

22 DESSERT RECIPES

sweets AND sweat



FITWITHDEB.COM

TABLE OF CONTENTS

BLUEBERRY WONDERCAKE.....	1
MAGICAL CHOCOLATE CHIP COOKIES.....	2
IRRESISTABLE CINNAMON SUGAR DONUTS.....	3
FLUFFY LEMON COOKIES.....	4
DELECTABLE FUDGE.....	5
CAPPUCCINO MUFFIN PARADISE.....	6
ADDICTIVE CHOCOLATE PECAN BARS.....	7
TOO-GOOD-TO-BE-TRUE PUMPKIN BREAD.....	8
BLISSFUL BROOKIES.....	9
MOUTH-WATERING CHOCOLATE CHIP COOKIE DOUGH.....	10
RIVAL TO REESE'S CUPS.....	11
INHALE-WORTHY APPLE CINNAMON MUFFINS.....	12
DELICIOUS CHOCOLATE GRANOLA CLUSTERS.....	13
SMACK YO LIPS STRAWBERRY SORBET.....	14
SYRUPY BITES OF BLISS.....	15
CAPTIVATING COFFEE CAKE.....	16
GUILT-FREE WHITE CHOCOLATE TRUFFLES.....	17
INCREDIBLE CHOCOLATE CAKE.....	18
PUMPKIN COOKIE CRAVING-ERASERS.....	19
SAVORY DARK CHOCOLATE TRUFFLES.....	20
SCRUMPTIOUS PEANUT BUTTER OAT BARS	21
COCOA WHIPPED CREAM.....	22



BLUEBERRY WONDERCAKE

SERVINGS: 8

▶ INGREDIENTS:

- 1 c dairy-free butter (Earth Balance, Melt, Ghee)
- 1/3 c Swerve sweetener
- 2 eggs
- 1 tsp vanilla extract
- 2 tbsp lemon juice
- 2 c gluten-free almond flour
- 1 tsp xanthan gum
- 1 tbsp baking powder
- Lemon zest from 1 lemon
- ½ c dairy-free milk
- 2 c fresh blueberries



▶ INSTRUCTIONS:

- 1 Preheat oven to 350. Line 9 inch square baking dish with parchment paper.
- 2 Mix dairy-free butter and sweetener in a bowl.
- 3 Add in eggs, vanilla, lemon juice. Mix.
- 4 In a separate bowl, combine flour, xanthan gum, baking powder, and lemon zest. Pour this mixture into the eggs mixture. Mix.
- 5 Slowly pour in dairy-free milk while stirring.
- 6 Fold in blueberries gently.
- 7 Sprinkle with a dusting of Swerve on top.
- 8 Bake 40 minutes or until an inserted toothpick comes out clean.



MAGICAL CHOCOLATE CHIP COOKIES

SERVINGS: 15

➤ INGREDIENTS:

- 2 c gluten-free almond flour
- ¼ c grapeseed oil
- ¼ c Nature's Hollow or ChocZero "syrup"
- ¼ tsp salt
- ½ tsp baking soda
- 1 ½ tsp vanilla extract
- ½ c Enjoy Life chocolate chips



➤ INSTRUCTIONS:

- 1 Preheat oven to 350 and line baking sheet with parchment paper.
- 2 In a bowl, whisk flour, salt, and baking soda. Stir in oil, "syrup," and vanilla extract. Fold in chocolate chips.
- 3 Drop batter by rounded tablespoons onto parchment-covered baking sheet. Flatten with fingers.
- 4 Bake for 8 minutes, or until edges are lightly golden.



