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## Healthy Desserts





# Simple sweet treats

Looking for a delicious sweet treat? From hot and iced chocolates to vanilla baked custard, we've pulled together some of our favourite healthy desserts that pack a flavour punch and are super easy to whip up. Enjoy on your own, or make a batch to share. Happy baking!

Love your  
Fernwood family xx



# Choc hazelnut balls

## Ingredients

30g hazelnuts  
1 tsp cacao powder  
40g Medjool dates  
½ tsp vanilla extract  
15g rolled oats  
½ tsp cinnamon

## Method

1. Combine all ingredients in food processor or blender, adding 1 tbsp of water if necessary to help combine.
2. Roll mixture into four balls and store in fridge.



# Vanilla baked custard

## Ingredients

1 egg  
¼ tsp sea salt  
165ml low-fat milk  
¼ tsp vanilla extract  
¼ tsp ground nutmeg  
¼ tsp ground cinnamon

## Method

1. Pre heat oven to 180°C.
2. Add the egg and salt to a bowl and whisk together.
3. Heat the milk in a small saucepan.
4. Add the heated milk gradually to the egg mixture, whisking constantly.
5. Stir in the vanilla extract, nutmeg and cinnamon.
6. Pour the mixture into a small ramekin. Place the ramekin in a deep baking dish and fill the baking dish with water so it comes halfway up the ramekin.
7. Bake in the oven for about 30 minutes or until the custard is firm. Serve warm or cold and enjoy.



# Mini apple tarts

## Ingredients

28g raw quinoa  
1 ½ sachets Natvia sugar  
½ g baking powder  
3ml coconut oil  
17ml almond milk  
14ml apple sauce  
1g ground cinnamon  
⅓ apple

## Method

1. Place quinoa in a food processor until finely crushed.
2. Preheat oven to 175°C. Line a muffin tin or small ramekin with baking paper and set aside.
3. In a bowl, sift together processed quinoa, baking powder and three quarters of the Natvia sugar. Add coconut oil and use the tips of your fingers to rub it into the dry ingredients.
4. Add apple sauce and almond milk. Mix with a fork to combine. If the crust seems too dry and won't hold together add a little water.
5. Using wet fingers, press the dough into the muffin tin or ramekin. Bake for 10 minutes and remove from oven.
6. To make the filling, thinly slice the apple. Toss the apple slices with the cinnamon and remaining Natvia sugar.
7. Layer the apple slices in the tart crust.
8. Bake for 10-15 minutes, or until the apples have softened and are slightly golden. Allow to cool for 5-10 minutes before removing from the muffin tins or ramekin. Serve and enjoy.





# Honey walnut and pear yoghurt

## Ingredients

1 small green pear, cored, sliced  
¾ tbsp chopped walnuts  
½ level tsp honey  
120g non-fat plain natural yoghurt

## Method

1. Add the honey and walnuts in a small bowl. Mix well.
2. Add the yoghurt to the honeyed walnuts and stir to combine.
3. Top with pear slices. Serve and enjoy.





# Cacao mug cake

## Ingredients

1 egg  
1 tbsp cacao powder  
1 tsp honey  
1 tsp vanilla extract  
2 tbsp wholemeal flour  
40ml skim milk  
60g banana  
2 tsp chia seeds

## Method

1. Using a fork, mash the banana in a microwave safe mug.
2. Add the remaining ingredients to the banana, stirring well until combined.
3. Place in the microwave, and cook on high for 2 minutes or until firm to touch.



# Nutty date chia pudding

## Ingredients

1 tbsp chia seeds  
80ml low-fat milk  
1 tbsp almond butter  
15g dates

## Method

1. Ensure dates are pitted and chopped.
2. Place all ingredients into a small bowl/container/jar. Add some ground cinnamon and nutmeg if you wish. Mix well to combine.
3. Place in the fridge for 4 hours or overnight. Serve and enjoy.





# Raw hot chocolate

## Ingredients

- ½ tbsp natural raw cacao powder
- 1 cup low-fat milk
- 1 sachet Natvia sugar

## Method

### HOT

1. Heat the milk in a saucepan or in a mug in a microwave.
2. Add the raw cacao and natural sweetener to the hot milk in a mug. Stir well to combine.
3. Serve and enjoy.

### ICED

1. Add the raw cacao and natural sweetener to a mug and add just enough boiling water to dissolve.
2. Pour in the cold milk and add ice cubes if desired. Stir to combine.
3. Serve and enjoy.





# Baked apple

## Ingredients

1 apple  
½ tsp cinnamon sugar

## Method

1. Preheat the oven to 190C.
2. Slice the apple in half and scoop out the seeds. Sprinkle with cinnamon sugar.
3. Place on a small baking tray and put into the oven for about 25 minutes. Serve warm or cold.





# Delicious!

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 **/FernwoodFitness**

A woman with dark hair in a bun, wearing a white V-neck t-shirt and grey leggings, is sitting in a meditative lotus position on a grey yoga mat. Her eyes are closed, and her hands are resting on her knees in a mudra. In the background, other people are also sitting on mats, suggesting a yoga or meditation class.

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