

Your 30-Minute (or Less!) Healthy No-Bake Dessert Recipes

Celebrating Your Sweet Moments with 40 Mouth-Watering,
Healthy Yet Easy Homemade Desserts

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Table of contents

Introduction

Part 1: Be prepared!

- Chapter 1 Common & Essential Ingredients for No-Bake Desserts
- Chapter 2 Essential Kitchen Equipment for No-Bake Desserts
- Chapter 3 Basic Skills for No-Bake Dessert Making

Part 2: Quick & Easy No-Bake Dessert Recipes

- Chapter 4 **Cookies**
 - Chocolate Cookies
 - Mini Cheesecake Cookie Sandwich
 - Peanut Butter Cookies
- Chapter 5 **Fudges**
 - Walnut Chocolate Fudge
 - Mint Chocolate Chip Fudge
 - Caramel Swirl Fudge
 - Red Velvet Swirl Fudge
 - Peanut Butter Freezer Fudge
 - Rainbow Fudge
- Chapter 6 **Pies**
 - Chocolate Chip Pie
 - Peanut Butter Pie
 - Samoa Pie
 - Tiramisu Pie
 - Pumpkin Pie in a Jar
- Chapter 7 **Puddings**
 - Triple Berry Pudding
 - Peanut Butter Banana Pudding
 - Salted Caramel Banana Pudding
 - S'mores Chocolate Banana Pudding
- Chapter 8 **Cakes**
 - Chocolate Mug Cake

- Strawberry Cheesecake in a jar
- Oreo Cake
- No-Bake Birthday Cake
- Chapter 9 **Truffles**
 - Chocolate Peanut Butter Pretzel Truffles
 - Chocolate Avocado Truffles
- Chapter 10 **Bites**
 - Peanut Butter Bites
 - Chocolate Peanut Butter Banana Bites
 - Churro Banana Bites
 - Cheesecake Bites
- Chapter 11 **Dessert bars**
 - Chocolate Peanut Butter Bars
 - Oreo Cookie Bars
 - Cinnamon Cranberry Oat Bars
 - White Chocolate Cereal Bars
- Chapter 12 **Ice-Creams**
 - Chocolate Ice-Cream
 - Peaches & Cream Ice-Cream
 - Tiramisu Ice-Cream
 - Mermaid Ice-Cream
- Chapter 13 **Popsicles**
 - Raspberry Lemonade Popsicles
 - Kiwi Watermelon Popsicle
 - Coconut Mocha Popsicles
 - Raspberry Buttermilk Popsicles

Conclusion

Final Words

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Introduction

Almost anyone can cook savory dishes, but when it comes to making desserts many people think that it is just out of their league. The picture we have on our mind about dessert-making is that of someone running back and forth in the kitchen to find the oh-so-many ingredients needed for the recipe, and then after finally managing to have all that they need, they get on with the complicated dessert-making stages which take hours and hours and some more hours.

Honestly, it sounds more like performing complex alchemy rather than making desserts. No wonder many people think that desserts are an exclusive specialty for the culinary professionals.

Moreover, if an easy recipe requires cranking on the oven, you know that you'll have to dedicate hours of your precious time spent in the kitchen just to get that recipe done. Plus, if it is summer already, that makes it even worse with all the heat and sweltering. It just doesn't sound that appealing now, does it?

But, guess what?! It doesn't have to be this way. Here is where this book comes in to show you that making dessert doesn't and shouldn't be that hard. As a matter of fact, upon reading this book you will come to learn about the whole new world of desserts that can be prepared without any baking AND you can make them in thirty minutes or less!

You will be surprised to know how a few ingredients can be manipulated around to create several different desserts, and that all of those desserts involve no complex stages to be made, but rather, they can be made in a couple of easy steps. Since there is no baking involved, those desserts usually take minutes to prepare and eliminate the need for overly processed ingredients. You won't even have to go back and forth around your kitchen, so you'll save both your time AND energy.

You will find that even though these quick n' easy no-bake desserts are so easy-to-prepare, they still manage to look impressive and have that elaborately-made look about them. Not to mention that along with them being devilishly good, they are also highly nutritious and super healthy!

Whether you are looking to make an after-meal dessert, a nutritious snack, or some awe-inspiring desserts for your party or special event, these quick n' easy no-bake desserts will fit any and all of your dessert needs. So, let's get started!

Chapter 1

Common & Essential Ingredients for No-Bake Desserts

Just one visit to the grocery store will stock your cupboard, fridge and freezer with the basic supplies that you need for no-bake dessert making. You will even find that almost 95% of those ingredients are already in your kitchen!

Here are the common and essential ingredients that you will need to have on-hand to be able to create impromptu no-bake desserts;

Salt

A sprinkle of salt on sweet dishes can actually make the dessert taste sweeter and better. It enhances the other flavors and creates the perfect balance.

Sugar

- **Granulated Sugar:** Made from the juice of beets or sugarcane.
- **Powdered Sugar:** It is sugar ground into ultra-fine particles and combined with starch.
- **Brown Sugar:** It is sugar with added molasses. The shade of color and the intensity of the flavor are proportional to the amount of molasses added to the sugar.

Dairy

- **Butter:** The default choice for dessert making is unsalted butter. Butter can be frozen until it is used.
- **Milk:** It provides moisture to the batter. Usually whole milk is preferred over low-fat milk since it gives a richer flavor.
- **Condensed Milk:** It adds a subtle sweetness to the dessert while maintaining the required consistency.
- **Cream Cheese:** It is essential for making cheesecake, which is the base for many non-bake desserts.
- **Whipped Cream:** Used as both a topping and a spread when making layered desserts.

Extracts

- **Vanilla Extract:** The pure vanilla extract is available both as liquid and paste, but in our recipes, we will be using the liquid form. The vanilla extract gives a spicy aroma and enhances the flavor. For ice-creams, it provides the desired 'scoop-able' consistency.
- Other extracts can be used as flavoring agents such as **mint extract** and **almond extract**.

Spices

- **Cinnamon:** It has the ability to enhance both savory and sweet dishes. It is the perfect partner for chocolate-based desserts.
- **Ginger:** An essential ingredient with most pumpkin-based desserts as well as other dishes.

Add-Ins

- **Chocolate:** Chocolate comes in many forms and they all have their different uses including fillings and toppings. The basic forms of chocolate that you will need to have around are; bar chocolates, chocolate chips and cocoa powder (unsweetened).
- **Peanut Butter:** Peanut butter is very popular in many no-bake desserts, and thus it would be quite handy to have a couple of large jars in stock. It is part of a 2-ingredient dessert, and many other similarly easy-to-make desserts which makes it a desirable go-to ingredient.
- **Nuts:** They can be stored in the fridge or freezer to extend their life. They can be used either raw or roasted.
- **Oats:** Among all the essential ingredients, oats proudly occupies the top of the list nutrition-wise.
- **Vanilla Wafer Cookies, Graham Crackers:** They provide a harmonious balance with creamy desserts, both texture-wise by acting as a base and taste-wise by providing a light crunch to the smooth creamy taste.
- **Food coloring:** It allows you to create desserts that have a stunning visual effect.
- **Fruits:** Either dried or fresh, they would be second on that previously mentioned list of nutritious ingredients. The best thing about fruits is that they are so diverse, each with its unique identity, flavor and texture.
- **Sprinkles:** For adding that final festive touch on your work of art.