IRRESISTABLE CINNAMON SUGAR DONUTS

SERVINGS: 6

► INGREDIENTS:

FOR THE DONUT:

- 1 c gluten-free almond flour
- ¼ c Swerve “brown sugar”
- 1 tsp baking powder
- 1 ¼ tsp cinnamon
- 1 tsp salt
- 1 egg
- 1 ½ tsp vanilla extract
- ¼ c grapeseed oil
- ¼ c dairy-free milk
- 1 tsp white vinegar

FOR THE COATING:

- ¼ c Swerve sweetener
- 1 tsp cinnamon



► INSTRUCTIONS:

- 1 Preheat oven to 425. Grease six-serving donut pan.
- 2 In a large bowl, mix flour, “brown sugar,” baking powder, cinnamon, and salt. Stir in egg, vanilla, oil, milk, and vinegar.
- 3 Spoon batter into donut pan (filling to 2/3 full).
- 4 Bake for 10 minutes or until toothpick removes clean.
- 5 Remove from oven and let cool 5 minutes. Carefully remove each donut from the pan.
- 6 **For the coating:** combine Swerve and cinnamon in small bowl.
- 7 Carefully place donut in bowl, then gently turn over to coat both sides. Repeat for each donut.



FLUFFY LEMON COOKIES

SERVINGS: 12

▶ INGREDIENTS:

- 1 egg
- 2 tbsp lemon juice
- 1 tbsp lemon zest
- 3 tbsp grapeseed oil
- 1 ½ tsp vanilla extract
- 2 c gluten-free almond flour
- 1/8 c Swerve sweetener
- ¼ tsp salt
- ¼ tsp baking soda



▶ INSTRUCTIONS:

- 1 In a small bowl, combine flour, Swerve, salt, and baking soda.
- 2 In a large bowl, combine lemon zest, lemon juice, oil, egg, and vanilla.
- 3 Slowly add dry mixture to wet mixture, combining well.
- 4 Cover and refrigerate 90 minutes.
- 5 After 90 minutes, preheat oven to 325.
- 6 Roll dough into one-inch balls, placing on baking sheet and flatten with fingers.
- 7 Bake for 11 minutes until bottom turns golden brown and tops start to have cracks.
- 8 Remove from oven and allow to cool.



DELECTABLE FUDGE

SERVINGS: 25

► INGREDIENTS:

- 1 c unsweetened nut butter
- 1/3 c grapeseed oil
- ¼ c CRAVE cocoa blend
- ¼ c Nature's Hollow / ChocZero syrup substitute
- 1 tsp salt
- 1 ¼ tsp vanilla extract



► INSTRUCTIONS:

- 1 In a bowl, mix nut butter and oil until smooth. Add in Crave cocoa, "syrup," salt, and vanilla; stir until smooth.
- 2 Pour mixture into parchment-lined 9x9 baking dish.
- 3 Place dish into freezer for 60-90 minutes before serving.
- 4 Always store and serve from freezer for best consistency.



CAPPUCCINO MUFFIN PARADISE

SERVINGS: 10

➤ INGREDIENTS:

- 1 $\frac{3}{4}$ c gluten-free almond flour
- 1 $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{2}$ tsp baking soda
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ c dairy-free milk
- 1 $\frac{1}{2}$ tbsp instant espresso powder
- $\frac{1}{2}$ c dairy-free butter (Earth Balance, Melt, Ghee)
- $\frac{1}{4}$ c Swerve sweetener
- 2 eggs
- $\frac{1}{2}$ c Enjoy Life chocolate chips



➤ INSTRUCTIONS:

- 1 Preheat oven to 425 and line a muffin pan with 10 cupcake liners (or spray with coconut cooking spray).
- 2 In a bowl, mix flour, cinnamon, baking soda, and salt.
- 3 In a microwave-safe bowl, pour in milk and microwave until warmed through. Whisk in espresso powder to warmed milk.
- 4 In a large bowl, add "butter" and Swerve. Use a hand mixer to blend for 2 minutes, until creamy. Add eggs and espresso milk, blending well.
- 5 Pour dry ingredients into bowl of wet ingredients and stir well. Gently fold in chocolate chips.
- 6 Fill 6 muffin sections with batter. Bake 5 minutes.
- 7 Reduce oven temperature to 350. Bake for 18 more minutes, or until inserted toothpick removes clean.
- 8 Remove from oven and let cool.



