

15 Chocolate Lovers Treats



The Dessert Angel

Dear Healthy Dieter ,

This is a collection of the most decadent, **mouth-watering chocolate desserts** that will please anyone who loves chocolate.

We have two chocolate lovers in our household so we have thoroughly enjoyed sampling all of these recipes (some many times)!

As with all The Dessert Angel recipes, these chocolate recipes are as healthy as can be since they are made from **all-natural ingredients**.

But don't be fooled - even though they are truly healthy, they are bursting with flavor and will satisfy even your biggest sweet tooth cravings.

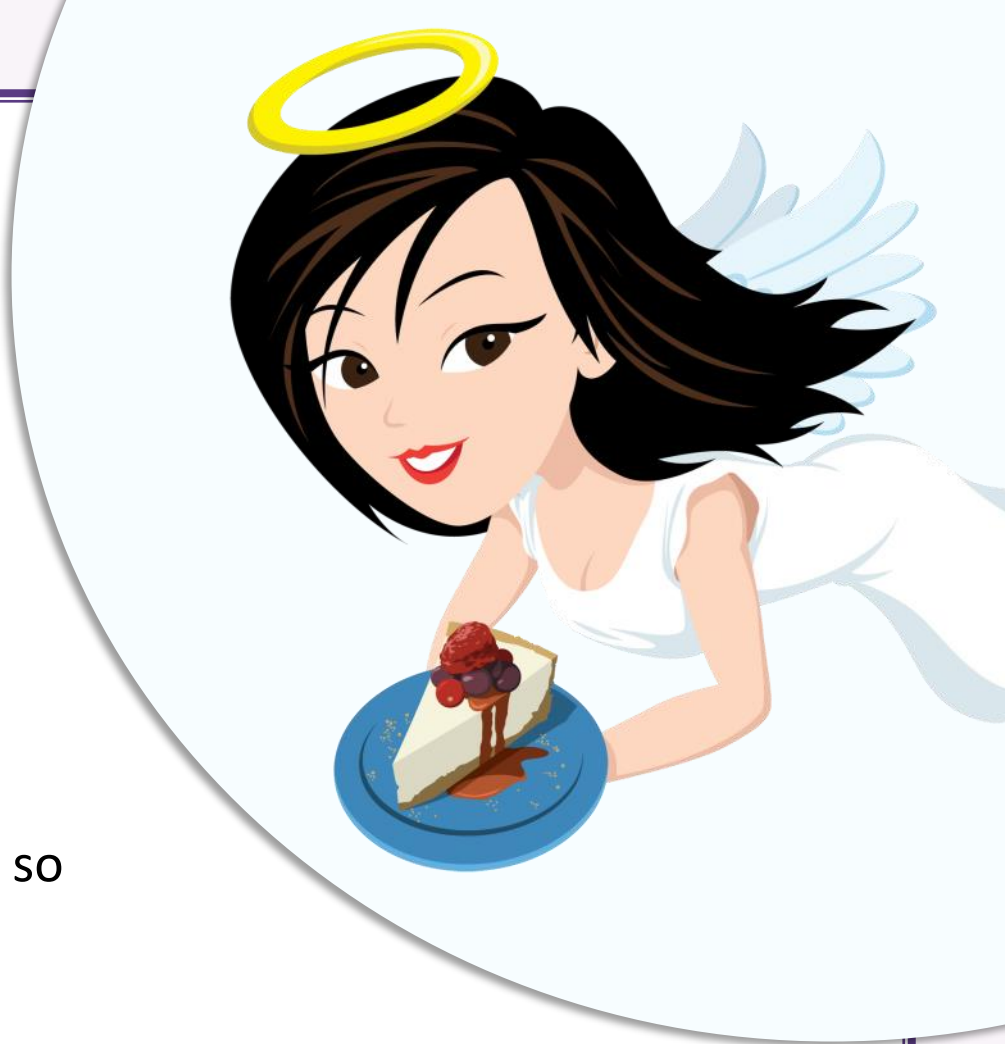
For sweetening, **only unrefined sugars are used** – something that is hard to find even with so-called healthy desserts you may have tried before.

There are many options for **gluten-free chocolate lovers** as I've used nut flours and other gluten-free options.

These dessert **do not contain any trans fat** (which is found in virtually all store-bought baked goods) – it is really important to eliminate all trans fats from your diet since it can lead to many health issues down the road and promotes fat gain.

I hope you enjoy this collection as much as we have!

