SWEET TREATS

Delicious Sweet Treats You Can Feel Good About

Now remember, you have WORKED to get that HOT body, so these are occasional little splurges for those times when you may want a little sweet treat. Enjoy these easy recipes and feel GOOD knowing that you are allowing yourself to have something sweet that you made, nothing gross, processed or fake! ENJOY!!!

SKINNY CHOCOLATE TRUFFLES

With zero guilt!! Makes 4 truffles

2 tablespoons virgin unrefined coconut oil
2 tablespoons unsweetened cocoa powder
1.5 tablespoons raw honey, coconut sugar, agave, or stevia (You can use more or less to taste)
A pinch of sea salt
A pinch of ground cinnamon
Unsweetened coconut flakes (optional)

Mix up the ingredients in a small bowl. Coconut oil should be soft (like a paste like consistency, so you can warm it up if needed). Take the chocolate paste and put in freezer for about 5 minutes. This is so the paste gets firmer. Then remove paste and roll into truffle size balls. Don't roll too much because the oil will start to melt! Then (if you choose) roll the balls in unsweetened coconut for a cute snow covered look. Again place in freezer for 5-10 minutes. And VIOLA! A delicious natural and guilt free treat. Coconut oil is an amazing product, and if you haven't tried it yet, check out this video that will school you on all the amazing benefits: https://youtu.be/bWoMvcXv35w

PUMPKIN SPICE SKINNY GIRL COOKIES

These are a girl's bestie for a few reasons: there is no oil, no added sugar, no grain...and they are delicious! You have to try these to believe it!

1 cup mashed ripe banana
½ cup pumpkin puree
1/3 cup coconut flour
4 pitted soft Medjool dates
2 teaspoons cinnamon
¼ teaspoon ginger
1 teaspoon baking soda
2 teaspoons apple cider vinegar
1/2 cup shredded unsweetened coconut

1/2 cup raisins

Preheat your oven to 350F and line a baking sheet with parchment paper. Combine the mashed banana, pumpkin puree and dates in a food processor or blender, and blend until the dates have broken down and mixed well with the purees. Add in the coconut flour, cinnamon, ginger, baking soda and vinegar, and blend again until a thicker batter is formed. (this will be super thick!)

Gently fold in the shredded coconut and raisins, then scoop the batter using a heaping tablespoon onto the lined baking sheet. These cookies will not spread on their own, so use your hands to flatten them to a shape you'd like.

Bake for 20-25 minutes at 350F, until the edges are golden and centers aren't too soft to the touch. These cookies are soft, they will not get crispy, so it's best to let them cool on the pan for 15 minutes before using a spatula to transfer them to a wire rack to cool completely.

Serve immediately, or store in the fridge for up to a week.

60 SECOND FLOURLESS CHOCOLATE GANGSTAH CAKE

This recipe is so darn delicious for those times when you really want something chocolatey, cakey but don't want it to show on your HOT bod: you will love this! You can make cupcakes or be extra GANGSTAH and just make in a bowl (that's what I did!)

1 egg
2 tbsp of unsweetened cocoa powder
1 tbsp of preferred sweetener *I used coconut sugar (more or less to taste)
¼ tsp of baking soda

In a bowl mix together the egg, cocoa powder, and sweetener. Lastly add the baking soda and mix. Pour the batter into microwavable silicone cupcake liners, or 1 medium bowl (to make a small cake), or 3 small bowls (to make it cupcake size), people often use a coffee mug too. I found that one batch made 3 cupcakes. *If you are using bowls or a coffee mug you should lightly grease the inside with butter, coconut oil, or your preferred cooking fat.

Microwave all three cupcakes at once for 1 minute or until baked. *Note, the batter will rise very high at first and then deflate as it is finished baking.

Test the cupcakes for doneness by inserting a toothpick in the middle. If the toothpick comes out clean it is finished, if not microwave for a few more seconds. Eat!

1 INGREDIENT BANANA SKINNY "ICE CREAM"

This recipe is a REVELATION and is truly a "technique". So easy you can't believe it! Feel free to play with flavors here.

1 ripe peeled frozen banana
Toppings/flavors of choice (I used walnuts and raw cacao nibs! yum yum!)
You could use cinnamon, cocoa powder, raisin, vanilla, even nut butter!

Take your frozen peeled banana and chop into small bite size pieces and place in a high speed blender or food processor. Blend away, scraping as they stick. Soon after a few minutes, it "magically" turns into soft serve ice cream consistency! Enjoy and add toppings and flavors of choice!

DATE NIGHT TRIXIE TREATS

Enjoy these two ingredient treats that are loaded with nutrition and taste somewhat like a Trix candy bar, without added sugar and nasty ingredients!

Medjool Dates, pitted and halved
Nut butter of choice (my fave is sunflower butter!)

Take your pits out of the dates and cut or rip in half. Spread a thin layer of nut butter in the pit area. Place in freezer and pull out when you want a SKINNY sweet treat!