ADDICTIVE CHOCOLATE PECAN BARS

SERVINGS: 16

➤ INGREDIENTS:

CRUST + CRUMBLE:

- 3 c pecan halves/pieces
- 7 Medjool dates, pitted
- ¼ c grapeseed oil
- ¾ tsp salt

CHOCOLATE FILING:

- ½ c CRAVE cocoa blend
- ¼ c grapeseed oil
- 1/8 c Nature's Hollow / ChocZero "syrup"



➤ INSTRUCTIONS:

CRUST + CRUMBLE:

- 1 Line 9x9 baking dish with parchment paper.
- 2 In a food processor, grind pecans into a meal. Add in dates, oil, and salt; process again until the dough becomes sticky.
- 3 Reserve 1 cup of mixture for the topping.
- 4 Press the rest of dough evenly in parchment-lined baking dish.

CHOCOLATE FILING:

- 1 In bowl, whisk together Crave, coconut oil, and "syrup" until smooth. Pour chocolate filling over the prepared crust and smooth with spatula.
- 2 Sprinkle reserved cup of crumble topping over the top of chocolate layer. Gently press topping into chocolate filling.
- 3 Freeze for at least 2 hours. After 2 hours, cut into bars and serve chilled.



TOO-GOOD-TO-BE-TRUE PUMPKIN BREAD

SERVINGS: 2 LOAVES

▶ INGREDIENTS:

- 3 ½ c gluten-free almond flour
- 2 tsp baking soda
- 1 ¾ tsp cinnamon
- 1 ¼ tsp nutmeg
- ¼ tsp ground cloves
- 2 c pumpkin puree
- 1 c Swerve “brown sugar”
- 1 c grapeseed oil
- 2/3 c dairy-free milk

OPTIONAL:

- 2/3 c unsweetened coconut flakes
- 1 c chopped walnuts



▶ INSTRUCTIONS:

- 1 Preheat oven to 350. Grease and flour two 8x4 loaf pans
- 2 In a large bowl, whisk together flour, baking soda, cinnamon, nutmeg, and cloves.
- 3 In a large bowl, blend pumpkin, “brown sugar,” oil, and milk until smooth. Add in the flour mixture, stirring well. Fold in coconut and/or nuts.
- 4 Pour batter into pans and smooth top with spatula.
- 5 Bake for 75 minutes, or until a toothpick removes clean.
- 6 Remove from oven and allow to cool.



BLISSFUL BROOKIES

SERVINGS: 24

▶ INGREDIENTS:

- 1 c CRAVE cocoa blend
- ¼ c Swerve sweetener
- ½ c grapeseed oil
- 4 eggs
- 1 ¼ tsp vanilla extract
- 1 ½ c gluten-free almond flour
- 1 ½ tsp baking powder
- Swerve “powdered sugar”



▶ INSTRUCTIONS:

- 1 In a large bowl, whisk Crave, Swerve, flour, and baking powder.
- 2 In a bowl, mix oil, eggs, and vanilla.
- 3 Slowly pour liquid mixture into the flour mixture and stir well.
- 4 Cover bowl of dough with plastic wrap and refrigerate until chilled.
- 5 Preheat oven to 350. Line baking sheet with parchment paper.
Scoop chilled dough into small ball and roll in confectioner’s sugar. Place onto parchment-covered baking sheet, then flatten ball to 1-inch thickness. Repeat for each ball.
- 7 Bake for 11 minutes until cooked but soft.
- 8 Remove from oven and allow to cool slightly.



MOUTH-WATERING CHOCOLATE CHIP COOKIE DOUGH

SERVINGS: 8

▶ INGREDIENTS:

- 1 can of chickpeas (rinsed, drained, and patted dry)
- ¼ c nut butter
- ¼ c Swerve sweetener
- ¼ c dairy-free milk
- 1 tsp vanilla extract
- 3 tbsp gluten-free rolled oats
- ¼ tsp salt
- 1/8 tsp baking soda
- 1/3 + cup Enjoy Life chocolate chips



▶ INSTRUCTIONS:

- 1 In a food processor, combine all ingredients except chocolate chips. Process until smooth.
- 2 Scrape dip mixture into bowl and fold in chocolate chips.
- 3 Serve with fruit or simply enjoy with a spoon. Refrigerate leftovers for up to two weeks.