Helen aka The Dessert Angel



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Caramel Brownies

Servings	16
Prep Time	10 minutes
Cooking Time	20 minutes
Total Time	30 minutes

What goes together better than caramel and chocolate? These rich brownies are simple and easy to make, and they look elegant with the caramel sauce on top.

Ingredients:

Brownies:

1 cup almond flour
¼ tsp salt
¼ tsp baking soda
4 oz dark chocolate
7 dates, pitted
3 large eggs
¼ cup butter
½ tsp vanilla

Caramel:

¾ cup coconut milk
½ cup honey
¼ cup butter

Instructions:

Brownies:

1. Preheat the oven to 350°F and lightly grease an 8x8 inch baking dish. Set aside.
2. In a food processor, combine the flour, salt and baking soda. Pulse a couple of times to combine well.
3. Add the chocolate and pulse until finely chopped and well combined.
4. Add the dates and pulse until well combined.
5. Pulse in the eggs, butter and vanilla. Mix until well combined.
6. Spread evenly into the prepared pan and bake for 18 – 22 minutes.
7. Cool for 2 hours before adding the caramel sauce.

Caramel Sauce:

8. In a small saucepan, combine the caramel sauce ingredients and bring to a simmer.
9. Cook for 10 minutes, then cool for 5 minutes.
10. Mix in the butter until completely combined.
11. Drizzle over the brownies and serve garnished with chopped nuts, if desired.

Nutritional Info: Serving size: 1/16 of a recipe (1.9 ounces)

Calories
198.37

Healthy Fats
14.59g

Fiber
1.46g

Sugar
11.47g

Protein
3.5g





Chocolate Banana Cupcakes

Servings	12
Prep Time	10 minutes
Cooking Time	18 minutes
Total Time	28 minutes

These rich and moist chocolate cupcakes are a wonderful way to use up ripe bananas.

Ingredients:

- 3 very ripe bananas
- 2 Tbs coconut oil or melted butter
- 1/3 cup honey or maple syrup
- 1 egg
- 1 tsp vanilla extract
- 1 cup almond flour
- 1/4 cup coconut flour
- 1/3 cup cocoa powder
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 cup+ 1/2 cup mini chocolate chips

Instructions:

- 1.** Preheat the oven to 350°F. Lightly grease a muffin tin or line with cupcake papers. Set aside.
- 2.** In a large bowl, mash the ripe bananas until no large chunks remain.
- 3.** Add the oil, honey, egg and vanilla. Beat or mix until well combined.
- 4.** Add the almond flour, coconut flour, cocoa, baking soda and baking powder. Mix until well combined.
- 5.** Fold in a 1/4 cup chocolate chips.
- 6.** Evenly divide the batter into the prepared pan.
- 7.** Bake for 18 minutes.
- 8.** Sprinkle on the remaining chocolate chips.
- 9.** Serve warm.



Nutritional Info: Serving size: 1/12 of a recipe (2.6 ounces)

Calories
213.5

Healthy Fats
12.18g

Fiber
4.45

Sugar
11.99

Protein
4.55



Chocolate Cheesecake Truffles

Servings	12
Prep Time	10 minutes
Cooking Time	30 minutes
Total Time	40 minutes

These dairy free cheesecake truffles are made with cashews and are rich and delicious, without being sickly sweet.

Ingredients:

Cheesecake Truffle Filling:

2 cups cashews
2 bs honey
1/8 tsp salt

Everything else:

1/2 cup dark chocolate, melted
1/2 tsp salt

Instructions:

1. Soak the cashews in water for at least 2 hours, or overnight.
2. Line a baking sheet with parchment paper, then set aside.
3. Drain the cashews and place in a blender or food processor with the honey and salt.
4. Process until smooth, sweetening to taste.
5. Roll the filling into small balls and place on the prepared pan.
6. Freeze for 30 minutes.
7. Meanwhile, melt the chocolate for the coating, and allow the chocolate to cool to room temperature.
8. Dip the cheesecake balls in the melted chocolate and return to the pan.
9. Sprinkle with sea salt, if desired, and chill until serving.
10. Store in the refrigerator.



