.2 g] Water

DIRECTIONS

1. Place the raspberries, maple syrup, and 1/4 of the water into a blender or food processor.
2. Blend on high, occasionally scraping the sides to make sure all the fruit is blending together.
3. If the mixture gets stuck, add half of the remaining water. Continue to add water until the mixture becomes smooth.
4. Serve immediately.
5. Enjoy!

NUTRITION INFO

Calories : 74

Fat : 0.62 g

Carbs : 17.73 g

Protein : 1.11 g

Fiber : 6 g

Lemon Cheesecake Bites



SERVINGS: 12

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 cup, halves [108 g] Pecans
- 1 cup [90 g] Rolled Oats Gluten Free
- 3 tbsp [60 g] Maple Syrup
- 0.25 cup [54.5 g] Coconut Oil
- 1 large [33 g] Egg White
- 1 Dash [1 g] Himalayan Pink Salt
- 8 oz [226.8 g] Cream Cheese
- 0.5 cup [120 g] Plain Non Fat Greek Yogurt
- 0.33 cup [106.26 g] Maple Syrup
- 1 medium Lemon (*1 tbsp for juice and 1tbsp for lemon zest*)
- 1 large [50 g] Egg
- 1 tsp [4.2 g] Vanilla Extract

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a food processor or blender, add all crust ingredients. Blend until all large pecan halves are broken down and dough sticks together well.
3. Add cupcake liners to a cupcake pan.
4. Divide the blended crust ingredients into the 12 cupcake tins and press the crust down firmly to fill the bottom of each tin.
5. In a clean food processor or blender add all cheesecake ingredients. Blend until smooth.
6. Divide the cheesecake filling into each cupcake tin.
7. Place the mini cheesecakes in the oven and bake for 12 - 14 minutes, until they are firm to touch.
8. Allow cheesecake to cool fully before removing from the cupcake tins. Refrigerate for 2 hours or more before serving.

NUTRITION INFO

Calories : 244.12

Fat : 18.5 g

Carbs : 16.4 g

Protein : 5.13 g

Fiber : 1.65 g

No Bake Pumpkin Cookie



SERVINGS: 12

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1.5 cup [138 g] Chickpea Flour
- 1 tbsp [5.6 g] Pumpkin Pie Spice
- 1 Dash [1 g] Himalayan Pink Salt
- 0.5 cup [125 g] Almond Butter
- 0.33 cup [106.26 g] Maple Syrup
- 0.33 cup [82.5 g] Pumpkin Puree
- 1 tsp [4.2 g] Vanilla Extract
- 2 oz [56.7 g] White Chocolate (*chips*)

DIRECTIONS

1. In a large mixing bowl, combine chickpea flour, pumpkin pie spice, and salt.
2. Add the almond butter, maple syrup, pumpkin puree, and vanilla extract and mix until smooth.
3. Form small balls and place them on a parchment lined baking sheet.
4. Press each ball into a circle shape and sprinkle with chocolate chips.
5. Refrigerate for 30 minutes before serving.
6. Serve cold and enjoy!

NUTRITION INFO

Calories : 162.8

Fat : 8.27 g

Carbs : 18.26 g

Protein : 5.12 g

Fiber : 2.57 g

One Mug Blue Berry Crumble



SERVINGS: 1

PREP TIME: 4 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 0.75 cup [108.75 g] Blueberries
- 3 g Cornstarch
- 0.25 cup [22.5 g] Rolled Oats Gluten Free
- 1 tbsp [12.8 g] Clarified Butter Ghee

DIRECTIONS

1. In a single serving mug or souffle ramekin. add the blueberries and cornstarch. Combine until the cornstarch is covering all the blueberries.
2. In a small bowl, combine the rolled oats and ghee until thick and pour over the blueberries.
3. Microwave on high for 90-120 seconds, or bake in the oven at 350 degrees for 15 minutes.
4. It is ready when the blueberries begin to boil.
5. Serve warm and enjoy!

NUTRITION INFO

Calories : 265.43

Fat : 14.37 g

Carbs : 32.06 g

Protein : 4.09 g

Fiber : 4.63 g

Pumpkin Blondies



SERVINGS: 12

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 0.5 cup [125 g] Pumpkin Puree• 3 large [150 g] Egg• 0.25 cup [62.5 g] Almond Butter• 0.25 cup [80.5 g] Maple Syrup• 1 tsp [4.2 g] Vanilla Extract• 1 cup [112 g] Almond Flour• 0.5 tsp [2.3 g] Baking Powder• 0.5 tsp [0.85 g] Pumpkin Pie Spice• 0.5 cup, mini chips [86.5 g] Dark Chocolate Chips• 1 tbsp [13.6 g] Coconut Oil <i>(for greasing pan)</i>	<ol style="list-style-type: none">1. Preheat oven to 375 degrees F (190 degrees C).2. In a large bowl mix together pumpkin puree, eggs, almond butter, maple syrup, and vanilla extract.3. Slowly add in almond flour, baking powder, and pumpkin spice. Mix until well blended.4. Fold in dark chocolate chips.5. Use coconut oil to coat the edge of a muffin tin or silicone baking cups. Fill each muffin cup 3/4 to the top.6. Bake for 12 - 15 minutes, until fork inserted in the center comes out clean.7. Serve warm or cool. Tip: Tastes amazing warm topped with whipped cream or ice cream.

NUTRITION INFO				
Calories : 171.73	Fat : 11.63 g	Carbs : 13.1 g	Protein : 5.66 g	Fiber : 2.6 g

Raspberry Chocolate mousse



SERVINGS: 6

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 8 oz [226.8 g] Soft Silken Tofu
- 1 cup, mini chips [173 g] Dark Chocolate Chips
- 2 tbsp [40 g] Maple Syrup
- 0.5 cup [61.5 g] Raspberries

DIRECTIONS

1. In a blender or food processor add tofu, dark chocolate chips, and maple syrup. Blend until silky smooth.
2. Fill small serving cups with 2-3 large spoonfuls of chocolate mousse.
3. Top with raspberries.
4. Best when refrigerated for 30 minutes or longer before serving.

NUTRITION INFO

Calories : 182.17

Fat : 9.76 g

Carbs : 24.98 g

Protein : 3.15 g

Fiber : 2.37 g

White Chocolate Berry Bark



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup [454 g] Whole Milk Greek Yogurt Plain
- 1 tbsp [21 g] Honey
- 0.25 cup [38 g] Strawberries
- 0.25 cup [36.25 g] Blueberries
- 1 oz [28.35 g] White Chocolate (*white chocolate chips or shaved white chocolate*)

DIRECTIONS

1. In a small bowl, combine Greek yogurt and honey until its fully mixed together.
2. Spread the yogurt evenly across a large piece of parchment paper.
3. Sprinkle the strawberries, blueberries, and white chocolate chips around the Greek yogurt.
4. Cover with plastic wrap and freeze for 3-4 hours or until the yogurt solidifies.
5. Chop into pieces.
6. Serve cold and enjoy!* *Store extra in the freezer.

NUTRITION INFO

Calories : 188.85

Fat : 7.53 g

Carbs : 16.44 g

Protein : 14.02 g

Fiber : 0.41 g