RIVAL TO REESE'S CUPS

SERVINGS: 3

▶ INGREDIENTS:

- 1 can refrigerated full-fat coconut milk (only using cream from the top)
- ¼ c nut butter
- 1 tbsp Nature's Hollow / ChocZero "syrup"
- ½ tsp vanilla extract
- 1/3 + cup Enjoy Life chocolate chips



▶ INSTRUCTIONS:

- 1 The can of coconut milk must be refrigerated first. Spoon the cream from the top of the can; you will not need the leftover liquid.
- 2 Using a hand mixer on the lowest speed, whip until smooth and fluffy. Do not overmix.
- 3 Slowly mix in nut butter, a little at a time. Slowly add in "syrup" and vanilla.
- 4 Spoon into small jars or bowls.
- 5 Melt the chocolate chips (in microwave or on stovetop) then drizzle on top of each dessert.



INHALE-WORTHY APPLE CINNAMON MUFFINS

SERVINGS: 12

▶ INGREDIENTS:

- 1 $\frac{3}{4}$ c gluten-free oat flour (you can pulse oats in food processor to make oat flour)
- 2 $\frac{1}{4}$ tsp cinnamon
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ c grapeseed oil
- $\frac{1}{8}$ c Swerve sweetener
- $\frac{1}{2}$ c unsweetened applesauce
- 1 $\frac{1}{4}$ tsp vanilla
- 2 eggs
- 1 c apples, finely diced

CINNAMON SUGAR TOPPING:

- 1 tbsp Swerve sweetener
- $\frac{1}{4}$ tsp cinnamon



▶ INSTRUCTIONS:

- 1 Preheat oven to 350. Use muffin tin cupcake liners or spray tin with coconut cooking spray.
- 2 In a bowl, stir together oat flour, cinnamon, baking powder, baking soda, and salt.
- 3 In a large bowl, whisk oil, Swerve, applesauce, vanilla, and eggs until combined.
- 4 Pour dry ingredients into bowl of wet ingredients, stirring until smooth. Fold in diced apples.
- 5 Fill each muffin section about $\frac{3}{4}$ full of batter.
- 6 In a small bowl, stir together Swerve and cinnamon for topping. Sprinkle across the top of each muffin.
- 7 Bake 15 minutes, or until toothpick removes clean.



DELICIOUS CHOCOLATE GRANOLA CLUSTERS

SERVINGS: 10

▶ INGREDIENTS:

- ½ c Enjoy Life chocolate chips
- ¼ c nut butter
- 1 ½ c dairy-free, gluten-free granola



▶ INSTRUCTIONS:

- 1 In a medium, microwave-safe bowl, place chocolate chips. Microwave for 30 seconds, whisk, and repeat until just melted. Do not overheat.
- 2 Stir in the nut butter until well combined. Gently stir in granola until well coated.
- 3 Drop clumps of mixture onto parchment-lined baking sheet OR silicone muffin tin.
- 4 Refrigerate clusters for 30 minutes OR freeze 15 minutes.



SMACK YO LIPS STRAWBERRY SORBET

SERVINGS: 4

➤ **INGREDIENTS:**

- ¼ c Swerve sweetener
- 1 ½ tsp arrowroot starch (cornstarch if you must)
- 2 c water
- 2 c strawberries (pureed)



➤ **INSTRUCTIONS:**

- 1 In a large saucepan, dissolve sugar and starch over low heat, then boil until a thick syrup, about 10 minutes. Remove from heat and let cool.
- 2 When syrup completely cooled, add pureed berries and mix well.
- 3 Place in a plastic container and freeze uncovered until solid.
- 4 Once frozen, remove from freezer. Cut sorbet into chunks and blend in blender or food processor until smooth and creamy.
- 5 Pour sorbet mixture back into container and freeze for 4 more hours.