Nutritional Info: Serving size: 1/14 of a recipe (1.6 ounces)

Calories	Healthy Fats	Fiber	Sugar	Protein
252.6	19.88	1.09	4.3	6.68



Chocolate Chia Smoothie

Servings 2
Prep Time 3 minutes
Cooking Time - minutes
Total Time 3 minutes

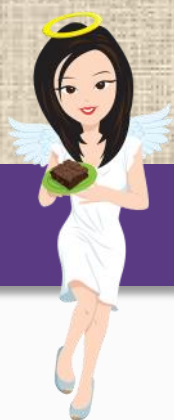
This chocolate smoothie is rich and packed with nutrients. Chia seeds are a great source of fiber, omega 3 fatty acids and a variety of other nutrients including calcium and magnesium .

Ingredients:

1 banana, peeled
1 cup tightly-packed fresh spinach
1 cup ice
1 cup almond milk
3 Tbs chia seeds
2 Tbs unsweetened cocoa powder
(I used dark cocoa powder)
1/2 tsp vanilla extract
(optional: 1 Tbsp. honey, if needed to sweeten)

Instructions:

1. Combine all the ingredients in a blender and blend until smooth.
2. Serve immediately or store any leftovers in the refrigerator.



Nutritional Info: Serving size: 1/2 of a recipe (8.3 ounces).

Calories
214.92

Healthy Fats
4.59

Fiber
15.09

Sugar
11.25

Protein
7.21



Chocolate Chip Cookies

Servings	20
Prep Time	20 minutes
Cooking Time	15 minutes
Total Time	35 minutes

These delicious cookies are moist, and taste just like the traditional chocolate chip cookies – without the guilt!

Ingredients:

1 sweet potato
(approximately 1 or 1 ½
cups mashed)
½ cup gluten free
oats
¼ cup peanut butter
1 egg
2 Tbs maple syrup
½ tsp vanilla
½ tsp ground
cinnamon
⅛ tsp ground ginger
¼ tsp all-spice
½ tsp baking soda
½ tsp baking powder
⅛ tsp salt
½ cup chocolate
chips

Instructions:

1. Peel and dice the sweet potato and boil for 10 minutes in water.
2. Drain and mash the sweet potato and allow the sweet potato to cool.
3. Preheat the oven to 350°F and line a baking sheet with parchment paper. Set aside.
4. Add the oats, cinnamon, ginger, all-spice, baking soda, baking powder and salt to the sweet potato.
5. Mix well.
6. Add the peanut butter and mix until well combined.
7. Add the egg, vanilla and maple syrup to the dough. Mix until well combined.
8. Fold in the chocolate chips.
9. Place the dough in small balls on the prepared baking sheet.
10. Bake for 15-17 minutes.
11. Cool for 5 minutes on the baking sheet and then transfer to a cooling rack and cool the rest of the way.
12. Store in an airtight container.



Nutritional Info: Serving size: 1/20 of a recipe (0.7 ounces)

Calories
61.72

Healthy Fats
3.26

Fiber
0.88

Sugar
1.97

Protein
1.67



Servings 5
 Prep Time 10 minutes
 Inactive Time 2 hours
 Total Time 2 h 10 mins

Chocolate Coconut Bar

Chocolate and coconut go so well together that it's a common combination. These delicious bars taste just like Mounds, except they're better. They're sweetened with honey and don't have any of the artificial sweeteners or added chemicals. They're just pure goodness.

Ingredients:

- 1 cup unsweetened, shredded coconut
- 2 Tbs honey, or to taste
- 1 tsp vanilla extract
- $\frac{1}{3}$ cup coconut cream
- 4 Tbs coconut oil
- 2 Tbs unsweetened cocoa powder

Instructions:

- 1.** Combine the shredded coconut, coconut cream, half of the honey and half of the vanilla extract. Mix well.
- 2.** Line a small baking sheet with parchment paper and press the coconut mixture onto the pan.
- 3.** Using plastic wrap, form the coconut mixture into a rectangle that is about 4 inches by 6 inches and about 1 inch thick.
- 4.** Freeze for 2 hours, or until frozen solid.
- 5.** While the coconut is freezing, prepare the coating.
- 6.** Melt together the coconut oil and coconut powder in a double boiler or the microwave.
- 7.** Mix until well combined.
- 8.** Add the remaining vanilla and honey. Mix well.
- 9.** Set aside and let cool to room temperature.
- 10.** Cut the coconut mixture into 5 bars.
- 11.** Dip the bars into the chocolate mixture and then place the bars back on the cookie sheet.
- 12.** Chill until the chocolate coating has hardened.
- 13.** Serve chilled or at room temperature.
- 14.** Store in the refrigerator.



