



**Natalia García**

Functional Nutrition & Wellness

# Healthy Desserts Guide

Following a nutritional program doesn't mean you can't enjoy a sweet snack!

## GENERAL GUIDELINES:

- Unprocessed .
- Less than 15gm of added sugar per serving.
- Count all added sugar towards your daily added sugar allowance.
- The best sweetener is organic stevia – avoid erythrol .
- The best sugars are coconut sugar and beet sugar.

## Tips for these recipes:

- Change up the toppings! Sprinkle with flaked coconut, slivered almonds, walnuts, cacao nibs, berries, etc.
- Chia seeds contain heart healthy Omega-3 fatty acids, as well as plenty of fiber to help keep you regular. These seeds are also a good source of calcium and magnesium.
- Apples are a great source of fiber and contain vitamin C which is important for immunity!
- Some of these recipes are for set for batch cooking to save time. You can store portions in a freezer-safe storage container for later.



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## Natalia's Chocolate Coconut Chia Pudding

This is a gut-friendly and blood sugar-balancing snack that you can easily grab and go on busy mornings.

8	480	452
Ingredients	Minutes	Calories
Prep	Cook	Servings
8 h	0 min	7



### Ingredients

- 2 cup Chia seeds, ground
- 1 can (13.5oz) Coconut milk, reduced fat
- 1 tbsp Cacao powder, raw (or more, to taste)
- 4 tbsp Dried goji berries
- 5 scoop Whey protein powder, chocolate
- 4 medium Banana (s)
- 2 packete Stevia sweetener, powder
- 1 cup Almond milk, unsweetened

### Instructions

1. Add the chia seeds, coconut milk, and cacao powder (add more if you want it more chocolatey) to a bowl and mix with an immersion blender or blender. Divide into mason jars or containers evenly.
2. Screw the cover on the mason jar and shake vigorously until combined. Then, place jars in the refrigerator until thick (overnight is best).
3. Top with goji berries and serve.



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## Natalia's Chewy Almond Butter Granola Bars

7	20	348
Ingredients	Minutes	Calories
Prep	Cook	Servings
10 min	10 min	10



### Ingredients

- 1 cup pitted Dates
- 1 cup whole Almonds, raw
- 1/2 cup Almond butter (or alternate nut butter of choice)
- 1/4 cup Honey
- 1 tsp Cinnamon
- 1 1/4 cup Rolled oats, dry
- 1/2 cup Semisweet chocolate chips, mini

### Instructions

1. Preheat your oven to 350 degrees F. Line an 8×8 inch baking pan with parchment paper. Set aside.
2. In a food processor, pulse the dates and almonds until they are well-chopped. You can also do this by hand if you do not have a food processor.
3. Remove the blade from the food processor and add the rest of the ingredients, except the chocolate chips, and mix well.
4. Stir in the chocolate chips and make sure they are evenly incorporated in the mix.
5. Press the mixture into the prepared baking pan. Add an additional layer of parchment paper to the top of the mixture and press it down well using a large can or jar.
6. Remove the top layer of parchment paper (but save it) and bake in the preheated oven for 10 minutes.
7. Once removed from the oven, add the parchment paper back to the top and again press the mixture into the pan. This helps the bars stick together.
8. Refrigerate and allow to cool before cutting into bars. Enjoy!





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## Natalia's Banana Date and Oat Cookies

Naturally sweetened simple 5-ingredient cookies.

6	20	109
Ingredients	Minutes	Calories
Prep	Cook	Servings
5 min	15 min	24



### Ingredients

- 3 medium Banana (s)
- 1 cup pitted Dates (chopped)
- 1/3 cup Coconut oil
- 2 cup Rolled oats, dry
- 1/2 cup hulled Sunflower seeds
- 1 tsp Vanilla extract, pure

### Instructions

1. Preheat oven to 375F degrees. Line baking sheet with parchment paper.
2. Mash the bananas and combine with chopped dates and oil. Add the oats, sunflower seeds and vanilla extract and mix well.
3. Drop spoonfuls onto baking sheet and flatten with a fork. Bake for about 15 minutes until the top is golden and cookies are cooked through. Serve and enjoy!



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## Natalia's Delicious Apple Pancakes

Simple, easy and gut friendly pancakes to enjoy!

6	22	148
Ingredients	Minutes	Calories
Prep	Cook	Servings
10 min	12 min	5



### Ingredients

- 2 medium Apple
- 2 scoop PurePaleo Unflavoured Protein Powder
- 1/2 tsp Cinnamon
- 1 tbsp Coconut oil
- 1 cup Applesauce, unsweetened
- 1 tbsp Coconut oil

### Instructions

1. Peel and core apples. Cut each apple into 8 pieces and place in a food processor. Pulse until apples are almost smooth with a few solid pieces visible.
2. Whisk eggs and cinnamon in a small bowl. Add the processed apple mixture and stir until evenly combined.
3. Melt butter in an pan, once melted, ladle pancake batter onto the pan.
4. Cook for 2-3 minutes on each side or until bubbles start to form and edges turn golden brown.
5. Serve immediately with desired toppings



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## Natalia's Flourless Dark Chocolate Nut Cookies

This is a grain free gluten free gut friendly chocolate decadent cookie!

6	18	144
Ingredients	Minutes	Calories
Prep	Cook	Servings
10 min	8 min	18



### Ingredients

- 1/2 cup Cocoa powder, unsweetened (organic)
- 3/4 cup Almond butter
- 1/2 cup Honey
- 1/2 cup Dark chocolate chips
- 1 large Egg
- 1/2 tbsp Baking powder

### Instructions

1. Preheat the oven to 180C.
2. Mix all the ingredients together except chocolate chips.
3. Mix in chocolate chips.
4. Spoon mixture onto a baking tray lined with baking paper.
5. Bake for 8-10 minutes, or until cooked through.
6. Let cool for 5 minutes.
7. Gently remove from the tray





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## Natalia's Frozen Banana Bites

These frozen chocolate-covered almond butter banana bites are the perfect healthy warm-weather treat!

4	92	53
Ingredients	Minutes	Calories
Prep	Cook	Servings
1 h 30 min	2 min	30



### Ingredients

- 3 medium Bananas (sliced thick)
- 1/3 cup Almond butter
- 1/2 cup Dark chocolate chips (70% cocoa)
- 2 tsp Coconut oil

### Instructions

1. Peel and slice bananas into rounds about 1/4 inch thick.
2. Line a platter or small baking sheet with parchment paper.
3. Place about 1/2 teaspoon of almond butter on a banana slice and top with another banana slice to make a little banana peanut butter sandwich. Keep doing this until all banana slices are used and you have about 30 bites.
4. Place bites onto parchment-lined baking sheet and place in the freezer to harden for about 1 hour.