SYRUPY BITES OF BLISS

SERVINGS: 9

▶ INGREDIENTS:

- 6 tbsp grapeseed oil, divided
- ¼ c + 2 tbsp nut butter, divided
- ¼ c + 1 tbsp Nature's Hollow / ChocZero "syrup"
- ¼ c CRAVE cocoa blend
- 1 ½ tsp vanilla extract
- 1 c gluten-free rolled oats



▶ INSTRUCTIONS:

- 1 Place 9 cupcake liners into a muffin tin.
- 2 In a small saucepan, melt over low heat 5 tablespoons of oil, 2 tablespoons nut butter, ¼ cup "syrup," ¼ cup Crave, and vanilla. Stir to combine.
- 3 Remove from heat and stir in oats. Spoon into 9 cupcake liners. Refrigerate while making nut butter topping.
- 4 In a small saucepan on low heat, stir together ¼ cup nut butter, 1 tablespoon "syrup," and 1 tablespoon oil. Spoon this warm mixture over the refrigerated chocolate oat mixture.
- 5 Freeze for 20 minutes..

CAPTIVATING COFFEE CAKE

SERVINGS: 16

► INGREDIENTS:

CAKE:

- ¼ c Swerve sweetener
- ¼ c softened dairy-free butter (Earth Balance, Melt, Ghee)
- ¾ c overripe banana, mashed (about 2 large bananas)
- 1 egg
- ¾ c dairy-free milk
- 2 c gluten-free almond flour
- 2 tsp baking powder

CINNAMON SUGAR CRUMBLE:

- ¼ c Swerve sweetener
- 1/3 c gluten-free almond flour
- 1 ½ tsp cinnamon
- ¼ c melted dairy-free butter (Earth Balance, Melt, Ghee)



► INSTRUCTIONS:

CAKE:

- 1 Preheat oven to 350 and line 9-inch square pan with parchment paper OR spray with coconut cooking spray.
- 2 In a medium bowl, use a hand mixer to combine sweetener and “butter.” Blend in banana and egg. Blend in milk until smooth. Stir in flour and baking powder. Pour batter into the pan and spread evenly.

CINNAMON SUGAR CRUMBLE:

- 1 In a small bowl, stir together sweetener, flour, and cinnamon. Mix in melted butter.
- 2 Evenly sprinkle mixture across the top of coffee cake batter.
- 3 Bake 35 minutes, or until a toothpick removes clean.
- 4 Let cool, then cut into pieces.



GUILT-FREE WHITE CHOCOLATE TRUFFLES

SERVINGS: 10

► INGREDIENTS:

TRUFFLES:

- ½ c raw macadamia nuts
- 1 ½ c unsweetened, finely shredded coconut flakes
- ¼ c melted cocoa butter
- 1 tbsp Swerve powdered sugar
- 1 tsp vanilla extract

TOPPINGS:

- ¾ c unsweetened, finely shredded coconut flakes



► INSTRUCTIONS:

- 1 In a food processor, mix nuts and 1 ½ cups coconut flakes until a creamy paste is formed.
- 2 Add melted cocoa butter, Swerve powdered sugar, and vanilla and mix to combine.
- 3 Transfer mixture to a bowl. Refrigerate 1 hour.
- 4 In a small dish, add ¾ cup of coconut. Set aside.
- 5 Remove mixture from refrigerator and scoop out one-tablespoon portions, rolling into balls.
- 6 Roll each ball in small dish of coconut until coated. Set on plate.
- 7 Refrigerate for 10 minutes. Enjoy chilled or at room temperature.



INCREDIBLE CHOCOLATE CAKE

SERVINGS: 8

▶ INGREDIENTS:

- 2 c gluten-free flour
- ¼ c Swerve sweetener
- 1 tbsp arrowroot starch (cornstarch if you must)
- ¼ tsp salt
- 1/3 c CRAVE cocoa blend
- 1 ½ c unsweetened applesauce



▶ INSTRUCTIONS:

- 1 Preheat oven to 325. Grease and flour a bundt cake pan or 10-inch springform pan.
- 2 Mix dry ingredients in a large bowl.
- 3 Add applesauce and mix until smooth.
- 4 Pour batter into prepared baking pan.
- 5 Bake 50 minutes, or until toothpick removes clean.



