

★ FAVORITE ★

Recipes



Delicious recipes that
won't make you fat

**My Diet
Coach** ♥



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Introduction

Congratulations! Today is a day of delightful discoveries!

I'm thrilled to share with you 12 of my all-time favorite dessert recipes that will undoubtedly leave your taste buds dancing with joy.

While the Favorite Food Program allows you to indulge in all your sweet cravings, maintaining a balanced and clean eating approach is still beneficial. Not only will it prevent any weight regain, but it will also help you sustain your healthy weight.

These specially curated recipes are designed with weight loss in mind, yet they don't compromise on taste. They are so scrumptious that even your kids won't suspect they're guilt-free.

I've put in the effort to ensure these treats are easy to prepare, using ingredients commonly found in most kitchens.

My greatest hope is that you relish these delights as much as I do. Don't hesitate to share these delectable creations with your loved ones, including friends, family, and even those who are not dieting.

I eagerly await your delightful MMMmmmmm's once you've savored one of these delicious 12 desserts. Happy cooking and enjoy the sweetness of these guilt-free delights!

Flourless Zucchini Chocolate Brownies

PREP TIME
20 MIN.



COOK TIME
40 MIN.



SERVINGS
16



INGREDIENTS:

- ▶ 2 cups shredded zucchini
- ▶ 1 cup almond butter
- ▶ 1/2 cup unsweetened cocoa powder
- ▶ 1/3 cup honey or maple syrup
- ▶ 2 large eggs
- ▶ 1 teaspoon vanilla extract
- ▶ 1/2 teaspoon baking soda
- ▶ 1/4 teaspoon salt
- ▶ 1/2 cup dark chocolate chips (optional, for extra indulgence)



INSTRUCTIONS:

1. Preheat oven to 350°F (175°C) and prepare a 9x9-inch baking pan.
2. Squeeze moisture from 2 cups shredded zucchini.
3. Mix zucchini, 1 cup almond butter, 1/2 cup cocoa powder, 1/3 cup honey or maple syrup, 2
4. eggs, 1 tsp vanilla, 1/2 tsp baking soda, and 1/4 tsp salt in a bowl.
5. Optionally, add 1/2 cup dark chocolate chips.
6. Spread batter in the pan and bake for 25–30 minutes. Cool, cut into squares, and enjoy!

Coconut Secret Bars

PREP TIME
20 MIN.



COOK TIME
0 MIN.



SERVINGS
16



INGREDIENTS:

- ▶ 1 cup unsweetened shredded coconut
- ▶ 1/2 cup almond flour
- ▶ 1/4 cup coconut oil, melted
- ▶ 3 tablespoons pure maple syrup or honey
- ▶ 1 teaspoon vanilla extract
- ▶ Pinch of salt
- ▶ 1/2 cup dark chocolate chips (optional, for drizzling)



INSTRUCTIONS:

1. Mix 1 cup shredded coconut, 1/2 cup almond flour, 1/4 cup melted coconut oil,
2. 3 tbsp maple syrup, 1 tsp vanilla, and a pinch of salt in a bowl.
3. Press the mixture firmly into a lined baking dish.
4. Optionally, drizzle melted dark chocolate over the top.
5. Refrigerate for 1-2 hours until firm.
6. Cut into desired shapes and sizes.
7. Store in an airtight container in the refrigerator.
8. Enjoy your guilt-free Coconut Secret Bars!

Kind Bars

PREP TIME
20 MIN.



COOK TIME
20 MIN.



SERVINGS
10



INGREDIENTS:

- ▶ 1 cup nuts
- ▶ 1 cup rolled oats
- ▶ 1/2 cup dried fruits
- ▶ 1/4 cup honey or maple syrup
- ▶ 1/4 cup nut butter
- ▶ 1/2 teaspoon vanilla extract
- ▶ A pinch of salt



INSTRUCTIONS:

1. Mix nuts, oats, and dried fruits in a bowl.
2. Warm honey or maple syrup, nut butter, vanilla in a saucepan.
3. Combine the wet and dry ingredients.
4. Press mixture into a lined baking dish.
5. Bake at 350°F (175°C) for 12-15 minutes.
6. Cool, cut into bars, and enjoy!

Dark Chocolate Mousse

PREP TIME
20 MIN.



COOK TIME
0 MIN.



SERVINGS
4



INGREDIENTS:

- ▶ 1 cup heavy cream
- ▶ 8 ounces (about 225g) dark chocolate, finely chopped
- ▶ 3 tablespoons granulated sugar
- ▶ 1 teaspoon vanilla extract
- ▶ Pinch of salt
- ▶ 3 large egg whites



INSTRUCTIONS:

1. Heat heavy cream until it simmers, then remove from heat.
2. Add chopped dark chocolate, stir until smooth.
3. Mix in sugar, vanilla, and salt.
4. Beat egg whites until stiff peaks form.
5. Gently fold egg whites into chocolate mixture.
6. Transfer to serving cups or bowl.
7. Refrigerate for 2 hours to set.
8. Serve chilled, garnish as desired.

