

# SKINNY

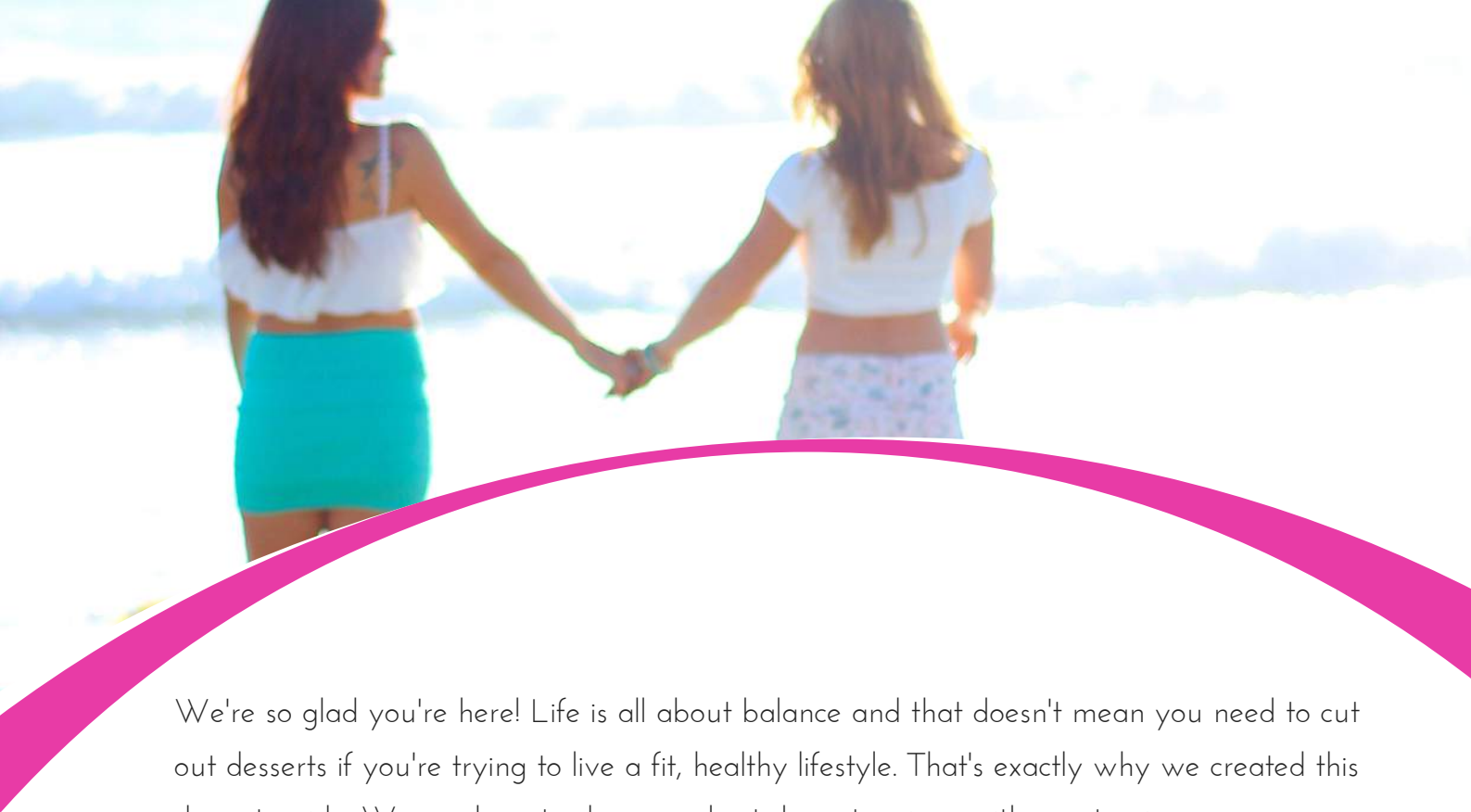
DESSERTS

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FOR FAT LOSS



FAT BURNING FOODS



We're so glad you're here! Life is all about balance and that doesn't mean you need to cut out desserts if you're trying to live a fit, healthy lifestyle. That's exactly why we created this dessert guide. We are here to share our best dessert recipes with you to give you a comprehensive resource to make desserts healthy and fun (& keep your waistline slim).

Refer to the resources section at the beginning to learn how to find balance with sweets as well as our best tips for making them and what equipment/ingredients you'll need on hand.