Chapter 2

Essential Kitchen Equipment for No-Bake Desserts

Now that you've got your pantry well stocked with the basic ingredients that you need, the next step would be, using those ingredients. And how will you be using them? With the help of none other than some basic kitchen tools of course.

Here, we will go over the essential kitchen equipment that you will need when preparing your no-bake desserts;

Measuring Cups & Spoons

The first thing in any recipe is listing the ingredients that you will need. But what is written on the left of the ingredients? That's right, the measures and amounts that you will need for the recipe.



Steel measuring cups and spoons are your best option. You would want to look for ones that have sturdy handles, and also, make sure that the measurements are easy to read.

Mixing Bowls

So, you measured all your ingredients. Now, you need to place them somewhere to start working on them. Mixing bowls come in various materials and sizes. It would be handy to get a range of different sizes. Glass bowls are heavy duty, and most have rubberized bases to prevent them from slipping when you are mixing in them.



However, not all glass is microwave-safe, so you need to make sure that you have at least 2 bowls that are labeled as microwave-safe. Most of the ceramic bowls are safe to use in the microwave as well as some stainless-steel varieties.

Spatulas & Whisks

With your ingredients placed snugly in the respective bowls, they need to be combined and well-mixed. Enter the spatulas and whisks! They come in different sizes and materials as well. Spatulas are used in stirring, mixing, spreading, and even scraping the sides of the bowls. They are simply quite the multitaskers.



As for the whisks, it is recommended that you have at least 2 of different sizes, one for whisking large amounts in large bowls, and the other would be for small quantities. A large whisk won't be as efficient as a small one in thoroughly whisking small quantities. Whatever your choice is, make sure that your spatulas and whisks are well-made and heavy duty because flimsy whisks could easily break when used on heavy batters.

Hand Mixer / Stand Mixer

Sometime certain recipes call for a more vigorous beating process than your average manual whisking powers, especially ones that require attaining volume, thickness and fluffiness, which is when you will need an electric mixer.



A hand mixer is great when making things that require several minutes of mixing. However, if you are working on larger quantities and for larger durations, then a stand mixer would be more suitable for you as it offers more stability. Mixers usually live for long, so make sure to invest in a quality mixer with a heavy-duty motor and durable attachments.

Blender

If simple mixing just wouldn't do it and we need to take it up to the next level and blend your ingredients into a puree or even turn it into a smooth-running fluid, then you will need a blender.



Pans

Pies, cakes, truffles, cookies, fudges, dessert bars and bites are all different desserts, yet they have one thing in common, they need a pan to be placed in for setting until reaching the desired firmness. It is recommended to have pans of different sizes, because the amounts and sizes of each type of dessert would vary, and so would the pan size required.



Parchment Paper

From cookies and fudges to bites and dessert bars, all of those need parchment paper to set on until they become firm. It is non-stick which preserves your dessert in its intact form when removing it from the paper, and makes for an easy clean up afterwards.



Parchment paper is available in rolls (like foil), in sheets or in round forms (for cakes).

Popsicle Mold

Needless to say, without this mold, you can't make those delicious refreshing summer (and sometimes even winter) treats. Not having an ice pop mold means that you would go straight to the store-bought, additive-filled unhealthy popsicles. Why do that when you can easily make your own healthy popsicles from the comfort of your home.



Popsicle molds are usually made of BPA-free plastic. They typical mold has a place for 6 popsicles, but there are other varieties that have places for 8 and even 10 popsicles. They are available in a wide range of colors, so just have your pick!

Chapter 3

Basic Skills for No-Bake Desserts

You've got your ingredients, you've got your tools, you're all set to start whipping up those desserts.

Well, just one more thing. Even though those no-bake desserts are really easy to make (you can even get your kids to help!), there are still some basic skills that you will be using in almost all of the recipes. Going over them will not just make your dessert-making process easier, but it will actually help you produce perfectly-made and yummiest desserts.

Without further ado, here are the basic skills that you need when preparing no-bake desserts:

Liquids & Sauces Techniques

Reducing

It is a method used mainly to concentrate the flavor by removing the excess water. It involves boiling a liquid to remove the water content until you reach a certain consistency and concentration. It is common for both savory and sweet sauces. When reducing juices, make sure not to overdo it as the sugar content in the juice might caramelize and change its flavor.

Melting

Many recipes involve melting chocolate and/or butter. You first start by cutting your chocolate/butter into chunks and shards. After that, you place it in a microwave-safe bowl and microwave it for one minute on high. This one minute should be divided into 20-second intervals, where you need to be stirring your component until it is totally smooth. Note that after you take it out of the microwave, it will continue to melt for a while, so avoid microwaving for more than 1 minute, otherwise you risk burning your component.

Mixing Techniques

Creaming Method

It is a common mixing method that involves the mixing of sugar with butter using a mixer or a whisk. It works by creating tiny air cells in the fat to give the final product more volume and tenderness. Thus, when creaming, the mixer shouldn't be on high speed to avoid destroying the air cells. The final creamed mixture should be airy in consistency and light in color.

Folding

It is a method that carefully and slowly incorporates the ingredients together to reduce the destruction of air cells so that volume is not lost. Folding starts by adding a little

bit of the lighter component to the heavier component. Adding all the heavy components at once would destroy all the air cells. Then, the heavier component is carefully turned into the lighter component without stirring or beating the mixture. The process is done with a rubber spatula.

Blending Method

This method has more liquid components involved (such as butter, milk or oil). The ingredients are all placed together and blended with a paddle attachment. Ideally, the mixture should be mixed on medium or medium-high speed for one minute, and once all the liquid ingredients are added, it is mixed for another minute on low speed.

Chapter 4

Cookies

The reason that makes this miniature dessert so desirable by people of all ages will forever remain a mystery. Cookies can turn a frown on a child's face into a smile, and in an instant, they can bring joy to a friend or a loved one. People love cookies so much that sometimes they can't even wait until they are baked, and they sneak some of its dough. Well, here we will save you that waiting time, because simply, our recipes need no baking!