Ultimate Soft Chocolate Chip Cookies

PREP TIME
10 MIN.



COOK TIME
10 MIN.



SERVINGS
14



INGREDIENTS:

- ▶ 1 cup unsalted butter, softened
- ▶ 1 cup granulated sugar
- ▶ 1 cup packed brown sugar
- ▶ 2 large eggs
- ▶ 1 teaspoon vanilla extract
- ▶ 3 cups all-purpose flour
- ▶ 1 teaspoon baking soda
- ▶ 1/2 teaspoon baking powder
- ▶ 1/2 teaspoon salt
- ▶ 2 cups semisweet chocolate chips



INSTRUCTIONS:

1. Preheat oven to 375°F (190°C) and line baking sheets with parchment paper.
2. Cream softened butter, granulated sugar, and brown sugar until fluffy.
3. Beat in eggs one at a time and add vanilla extract.
4. In a separate bowl, whisk flour, baking soda, baking powder, and salt.
5. Gradually add dry ingredients to wet mixture, mixing just until combined.
6. Fold in chocolate chips.
7. Drop rounded tablespoons of dough onto baking sheets, leaving space between cookies.
8. Bake for 9-11 minutes until edges are golden brown.
9. Cool on baking sheets for a few minutes, then transfer to wire racks to cool completely.
10. Enjoy your irresistible ultimate soft chocolate chip cookies!

Flourless Peanut Butter Brownie Cookies

PREP TIME
20 MIN.



COOK TIME
10 MIN.



SERVINGS
12



INGREDIENTS:

- ▶ 1 cup creamy peanut butter
- ▶ 1 cup granulated sugar
- ▶ 1 large egg
- ▶ 1 teaspoon vanilla extract
- ▶ 1/3 cup unsweetened cocoa powder
- ▶ 1/2 teaspoon baking soda
- ▶ 1/4 teaspoon salt
- ▶ 1/2 cup semisweet chocolate chips (optional)



INSTRUCTIONS:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix peanut butter, sugar, egg, and vanilla until smooth.
3. Add cocoa powder and baking soda, mix until dough forms.
4. Optionally, fold in chocolate chips.
5. Drop tablespoons of dough onto the baking sheet.
6. Press down with a fork, bake for 8–10 minutes, cool, and enjoy!

Apple Pie With Cashew Crust

PREP TIME
20 MIN.



COOK TIME
35 MIN.



SERVINGS
8



INGREDIENTS:

- ▶ 1 1/2 cups raw cashews
- ▶ 1/2 cup rolled oats
- ▶ 1/4 cup maple syrup or honey
- ▶ 2 tbsp coconut oil, melted
- ▶ 1/2 tsp ground cinnamon
- ▶ Pinch of salt

For the Apple Pie Filling:

- ▶ 6 cups peeled and sliced apples
- ▶ 1/4 cup granulated sugar
- ▶ 2 tbsp all-purpose flour
- ▶ 1 tsp ground cinnamon
- ▶ 1/4 tsp ground nutmeg
- ▶ Pinch of salt
- ▶ 1 tbsp lemon juice



INSTRUCTIONS:

1. Blend cashews and oats in a food processor until fine.
2. Add syrup, coconut oil, cinnamon, and salt, blend until combined.
3. Press mixture into a greased 9-inch pie dish to form the crust.
4. Mix apples, sugar, flour, cinnamon, nutmeg, salt, and lemon juice in a bowl.
5. Pour apple filling into the crust.
6. Bake at 350°F (175°C) for 35-40 minutes covered with foil.
7. Remove foil, bake for 10-15 minutes until crust is golden brown.
8. Let it cool slightly before serving. Enjoy!

Cherry Crisp

PREP TIME
15 MIN.



COOK TIME
20 MIN.



SERVINGS
8



INGREDIENTS:

- ▶ 4 cups fresh or frozen pitted cherries
- ▶ 1/2 cup granulated sugar
- ▶ 1 tablespoon cornstarch
- ▶ 1 teaspoon vanilla extract

For the Crisp Topping:

- ▶ 1 cup old-fashioned rolled oats
- ▶ 1/2 cup all-purpose flour
- ▶ 1/2 cup packed brown sugar
- ▶ 1/4 cup unsalted butter, softened
- ▶ 1/2 teaspoon ground cinnamon
- ▶ Pinch of salt



INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Grease a 9-inch square baking dish.
2. In a mixing bowl, combine the pitted cherries, granulated sugar, cornstarch, and vanilla extract. Toss until the cherries are well coated.
3. Transfer the cherry mixture into the greased baking dish, spreading it out evenly.
4. In a separate bowl, mix the rolled oats, all-purpose flour, packed brown sugar, softened butter, ground cinnamon, and a pinch of salt. Use your fingers to crumble the mixture until it resembles coarse crumbs.
5. Sprinkle the crisp topping evenly over the cherry mixture in the baking dish.
6. Bake in the preheated oven for about 30-35 minutes, or until the cherry filling is bubbly and the crisp topping is golden brown. Remove the cherry crisp from the oven and let it cool slightly before serving.

