



# HEALTHIER DESSERTS

Simple, Healthful Recipes to Enjoy



**INDEPENDENT**<sup>™</sup>  
MEDICAL ALLIANCE

# No-Regret Brownies



servings: 8

prep time: 10 Minutes

Bake Time: 20 Minutes

## INGREDIENTS

- 1 1/2 cups canned black beans (drained and rinsed)
- 1/2 cup cocoa powder
- 1/2 tsp baking soda
- 1/4 cup coconut oil, plus extra for greasing the pan
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 2 eggs
- dash of salt
- 1/4 cup dark chocolate chips

## DIRECTIONS

1. Preheat oven to 350° F (175° C).
2. Grease a 9x9 baking dish with coconut oil.
3. In a food processor or blender add black beans, coconut oil, maple syrup, vanilla extract, eggs, cocoa powder, baking soda, and salt. Blend together until smooth.
4. Pour brownie batter into a bowl and fold in dark chocolate chips.
5. Spread brownie batter evenly in the 9x9 baking dish and bake for 18–22 minutes, until fork inserted in the center comes out clean.
6. Allow brownies to cool for 10 minutes or longer before serving.

# Cinnamon Baked Apples



servings: 2

prep time: 10 Minutes

cooking time: 25-35 Minutes

## INGREDIENTS

- 1 lb apples, peeled, cored, and sliced
- 2 tbsp brown sugar
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 2 tbsp lemon juice
- 1 cup vanilla frozen yogurt

## DIRECTIONS

1. Preheat the oven to 350° F.
2. In a large bowl, combine the apples, brown sugar, cinnamon, nutmeg, salt, and lemon juice.
3. Place into an 8x8 baking dish and bake for 25–35 minutes or until the apples are tender.
4. Stir halfway through.
5. Remove from the oven and serve warm with a scoop of vanilla frozen yogurt.
6. Enjoy!

# Dark Chocolate Almond Butter Banana Bites



servings: 12

prep time: 10 minutes

Freeze Time: 1 hour

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## INGREDIENTS

- 1 cup dark chocolate chips
- 1/2 cup almond butter
- 1 banana, sliced into 1/2 inch rounds

## DIRECTIONS

1. Melt dark chocolate in the microwave for 30-second intervals, stirring between each interval until smooth.
2. In a silicone ice cube tray, layer 1/2 tbsp of almond butter, 1 piece of banana, and 1 tbsp melted chocolate.
3. Freeze for a minimum of 1 hour and serve cool.

# Homemade Raspberry Sorbet



servings: 3-4

prep time: 5-10 Minutes

cooking time: 0 Minutes

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## INGREDIENTS

- 3 cups frozen raspberries
- 2 tbsp maple syrup
- 3-4 tbsp water

## DIRECTIONS

1. Place the raspberries, maple syrup, and 1 tbsp of water into a blender or food processor.
2. Blend on high, occasionally scraping the sides to make sure all the fruit is blending together.
3. If the mixture gets stuck, add another tbsp of water. Continue until the mixture becomes smooth.
4. Serve immediately.
5. Enjoy!

# Maca Lemon Cheesecake Bites



servings: 12

prep time: 10 Minutes

Bake Time: 20 Minutes

## INGREDIENTS

### Crust

- 1 cup pecan halves
- 1 cup rolled oats
- 3 tbsp maple syrup
- 1/4 cup coconut oil
- 1 egg white
- Dash of salt

### Cheesecake Filling

- 1 cup cream cheese
- 1/2 cup plain Greek yogurt
- 1/3 cup honey or maple syrup
- 1 tbsp lemon juice
- 1 tbsp lemon zest, plus more for garnish
- 1 egg
- 1 tsp vanilla extract
- 2 tsp of organic maca powder

### Other

- 12 cupcake liners

## DIRECTIONS

1. Preheat oven to 350° F (175° C).
2. In a food processor or blender, add all crust ingredients. Blend until large pecan halves are broken down and dough sticks together well.
3. Add paper liners to a cupcake pan.
4. Divide the blended crust ingredients into the cupcake tins and press the crust down firmly to fill the bottom of each tin.
5. In a clean food processor or blender, add all cheesecake ingredients. Blend until smooth.
6. Divide the cheesecake filling into each cupcake tin.
7. Place the mini cheesecakes in the oven and bake for 12–14 minutes, until they are firm to touch.
8. Allow cheesecake to cool fully before removing from the cupcake tins. Refrigerate for 2 hours or more before serving.