While we don't follow a specific diet, we do practice the principles of eating outlined in our [L.E.A.R.N. Guide](#) that naturally triggers fat loss.

For more healthy recipes, grab a copy and be sure to also check out our free resources & healthy recipes on [our blog](#)!

Now let's get started!

Liz & Sara

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If you have any questions, please don't hesitate to contact us. You can reach us on Facebook, Instagram, or our blog.



# ABOUT THE AUTHORS

## *The Super Sisters*

### Two Trainer Sisters On A Mission To Spread True Health

Born and raised in the Midwest, The Super Sisters completed their fitness credentials at UCLA through the Fitness Leadership Program. They both went on to become Certified Sports Nutrition Specialists through Precision Nutrition. Each sister now specializes in different areas, from yoga to powerlifting, making the pair a dynamic duo for fitness information.

<http://supersisterfitness.com/>



## CONTRIBUTORS

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Erin Woodbury is a Certified Nutrition Consultant through Venice Nutrition, AFAA and AFPA. She's been a fitness instructor for 15 years, a master trainer, magazine and cookbook editor, food blogger and currently works for Quest Nutrition as a media chef. She's a happy wife and mom to 3 super fit kids.

Visit her anytime at:

<http://livingleanwitherin.com/>



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# EDUCATION & RESOURCES



LET'S BAKE

WHAT SUPPLIES YOU'LL NEED, WHAT SUPERFOOD INGREDIENTS CAN DO FOR YOUR BODY AND HEALTH & MORE!

# HOW-TO

## EDUCATION

# INCORPORATE DESSERT

You probably already know intuitively that eating real, natural food is better for you. Since we both adopted a plant-based diet, we have ended the struggle with food and weight issues. We no longer yo-yo diet or restrict food groups, and we have more room for dessert recipes like those in this ebook.

If you're trying to lose weight focus on eating more real food (fruits, veggies, whole grains, healthy fats) and you'll have less room for the junk.

You should know going into this that your tastebuds regenerate approximately every 7-10 days. If you don't currently like plant-based foods, it can take 2-4 weeks to adjust your taste preferences to be more accommodating.



However, please know that soon your entire experience of “sweet” and “salty” will shift if you eat this way consistently. Why does this matter? More sensitive tastebuds make it easier for you to reach your goals by eating more of the right natural, organic whole foods.



It's important not to view food as "good" or "bad." Food is food. Food is fuel. Learn to detach your emotions and judgements from food. Instead, see your food for what it is -- energy & nutrients.

This will make it much easier for you to make better, healthier choices about what to put in your body. The point is to detach your emotions from eating behaviors and decisions, and really "tune in" to your body's own Intuitive Awareness of what it needs to be healthy and thrive.



The more you focus on your real food first mentality (and detach from the restrictive obsession of "good" vs "bad") the easier it will be to avoid unhealthy foods, and the less you will experience "food temptation" in the first place.

And this will all get even easier as your tastebuds physically change..

These simple, all-natural dessert recipes will help you keep your sweet tooth in check during this process so you can achieve all your health & fitness goals. Get fit & trim the right way with these "Skinny-fied" desserts.

Now let's get started...

# WHAT YOU'LL NEED

EDUCATION

## 1. BAKING SUPPLIES

One of the best investments you can make when you're focusing on your health is to stock up your kitchen with the tools and appliances you'll need to make healthy creations at home.

For this dessert cookbook, you'll need:

- A set of mixing bowls
- Whisk, spatula, cookie scooper, spoon, etc.
- Measuring cups & spoons
- 8 x 8 and/or 9 x 9 baking pan
- Cookie sheet
- Pie pan
- Springform cake pan
- Cupcake pan
- Donut pan
- Tupperware containers for storage
- Cupcake liners
- Parchment paper

*Please Note: If you purchase a product through any of the links on the following pages, guess what? Super Sister Fitness actually earns a small commission for the referral! :) This means you can directly support our growing fitness community so that we can continue to provide you with more quality information, workouts and recipes in the future. Thanks in advance!*





## 2. PROTEIN POWDER

Many of the recipes in this guide use protein powder as one of the main ingredients.

In terms of what types of protein powders are best to use, each individual has their own personal preferences and food tolerances, so we've outlined some general tips below along with our personal recommendations.

The main thing is to always look for those with the most natural ingredients and the least amount of artificial ingredients.

