



Super Slim Down Desserts



Apple Cinnamon Cookies

14 servings

1 hour

Ingredients

1/2 Apple (large, grated)
1/3 cup Unsweetened Applesauce
1/3 cup Maple Syrup
3 tbsps Coconut Oil (melted)
1 tsp Vanilla Extract
1 1/2 cups All Purpose Gluten-Free Flour
1 1/2 tps Cinnamon (plus more for on top)
1 tsp Baking Powder
1/8 tsp Sea Salt

Directions

- 1 Add the grated apple, applesauce, maple syrup, coconut oil, and vanilla extract to a mixing bowl. Mix to combine.
- 2 Using a spatula, mix in the flour, cinnamon, baking powder, and sea salt until well combined and a batter starts to form. Cover and chill in the fridge for 30 minutes.
- 3 Preheat the oven to 350°F (180°C). Line a large baking sheet with parchment paper. Scoop about two tablespoons of dough per cookie and form into a ball. Place on the baking sheet and slightly flatten, leaving space between cookies.
- 4 Bake for eight to ten minutes. Let the cookies cool for five minutes before transferring them to a cooling rack for another five minutes. Sprinkle some cinnamon onto each cookie and enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Freeze for up to two months.

Serving Size: One serving is one cookie.

Gluten-Free Flour: This recipe was tested using Bob's Red Mill 1:1 Gluten-Free Baking Flour. If using another type of flour, note that results may vary.

Apple: This recipe was tested using Gala apples. Any sweet apple is recommended.



Mixed Fruit Crumble

2 servings

40 minutes

Ingredients

- 2 cups Frozen Fruit Mix
- 1 1/2 tbsps Monk Fruit Sweetener (divided)
- 1 1/2 tbsps Butter (melted)
- 3 tbsps Almond Flour
- 1 1/2 tbsps Unsweetened Shredded Coconut
- 1/8 tsp Sea Salt
- 1 tbsp Mint Leaves (for garnish, optional)

Directions

- 1 In a medium saucepan, mix together the fruit and 1/3 of the sweetener. Heat the saucepan over medium-high heat. Once the mixture starts simmering, turn the heat to low and let it simmer for about 10 minutes or until thickened. Stir occasionally.
- 2 Meanwhile, preheat the oven to 350°F (175°C). In a small bowl mix together melted butter, almond flour, coconut, sea salt, and the remaining sweetener. Stir and press with a fork until a loose crumble forms.
- 3 Transfer the fruit mixture into an oven-safe baking dish. Top with the crumble and bake in the oven for 20 to 25 minutes or until the crumble starts browning.
- 4 Remove and let cool for 10 minutes. Top with mint leaves if using. Serve warm and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: A six-inch round baking dish was used for two servings. One serving is equal to approximately 1 1/4 cup fruit crumble.

More Flavor: Add cinnamon and vanilla extract.

Additional Toppings: Sliced almonds.

Frozen Fruit Mix: This recipe was made with a mix of strawberry, mango, peach, and pineapple. You can also use frozen mixed berries.



Almond Flour Churros

12 servings

25 minutes

Ingredients

- 1 cup Water
- 2 tbsps Coconut Sugar (plus more for dusting)
- 3 tbsps Butter
- 2 cups Almond Flour
- 2/3 cup Tapioca Flour
- 2 tsps Cinnamon

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the water, coconut sugar, and butter to a pot and bring to a boil. Remove from heat.
- 3 Stir in the almond flour and tapioca flour until a sticky dough forms. Set aside to cool for five minutes.
- 4 Transfer the dough to a piping bag fitted with a large star tip and pipe the dough onto the baking sheet into four-inch (10 cm) lines. Bake for 20 to 22 minutes, until golden on top.
- 5 Meanwhile, whisk together a generous amount of coconut sugar with the cinnamon in a shallow baking dish. Toss the churros in the cinnamon sugar while they're still warm. Enjoy!

Notes

Leftovers: These are best enjoyed day of. Refrigerate in an airtight container for up to four days or freeze for up to one month.

Serving Size: One serving is equal to one churro.

Dairy-Free: Use coconut oil instead of butter.

More Flavor: Dip the churros in melted chocolate.



Chocolate Almond Butter Yogurt

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Almond Butter
- 1 1/2 tsps Maple Syrup
- 1/2 oz Dark Chocolate (chopped)

Directions

1

Stir together the yogurt and almond butter in a small bowl. Top with maple syrup and chocolate. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Dairy-Free: Use coconut yogurt or oatmeal instead.

Nut-Free: Use tahini, sunflower seed butter, or pumpkin seed butter, instead of almond butter.

More Flavor: Add vanilla extract.

Additional Toppings: Top with shredded coconut, blueberries, strawberries, or banana.