Chocolate Cookies



Servings Per Recipe: 36 cookies

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Total Time: 10 minutes

Nutritional Information: (Per cookie)

- **Calories:** 109
- **Fat:** 2.6 g
- **Cholesterol:** 7 mg
- **Sodium:** 90.8 mg
- **Carbohydrate:** 15 g

Ingredients:

- 1 ¾ cups granulated sugar
- 3 tablespoons cocoa powder (unsweetened)
- ½ cup milk
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 3 cups oats (quick-cooking)
- 8 tablespoons butter
- ½ cup peanut butter (creamy)

Instructions:

1. In a saucepan, add the sugar and cocoa powder and mix well using a whisk.
2. Add milk and butter to the mixture, and then cook over medium heat.
3. Bring to a boil and allow it to boil for 1 minute.
4. Remove from heat and stir while adding the salt, vanilla, peanut butter and oats.
5. Use a tablespoon to drop the cookies on a parchment paper.
6. Allow the cookies to dry for 10-15 minutes until they become firm.
7. Serve the cookies!

Notes:

Store the chocolate cookies in an air-tight container up to one week at room temperature.

Mini Cheesecake Cookie Sandwiches



Servings Per Recipe: 20 sandwiches

Preparation Time: 12 minutes

Cooking Time: 2 minutes

Total Time: 14 minutes

Nutritional Information: (Per cookie)

- **Calories:** 269
- **Fat:** 4.4 g
- **Cholesterol:** 19.9 g
- **Sodium:** 278 mg
- **Carbohydrate:** 50.7 g

Ingredients:

- ½ cup butter
- ⅓ cup brown sugar
- 1 teaspoon vanilla extract
- 1 cup cream cheese
- ½ powdered sugar
- 40 Pre-made or purchased plain cookies
- Chocolate chips
- Sprinkles

Instructions:

1. Put the butter in a heating bowl and microwave for 30 seconds.
2. Add the brown sugar and vanilla to the butter and mix them well.
3. In another bowl, mix the cream cheese with the powdered sugar.

4. Combine both mixtures and whip them well.
5. Use the cheesecake mix as a sandwich filling between two cookies.
6. Melt the chocolate chips for 30 seconds.
7. Dip the cookie sandwich in the melted chocolate, and then add the sprinkles.

Notes:

Store the cookie sandwiches in an air-tight container up to one week in the refrigerator.

Peanut Butter Cookies



Servings Per Recipe: 34 cookies

Preparation Time: 20 minutes

Cooking Time: 5 minutes

Total Time: 25 minutes

Nutritional Information: (Per cookie)

- **Calories:** 133
- **Fat:** 5.2 g
- **Cholesterol:** 6.2 g
- **Sodium:** 103.6 mg
- **Carbohydrate:** 16 g

Ingredients:

- ½ cups butter
- 1 ¾ cups granulated sugar
- ½ cup milk
- ¾ cup peanut butter (creamy)
- 1 teaspoon vanilla extract
- 3 ¼ cups oats (quick-cooking)

Instructions:

1. In a saucepan, put the butter, sugar and milk and heat over medium heat while stirring often. Ensure that the butter is melted, and everything is well mixed.

2. Bring to a boil and allow it to boil for 1 minute without stirring.
3. Remove from the heat and add in the peanut butter and vanilla while stirring. Then, add the oats and mix well until the mixture is well combined.
4. Use a tablespoon to scoop the mixture on a parchment paper.
5. Allow to cool and firm, and then serve!

Notes:

Store the peanut butter cookies in an airtight container up to one week at room temperature.

Chapter 5

Fudges

This chunk of concentrated sweetness is the perfect quick fix for a sweet craving. Fudge also makes a great gift for family and friends during the holiday seasons. Fudge is so easy to whip up, and at the same time, its taste is superior to many of the artificial candies, and not to mention, it's much healthier!

Walnut Chocolate fudge



Servings Per Recipe: 40 cubes

Preparation Time: 3 minutes

Cooking Time: 2 minutes

Total Time: 5 minutes

Nutritional Information: (Per cube, 17 g)

- **Calories:** 70
- **Fat:** 1.8 g
- **Cholesterol:** 2.4 mg
- **Sodium:** 7.7 mg
- **Carbohydrate:** 13 g

Ingredients:

- 8 cups powdered sugar
- 1 cup cocoa powder (unsweetened)
- ½ cup milk

- 1 ½ cups chopped walnuts
- 2 tablespoons vanilla
- 1 cup butter

Instructions:

1. Line a square pan with parchment paper and grease it with cooking spray.
2. In a microwave-proof bowl, put the cocoa powder and sugar and mix well.
3. Pour milk over the mixture, then, place the butter on top without mixing.
4. Microwave on high power for 1-2 minutes until the butter melts.
5. Remove the mixture from the microwave and then, thoroughly mix the contents until they are well combined.
6. Add the walnuts and vanilla to the mixture and stir.
7. Pour the warm fudge mixture in the prepared pan and spread to the desired thickness.
8. Refrigerate the fudge for a while (about 30-60 minutes).
9. Cut the fudge into squares and then serve.

Notes:

Store the walnut chocolate fudge in an airtight container, and in the refrigerator. Use wax paper to separate the fudge cubes.

Mint Chocolate Chip Fudge



Servings Per Recipe: 30 cubes

Preparation Time: 3 minutes

Cooking Time: 2 minutes

Total Time: 5 minutes

Nutritional Information: (Per cube)

- **Calories:** 46.6
- **Fat:** 2 g
- **Cholesterol:** 1.9 mg
- **Sodium:** 12 mg
- **Carbohydrate:** 9.3 g

Ingredients:

- 3 ¼ cups white chocolate chips
- ¾ cups mini chocolate chips (cut into halves)
- 2 tablespoons butter
- 1 can condensed milk (sweetened)
- 2-3 teaspoons mint extract
- Food coloring (green)

Instructions:

1. Line a square pan with parchment paper and grease it with cooking spray.
2. In a microwave-proof bowl, put the white chocolate chips and butter and microwave on high power for 1-2 minutes until the contents melt.

3. After ensuring that the mixture is lump-free, add the condensed milk, mint extract and the food coloring (to desired color) while stirring.
4. Add a half cup of the mini chocolate chips.
5. Pour the warm fudge mixture in the prepared pan and spread to the desired thickness.
6. Sprinkle the remaining mini chocolate chips on top while pressing them gently into the fudge.
7. Refrigerate the fudge for a while (about 30-60 minutes).
8. Cut the fudge into squares and then serve.

Notes:

Store the mint chocolate chips fudge in an airtight container, and in the refrigerator. Use wax paper to separate the fudge cubes.

Caramel Swirl Fudge



Servings Per Recipe: 30 cubes

Preparation Time: 3 minutes

Cooking Time: 2 minutes

Total Time: 5 minutes

Nutritional Information: (Per cube)

- **Calories:** 70
- **Fat:** 1 g
- **Cholesterol:** 1.9 mg
- **Sodium:** 8 mg
- **Carbohydrate:** 13 g

Ingredients:

- 3 cups white chocolate chips
- 2 tablespoons butter
- 1 teaspoon vanilla extract
- 1¾ cups Dulce de Leche caramel (can be replaced with a can of condensed milk + ½ cup caramel sauce)

Instructions:

1. Line a square pan with parchment paper and grease it with cooking spray.
2. In a microwave-proof bowl, place the white chocolate chips and butter (if using condensed milk, it should be added at this step) and then, microwave on high for 1-2 minutes until the contents melt.
3. After ensuring that the mixture is lump-free, add vanilla while stirring.