Some other things to look for when shopping for protein powder:

- Does it have any ingredients you don't recognize and can't even come close to pronouncing?
- Does it use artificial sweetener (sucralose, aspartame, dextrose, etc)?
- Where does the protein come from? Is it from a non-sustainable source (i.e. it's not grass fed, organic, plant-based, etc)?
- If it's from an animal source, are the animals treated with hormones (i.e. rBST, rBGH)?

If any of the answers to the questions above are yes, you should probably keep looking. Also, if you're gluten or dairy intolerant, always look for protein powders that fit your dietary needs.

The brands we recommend are listed below. Most of these should be available at your local health food store, but we've also provided some quick links below for you so you can purchase directly through the affiliate link if you'd like to help support Super Sister Fitness. :)

## IsaPro Whey Protein

**Features:** gluten free, vegetarian, no fake sugars, hormone free, sweetened with stevia

### Stats (per serving)

Calories: 100

Fat: 1 g

Carbs: 2 g

Fiber: 0 g

Protein: 18 g



**Why we recommend it:** If you tolerate dairy well, whey is an excellent choice for protein powder, especially when you consume it post-workout. IsaPro is a high quality, completely natural whey protein that is made from cows not treated with growth hormones or antibiotics.

More and more studies reveal the important role protein plays in satiety, as well as muscle growth and maintenance -- all things that contribute to a healthier, faster metabolism and easier fat loss.

Studies have shown that individuals who add leucine-rich protein (like whey protein) to help refuel after an exercise session typically have more lean muscle tissue and, therefore, an easier time losing body fat.

IsaPro whey is high in BCAAs (branched chain amino acids) from cows that are pasture-fed on small New Zealand farms. These cows are milked according to season, and not treated with hormones or antibiotics. In fact, New Zealand standards exceed USDA organic regulations!



Made utilizing a low-heat process, this whey protein maintains its undenatured state, providing a protein powder that is as clean as possible.

BCAAs are essential to get from your diet because they cannot be made by your body.

BCAAs are metabolized in muscle tissue rather than in the liver for faster utilization. They are proven to increase strength, endurance and muscle synthesis, enhance recovery, reduce muscle soreness & inflammation, and improve energy and mood.

One of the biggest reasons we recommend this protein powder is that the protein is from cows that are NOT treated with the growth hormone rBGH and rBST. This is important to note, because most protein powder companies source their protein from third parties that do not ensure that no growth hormones were used.

In addition, IsaPro contains an exclusive, proprietary blend delivering over 70 minerals and trace minerals to help support your body's overall health.

[Click here](#) to read more about IsaPro or to order online.

# Garden of Life Raw

**Features:** vegan, made from sprouted grains, non-GMO, all natural

## Stats (per serving)

Calories: 90

Fat: 0 g

Carbs: 4 g

Fiber: 3 g

Protein: 17 g



**Why we recommend this:** This is a great organic, non-GMO protein powder as well as a great option for anyone who is vegan, gluten or dairy intolerant.

This protein is one of the best tasting options out there due to it's unique blend of raw sprouted protein from brown rice, amaranth, quinoa, millet, buckwheat, garbanzo beans, lentils, adzuki, flax, as well as sunflower, pumpkin, chia and sesame seed sprouts.

Even if you aren't vegan, this protein powder is formulated for absorbability -- meaning your body will get all the high quality nutrients it needs.

The problem with regular grains is that you can't actually digest them very well due to a coating of phytic acid on the bran. This acid binds with important minerals in your gut and strips them away as it passes through your digestive system. Soaking, sprouting and fermenting is a way to "pre-digest" grains to prevent this from happening.

That's why we love this protein powder! You'll get the maximum benefits from this raw sprouted blend of plant-based ingredients. Our favorite flavor is [Vanilla](#).



## Egg White Protein

**Features:** non-GMO, sweetened with stevia, no fake sugar, gluten-free, hormone free

### Stats (per serving)

Calories: 120

Fat: 0 g

Carbs: 4 g

Fiber: 0 g

Protein: 24 g



**Why we recommend this:** Egg white protein contains all the amino acids your body needs and is one of the most bioavailable proteins out there.

If you are lactose intolerant, a great option is Jay Rob's Egg White Protein.

The protein is made with all natural, non-GMO ingredients, and it is derived from chickens not treated with growth hormones. It includes no gluten or artificial colors, sweeteners or flavors.

Plus, the protein powder is flash pasteurized without additional heating, so you don't lose any of the quality of protein.

[Click here](#) to read more about egg white protein or to order online. Flavors include Vanilla, Chocolate and Strawberry.

