

Hi There!

Thanks for taking the initiative to learn about healthy, natural alternatives to all the store bought junk foods and sugar-filled recipes that are keeping our kids sick and fat!

Be proud of yourself - most people aren't willing to even consider giving up their sweets, not to mention take the time and effort to research and test new recipes. So good job and thanks for making the world a healthier place. :)

But as you'll learn, you don't necessarily have to give up anything, you just have to have the right recipes and the right ingredients, which is why I've put together this little book - to introduce you to a whole new world of delicious desserts and treats that are actually **GOOD FOR YOU!**

A little back story - I first started making healthy desserts for myself because I wanted to lose that last bit of fat for my wedding, and I needed something sweet but healthy to snack on because I don't have the willpower (or desire) to stay on a "deprivation diet". I'll share more about this later but if one of your goals is to achieve or maintain a lean body, these treats will help you just like they helped me.

NOTE: if you're coming from a sugar-filled diet, your taste buds have been desensitized to sweetness. **Sugar is a powerful drug** and the more you use, the more you need, just like any other drug. If you find any of these recipes not sweet enough, feel free to add more of the sweetener used and as your taste buds reset, you'll find the recipes perfectly sweet with the amounts listed.

If you do have any questions, **please connect with me** on the [Dessert Angel Facebook Page](#). I love hearing feedback about my recipes and the stories that come along with them. Bonus points if you post a pic of a recipe to my wall. :)

Sincerely,
Helen aka "The Dessert Angel"





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!

Belly Fat Burning Brownies

Servings: 8

Ingredients

- 1 cup cooked black beans
(I used one 19 oz can of Eden's beans, rinsed and drained)
- 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



[Click here](#) to leave feedback about these brownies – I'd appreciate it!

Want to see something cool about this brownie recipe?

Check out the difference in nutritional content between this recipe and a conventional brownie recipe:

Typical "Healthy" Brownie Recipe	The Dessert Angel's Belly FatBlasting Brownies
Nutritional Information (Per 48g serving)	Nutritional Information (Per 48g serving)
Calories 109	Calories 155
Total Fat 1.1g	Total Fat 4.9g
Total Carbohydrate 25g	Total Carbohydrate 23.1g
Dietary Fiber 1.8g	Dietary Fiber 4.8g
Sugars 15.3g	Sugars 6.7g
Protein 2.4g	Protein 6.7g

Look at all the sugar!

Almost 3x the protein!

Triple the Fiber and less than HALF the sugar!

Feels great when you know you're eating something good for you, doesn't it? :)



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!

Simply Natural Snack Bars

Servings: 3

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

[Click here](#) to leave feedback about these tasty little snack bars.

NUTRITION INFO

(per serving)

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



LOW CALORIE



LOW FAT



ChocOrOons

Servings: 10 macaroons (3 macaroons per serving)

Ingredients

- 3/4 cup unsweetened, shredded coconut
- 2 tbsp honey
- 2 tbsp ground oats (pulverize rolled oats in blender)
- 2 tbsp dark chocolate chips
- 1 1/2 egg whites
- 1 tsp pure vanilla extract
- 1/8 tsp sea salt
- 1/2 tsp orange zest

Directions

1. Preheat oven to 325F
2. In a medium bowl, combine coconut, stevia (if using), oats, orange zest, and salt
3. Add egg whites, honey (if using) and vanilla and stir until combined
4. Stir in dark chocolate chips
5. Drop small mounds of mixture onto cookie sheets lined with parchment paper
6. Bake at 325F for 12-15 minutes or until cookies are lightly browned on the bottom
7. Transfer to a wire rack and cool completely

Substitutions

- Low Carb: 1/16 tsp pure stevia powder (about 2 1/2 generous pinches) instead of honey
- Gluten Free: 2 tbsp brown rice flour instead of ground oats

[Click here](#) to leave feedback about the ChocOrOons! I just love the name. :)



These chocolate-orange macaroons take macaroons to a whole new level! The orange zest adds a refreshing citrus quality to these macaroons and also coats the tips of the coconut flakes with a bit of interesting colour.

NUTRITION INFO

(per serving)

Calories	108
Protein	2.7
Carbs	9.0
Fiber	1.8
Sugar	2.7
Fat	6.9

