



Amy Lee Fit's 5 Healthy Desserts!

Do you find that cravings and temptations can sometimes be the thing stopping you from sticking with a healthy diet? If so, you're in good company – me, and also many of my clients, struggle with this! But don't worry. You can still satisfy cravings with healthy desserts – I promise they taste great. Try out these 5 recipes for free 😊 Enjo

1 Minute Chocolate Mousse



Best for: Sweet, Chocolate or Peanut Butter Craving

Serves: 1

Health

Special Diets: Gluten Free, Vegan, Vegetarian, No Added Sugar, Wheat Free, Paleo, Dairy Free

Macros and Calories per Serving:

550 calories | 34g Carb | 34g Fat | 23g Protein

Nutrients: flavonoids and antioxidants, calcium, potassium, vitamin E, magnesium, B6, fiber, vitamin C

Method and Ingredients

Blend

- 1 frozen ripe banana
- 3 Tablespoons of unsweetened cocoa
- 3 Tablespoons of natural peanut butter
- A dash of water

Optional freeze

Set in freezer for a thicker consistency – 30 mins – 1 hour

Blueberry Vanilla Popsicles



Best for: a Light, Sweet, Creamy or Berry Dessert Craving
Serves: 9

Health

Special Diets: Gluten Free Option, Vegan and Vegetarian Option, No Added Sugar, Dairy Free Option, Wheat Free, Paleo Option

Macros and Calories:

Coconut Milk Version: 120 calories | 7g Carb | 10.7g Fat | 1g Protein

Greek Yoghurt Version: 42 calories | 5.7g Carb | 0.5g Fat | 4.6g Protein

Nutrients: vitamin C, folate, vitamin K, manganese, fiber, copper, phytonutrients (antioxidants), calcium and beneficial bacteria

Method and Ingredients

Cook

Medium heat until soft:

1.5 Cups blueberries (frozen works well), 2 tbsp Lemon Juice, ½ teaspoon Stevia

Cool and Whisk

Cool then whisk with 400ml coconut milk or non-fat greek yoghurt (choose those with healthy bacteria)

Freeze

Pour into popsicle molds (you can also use ice cube trays)

Freeze overnight (or for at least 4 hours)

Chocolate Lava Cake



Best for: an indulgent chocolate craving

Serves: 2

Health

Special Diets: Gluten Free Option, No Added Sugar, Wheat Free Option

Macros and Calories:

586 calories | 46g Carb | 50g Fat | 7.5g Protein

Nutrients: Linoleic acid, B2, selenium, vitamin D, B6, B12, flavonoids, antioxidants, pantothenic acid, manganese, fiber, copper, magnesium

Method and Ingredients

Prepare

Preheat oven to 180°C

Line 2 ramekins or ovenproof containers with light coating of coconut oil

Mix

Mixture A: combine ½ tsp stevia, 1 egg, 1 egg yolk, ½ teaspoon of instant coffee and a pinch of sea salt

Mixture B: melt 130g dark chocolate (sugar-free) and 3 tbsp coconut oil (I use the microwave)

Combine Mixture A and B and finally, gently fold in 3 tbsp of whole meal or gluten free flour of choice

Bake

Pour into ramekins and bake for 10-12 minutes. Cool and serve!

Banana Ice Cream



Best for: Sweet or creamy ice cream cravings

Servings: 6

Health

Special Diets: Gluten Free, Vegan, Vegetarian, No Added Sugar, Wheat Free, Paleo, Dairy Free

Macros and Calories:

105 calories | 27g Carb | 0.5g Fat | 1.3g Protein

Nutrients: Potassium, vitamin A, fiber, vitamin C, B6, magnesium

Method and Ingredients

Freeze

6 ripe bananas – I recommend always keeping these in your freezer in little plastic bags or containers

Blend

Or use a food processor, until smooth

Optional re-freeze

Either eat now or re-freeze for 30 minutes for a thicker consistency

Optional topping

Serve with chocolate sauce and nuts

For sauce, melt 2 tbsp natural peanut butter and mix with 1 tbsp of unsweetened cocoa powder and 2 pinches of stevia
Sprinkle with crushed peanuts, hazelnuts or almonds

No Bake Chocolate & Peanut Butter Brownie



Best for: Peanut butter or chocolate craving, cake craving

Serves: 15

Health

Special Diets: Gluten Free, Vegan, Vegetarian, No Added Sugar, Wheat Free, Paleo

Macros and Calories:

191 calories | 21g Carb | 11.2g Fat | 7.1g Protein

Nutrients: flavonoids, antioxidants, magnesium, potassium, calcium, biotin, copper, manganese, vitamin B3, folate

Method and Ingredients

Blend

8 tbsp unsweetened cocoa
2 tbsp vanilla bean paste
2 cups of pitted dates
2 cups peanuts
¼ cup water
3 pinches sea salt

Press

Press mixture into lightly oiled rectangular or square baking tin

Mix

¼ cup unsweetened cocoa powder
¼ teaspoon stevia powder
1/2 tsp pure vanilla extract
2 tbsp melted natural peanut butter (20 sec in microwave)

Layer

Layer the above mixture over the top of the baking tin. Swirl in an extra 2 tbsp of melted peanut butter (see picture) and refrigerate for 1-2 hours
For 50 more awesome, healthy and EASY recipes for only \$ check out the full ebook here, viewable on any device. I have catered to every craving.

Satisfy Your Cravings the Healthy Way

50 Healthy Desserts

UNDER
400
CALORIES



Amy Lee Fit

The full e-book is on its way! If you loved this ebook sample, wait until you try my **50 Healthy Desserts**, organized by craving and personally tested by me 😊 (tough job, I know).

Think healthy cakes, mousses, different flavours of ice cream, chocolate, peanut butter, cream, berry, caramel, lemon meringue, protein balls, protein pancakes and coconut flavoured desserts – to name just a few!

Stay fit and healthy without sacrificing your sweet tooth ;)

Love Amy Lee Fit