



The Dessert Angel's 7 Favourite Healthy Treats (as voted by customers)



Hi there!

I'm pleased to present to you the 7 Favourite Recipes from my [Dessert Angel's Heavenly Recipes Guide](#) as voted on by 5,000+ customers:

1. Belly Fat Burning Brownies
2. Fresh and Zesty Cupcakes
3. Sexy in White Cookies
4. Blondies Have More Fun
5. Simply Natural Snack Bars
6. Cinnamon Roll Cookies
7. Chocolate Chip Cookie Dough

Here's some feedback I've about these recipes:

"I Love Seeing My 2 1/2 Year Old Fussy Twins Eating These Treats"

Hi Helen,

Of course I'm enjoying the Dessert Angel desserts for myself, but I really REALLY love seeing my 2 1/2 year old fussy eater twins chomping on brownies without realizing there are BEANS in there. They don't like beans. They don't like much of anything with protein in it. They do like your brownies! - Michelle

"My Clients And Puppies Love These Treats Too"

A big thank you for your delicious recipes. My clients and myself are always looking for that special treat that doesn't undo everything we have been training for. A naughty but nice as in delicious treats that are quick and simple to make and put a smile on our families faces without knowing how healthy they are compared to the sugary rubbish out there these day that everyone is hooked on. Even my two cute puppies line up on either side of my lap hoping to score a crumb! - Chaquillea Bellarouge

These treats have stood the test of time and if you've never made healthy desserts before, they'll be sure to satisfy even the fussiest palates and sweetest of tooth. :-)

I'm happy to give them to you to test drive and once you try them, you'll never go back to the old recipes that are packed with sugar, refined flour and other ingredients that hurt our health and expand our waistlines.

And just to show you how healthy they are when compared to traditional recipes, on the next page you'll see a comparison of my Belly Fat Burning Brownies vs. a typical brownie recipe you'll see.

Nutritional Showdown:



The Dessert Angel

The Dessert Angel
Belly Fat Burning Brownies
(page 30)

Nutrition Information	
(per 42 g serving)	
Calories	155
Protein	6.7
Carbs	23.1
Fiber	4.8
Sugar	6.7
Fat	4.9



DESSERT DEVIL

vs.

The Dessert Devil
"Healthy" Brownies
([link](#))

Nutrition Information	
(per 45 g serving)	
Calories	109
Protein	2.4
Carbs	25.0
Fiber	1.8
Sugar	15.3
Fat	1.1

WOW! How can they get away with calling those healthy? They have $\frac{1}{4}$ the protein, 9 g more sugar per serving and $\frac{1}{3}$ of the fibre. Actually, they call it healthy because it's got low fat, but you know that fat is actually good for you, if it's good fat of course. Another win for the Dessert Angel and the Belly Fat Burning Brownies!

Belly Fat Burning Brownies

Servings: 8



These brownies are dense, delicious and truly decadent. These get made over and over again in our household whenever we get a chocolate craving and it satisfies every time!

Ingredients

- 1 cup canned or cooked black beans, rinsed and drained (I used Eden Organic beans)
- 1 1/2 large eggs
- 1 tbsp + 2 tsp extra virgin olive oil
- 2 tbsp cocoa powder
- 1/3 cup soaked pitted dates, finely chopped (about 12-14)
- 1/2 tsp baking soda
- 1/2 tsp apple cider vinegar
- 1/8 tsp sea salt
- 1/2 tsp pure vanilla extract
- 2-3 tbsp dark chocolate chips

Directions

1. Soak dates for 1-2 hours until soft, but not mushy, drain and chop finely
2. Preheat oven to 350F
3. Rinse and drain the black beans well
4. Add all ingredients except for chocolate chips in blender and blend until very smooth
5. Stir in chocolate chips
6. Pour batter into rectangular loaf pan that has been brushed with butter or olive oil and lined with parchment paper
7. Bake at 350F for 20-25 minutes, do not overcook
8. Brownies are ready when a toothpick inserted into the middle comes out clean
9. Cool and then cut into squares

Nutrition Info (per serving):

Calories 155 | Protein 6.7 | Carbs 23.1 | Fiber 4.8 | Sugar 6.7 | Fat 4.9

Fresh and Zesty Cupcakes

Servings: 6



These cupcakes are super moist. A hint of lemon and coconut gives these cupcakes their flavor and there is not a hint of bean-y taste.

Ingredients

- 1 cup cooked navy beans (I used about 2/3rds of one 14 oz can of navy beans, drained)
- 3 eggs
- 2 pinches stevia
- 1/2 tsp pure vanilla extract
- Juice of 1/2 lemon
- 1 tsp lemon zest
- 3 tbsp coconut oil, liquefied
- 3 tbsp almond flour (ground almonds)
- 1/2 tsp sea salt
- 2 tsp baking soda
- 2 tsp apple cider vinegar

Directions

1. Puree first 5 ingredients
2. Add in the rest of the ingredients and puree well
3. Fill cupcake or muffin tray that has been lined
4. Bake at 325 for about 22-25 minutes
5. Cupcakes are done when toothpick inserted in middle comes out clean
6. Let cupcakes cool completely before frosting

Nutrition Info (per serving):

Calories 221 | Protein 11.5 | Carbs 21.2 | Fiber 5.5 | Sugar 1.1 | Fat 10.8

“Sexy in White” Cookies

Servings: 12 cookies (2 cookies per serving)



These are the cookies that started it all! As you may have read, in my quest to get in great shape before my wedding, I experimented and came up with these cookies! They are so chocolate-y and satisfying that you feel like you've overdone it with dessert... But really, you haven't. We even had these in a cookie buffet at our wedding.