Nutritional Info: Serving size: 1/5 of a recipe (1.5 ounces)

Calories
198.18

Healthy Fats
18.55

Fiber
1.55

Sugar
7.25

Protein
1.22



Chocolate Fudge

Servings	16
Prep Time	15 minutes
Cooking Time	- minutes
Total Time	15 minutes

This delicious fudge is perfect for a treat to satisfy your sweet tooth. It's sweetened with dates, and is made dairy free by using rich and delicious coconut oil and coconut milk.

Ingredients:

6 oz unsweetened chocolate, chopped
6 Tbs butter
1 lb medjool or deglet noor dates, pitted
1/2 cup coconut milk
2 tsp pure vanilla extract
1/2 cup unsweetened cocoa powder

Instructions:

1. In a double boiler, combine the chocolate and butter. Cook until the chocolate and coconut oil begin to melt together and are smooth.
2. Set the chocolate mixture aside and allow it to cool.
3. While the chocolate and oil are heating, soak the dates in hot water for 10 minutes. Drain and squeeze the dates to remove excess water.
4. In a food processor bowl, combine the dates and coconut milk. Add the cooled chocolate.
5. Process the mixture until it is smooth. Occasionally scrape the mixture down the bowl to make sure it mixes completely.
6. Add the cocoa powder and vanilla. Process until the mixture is well mixed and shiny.
7. Refrigerate the mixture for 5 minutes.
8. Meanwhile, line an 8x8 inch pan with aluminum foil or parchment paper.
9. Once the mixture has chilled for a few minutes, press the mixture into the pan.
10. Cover with saran wrap and chill until the fudge is firm, about 30 minutes.
11. Cut into 16 equal pieces and store in an airtight container in the refrigerator.



Nutritional Info: Serving size: 1/16 of a recipe (1.9 ounces)

Calories
193.52

Healthy Fats
11.85

Fiber
4.9

Sugar
18.17

Protein
2.74



Chocolate Hazelnut Tart

Servings 4
Prep Time 1hr and 5 mins
Cooking Time - minutes
Total Time - minutes

This no bake dessert is very simple and easy to make. Then just chill until serving. It's rich, smooth and delicious – you'll love it!

Ingredients:

Crust:

3/4 cups fine hazelnut
Flour
2 tsp Unsweetened
cocoa powder
3 Tbs Coconut Oil,
melted
1 Tbs Maple Syrup
1/8 tsp Sea Salt

Filling:

3 Tbs Coconut Oil
3 Tbs Full-Fat Coconut
Milk
3 Tbs Maple Syrup
6 Tbs unsweetened
cocoa powder
1/2 tsp Pure
Vanilla Extract

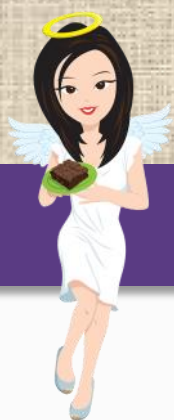
Instructions:

To Prepare Crust:

- 1.** Stir together the crust ingredients until well mixed.
- 2.** Evenly divide into lightly greased mini tart pans. (If you do not have mini tart pans, use jumbo sized foil muffin cups)
- 3.** Press into the bottom and sides of the pans and set on a baking sheet. Set aside.

To Prepare Filling:

- 4.** Heat the oil, milk and maple syrup in a small saucepan until melted and smooth. DO NOT boil the mixture.
- 5.** Remove from heat and stir in cocoa powder.
- 6.** Add the vanilla and mix until just combined.
- 7.** Gently pour the filling mixture into the prepared crusts.
- 8.** Chill until serving.
- 9.** Garnish



Nutritional Info: Serving size: 1/4 of a recipe (5.6 ounces)

Calories
280.54

Healthy Fats
24.23

Fiber
3.63

Sugar
13.84

Protein
2.35



Chocolate Mousse

Servings 8
Prep Time 10 minutes
Cooking Time - minutes
Total Time 10 minutes

You'll never believe this delicious dairy free mousse uses avocado as a base!

Ingredients:

1 avocado
¼ cup unsweetened
cocoa powder
¼ cup maple syrup
1 tsp vanilla extract
1 can coconut milk,
chilled

Instructions:

- 1.** Combine the avocado, cocoa powder, maple syrup and vanilla extract in a food processor or blender.
- 2.** Process until smooth.
- 3.** Beat the coconut cream until fluffy.
- 4.** Fold together the chocolate mixture and coconut cream until well combined.
- 5.** Serve immediately or chill until serving.
- 6.** Garnish with additional whipped coconut cream or fresh fruit.