# SUPERFOOD INGREDIENTS

EDUCATION



## COCONUT FLOUR

**Coconut flour** is a flour made from coconut solids that have been ground into a very fine powder. It has a mild coconut scent and flavor, which makes it suitable for flour-based recipes.

Coconut flour is gluten-free, high in fiber (38 grams per cup!), high in protein (19 grams per cup), and great for baking. It's highly absorbent so you may notice you'll need a little bit more water/milk to get the right consistency in recipes.

## PEANUT FLOUR

**Peanut flour** is a gluten-free and vegan alternative that can add powerful plant-protein and lots of nutrition. Because most of the fat is removed, it is highly concentrated protein and contains about 10 to 15g of protein per ounce. It is also packed with essential nutrients and bioactives.

One serving (2 tablespoons) is a good source of folate, zinc, and potassium and an excellent source of fiber, magnesium, phosphorus, and niacin (USDA National Nutrient Database, 2009)





## OAT FLOUR

**Oat flour** is great for baking because of the nutrition it provides compared to traditional processed white flour, which is stripped of its nutrients. It is a significant source of protein, B vitamins, vitamin E, calcium, iron and other healthy minerals.

It's also a great option for those of you who are trying to reduce your intake of gluten or if you are celiac/gluten intolerant.



## CACAO POWDER

**Cacao powder** has the highest antioxidant content of all the natural foods in the world. It is full of flavonoids, a powerful antioxidant that protects the body from aging and disease caused by free radicals.

In fact, cacao has 3 times the amount of antioxidants that green tea does.

A 1 tablespoon serving contains 6 grams of healthy fats, 4 grams of fiber and 2 grams of protein at only 80 calories.



## CINNAMON

**Cinnamon** is one of our favorite spices to add amazing flavor to smoothies. Not only that, cinnamon is full of antioxidants and has anti-inflammatory properties too.

Cinnamon is also widely known to help regulate blood sugar, especially after a high carb meal. Cinnamon helps slow the rate at which the stomach empties after meals, which in turn reduces the rise in blood sugar after eating.



## COCONUT SUGAR

**Coconut sugar** a natural sugar made from sap, which is the sugary circulating fluid of the coconut plant. Often it is confused with Palm Sugar, which is made from a different type of palm tree.

Coconut sugar contains nutrients, which is why we use this over regular table sugar. Most notable of these nutrients are the minerals Iron, Zinc, Calcium and Potassium, along with some short chain fatty acids, polyphenols and antioxidants that may also provide some health benefits. Coconut sugar also contains a fiber called Inulin, which slows glucose absorption, which is why coconut sugar has a lower glycemic index than regular table sugar



## GRANULATED/BAKING STEVIA

Stevia is a green, leafy plant that is native to South America. It has been used for medicinal purposes for many centuries. The plant has also been bred for its strong, sweet flavor and used as a sweetener. It has zero calories and is great if you're trying to cut back on processed sugar.

For baking, we like to use the granulated kind that measures like sugar. Be careful which kind you buy because they often sneak in artificial sweeteners and ingredients. Look for brands that have only natural ingredients. We highly recommend [this brand](#).





## UNSWEETENED SHREDDED COCONUT

**Unsweetened shredded coconut** adds an amazing flavor and nutrition boost in baking. Make sure to buy only **unsweetened** shredded coconut - the sweetened shredded coconut has over 2 teaspoons in 1 oz, which is basically like buying candy.

## COCONUT OIL

**Coconut oil** has been all the rage for the last couple of years and it's for a good reason. This superfood has a unique combination of fatty acids that can have profound positive effects on health. This includes fat loss, better brain function, improved energy & performance as well as improve blood cholesterol and lower the risk of heart disease.



## APPLE CIDER VINEGAR

You'll notice in the recipes a few call for apple cider vinegar. Do not omit this! In vegan baking applications, vinegar is often used for its leavening and flavor enhancing properties.



Adding apple cider vinegar to 1 cup of milk and letting it sit for a few minutes allows the milk to curdle. This can enhance dairy-like flavors. The acids in the vinegar also help activate baking powder and baking soda which enhance the leavening or rising of your baked goods.