Ingredients

- 1 cup rolled oats
- 1/8 tsp stevia (or more if you like sweeter)
- 1/4 cup cocoa powder
- 2 pinches of sea salt
- 1 1/2 tsp pure vanilla extract
- 1/4 cup olive oil
- 2 egg whites
- Optional: 2 tbsp chocolate chips

Directions

1. Preheat oven to 350F
2. Combine rolled oats, stevia, cocoa powder, salt in a mixing bowl
3. In a separate bowl, whisk together vanilla extract, olive oil, and egg whites
4. Pour wet ingredients into dry ingredients and mix together with a fork until cocoa powder is dissolved and ingredients are well combined; stir in chocolate chips if desired
5. Line baking sheet with parchment paper and drop balls of batter onto sheet
6. Press down onto cookies slightly with a fork to make cookies about 1/2 inch thick
7. Bake for 10-12 minutes, or until cookies are firm but not hard – they will harden a little more when cooling

Nutrition Info (per serving):

Calories 156 | Protein 2.0 | Carbs 19.5 | Fiber 3.1 | Sugar 14.1 | Fat 8.9

Blondies Have More Fun

Servings: 8



These blondies have a thin slightly crunchy top layer and a dense and moist inside, which for me is the best of both worlds when it comes to desserts!

Ingredients

- 1 1/2 cups cooked navy beans (I used one 14 oz can of navy beans, drained)
- 4 pinches of stevia
- 2 tbsp olive oil
- 1 tsp baking soda
- 1 tsp apple cider vinegar
- 1/4 tsp sea salt
- 1/2 tsp cinnamon
- 1/2 tsp pure vanilla extract
- 2 eggs
- 1/2 cup rolled oats

Optional: 1/2 cup dark chocolate chips

Directions

1. Preheat oven to 350F
2. Blend all ingredients in the order listed (except for chocolate chips if using), pulsing between each addition
3. Ensure that batter is very smooth, then add chocolate chips if desired and mix in gently
4. Lightly coat an 8-inch square baking pan with butter and pour batter into pan
5. Bake at 350F for 35-40 minutes or until toothpick inserted into center comes out clean
6. Let stand for 20 minutes before slicing into squares

Nutrition Info (per serving):

Calories 233 | Protein 13.1 | Carbs 33.8 | Fiber 12.7 | Sugar 2.1 | Fat 5.5

Simply Natural Snack Bars

Servings: 3



LOW CALORIE



LOW FAT

These snack bars give you lots of energy from the healthy fats and complex carbs and best of all, they're super easy to make and taste great. Say goodbye to overpriced bars full of chemicals.

Ingredients

- 1/4 cup + 2 tbsp raisins
- 3 tbsp rolled oats, finely ground
- 1/4 cup walnuts
- 3 tbsp all-natural peanut butter
- Pinch of sea salt
- 1/2 tsp pure vanilla extract

Directions

1. Grind the oats in a blender
2. Add the rest of the ingredients and blend very well
3. Form into bars

Nutrition Info (per serving):

Calories 234 | Protein 7.8 | Carbs 22.1 | Fiber 2.9 | Sugar 12.5 | Fat 14.6

Cinnamon Roll Cookies

Servings: 8 cookies (2 cookies per serving)



If you know the store Cinnabon, imagine your house smelling like that... That's what will happen when you make these. :)

Ingredients

- 2 tbsp cinnamon
- 1/4 tsp pure vanilla extract
- 1 egg yolk
- 1/4 cup almond flour (ground almonds)
- 6 dates, soaked for 1 hour, then drained and chopped finely
- 1/4 cup spelt flour
- 1 tbsp coconut oil, liquefied
- 2 tbsp butter, melted
- 2 pinches stevia
- 2-3 tbsp raisins
- Pinch of sea salt

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients together in a bowl
3. Mix all dry ingredients together in another bowl
4. Combine wet ingredients and dry ingredients
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet and form into cookie shapes
6. Bake at 350F for 10-12 minutes

Nutrition Info (per serving):

Calories 211 | Protein 3.6 | Carbs 22.6 | Fiber 4.6 | Sugar 10.9 | Fat 13.5

Crazy Choco Chip Cookie Dough

Servings: 8



This is so simple and so close to cookie dough batter...except you can eat it raw, right out of the bowl with a spoon if you want to! You can also sandwich this dough in between cookies to make cookie sandwiches or use it as a topping for other desserts!

Ingredients

- 1 1/2 cups chickpeas (I used one 14 oz can of chickpeas, drained)
- 1/8 tsp sea salt
- 1/8 tsp baking soda
- 1 tbsp pure vanilla extract
- 3 tbsp peanut butter
- 1 1/4 cup pitted dates
- 1/3 cup dark chocolate chips
- 1/2 cup water

Directions

1. Combine dates and water in a bowl and let sit overnight
2. Add all ingredients (including dates and date water), except chocolate chips to a blender and puree until very smooth
3. Add in chocolate chips and mix with a spoon

Nutrition Info (per serving):

Calories 292 | Protein 10.0 | Carbs 49.1 | Fiber 9.4 | Sugar 26.0 | Fat 7.5

Want Over 70 More Yummy And HEALTHY Recipes Just Like These?



- Treats like cookies and cakes you'd never suspect were **gluten-free**
- PALEO-friendly desserts that cavemen (and women) would go *crazy* over
- Dessert recipes that **diabetics** can eat without spiking blood sugar levels

If you loved these recipes, you'll definitely love my Heavenly Recipes Guide that contains over **70 more delicious treats like these**. And I also want to hook you up with a special discount (limited-time only):

Find Out More Here