Chocolate Banana Popsicles

6 servings

6 hours

Ingredients

3/4 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
1/2 cup Chocolate Protein Powder
1 tbsp Cacao Powder
1 Banana
2 tbsps Maple Syrup

Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container in the freezer for up to one month.

Serving Size: One serving is one popsicle.

Dairy-Free: Use coconut yogurt instead.



Blackberry Protein Popsicles

6 servings

6 hours

Ingredients

- 2 cups Blackberries
- 1 cup Plain Greek Yogurt
- 1/3 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container in the freezer for up to one month.

Serving Size: One serving is one popsicle.

Dairy-Free: Use coconut yogurt instead.

No Popsicle Molds: Use paper cups with popsicle sticks instead.



Keto Peanut Butter Cookies

12 servings

15 minutes

Ingredients

1 cup All Natural Peanut Butter
1/2 cup Monk Fruit Sweetener
1 Egg

Directions

- 1 Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Mix together the peanut butter, sweetener, and egg(s) in a large bowl with a wooden spoon until well combined.
- 3 Portion into balls, using approximately two tablespoons of dough per cookie, and place evenly onto the prepared baking sheet. Using a fork, press down on the cookies to form a cross-hatch pattern.
- 4 Bake the cookies for 10 to 12 minutes, or until the edges start to turn a golden brown. Allow to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze if longer.

Serving Size: One serving is equal to one cookie.

More Flavor: Garnish with chopped peanuts. Drizzle with melted chocolate.



Chocolate Chunk Cookies

14 servings

40 minutes

Ingredients

- 1 Egg
- 1 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 1/4 cup Ghee (melted, cooled)
- 1 1/4 cups Almond Flour
- 1/3 cup Tapioca Flour
- 1/2 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Add the egg(s), vanilla, sugar, and ghee to a large bowl. Mix very well with a whisk until smooth.
- 3 Add the almond flour, tapioca flour, baking soda, and salt and stir to combine until no flour lumps remain. Fold in the chocolate chips. If the dough is very sticky, place it in the fridge, covered for about 20 minutes.
- 4 Drop approximately one tablespoon of batter onto the baking sheet per cookie. Leave space between the cookies as they will expand (line another baking sheet if needed). Bake for ten minutes, until slightly golden brown around the edges. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

Serving Size: One serving is one cookie.

How to Measure Flour: Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your cookies dry, puffy, and crumbly.

No Ghee: Use melted and cooled butter or melted and cooled coconut oil.



Peach Frozen Yogurt

4 servings

1 hour 10 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 2 tsps Lemon Juice
- 1 1/2 cups Frozen Peaches

Directions

- 1 Mix the yogurt, vanilla, maple syrup and lemon juice in a bowl and pour the mixture into a silicone ice cube tray or mold for easy removal.
- 2 Add the peaches and frozen yogurt mixture to a food processor and pulse until smooth. You may need to work in batches depending on the size of your food processor. Spread the mixture into a container and place in the freezer for one to two hours or until frozen.
- 3 If you like a softer frozen yogurt, let the frozen yogurt sit on the counter for about 10 minutes before eating. Scoop your frozen yogurt into a bowl and enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one week.

Serving Size: One serving is about 1/2 cup.

Likes it Sweeter: Add more maple syrup.

No Silicone Mold: Pour the yogurt mixture into a freezer bag, or, pour the yogurt mixture into a bowl and use a knife to loosen the yogurt from the sides of the bowl when it is frozen.



Mini Flourless Chocolate Cake

6 servings

40 minutes

Ingredients

- 1/16 oz Avocado Oil Spray
- 2 2/3 ozs Dark Chocolate (at least 70% cacao)
- 2 tbsps Butter
- 2 Egg (yolk and white separated)
- 2 tbsps Coconut Sugar
- 1 tsp Cocoa Powder

Directions

- 1 Preheat the oven to 300°F (150°C). Grease ramekins or a muffin tray with the oil spray, or use a silicone muffin tray.
- 2 Add the chocolate and butter to a large glass bowl. Slowly heat the chocolate and butter in 20-second increments in the microwave.
- 3 In a bowl of a stand mixer, add the egg whites. With a whisk attachment, beat the egg whites on medium-high until soft peaks form. Slowly add the coconut sugar while beating, about one tablespoon at a time, until fully incorporated.
- 4 Add the egg yolks to the chocolate mixture and mix well. Add 1/3 of the egg whites to the chocolate, then stir to combine and lighten the chocolate mixture. Gently fold in the remaining egg whites.
- 5 Pour the batter into the ramekins or muffin cups and bake for 15 to 20 minutes. Let the cakes cool completely, then remove them from the muffin tray. Dust with cacao powder before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to one mini chocolate cake.

More Flavor: Add vanilla or espresso powder.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.