Nutritional Info: Serving size: 1/8 of a recipe (2.3 ounces)

Calories
129.95

Healthy Fats
9.95

Fiber
2.36

Sugar
6.89

Protein
1.44



Chocolate Pudding

Servings 2
Prep Time 5 minutes
Cooking Time - minutes
Total Time 5 minutes

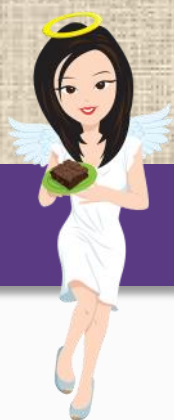
You might think this is a strange way to make pudding, but the avocado adds a wonderful richness in addition to add fiber and healthy fats.

Ingredients:

1 medium avocado, ripe
2 Tbs unsweetened cocoa powder
2 tbs honey
6 Tbs almond milk
optional: chocolate chips, pistachios or other nut for topping

Instructions:

1. Place the peeled and pitted avocado in a blender.
2. Add the remaining ingredients and puree until smooth.
3. Add additional almond milk until the pudding reaches desired consistency.
4. Add more honey or cocoa to taste.
5. Chill for 30 minutes and top with chocolate chips or chopped nuts.



Nutritional Info: Serving size: 1/2 of a recipe (5.6 ounces)

Calories
232.61

Healthy Fats
14.57

Fiber
7.92

Sugar
19

Protein
3.02



Servings 12
Prep Time 10 minutes
Inactive Time 1 hour
Total Time 1 hr 10 min

Dark Chocolate Coconut Pie

Coconut and Chocolate go so well together. And this creamy double dark chocolate coconut pie is perfect for a dessert. Its gluten and dairy free as well as being vegan. But don't think it's going to taste funny – it's incredibly delicious and doesn't require any baking!

Ingredients:

Crust:

1 cup almonds,
ground
6 Tbs unsweetened
cocoa powder
3 Tbs maple syrup
3 Tbs butter
½ tsp sea salt

Filling:

9 oz dark chocolate
bars
1 13.5 oz can light
coconut milk, room
temperature

Garnish {optional}:

¼ cup toasted
unsweetened coconut,
large flake sea salt, or
leftover coconut
whipped cream

Instructions:

Make the Crust:

1. In a blender or food processor, mix the crust ingredients until well combined.
2. Press the mixture into a lightly greased pie pan.
3. Make sure the crust is evenly spread and firmly pressed down.
4. Prepare the Filling
5. Using a double boiler (or microwave), melt the chocolate.
6. Add the coconut milk and whisk together until smooth.
7. Add the maple syrup, vanilla and salt and whisk until smooth.
8. Set the mixture aside.

Make the Pie:

9. Gently pour the chocolate filling into the prepared crust.
10. Chill in the freezer for a few hours until firm.
11. Garnish with coconut flakes and cream before serving.
12. Store any leftovers in the freezer.

Nutritional Info: Serving size: 1/12 of a recipe (2.4 ounces)

Calories
271.13

Healthy Fats
23.78

Fiber
5.73

Sugar
8.81

Protein
5.97





Mint Chocolate Bites

Servings 12
Prep Time 5 minutes
Cooking Time 30 minutes
Total Time 35 minutes

These mint chocolate bites taste like moist and rich chocolate cake. They're sweetened with dates and they'll become a favorite quick bite to satisfy a sweet tooth craving.

Ingredients:

1 1/2 cups pitted dates
3/4 cup whole raw almonds
1/2 cup unsweetened cocoa powder
1 tsp mint essence/extract
1/4 cup chocolate chips/chopped chocolate, optional
Pinch of salt

Instructions:

- 1.** In a food processor, process the dates until they begin to form a ball.
- 2.** Add the remaining ingredients and process until the mixture is well combined.
- 3.** Add 1 Tbsp of water so that the mixture comes together.
- 4.** Form the mixture into balls and chill for at least 30 minutes.
- 5.** Keep the bites in the refrigerator or freezer, serve chilled or at room temperature.



Nutritional Info: Serving size: 1/12 of a recipe (1.4 ounces)

Calories
139.26

Healthy Fats
6.16

Fiber
4.12

Sugar
14.58

Protein
3.2



Servings	8
Prep Time	10 minutes
Cooking Time	35 minutes
Total Time	45 minutes

Protein Brownies

These protein-packed homemade brownies are truly amazing! They're packed with chocolate-y flavor and they taste so yummy that you won't believe they're actually good for you.