# No-Bake Pumpkin Cookies



servings: 12-14

prep time: 10 Minutes

freeze time: 30 Minutes

## INGREDIENTS

- 1.5 cups chickpea flour
- 1 tbsp pumpkin pie spice
- 1/2 tsp salt
- 1/2 cup almond butter
- 1/3 cup maple syrup
- 1/3 cup pumpkin puree
- 1 tsp vanilla extract
- 1/3 cup white chocolate chips

## DIRECTIONS

1. In a large mixing bowl, combine chickpea flour, pumpkin pie spice, and salt.
2. Add the almond butter, maple syrup, pumpkin puree, and vanilla extract.
3. Mix until smooth.
4. Form small balls and place them on a parchment-lined baking sheet.
5. Press each ball with the tip of a fork and sprinkle with white chocolate chips (optional).
6. Refrigerate for 30 minutes before serving.
7. Serve cold and enjoy!

# One-Mug Blueberry Crumble



servings: 1

prep time: 4 Minutes

cooking time: 0-5 Minutes

## INGREDIENTS

- 3/4 cup blueberries
- 1/2 tsp cornstarch
- 1/4 cup quick oats
- 1 tbsp ghee

## DIRECTIONS

1. In a single-serving mug or souffle ramekin add the blueberries and cornstarch.
2. Combine until the cornstarch is covering all the blueberries.
3. In a small bowl, combine the rolled oats and ghee until thick and pour over the blueberries.
4. Microwave on high for 90–120 seconds, or bake in the oven at 350° F for 15 minutes.
5. It is ready when the blueberries begin to boil.
6. Serve warm and enjoy!

# Pumpkin Blondies



servings: 8-10

prep time: 15 Minutes

cooking time: 12 - 15 Minutes

## INGREDIENTS

- 1/2 cup pure pumpkin puree
- 3 eggs
- 1/4 cup almond butter
- 1/4 cup maple syrup, more for sweeter taste
- 1 tsp vanilla extract
- 1 cup almond flour
- 1/2 tsp baking powder
- 1 tsp pumpkin spice
- 1/2 cup dark chocolate chips
- Coconut oil (for greasing muffin tins)

## DIRECTIONS

1. Preheat oven to 375° F (190° C).
2. In a large bowl, mix together pumpkin puree, eggs, almond butter, maple syrup, and vanilla extract.
3. Slowly add in almond flour, baking powder, and pumpkin spice. Mix until well blended.
4. Fold in dark chocolate chips.
5. Use coconut oil to coat the edge of a muffin tin or silicone baking cups. Fill each muffin cup 3/4 to the top.
6. Bake for 12–15 minutes, until fork inserted in the center comes out clean.
7. Serve warm or cool.

**Tip:** Tastes amazing warm, topped with whipped cream or ice cream.

# Raspberry Chocolate Mousse



servings: 4 - 6

prep time: 10 Minutes

cooking time: 0 Minutes

(Store in Refrigerator)

## INGREDIENTS

- 1 cup silken or soft tofu
- 1 cup dark chocolate chips
- 2 tbsp maple syrup
- 1/2 cup raspberries

## DIRECTIONS

1. In a blender or food processor add tofu, dark chocolate chips, and maple syrup. Blend until silky smooth.
2. Fill small serving cups with 2-3 large spoonfuls of chocolate mousse.
3. Top with raspberries.
4. Best when refrigerated for 30 minutes or longer before serving.

# White Chocolate Berry Bark



servings: 4

prep time: 5 Minutes

freeze time: 3-4 hours

## INGREDIENTS

- 2 cups Greek yogurt
- 1 tbsp honey
- 1/4 cup strawberries
- 1/4 cup blueberries
- 2 tbsp white chocolate chips

## DIRECTIONS

1. In a small bowl, combine Greek yogurt and honey until fully mixed together.
2. Spread the yogurt evenly across a large piece of parchment paper.
3. Sprinkle the strawberries, blueberries, and white chocolate chips around the Greek yogurt.
4. Cover with plastic wrap and freeze for 3–4 hours or until the yogurt solidifies.
5. Chop into pieces.
6. Serve cold and enjoy!

**Tip:** Store extra in the freezer.

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