# BAKED GOODS



## BAKING

HEALTHIER ALTERNATIVES  
FOR ALL OF YOUR  
FAVORITE BAKED GOODS

KEEP A SLIM WAISTLINE AND BURN FAT WITH THESE SKINNY  
BAKED GOOD RECIPES

# FUDGE BROWNIES

## INGREDIENTS

1 can (15 oz) black beans

1 egg

1 egg white

3/4 cup baking stevia or coconut  
sugar

1 tbsp strong brewed coffee

1/4 cup mini dark chocolate chips

2 tsp vanilla extract

1 tsp baking powder

## METHOD

Preheat oven to 350 degrees and spray a 9 x 9 baking pan with non-stick spray. In a food processor, process all ingredients except the chocolate chips until batter is smooth. Stir in the chocolate chips and pour batter in your prepared pan. Bake for 30-35 minutes or until toothpick comes out clean. Cut into 12 pieces. Enjoy!





# PEANUT BUTTER BLONDIES

## INGREDIENTS

3 egg whites

1 cup peanut flour\*

1/3 cup coconut sugar

1/4 cup unsweetened almond milk

1/2 tsp apple cider vinegar

1/2 cup unsweetened applesauce

3/4 tsp baking powder

3/4 tsp vanilla extract

optional: 1/2 cup vanilla protein powder

## METHOD

Preheat oven to 350 degrees and spray a 9 x 9 baking pan with non-stick spray.

Pour almond milk into a small bowl, add your vinegar and stir well. In a small bowl, mix all dry ingredients well and set aside. In a medium bowl, beat egg whites well by hand for 30 seconds. Add your almond milk mixture, applesauce and vanilla and mix well. Slowly add your dry ingredients and whisk until well combined.

Bake for 35-40 minutes or until a toothpick comes out clean. Store in refrigerator.

*\*you can substitute 1/2 cup peanut butter and 1 cup flour*





# CHOCOLATE CHIP COOKIES

## INGREDIENTS

- 1 cup almond butter
- 1/4 cup coconut sugar
- 1 egg
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/4 cup dark chocolate chips

## METHOD

Preheat oven to 350 degrees and line a baking sheet with parchment paper. In a medium bowl, mix almond butter with egg and sugar until thoroughly combined. Then add in vanilla, baking powder, and chocolate chips. Roll into 1 inch balls and flatten onto cookie sheet. Bake for 12-15 minutes or until golden.

Makes approx. 12 cookies.

# APPLE PIE

## INGREDIENTS

### For the crust:

- 8 pitted dates
- 1/4 cup walnuts
- 1 cup gluten-free oats
- 1/2 tsp cinnamon

### For the filling:

- 6-8 large red apples, thinly sliced into wedges
- 1/4 cup coconut sugar
- juice from 1/2 an orange
- 1 tsp cinnamon
- 1/2 tsp nutmeg

## METHOD

Place sliced apples in a large ziploc bag with coconut sugar, orange, nutmeg, vanilla and cinnamon. Refrigerate for 1-2 hours.

Preheat oven to 350 degrees and spray a 8" pie pan with nonstick spray. In a high powered blender or food processor, place all ingredients for the crust and blend until sticky. Press mixture into your prepared pie pan.





# FLOURLESS CHOCOLATE CAKE

## INGREDIENTS

3 egg whites  
1 cup chocolate protein powder  
2 tbs unsweetened cocoa powder  
1/2 cup coconut sugar  
1/2 cup unsweetened almond milk  
1/4 cup unsweetened applesauce  
3/4 tsp baking powder  
1/2 tsp apple cider vinegar  
1 tsp vanilla extract  
2 oz unsweetened Baker's chocolate  
1/2 tsp coconut oil

## METHOD

Preheat oven to 325 degrees and spray a 9 x 9 baking dish with nonstick spray. In a medium bowl, whisk egg whites well then add your almond milk, applesauce, vinegar and vanilla. In another medium bowl, combine all dry ingredients. Slowly add this to your wet ingredients, mix well and set aside. In a small saucepan, melt your chocolate and coconut oil over low heat, stirring the whole time. Once melted, pour chocolate into your batter and mix well. Pour batter into prepared pan and bake for 30-40 minutes or until a toothpick comes out clean. Cut into 12 slices and store in refrigerator. Enjoy!