4. Add the Dulce de Leche caramel and stir gently until the desired swirl effect is reached.
5. Pour the warm fudge mixture in the prepared pan and spread to the desired thickness.
6. Sprinkle the remaining mini chocolate chips on top while pressing them gently into the fudge.
7. Refrigerate the fudge for a while (about 30-60 minutes).
8. Cut the fudge into squares and then serve.

Notes:

Store the caramel fudge in an airtight container, and in the refrigerator. Use wax paper to separate the fudge cubes.

Red Velvet Swirl Fudge



Servings Per Recipe: 30 cubes

Preparation Time: 3 minutes

Cooking Time: 2 minutes

Total Time: 5 minutes

Nutritional Information: (Per cube)

- **Calories:** 76.6
- **Fat:** 1.5 g
- **Cholesterol:** 2 mg
- **Sodium:** 10 mg
- **Carbohydrate:** 14.2 g

Ingredients:

- 3 cups milk chocolate chips
- 1½ cups white chocolate chips
- ¼ cup cocoa powder
- 2⅓ cups condensed milk (sweetened)
- Food coloring (red)
- A pinch of salt

Instructions:

1. Line a square pan with parchment paper and grease it with cooking spray.

2. In a saucepan, add $\frac{1}{3}$ cup of the condensed milk and white chocolate chips and while stirring, heat them over medium heat until the chocolate chips melt. Set it aside. (Mixture A)
3. In another saucepan, add the 2 cups of condensed milk, milk chocolate chips, cocoa powder and a pinch of salt. Heat the mixture over medium-low until the chocolate chips melt. (Mixture B)
4. Remove the mixture from the heat and add the red food coloring while whisking.
5. Pour the warm red velvet fudge (mixture B) in the prepared pan and spread to the desired thickness.
6. Pour the white chocolate mix (mixture A) on top, and use a toothpick to create the swirls effect.
7. Refrigerate the fudge for a while (about 30-60 minutes).
8. Cut the fudge into squares and then serve.

Notes:

Store the red velvet fudge in an airtight container, and in the refrigerator. Use wax paper to separate the fudge cubes.

Peanut Butter Freezer Fudge



Servings Per Recipe: 20 cubes

Preparation Time: 5 minutes

Total Time: 15 minutes

Nutritional Information: (Per cube)

- **Calories:** 92
- **Fat:** 3.2 g
- **Cholesterol:** 4.2 mg
- **Sodium:** 21 mg
- **Carbohydrate:** 16 g

Ingredients:

- 1 cup peanut butter
- ½ cup maple syrup

Instructions:

1. Line a square pan with parchment paper.
2. In a bowl, add the peanut butter and the maple syrup and whisk the mixture.
3. Pour the mixture in the prepared pan and spread to the desired thickness.
4. Cover the peanut butter mixture with another parchment sheet and flatten.
5. Freeze the mixture until it hardens (about 10-15 minutes).

6. Cut the fudge into squares and serve.

Notes:

Store the peanut butter fudge in an airtight container, and in the refrigerator. Use wax paper to separate the fudge squares.

Rainbow Fudge



Servings Per Recipe: 20 cubes

Preparation Time: 25 minutes

Total Time: 25 minutes

Nutritional Information: (Per cube)

- **Calories:** 70
- **Fat:** 1.5 g
- **Cholesterol:** 1.9 mg
- **Sodium:** 11 mg
- **Carbohydrate:** 9.8 g

Ingredients:

- 3 cups white chocolate chips
- 1 can condensed milk (sweetened)
- 1 tablespoon butter
- ½ teaspoon almond extract
- Food coloring (7 colors: purple, blue, green, yellow, orange and red)

Instructions:

1. Line a square pan with a parchment paper and grease it with cooking spray. Prepare a total of three pans this way.
2. In a saucepan, add the white chocolate, the condensed milk and butter, and then, heat over medium-low heat until the chocolate melts. Stir the mixture often while heating.
3. Remove from the heat, add the almond extract and stir
4. Divide the mixture upon 6 bowls and add a different food coloring in each. Mix the color in each bowl and cover them with a plastic wrap until they are each used.

5. Pour the purple mixture in the prepared pan and spread evenly. In the second pan, pour the blue mixture and in the third pan pour the green mixture.
6. Freeze the three pans until solid (about 10 minutes).
7. Invert the frozen blue layer on top of the purple layer, and then the green layer on top of the blue layer, to follow the order of the rainbow.
8. Repeat steps 5, 6 and 7 for the remaining three colors; yellow, orange and red.
9. Gently press over the combined 7-layer rainbow fudge and freeze for about 5 minutes.
10. Slice the rainbow fudge into cubes.

Notes:

Store the rainbow fudge in an airtight container, and in the refrigerator. Use wax paper to separate the fudge cubes.

Chapter 6

Pies

Pies are a seasonal bliss for the best celebrations. Almost every holiday or season has a staple pie of its own. Not only is pie a festive dish, and a delicious after-meal dessert, but it also makes a great nutritious breakfast. Pie for breakfast, who can say no to that!

Chocolate Chip Pie



Servings Per Recipe: 8-10

Preparation Time: 5 minutes

Total Time: 5 minutes

Nutritional Information: (Per slice)

- **Calories:** 216
- **Fat:** 11 g
- **Cholesterol:** 17 mg
- **Sodium:** 90 mg
- **Carbohydrate:** 27 g

Ingredients:

- 6 Chocolate chip cookies

- 2 ¼ cups chocolate chip cookie (crumbs)
- ½ cup mini chocolate chips
- 4 tablespoons butter (melted)
- 1½ cups milk
- A box of instant vanilla pudding (1¾ ounce)
- Whipped topping (for garnish)

Instructions:

1. In a bowl, mix the cookie crumbs with the melted butter. Layer the mixture in a pie pan and allow it to refrigerate while performing the next steps.
2. In a bowl, whisk the milk with the pudding mix until it thickens. Add in the mini chocolate chips along with 2 crushed cookies. Pour the mixture into the pie plate. Cover and refrigerate for 3-4 hours.
3. When ready to serve, top with whipped topping and sprinkle some mini chocolate chips. Break the remaining 4 cookies in half and place them around the pie.

