



light + fit

Recipes

Basic Course in Healthy Nutrition and Exercise



Craving Something Sweet?

Here are a few ideas for treats without refined sugar:

Energy Balls	<i>Walnuts, dates, honey, coconut oil, cocoa powder, shredded coconut, a pinch of salt. Knead all ingredients together and shape into small balls. Keeps for weeks in the fridge. Provides energy - but beware: also calories!</i>
Banana Ice Cream	<i>Freeze ripe banana pieces (peeled), then blend in a high-powered mixer until creamy. Great for curbing cravings.</i>
Frozen Fruit Yogurt Bites	<i>Fill ice cube trays with plain yogurt or a plant-based alternative (soy, coconut, oat), and add a few berries. Freeze and enjoy!</i>
Fruit Layer Dessert	<i>Layer ricotta, cottage cheese, or silken tofu with chopped fruit in a bowl. Garnish with nuts.</i>
Chocolate Almond Cream	<i>Blend 2 bananas, 4 tsp almond butter, 4 tsp honey (or finely chopped dates), $\frac{1}{2}$ cup unsweetened cocoa powder, and the seeds of $\frac{1}{2}$ vanilla pod until smooth. Store in a screw-top jar.</i>
No-Bake Brownies	<i>Blend 1 cup pitted dates, 1 cup walnuts, and $\frac{1}{4}$ cup cocoa powder to form a dough. Press into a glass or plastic container, spread with the chocolate almond cream (see above), freeze for 30 minutes, then cut into small pieces and enjoy!</i>
Baked Apples	<i>Make a filling from raisins, chopped nuts, and cinnamon. Stuff into cored apples and bake at 180°C (350°F) for 20-30 minutes until the skins start to split.</i>

Note:

These treats are made without refined sugar, but they're not low in calories. So, the rule here is the same: enjoy in moderation!