# CHOCOLATE CUPCAKES

## INGREDIENTS

- 1 cup oat flour
- 1/2 cup unsweetened cocoa powder
- 2 egg whites
- 1/2 cup unsweetened applesauce
- 1 cup unsweetened almond milk
- 1/2 cup coconut sugar or baking stevia
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp vanilla
- 1/4 cup dark chocolate chips

## METHOD

Preheat oven to 350 degrees and line a cupcake pan with liner or spray well with nonstick spray. In a large bowl beat egg whites then add milk, applesauce, stevia and vanilla. In another large bowl mix dry ingredients. Then add wet ingredients and mix until thoroughly combined. Fold in chocolate chips and pour batter into prepared pan. Bake for 15-20 minutes or until a toothpick comes out clean. Top with frosting of choice :)



# SPICE DONUTS

## INGREDIENTS

- 1 cup oat flour
- 1/3 cup coconut sugar or baking stevia
- 1 egg
- 1 cup unsweetened almond milk
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 tsp apple cider vinegar
- 1/2 tsp salt
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/4 tsp baking powder

## METHOD

Preheat oven to 325 degrees and spray a donut pan with nonstick spray. In a large bowl, beat egg then add almond milk, vinegar and vanilla. Slowly add dry ingredients and mix well. Pour batter into prepared pan and bake for 15-18 minutes or until toothpick comes out clean. Let cool and remove donuts from pan. Makes 6 donuts.

For cinnamon sugar topping, mix 1/4 cup coconut sugar, 1/2 tsp cinnamon, 1/4 tsp nutmeg. While donuts are still warm, dip each donut into the sugar mixture.

# BERRY CHEESECAKE

## INGREDIENTS

### **Crust:**

1 cup finely chopped walnuts

1/4 cup oat flour

2 tbs coconut sugar

1 egg

### **Cheesecake:**

1/2 cup low fat cottage cheese

2 eggs

1/4 cup unsweetened almond milk

1 1/2 cup nonfat Greek yogurt

1/2 cup coconut sugar

3/4 cup vanilla protein powder

1/4 tsp salt

2-4 tbs mixed berry jam

## METHOD

Preheat oven to 325 and line a 9 x 9 baking dish with parchment paper. In a medium bowl, mix all ingredients for the crust and press into the bottom of your pan. In a blender, place cottage cheese, egg and almond milk and blend until smooth. Pour this into a medium bowl and add all other ingredients for the cheesecake. Pour batter into pan over your crust. Swirl with jam. Bake for 30 minutes at 325. Turn heat to 250 and bake for an additional 35-40 minutes or until middle is cooked. Remove from oven and let cool. Place in refrigerator for at least 3 hours to set. Store in refrigerator. Enjoy!





# PEAR PUFF

## INGREDIENTS

- 8 egg whites
- 1/2 cup Greek yogurt
- 1/4 cup granulated stevia
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 scoop vanilla protein powder
- 1 1/2 cups gluten-free oats
- 1 Asian pear, sliced thin
- 1 red pear, sliced thin
- 2 tablespoons chopped walnuts

## METHOD

Preheat oven to 375°F. Spray springform pan with coconut oil spray. Beat the egg whites on medium with a stand or hand mixer until bubbly and fluffy, but not to stiff peaks (about 2 minutes). Add the yogurt, sweetener, cinnamon, vanilla and protein powder. Beat 1 minute. Slowly pour in the oats and mix for a few seconds. Pour the now fluffy mixture into your springform pan. Layer the Asian pear and red pear around the center, alternating the two. Sprinkle with a little more granulated stevia. Place in oven for 15 minutes. Pull out and sprinkle with walnuts and a little shake of cinnamon. Return to oven for another 8-10 minutes. It should be set, but not dried out.

Serves 4.

Recipe by Erin Woodbury  
[supersisterfitness.com](http://supersisterfitness.com)



# CHOCOLATE DONUTS

## INGREDIENTS

- 1/4 cup coconut flour
- 1 scoop chocolate protein powder
- 1/4 cup cacao or cocoa powder
- 1 egg + 2 egg whites
- 1/2 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1 tsp apple cider vinegar
- 1/2 tsp baking powder
- 1/2 tsp baking soda

## METHOD

Preheat oven to 350 degrees and spray a donut pan with nonstick spray. Combine all dry ingredients in a bowl and set aside. beat egg and egg whites well in a small bowl, then add remaining wet ingredients. Add this mixture to your dry ingredients and mix until well combined. Pour batter into prepared pan and bake for 15-20 minutes or until toothpick comes out clean. Cool, then drizzle with melted dark chocolate and dig in! Makes 6 donuts.



# COCONUT MACAROONS

## INGREDIENTS

1 cup unsweetened shredded coconut

1 scoop vanilla protein powder

2 tbs granulated stevia or coconut sugar

2 egg whites

1/4 cup chocolate chips

## METHOD

Preheat oven to 325 degrees and line a cookie sheet with parchment paper. In a small bowl, beat egg whites well then add remaining ingredients (except chocolate chips). Bake for 10-15 minutes or until starting to golden.