Peanut Butter Pie



Servings Per Recipe: 8-10

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutritional Information: (Per slice)

- **Calories:** 285.5
- **Fat:** 12.8 g
- **Cholesterol:** 1.4 mg
- **Sodium:** 99 mg
- **Carbohydrate:** 33.3 g

Ingredients:

For Crust

- 24 Nutter Butter cookies (crushed)
- 5 tablespoons unsalted butter (melted)

For Filling

- 1½ cups cream cheese (softened)
- 1½ cups smooth peanut butter
- 1½ cups powdered sugar
- ¾ teaspoon salt
- 2¼ cups whipped topping

For Topping

- ¼ cup peanut butter (heated until pourable)
- 1 cup whipped topping
- 3 Nutter Butter cookies (crushed) (or any similar peanut butter cookies)

Instructions:

1. The crust: In a large bowl, add the crushed cookies and melted butter and stir.
2. Press the mixture into the bottom and sides of an 8" to 9" pie pan, and even out the layer. Allow it to refrigerate while continuing with the other steps.
3. The filling: In another bowl, add the cream cheese and peanut butter and mix using a hand mixer until smooth.
4. Add the sugar, vanilla, and salt and beat together until well combined. Add in the whipped topping and mix slowly until just combined.
5. Transfer the filling mixture to the prepared crust and smooth it into an even layer. Allow it to refrigerate for about 3-4 hours.
6. When ready to serve, top it with the whipped topping, crushed cookies and a sprinkle of peanut butter.

Samoa Pie



Servings Per Recipe: 8-10

Preparation Time: 25 minutes

Total Time: 25 minutes

Nutritional Information: (Per slice)

- **Calories:** 277
- **Fat:** 20.3 g
- **Cholesterol:** 1.2 mg
- **Sodium:** 89 mg
- **Carbohydrate:** 26 g

Ingredients:

- 1 cup cream cheese (softened)
- ¼ cup sugar (granulated)
- ¼ cup sugar (powdered)
- 2 cups caramel (plus more for drizzling)
- 2 cups heavy cream
- 1 store-bought pie crust
- 1 cup shredded coconut (toasted)
- Melted chocolate (for drizzling)

Instructions:

1. Using a stand mixer or a hand mixer, combine and beat the cream cheese, both types of sugar, and half a cup of caramel until a fluffy texture is reached.

2. Add the heavy cream and beat until medium peaks form.
3. Place the pie crust in a plate. Add the mixture to the pie crust and smooth the top. Refrigerate pie until it is firm (about 3-4 hours).
4. When ready to serve, prepare the topping: In a bowl, mix the coconut and 1 cup of caramel.
5. Spread the remaining half cup of caramel on top of the chilled pie. Top it with the coconut mixture while gently pressing down to even the layer.
6. Drizzle lightly with more caramel and melted chocolate, then serve.

Tiramisu Pie



Servings Per Recipe: 8-10

Preparation Time: 30 minutes

Total Time: 30 minutes

Nutritional Information: (per slice)

- **Calories:** 130
- **Fat:** 1.5 g
- **Cholesterol:** 3 mg
- **Sodium:** 76 mg
- **Carbohydrate:** 20.6

Ingredients:

- 2 cups milk (cold)
- 1 packet vanilla pudding mix
- 1½ cups heavy cream
- ½ cup sugar
- 6 tablespoons brewed espresso or coffee
- 1 container of mascarpone (8 oz.)
- 40 ladyfingers (or similar cookies) (amount depends on the pan size)
- Cocoa powder (for dusting)
- Chocolate shavings (for garnish)

Instructions:

1. Prepare a pan by greasing it with cooking spray.
2. In a bowl, beat the milk and vanilla pudding mix using a whisk or a hand mixer.

3. In another bowl, beat the heavy cream until stiff peaks form. Add the vanilla pudding and fold it in the whipped cream until combined. Add in the mascarpone and sugar.
4. Arrange the ladyfingers cookies on the bottom and the sides of the pan. Cut the cookies to a length that is suitable to the height of your pan.
5. Drizzle the aligned cookies with 3 tablespoons of the espresso/coffee.
6. Pour half the pie filling over the cookie layer. Cover with the remaining cookies and drizzle them with the remaining espresso/coffee.
7. Pour the remaining pie filling. Refrigerate until the filling is firm (about 3-4 hours).
8. When ready to serve, dust the top with cocoa powder and sprinkle with chocolate shavings.

Pumpkin Pie In a Jar



Servings Per Recipe: 4

Preparation Time: 30 minutes

Total Time: 30 minutes

Nutritional Information:

- **Calories:** 290
- **Fat:** 20 g
- **Cholesterol:** 1.1 mg
- **Sodium:** 98.5 mg
- **Carbohydrate:** 39 g

Ingredients:

- 3 cups ginger-snaps (finely crushed) (more for garnish)
- 12 tablespoons butter (melted)
- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 cups heavy cream
- 1 can pumpkin puree (15 oz.)
- 1 cup cream cheese (softened)
- Cookies (for garnish)

Instructions:

1. The crust: In a bowl, mix the ginger-snaps with the melted butter.
2. The pumpkin layer: In a bowl, mix the pumpkin puree with 1 tablespoon sugar and the cinnamon.

3. The cream layer: In a stand mixer, beat the heavy cream until stiff peaks form. Add in the cream cheese and the 2 tablespoons of sugar.
4. Among 4 jars, start layering with the ginger-snap crust, then the pumpkin and finally the cream layer. Keep alternating the layers until you reach the top. (Use a piping bag/pastry bag when adding the pumpkin and cream layers to get the best results)
5. Use the cookies and ginger snaps to garnish the top and then serve.

Chapter 7

Puddings

The delicious indulgent pudding is such a popular dessert. However, if you place it in a trifle dish and throw in a few magical toppings, then you have yourself quite a fancy looking treat that takes no effort and just a matter of minutes to prepare!

Triple Berry Pudding



Servings Per Recipe: 6-8

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutritional Information: (Per serving)

- **Calories:** 260
- **Fat:** 23 g
- **Cholesterol:** 86 mg
- **Sodium:** 118 mg
- **Carbohydrate:** 29 g

Ingredients:

- 1½ cups milk
- 3 cups heavy milk
- ¼ cup powdered sugar
- 2½ cups chopped strawberries
- 2½ cups chopped raspberries

- 2½ cups blueberries
- 1 package vanilla pudding (3.4 oz.)
- 1 can condensed milk (sweetened) (14 oz.)
- 1 teaspoon vanilla extract

Instructions:

1. The Pudding: In a bowl, add the milk, vanilla pudding and condensed milk and whisk thoroughly ensuring that there are no lumps. Refrigerate for 5 minutes.
2. The Whipped Cream: In a bowl, add the heavy cream, sugar and vanilla and beat for a couple of minutes until stiff peaks start to form. Set aside one-third of the mixture to be used as dish topping.
3. In a trifle bowl, layer the bottom with pudding mixture, then; cover it with a layer of the three mixed berries, and finally, a layer of whipped cream. (In the berries layer, align strawberries vertically along the edge of the trifle dish.)
4. Repeat step 4 until you reach the top of the trifle dish.
5. Finish the top with a layer of whipped cream.
6. Garnish the top layer with a mixture of the berries. Refrigerate for about 3 hours.

