

Health-Full Eating & Nutrition



How to Make Healthy Desserts

I think it is safe to say that around the Holidays, desserts and sweets always find their way to the table. Did you know there are ways to make your favorite desserts healthier? Yes, that's right, I said it, healthier dessert options! Surprise your family and friends this year with great tasting desserts with less calories.

Healthy Ingredient Substitution's

Desserts frequently require ingredients that are not so great for your diet. Luckily, there are ways for you to substitute those ingredients with healthier more nutritious options. These options will keep the same great taste and quality of your delicious desserts while giving them a more nutritious value.

- Greek Yogurt for Cream
- Almond Flour for Regular Flour
- Applesauce for Sugar
- Flax Seeds for Eggs
- Cacao Nibs for Chocolate Chips
- Banana for Oil
- Avocado for Butter

Healthy Dessert Recipes

Healthy 3 Ingredient Brownie Recipe

- 3 Large Bananas (Very Ripe)
- 1/2 Cup Unsweetened Cocoa Powder
- 1 1/2 Cups Raw Crunchy Almond Butter
- (Optional) 1/4 tsp. Cinnamon

Baking Instructions:

- Preheat oven to 350 degrees F. Grease a 9-in x 9-in square baking dish with coconut oil.
- In a large bowl, mash bananas with a fork until smooth. Add almond butter and mix until smooth. Lastly, add the cocoa and optional cinnamon and mix until completely smooth.
- Pour batter in the prepared baking dish and bake for 20-25 minutes. Let brownies cool completely before slicing.



Peanut Butter Oatmeal Chocolate Chip Cookies Recipe

- 1 Cup Natural Creamy Peanut Butter
- 1/3 Cup Packed Dark Brown Sugar
- 1 tsp. Vanilla Extract
- 2 Large Eggs
- 3/4 Cup Rolled Oats
- 1/2 tsp. Baking Soda
- 2/3 Cup Chocolate Chips
- Flakey Sea Salt

Baking Instructions:

- Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- Mix oats and baking soda and set aside.
- In a large bowl, mix peanut butter, brown sugar, eggs and vanilla until smooth. Then mix in the dry ingredients with a wooden spoon, then gently fold in chocolate chips.
- Roll cookies into 2-inch dough balls and place 2 inches apart on the prepared baking sheet.
- Bake for 9-12 minutes, remove when edges begin to turn brown.
- Cool for 5 minutes then transfer to wire rack to cool. Sprinkle flakey sea salt on each cookie.



References:

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