Melt chocolate chips and drizzle macaroons once out of the oven.

Enjoy! Makes 10 macaroons.



# SKINNY SHAKES



  
DELISH!

LOW CALORIE  
HEALTHIER SHAKE  
ALTERNATIVES

GREAT FOR A POST WORKOUT SNACK OR FOR A PRE-BEDTIME TREAT

# SKINNY CHAI

## INGREDIENTS

- 1/2 cup strong brewed chai tea
- 1 cup unsweetened almond milk
- 1 scoop protein powder\*
- 4-5 ice cubes
- 1/8 tsp vanilla extract
- 1/2 tsp cinnamon

## METHOD

Place all ingredients in a blender and blend until smooth.

*\*use a vegan protein powder for a vegan version*

SHAKES

# BLUEBERRY BLISS

## INGREDIENTS

- 1 cup frozen blueberries
- 1 scoop protein powder\*
- 1 cup unsweetened protein powder
- 4-5 ice cubes

## METHOD

Place all ingredients in a blender and blend until smooth. Top with extra blueberries..

*\*use a vegan protein powder for a vegan version*







SHAKES

# LEMON MERINGUE

## INGREDIENTS

juice from 1/2 fresh small lemon  
1 scoop vanilla protein powder\*  
1 cup unsweetened almond milk  
3-4 ice cubes

## METHOD

Place all ingredients in a blender  
and blend until smooth.

*\*use a vegan protein powder for  
a vegan version*

SHAKES

# STRAWBERRIES & CREAM

## INGREDIENTS

- 1 cup frozen or fresh strawberries
- 1 cup unsweetened almond milk
- 1 scoop protein powder\*
- 4-5 ice cubes

## METHOD

Place all ingredients in a blender and blend until smooth.

*\*use a vegan protein powder for a vegan version*



# SKINNY TREATS



TREAT YOURSELF

LOWER CALORIE  
HEALTHIER DESSERT  
ALTERNATIVES

MINIMIZE FAT STORAGE WITH THESE SKINNY NO-BAKE  
DESSERT RECIPES



# PEANUT BUTTER FUDGE

## INGREDIENTS

- 2 scoops chocolate protein powder
- 1/4 cup peanut butter
- 2 tbs coconut oil
- 1-2 tbs coconut sugar or granulated stevia
- 1/4 cup chocolate chips

## METHOD

Line a 8 x8" pan with parchment paper and set aside. In a small saucepan over medium-low heat, melt chocolate chips and coconut oil until almost smooth. Add peanut butter and stir until smooth. Quickly add remaining ingredients (you may need a little milk to mix) and pour into prepared pan. Place in freezer for 3-4 hours or until firm. Cut into 16 pieces. Enjoy!



# COCONUT BITES

## INGREDIENTS

2 cups walnuts  
8-10 pitted dates  
1 tsp cinnamon  
1/4 cup shredded coconut  
optional: 1 scoop protein powder

## METHOD

Place all ingredients (except coconut) in a food processor and process until a thick dough forms. Form 1" balls and roll in shredded coconut. Makes 18-20 bites. Store in the refrigerator for up to 1 week.



# CHOCOLATE DECADENCE

## INGREDIENTS

- 2/3 cup pecans
- 1/4 cup raisins
- 2/3 cup vanilla protein powder
- 1/3 cup freeze dried strawberries
- 1/2 oz chopped dark chocolate or 1 tbs mini chocolate chips
- 1/4 cup unsweetened shredded coconut
- 2-3 tbs unsweetened almond milk

## METHOD

Place pecans and raisins in a food processor and process until a dough forms (about 30-60 seconds). Remove and place into a bowl with the remaining ingredients. Mix well and form into 12 bites. Store in refrigerator.





# SNICKERDOODLE BITES

## INGREDIENTS

1 cup walnuts

1 cup almonds

8-10 pitted dates

1 tsp cinnamon

1 tsp vanilla extract

optional: 1 scoop protein powder

## METHOD

Place all ingredients in a food processor and process until a thick dough forms. Roll into 1" balls. Makes 18-20 bites. Store in an airtight container in the refrigerator for up to 1 week.