Peanut Butter Banana Pudding



Servings Per Recipe: 6-8

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutritional Information: (Per serving)

- **Calories:** 436
- **Fat:** 39 g
- **Cholesterol:** 124 mg
- **Sodium:** 225 mg
- **Carbohydrate:** 38 g

Ingredients:

- 1½ cups milk
- 3 cups heavy milk
- ¼ cup powdered sugar
- 2 cups peanut butter (melted)
- 1 package vanilla pudding (3.4 oz.)
- 1 can condensed milk (sweetened) (14 oz.)
- 1 box Nutter butters (16 oz.) (or any similar peanut butter cookies)
- 1 teaspoon vanilla extract
- 4 bananas (sliced into coins)

Instructions:

1. The Pudding: In a bowl, add the milk, vanilla pudding and condensed milk and whisk thoroughly ensuring that there are no lumps. Refrigerate for 5 minutes.

2. The Whipped Cream: In a bowl, add the heavy cream, sugar and vanilla and beat for a couple of minutes until stiff peaks start to form.
3. Add the remaining whipped cream to the pudding mixture.
4. In a trifle bowl, layer the bottom with pudding mixture, then, cover it with a layer of cookies, then a layer of evenly placed banana slices and finally, drizzle the melted peanut butter. (In the cookies layer, align cookies vertically along the edge of the trifle dish.)
5. Repeat step 4 until you reach the top of the trifle dish.
6. Finish the top with a layer of pudding.
7. Garnish the top layer with whipped cream, sprinkles of crumbled cookies and then drizzle with melted peanut butter. Refrigerate for about 3 hours.

Salted Caramel Banana Pudding



Servings Per Recipe: 6-8

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutritional Information: (Per serving)

- **Calories:** 430
- **Fat:** 33g
- **Cholesterol:** 122 mg
- **Sodium:** 732 mg
- **Carbohydrate:** 33 g

Ingredients:

- 1½ cups milk
- 3 cups heavy milk
- ¼ cup powdered sugar
- 2½ cups caramel
- 1 package vanilla pudding (3.4 oz.)
- 1 can condensed milk (sweetened) (14 oz.)
- 1 box vanilla wafer cookies (12 oz.)
- Sea salt (flaky)
- 1 teaspoon vanilla extract
- 4 bananas (sliced into coins)

Instructions:

1. The Pudding: In a bowl, add the milk, vanilla pudding and condensed milk and whisk thoroughly ensuring that there are no lumps. Refrigerate for 5 minutes.
2. The Whipped Cream: In a bowl, add the heavy cream, sugar and vanilla and beat for a couple of minutes until stiff peaks start to form. Set aside one-third of the mixture to be used as dish topping.
3. Add the remaining whipped cream to the pudding mixture, as well as one-third a cup of caramel and half a teaspoon sea salt.
4. In a trifle bowl, layer the bottom with vanilla wafers, then, cover it with a layer of pudding, then a layer of evenly placed banana slices and finally, drizzle the caramel sauce. (In the vanilla wafers layer, align cookies vertically along the edge of the trifle dish.)
5. Repeat step 4 until you reach the top of the trifle dish.
6. Finish the top with a layer of pudding.
7. Garnish the top layer with whipped cream, sprinkles of crumbled wafer cookies and then drizzle with caramel sauce. Refrigerate for about 3 hours.

S'mores Chocolate Banana Pudding



Servings Per Recipe: 6-8

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutritional Information: (Per serving)

- **Calories:** 230
- **Fat:** 7.2 g
- **Cholesterol:** 0.9 mg
- **Sodium:** 98 mg
- **Carbohydrate:** 46 g

Ingredients:

- 1½ cups milk
- 3 cups heavy milk
- ¼ cup powdered sugar
- 2 cups marshmallow fluff (microwaved for 10 seconds)
- Mini marshmallows
- 1 package chocolate pudding (3.4 oz.)
- 1 can condensed milk (sweetened) (14 oz.)
- A box of graham crackers
- 3 cups graham crackers (crushed) (plus extra for garnish)
- 1 teaspoon vanilla extract
- 3 chocolate bars (chopped)
- 4 bananas (sliced into coins)

Instructions:

1. The Pudding: In a bowl, add the milk, chocolate pudding and condensed milk and whisk thoroughly ensuring that there are no lumps. Refrigerate for 5 minutes.
2. The Whipped Cream: In a bowl, add the heavy cream, marshmallow fluff and vanilla and beat for a couple of minutes until stiff peaks start to form. Set aside one-third of the mixture to be used as dish topping.
3. In a trifle bowl, layer the bottom with some crushed crackers. Then, cover it with a layer of pudding, then a layer of evenly placed banana slices. Add some whipped cream, and finally, cover with marshmallows, chopped chocolate bars and crackers. (In the crushed crackers layer, align whole crackers vertically along the edge of the trifle dish.)
4. Repeat step 3 until you reach the top of the trifle dish.
5. Finish the top with a layer of whipped cream.
6. Garnish the top with a sprinkle of marshmallow fluffs, crackers and chocolate bars. Refrigerate for about 3 hours.

Chapter 8

Cakes

Cakes are the staple food of dessert, they are timeless, and they never lose their charm. In fact, cakes have been evolving by time that now along with your traditional baked cakes, you have your swiftly made no-bake cakes!

Chocolate Mug Cake



Servings Per Recipe: 1

Preparation Time: 1.5 minutes

Cooking Time: 1.5 minutes

Total Time: 3 minutes

Nutritional Information: (Per mug)

- **Calories:** 174.3
- **Fat:** 4.1 g
- **Cholesterol:** 0.6 mg
- **Sodium:** 290 mg
- **Carbohydrate:** 32.6 g

Ingredients:

- 1 serving of cake mix (about 2¼ tablespoons)
- 2 tablespoons chocolate chips
- Whipped cream or crushed walnuts (optional for garnish)

Instructions:

1. Use a microwave-safe mug and grease it with cooking spray.
2. Add the cake mix into the mug & stir well until it's lump-free.
3. Add in the chocolate chips and stir.
4. Microwave for 60-90 seconds until the cake is set.
5. Garnish with a topping of your choice, such as whipped cream or crushed walnuts.

Strawberry Cheesecake In a Jar



Servings Per Recipe: 4

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutritional Information: (Per jar)

- **Calories:** 259
- **Fat:** 14 g
- **Cholesterol:** 31 mg
- **Sodium:** 197 mg
- **Carbohydrate:** 30 g

Ingredients:

- 2 cups cream cheese (softened)
- 1 cup sugar (powdered)
- 2 cups whipping topping
- 2 teaspoons vanilla extract
- 2 cups strawberries (sliced)
- 1 cup graham crackers (crushed)

Instructions:

1. In a bowl, beat together the cream cheese, sugar and vanilla using a hand mixer until fluffy.
2. In a jar, layer the bottom with crushed crackers, then, top it with a layer of the cream cheese mix and finally a layer of strawberries.