Ingredients:

- ¾ cup chocolate whey protein powder
- ¼ cup honey
- ½ cup almond butter, room temperature
- ½ tsp baking soda
- ½ tsp salt
- 1 egg
- ½ tsp vanilla
- ½ to ¾ cup almond milk

Instructions:

1. Preheat the oven to 350°F. Lightly grease an 8x8 inch pan and set aside.
2. In a bowl, combine the almond butter and honey. Mix well.
3. Add the eggs, vanilla, and ½ cup almond milk. Mix until well combined.
4. In a separate bowl, combine the dry ingredients.
5. Slowly add the dry ingredients to the wet ingredients and mix.
6. Add additional almond milk until the batter has the consistency of cake batter.
7. Pour the batter into the prepared pan.
8. Bake for 25 minutes.
9. Cool for 10 minutes before cutting.
10. Serve warm or store in an airtight container.



Nutritional Info: Serving size: 1/8 of a recipe (2.1 ounces)

Calories	Healthy Fats	Fiber	Sugar	Protein
192.45	11.54	2.57	10.88	9.81



Soft & Chewy Double Chocolate Cookies

Servings	8
Prep Time	10 minutes
Cooking Time	35 minutes
Total Time	45 minutes

These cookies are moist, soft and wonderful. The almond butter adds protein and richness, but make sure it's not too oily or the cookies won't come together.

Ingredients:

1 cup thick almond butter
½ cup honey or maple syrup
1 egg, whisked
½ cup unsweetened cocoa powder
1 tsp baking soda
1 tsp vanilla extract
Pinch of salt
¼-½ cup mini chocolate chips

Instructions:

- 1.** Preheat the oven to 350°F and line a cookie sheet with parchment paper.
- 2.** In a large bowl, mix together the almond butter and honey. Mix until well combined.
- 3.** Add the egg and mix until well combined.
- 4.** Add the cocoa powder a little at a time, being sure to mix thoroughly after each addition.
- 5.** Add the remaining ingredients and mix well.
- 6.** Scoop out the dough into small balls onto the cookie sheet.
- 7.** Press the cookies down slightly, but there is no need to flatten completely.
- 8.** Bake for 10 minutes.
- 9.** Cool on the baking sheet for 10 minutes before removing to a rack to cool completely.
- 10.** DO NOT remove the cookies from the baking sheet too soon, they will not hold together.



Nutritional Info: Serving size: 1/15 of a recipe (1.4 ounces)

Calories
175.62

Healthy Fats
11.64

Fiber
3.02

Sugar
10.42

Protein
4.74



Texas Sheet Cake Cookies

Servings	20
Prep Time	10 minutes
Cooking Time	23 minutes
Total Time	33 minutes

This chocolate cookie is truly amazing. It's rich, but not overpowering.

Ingredients:

1/2 cup butter,
softened

2 Tbs honey, or to taste

3 Tbs Water, hot

1 Tbs Flaxseed Meal

1 tsp Vanilla Extract

3/4 cup plus 2
Tablespoons White Rice
Flour

1/3 cup plus 2
Tablespoons potato
starch

1 tsp Xanthan Gum

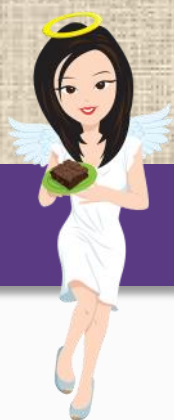
1 tsp Baking Powder

1/2 tsp Salt

1/2 cup dark
chocolate chips

Instructions:

- 1.** Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2.** Soak the flaxseed meal in the hot water for 10 minutes.
- 3.** Meanwhile, whisk together the flour, potato starch and xanthan gum.
- 4.** Beat the butter and honey until light and fluffy.
- 5.** Add the flaxseed meal and beat until well combined.
- 6.** Add the baking powder and salt and mix well.
- 7.** Add the flour mixture and mix thoroughly.
- 8.** Melt the chocolate chips and add to the dough, mixing well.
- 9.** Scoop the dough into small balls and place on the prepared cookie sheet.
- 10.** Bake for 7 – 8 minutes, taking care not to overbake.
- 11.** Cool for at least 5 minutes on the baking sheet.
- 12.** Serve warm.



Nutritional Info: Serving size: 1/15 of a recipe (1.4 ounces)

Calories
101.44

Healthy Fats
6.2

Fiber
0.58

Sugar
1.77

Protein
0.7