# MOOSE MUNCH

## INGREDIENTS

1 bag smart pop kettle corn  
2 tbs coconut oil, melted  
1/2 cup chocolate protein powder,  
cacao powder OR cocoa powder  
optional: 1-2 tbs honey (for added  
sweetness)

## METHOD

Pop kettle corn according to package. Spread on a cookie sheet and set aside. Then, in a small bowl mix remaining ingredients and drizzle over popcorn. Let set for 5-10 minutes or until chocolate is firm.





# CHOCOLATE CHIP MUG CAKE

## INGREDIENTS

3 tablespoons of flour (coconut, oat, almond, or a combo of each)

1 egg white

1/2 scoop protein powder

1/2 teaspoon baking powder

1 teaspoon stevia

1/4 teaspoon vanilla extract

2 tablespoons applesauce

1/4 cup almond milk

1 tablespoon chocolate chips

## METHOD

Blend or vigorously stir all ingredients. Pour into a greased mug or ramekin. Microwave for approx. 1 minute and 40 seconds.

Don't overcook; leave slightly loose in center.



# CHOCOLATE STUFFED STRAWBERRIES

## INGREDIENTS

- 8 medium strawberries, stems off and hulled
- 1 scoop chocolate protein powder
- 4 tablespoons almond milk
- 1 tablespoon nut butter
- Pinch stevia

## METHOD

Stir ingredients together until they form a pudding-like consistency. Add more milk if needed. Fill each strawberry.

*Recipe by Erin Woodbury*



# MACADAMIA BITES

## INGREDIENTS

- 1 cup vanilla protein powder
- 1/4 cup oat flour
- 2 tbs coconut flour
- 2 tbs coconut sugar or baking stevia
- 1/4 cup unsweetened almond milk
- 1/4 cup chopped macadamia nuts
- 1 tbs chopped white chocolate

## METHOD

In a medium bowl, mix all ingredients well until a thick dough forms (you may need a little less or more milk depending on your protein powder). Wet hands and roll into 12 balls. Store in refrigerator. Enjoy!

# 2-INGREDIENT CREPES

## INGREDIENTS

3/4 scoop protein powder (Peanut Butter, Chocolate or Vanilla)

1/4 cup egg whites

Water (if needed to thin the mixture)

### Optional Drizzle:

2 tablespoons powdered peanut butter

1 tablespoon peanut butter

1 teaspoon cocoa powder

1 teaspoon sweetener of choice

1 1/2 tablespoons chocolate chips

## METHOD

Stir together the protein powder and egg whites until smooth. If mixture appears too thick, add water by the tablespoon until a thin pancake batter consistency is reached). Spray a small nonstick skillet with cooking spray and heat over medium heat. Pour batter into pan, swirl, and cook 2 minutes per side or until golden brown. Mix together drizzle ingredients and fill the crepe.

*Recipe by Erin Woodbury*





# FROZEN YOGURT BITES

## INGREDIENTS

1/4 cup of any flavor yogurt

1/2 scoop protein powder

1 teaspoon nut butter

Pinch stevia

1/2 ounce dark chocolate, melted

## METHOD

In a small bowl, stir yogurt with the protein powder, nut butter and stevia. Freeze in ice cube trays for 4 hours to overnight. Pop out. Drizzle with chocolate. Let thaw slightly before serving.

# PEANUT BUTTER BON BONS

## INGREDIENTS

3/4 cup creamy peanut butter  
2 tbs maple syrup or honey  
1/4 cup coconut flour (+ 1 - 2  
extra tbs to thicken, if needed)  
1/2 cup dark chocolate chips  
1 tbs coconut oil

## METHOD

Place all ingredients (except chocolate chips and coconut oil) in a bowl and mix until a thick doughy consistency is achieved.

Roll into 1" balls and set on parchment paper. Melt chocolate chips and coconut oil in a small sauce pan, stirring until smooth.

Dip one side of your peanut butter balls into chocolate and place on parchment paper. Let cool and enjoy. Store in an airtight container in the refrigerator for up to 1 week.



# NUTELLA SPREAD

## INGREDIENTS

- 2 cups roasted hazelnuts
- 1/4 cup cacao or cocoa powder
- 2 tbs chocolate chips, melted
- 2 tbs coconut oil
- 1/2 cup granulated stevia or coconut sugar
- 1/2 tsp vanilla extract
- pinch of salt

## METHOD

In a food processor, process hazelnuts until they have created a smooth nut butter (will take approx. 5-6 minutes). Once smooth, add the remaining ingredients. Pour into your favorite jar and store in refrigerator.