PUMPKIN COOKIE CRAVING-ERASERS

SERVINGS: 10

▶ INGREDIENTS:

- 1 c canned pumpkin
- 1/8 c Swerve “brown sugar”
- 1/3 c unsweetened applesauce
- 3 c gluten-free oats
- 1 ½ c gluten-free flour
- 1 tsp baking soda
- ½ tsp nutmeg
- ½ tsp ginger
- ½ tsp cinnamon
- ¼ tsp ground cloves



▶ INSTRUCTIONS:

- 1 Preheat oven to 350. Line baking sheet with parchment paper.
- 2 In a bowl, combine pumpkin, “brown sugar,” and applesauce.
- 3 In a separate bowl, combine remaining ingredients.
- 4 Add dry ingredient mixture to the wet ingredients and mix well.
- 5 Drop by the spoonful onto parchment-lined baking sheet.
- 6 Bake 14 minutes or until done.



SAVORY DARK CHOCOLATE TRUFFLES

SERVINGS: 16

► **INGREDIENTS:**

- 9 oz Enjoy Life dark chocolate chips
- 2 tbsp full-fat canned coconut milk (can well shaken first)
- ¾ tsp vanilla extract
- ¼ c CRAVE cocoa blend



► **INSTRUCTIONS:**

- 1 In a medium bowl, add chocolate chips.
- 2 In a microwave-safe bowl, pour coconut milk and microwave until warm but not boiling (about 25 seconds).
Immediately pour warmed milk into bowl of chocolate and loosely cover with lid or towel to trap heat. Leave untouched for 5 minutes. After 5 minutes, gently stir until melted and smooth. If you need to microwave for a few more seconds, you can. Add in vanilla.
- 3 Refrigerate mixture for 2-3 hours, or until almost completely solid. It's ready to scoop when a knife is dipped into the middle and comes out mostly clean.
- 4 Once chilled and firm, prepare a small dish of Crave for rolling.
- 5 Scoop out tablespoon-sized balls and quickly roll into balls.
- 6 Roll truffle onto Crave and shake off excess, then set onto parchment-lined plate. Repeat for each truffle.
- 7 Enjoy truffles immediately or refrigerate 2 hours to firm up. Store in refrigerator.



SCRUMPTIOUS PEANUT BUTTER OAT BARS

SERVINGS: 16

▶ INGREDIENTS:

- 1 $\frac{3}{4}$ c gluten-free rolled oats
- 2 tbsp flax seeds
- 1 tsp cinnamon
- 1 tsp baking soda
- 1 c peanut butter
- 1/8 c Swerve sweetener or Swerve "brown sugar"
- $\frac{1}{2}$ c dairy-free milk
- 1 tbsp Nature's Hollow / ChocZero "syrup"
- $\frac{1}{2}$ tsp vanilla extract

OPTIONAL:

- 2/3 c raisins



▶ INSTRUCTIONS:

- 1 Preheat oven to 350. Line 8x8 dish with parchment paper.
- 2 In a food processor, blend $\frac{3}{4}$ cup of oats and flax seeds for 60 seconds, making a flour.
- 3 Add ground oat mixture to a medium bowl with remaining oats, cinnamon, and baking soda.
- 4 In a separate bowl, use a hand mixture to blend peanut butter, sweetener, milk, "syrup," and vanilla until smooth. Dough should be slightly sticky. Fold in raisins.
- 5 Scrape dough into parchment-lined dish. With lightly damp hands, firmly and evenly press the mixture in.
- 6 Bake 20 minutes, or until lightly brown around the edges and beginning to pull away from the sides ever so slightly. Let cool completely.
- 7 Cut into 16 bars. They may be slightly crumbly. Store in refrigerator.



COCOA WHIPPED CREAM

SERVINGS: 6

► INGREDIENTS:

- 1 c full-fat canned coconut cream (chill 2 cans overnight in advance so cream rises to the top and separates from the liquid)
- 3 tbsp CRAVE cocoa blend
- 1/8 Swerve powdered sugar
- 1 tsp vanilla extract



► INSTRUCTIONS:

- 1 Add the coconut cream to a chilled bowl.
- 2 In a bowl, use a hand mixer to whisk Crave and powdered sugar together until smooth.
- 3 Add cocoa mixture to cream, along with vanilla. Use a hand mixer to whip until smooth.
- 4 Store in refrigerator. When chilled, consistency will be like frosting, but softens at room temperature (and can be re-whipped).