3. Garnish with whipping topping and sprinkles of graham crackers (optional).
4. Keep refrigerated until ready to serve.

Oreo Cake



Servings Per Recipe: 8-10

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutritional Information: (Per slice)

- **Calories:** 278
- **Fat:** 17 g
- **Cholesterol:** 31 mg
- **Sodium:** 255 mg
- **Carbohydrate:** 29 g

Ingredients:

- A box of Oreos (1 ounce)
- 2 cups whipped cream
- $\frac{1}{4}$ cup cocoa powder (unsweetened)

Instructions:

1. In a bowl, crush two-thirds of the Oreos using a fork to the desired size (fine or coarse). (Set aside a handful of crushed Oreos for garnish.)
2. In a bowl, fold half the crushed Oreos with 1 cup whipped cream and the cocoa powder.
3. In another bowl, fold together the remaining half of the crushed Oreos and the other cup of whipped cream.
4. On a sheet pan, spread the Oreo-whipped cream- cocoa powder mixture in an even layer.

5. Top this layer with a layer or evenly placed uncrushed (whole) Oreos.
6. Spread over the Oreo-whipped cream mixture in a smooth layer.
7. Sprinkle over the garnish crushed Oreos and freeze until it sets for about 2-3 hours.

No-Bake Birthday Cake



Servings Per Recipe: 8

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutritional Information: (Per slice)

- **Calories:** 330
- **Fat:** 17 g
- **Cholesterol:** 40 mg
- **Sodium:** 250 mg
- **Carbohydrate:** 39 g

Ingredients:

- 1½ cups heavy cream
- 1½ cups cream cheese (softened)
- ½ cup sugar
- 1 cup birthday cake mix
- 1 pie crust (homemade or store-bought)
- Rainbow sprinkles (for garnish)

Instructions:

1. In a bowl, whip the heavy cream using an electric hand mixer until soft peaks form.
2. Add the cream cheese and sugar and mix well until it is lump-free.
3. Fold in the birthday cake mix.
4. Pour the mixture into the pie crust. Use a rubber spatula to smooth the surface.

5. Top it with sprinkles then cover it with plastic wrap and refrigerate for about 5 hours until firm.

Chapter 9

Truffles

Nothing says "party" as those yummy and fun-sized home-made truffles to spice up your event! You will find them disappearing from the plates in no time, just try them!

Chocolate Peanut Butter Pretzel Truffles



Servings Per Recipe: 24-30

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutritional Information: (Per truffle)

- **Calories:** 176
- **Fat:** 11 g
- **Cholesterol:** 2 mg
- **Sodium:** 186 mg
- **Carbohydrate:** 18 g

Ingredients:

- 1 cup peanut butter (creamy)
- 1 cup sugar (powdered)
- 1¼ cup pretzels (crushed)
- ½ cup cream cheese (softened)

- 1 teaspoon vanilla extract
- ½ cup mini chocolate chips
- Chocolate (for coating)
- Chocolate sprinkles, crushed peanuts, crushed pretzels (options for garnish)

Instructions:

1. In a bowl, beat the cream cheese with a whisk until fluffy.
2. Add the peanut butter and combine thoroughly.
3. While beating, add the sugar and vanilla.
4. Add the crushed pretzels and mini chocolate chips and stir.
5. Shape into 1-inch balls and place on a pan lined with a parchment sheet.
6. Freeze for about 15 minutes.
7. Melt the chocolate coating.
8. Dip the balls into the melted chocolate, then place back on the parchment.
9. Sprinkle with chocolate sprinkles, crushed peanuts or crushed pretzels.

Chocolate Avocado Truffles



Servings Per Recipe: 9-12

Preparation Time: 25 minutes

Total Time: 25 minutes

Nutritional Information: (Per truffle)

- **Calories:** 63
- **Fat:** 4 g
- **Cholesterol:** 0.2 mg
- **Sodium:** 2 mg
- **Carbohydrate:** 5 g

Ingredients:

- 1 medium avocado (ripe)
- 2 tablespoons cocoa powder
- 1¼ cups chocolate chips

Instructions:

1. Cut the avocado and scoop out its flesh. Using a fork or a hand mixer, mash it until there are no chunks.
2. Melt the chocolate chips.
3. Mix the avocado with the melted chocolate until well blended, then, freeze for 10-15 minutes until it is firm, yet easily-shaped.
4. Shape the mixture into 1-inch balls and place on a pan lined with a parchment sheet.
5. Place the cocoa powder on a plate and roll the balls in the powder until they are completely covered.

Chapter 10

Bites

Another super awesome party dish is the flavor-packed tasty bites. They are super popular at events, and people simply won't stop at just one bite!

Peanut Butter Bites



Servings Per Recipe: 18-22

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutritional Information: (Per serving)

- **Calories:** 98
- **Fat:** 6 g
- **Cholesterol:** 26.3 mg
- **Sodium:** 78.2 mg
- **Carbohydrate:** 8 g

Ingredients:

- 1 cup peanut butter (creamy, unsalted)
- ½ cup coconut flour
- ⅓ cup maple syrup

Instructions:

1. In a bowl, beat the peanut butter with the maple syrup and coconut flour using a whisk. When the mixture becomes a bit hard to stir, use a rubber spatula to fold until thickened.
2. Cover and freeze for about 15-20 minutes.
3. On a pan lined with a parchment sheet, scoop tablespoonful of the peanut butter mix and shape into balls.
4. Freeze for another 15-20 minutes until relatively firm, then serve!

Notes:

Store bites in an airtight container, and in the refrigerator for up to 2 weeks.

Chocolate Peanut Butter Banana Bites



Servings Per Recipe: 4-6

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutritional Information: (Per serving)

- **Calories:** 84
- **Fat:** 5 g
- **Cholesterol:** 1.2 mg
- **Sodium:** 12 mg
- **Carbohydrate:** 7 g

Ingredients:

- $\frac{2}{3}$ cup peanut butter (smooth)
- 1 cup chocolate chips
- 2 teaspoons coconut oil
- 2 bananas (sliced)
- A pinch of salt

Instructions:

1. In a microwave-safe bowl, melt the chocolate. In another bowl, heat the peanut butter until it becomes runny.
2. Add coconut oil to the melted chocolate and mix well.
3. In small baking cups, add teaspoon scoops of the chocolate, top it with a slice of banana, a teaspoon scoop of peanut butter and a final layer of chocolate.
4. Top with a pinch of salt, then freeze until firm (about 1-2 hours).

5. Unwrap from the baking cups and serve!

Notes:

Store bites in an airtight container, and in the refrigerator for up to 2 weeks.

Churro Banana Bites



Servings Per Recipe: 3

Preparation Time: 3 minutes

Cooking Time: 2.5 minutes

Total Time: 5.5 minutes

Nutritional Information: (Per serving)

- **Calories:** 53.3
- **Fat:** 2 g
- **Cholesterol:** 11.2 mg
- **Sodium:** 21 mg
- **Carbohydrate:** 8 g

Ingredients:

- 2 bananas (sliced)
- 2 teaspoons cinnamon (ground)
- 2 tablespoons sugar (granulated)
- 1 tablespoon coconut oil
- ¼ cup melted chocolate

Instructions:

1. In a bowl, combine the sugar and cinnamon and mix them well.
2. In a skillet, heat the coconut oil. Add the banana slices and cook for about 1 minute until they start to caramelize.