Raw Chocolate Coconut Banana Tart

PREP TIME
15 MIN.



COOK TIME
8 MIN.



SERVINGS
9



INGREDIENTS:

- ▶ 1 cup shredded coconut
- ▶ 1 cup raw almonds
- ▶ 2 tablespoons cocoa powder
- ▶ 2 tablespoons coconut oil, melted
- ▶ 2 tablespoons maple syrup or honey

For the Filling:

- ▶ 2 ripe bananas
- ▶ 1/2 cup coconut cream (from a can of full-fat coconut milk)
- ▶ 1/4 cup cocoa powder
- ▶ 2 tablespoons maple syrup or honey
- ▶ 1 teaspoon vanilla extract



INSTRUCTIONS:

1. In a food processor, blend shredded coconut, raw almonds, cocoa powder, melted coconut oil, and maple syrup until combined.
2. Press the mixture into a 9-inch tart pan to form the crust.
3. In the same food processor (no need to clean it), blend bananas, coconut cream, cocoa powder, maple syrup, and vanilla extract until smooth.
4. Pour the banana filling into the crust, spreading it out evenly.
5. Refrigerate the tart for at least 2 hours to set.
6. Serve and enjoy your delicious Raw Chocolate Coconut Banana Tart!

Hot Chocolate Ice Cream

PREP TIME
15 MIN.



COOK TIME
2 HOUR



SERVINGS
1



INGREDIENTS:

- ▶ 2 cups heavy cream
- ▶ 1 cup whole milk
- ▶ 1/2 cup granulated sugar
- ▶ 1/4 cup unsweetened cocoa powder
- ▶ Pinch of salt
- ▶ 1 teaspoon vanilla extract
- ▶ 1/2 cup mini marshmallows (optional)



INSTRUCTIONS:

1. In a saucepan, heat heavy cream, whole milk, sugar, cocoa powder, and salt over medium heat. Stir until the sugar and cocoa powder are fully dissolved.
2. Remove the mixture from the heat and let it cool slightly.
3. Stir in the vanilla extract.
4. Transfer the mixture to an ice cream maker and churn according to the manufacturer's instructions.
5. If desired, add mini marshmallows during the last few minutes of churning.
6. Transfer the ice cream to an airtight container and freeze for at least 4 hours to firm up.
7. Scoop and enjoy your delightful Hot Chocolate Ice Cream!

Chocolate Nut Butter Fudge

PREP TIME
20 MIN.



COOK TIME
40 MIN.



SERVINGS
4



INGREDIENTS:

- ▶ 1 cup chocolate chips (semisweet or dark)
- ▶ 1/2 cup nut butter (e.g., peanut butter, almond butter)
- ▶ 1/4 cup honey or maple syrup
- ▶ 1/4 teaspoon vanilla extract
- ▶ Pinch of salt



INSTRUCTIONS:

1. In a microwave-safe bowl, melt the chocolate chips in the microwave, stirring every 30 seconds until smooth.
2. Stir in the nut butter, honey or maple syrup, vanilla extract, and a pinch of salt until well combined.
3. Pour the mixture into a parchment paper-lined dish, spreading it out evenly.
4. Refrigerate the fudge for at least 2 hours, or until it becomes firm.
5. Once firm, cut the fudge into squares or bars.
6. Enjoy your quick and delicious Chocolate Nut Butter Fudge!

BONUS:

Pecan Pie Tarts

PREP TIME
1 HOUR



COOK TIME
25 MIN.



SERVINGS
4



INGREDIENTS:

- ▶ 1 package of ready-made pie crust (or homemade if preferred)
- ▶ 1 cup chopped pecans
- ▶ 1/2 cup maple syrup or corn syrup
- ▶ 1/2 cup packed brown sugar
- ▶ 2 tablespoons unsalted butter, melted
- ▶ 1 teaspoon vanilla extract
- ▶ 1/4 teaspoon salt
- ▶ 2 large eggs



INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Grease a muffin tin or tart pans.
2. Roll out the pie crust on a floured surface and cut circles that will fit into the muffin tin or tart pans. Press the circles into each cavity to form the tart crusts.
3. In a mixing bowl, combine chopped pecans, maple syrup or corn syrup, brown sugar, melted butter, vanilla extract, salt, and eggs. Mix until well combined.
4. Spoon the pecan mixture into each tart crust, filling them almost to the top.
5. Bake in the preheated oven for 15–20 minutes, or until the filling is set and the crusts are golden brown.
6. Remove the pecan pie tarts from the oven and let them cool in the muffin tin or tart pans for a few minutes.
7. Carefully remove the tarts from the tin or pans and let them cool completely on a wire rack.
8. Serve and enjoy these delectable Pecan Pie Tarts as a delightful treat!