3. Sprinkle half the amount of cinnamon-sugar mix over the bananas. Flip the bananas and sprinkle the other half of the cinnamon-sugar mix. Cook for about 1 minute.
4. Serve with toothpicks to dip the churro bites in the melted chocolate.

Notes:

Store bites in an airtight container, and in the refrigerator for up to 2 weeks.

Cheesecake Bites



Servings Per Recipe: 12

Preparation Time: 14 minutes

Cooking Time: 1 minute

Total Time: 15 minutes

Nutritional Information: (Per bite)

- **Calories:** 190
- **Fat:** 12 g
- **Cholesterol:** 60 mg
- **Sodium:** 110 mg
- **Carbohydrate:** 18 g

Ingredients:

- 1½ cups chocolate chips
- 1 cup cream cheese (softened)
- ⅓ cup sugar (powdered)
- 1 tablespoon coconut oil
- 2 tablespoons sour cream
- 12 raspberries
- A pinch of salt

Instructions:

1. In a microwave-safe bowl, melt the chocolate chips with the coconut oil.
2. In an ice cube mold tray, pour a teaspoon of melted chocolate in each mold, ensuring that the sides are covered with chocolate. Freeze for about 10 minutes, until solid.
3. In a bowl, put the cream cheese and sour cream and beat using a hand mixer.
4. Add the sugar, and salt and stir until fluffy.

5. Fill the ice cube mold half way through with the cream cheese, then, press a raspberry into the center. Cover it with cream cheese mixture and top with melted chocolate.
6. Freeze for about 40 minutes (until solid).
7. Remove the bites from the mold and serve!

Notes:

Store bites in an airtight container, and in the refrigerator for up to 2 weeks.

Chapter 11

Dessert Bars

One of the wisest choices for a snack is the on-the-go, easy-to grab nutritious healthy bars. They will give you and the kids just the right boost of energy that you need throughout the day!

Chocolate Peanut Butter Bars



Servings Per Recipe: 16

Preparation Time: 13 minutes

Cooking Time: 1 minute

Total Time: 14 minutes

Nutritional Information: (Per serving)

- **Calories:** 270
- **Fat:** 14 g
- **Cholesterol:** 10 mg
- **Sodium:** 160 mg
- **Carbohydrate:** 30 g

Ingredients:

- 1½ cup peanut butter (unsalted)
- ½ cup coconut flour
- ¼ cup + 2 tablespoons maple syrup

- 1 cup graham crackers (crumbs)
- 1 cup chocolate chips

Instructions:

1. Line an 8"x8" pan with parchment paper.
2. The Peanut Butter Layer: In a bowl, add 1 cup of the peanut butter, the maple syrup and the coconut flour. Use a whisk to mix until difficult to stir. Fold with a rubber spatula until well-incorporated.
3. Add in the cracker crumbs and mix.
4. Use the rubber spatula to transfer the mixture into the pan and smooth the surface.
5. The Chocolate Topping: In a microwave-safe bowl add the chocolate chips and the remaining half cup of peanut butter and heat until the chocolate melts. Stir at 20 second intervals.
6. Pour the chocolate mixture over the peanut butter layer and even out the surface.
7. Freeze until hardened (about 45-60 minutes).
8. Slice into bars or squares and serve!

Notes:

Store the bars in an airtight container and in the refrigerator for up to 2 weeks, or in the freezer for up to 2 months.

Oreo Cookie Bars



Servings Per Recipe: 16

Preparation Time: 8 minutes

Cooking Time: 2 minutes

Total Time: 10 minutes

Nutritional Information: (Per serving)

- **Calories:** 265
- **Fat:** 17 g
- **Cholesterol:** 15 mg
- **Sodium:** 175 mg
- **Carbohydrate:** 35 g

Ingredients:

- 1 package Oreos (crushed)
- 1 package marshmallows (large)
- 4 tablespoons butter

Instructions:

1. Line an 8"x8"pan with parchment paper.
2. In a microwave-safe bowl add the butter and the marshmallows and heat until the butter melts and the marshmallows fluff up (about 2 minutes).
3. Add the crushed Oreos to the melted mixture and mix well.

4. Layer the mixture on the pan and smooth the surface.
5. Allow it to completely cool, then, slice into bars or squares and serve!

Notes:

Store the bars in an airtight container, and in the refrigerator for up to 2 weeks, or in the freezer for up to 2 months.

Cinnamon Cranberry Oat Bars



Servings Per Recipe: 16

Preparation Time: 4 minutes

Cooking Time: 2 minutes

Total Time: 6 minutes

Nutritional Information: (Per serving)

- **Calories:** 211
- **Fat:** 6 g
- **Cholesterol:** 3 mg
- **Sodium:** 72 mg
- **Carbohydrate:** 40 g

Ingredients:

- 3 cups oats (quick-cooking)
- 1½ cup cups crisp rice cereal
- 1 cup cranberries (dried)
- ½ cup flaxseed (ground)
- 1¼ teaspoon cinnamon (ground)
- ½ cup brown sugar
- ½ cup corn syrup
- ½ teaspoon nutmeg (ground)
- ¼ cup honey
- ¼ canola oil
- ¼ teaspoon salt
- 1 teaspoon vanilla extract

- 2 teaspoons sugar

Instructions:

1. Line an 8"x8"pan with parchment paper and grease it with cooking spray.
2. In a bowl, add the oats, crisps, cranberries, flaxseeds, nutmeg and 1 teaspoon of cinnamon and mix well.
3. In a saucepan, heat the brown sugar, corn syrup, honey and oil over medium heat while stirring until the sugar dissolves.
4. Remove from the heat, add in the salt and vanilla and stir. Add the oat mixture and mix well.
5. Layer the mixture on the pan and smooth the surface.
6. Combine the remaining cinnamon with the 2 teaspoons sugar and sprinkle on top.
7. Allow it to completely cool then, slice into bars or squares and serve!

Notes:

Store the bars in an airtight container, and in the refrigerator for up to 2 weeks, or in the freezer for up to 2 months.

White Chocolate Cereal Bars



Servings Per Recipe: 24-36

Preparation Time: 8 minutes

Cooking Time: 2 minutes

Total Time: 10 minutes

Nutritional Information: (Per serving)

- **Calories:** 79
- **Fat:** 3 g
- **Cholesterol:** 3 mg
- **Sodium:** 58 mg
- **Carbohydrate:** 13 g

Ingredients:

- 6 cups crisp rice cereal
- 4 cups marshmallows (mini)
- 1½ cup white baking chips
- ¼ cup butter

Instructions:

1. Line a 13"x9" pan with parchment paper.
2. In a microwave-safe bowl add the butter, crisps and the marshmallows and heat until the butter melts (about 2 minutes).
3. Add in the cereal and stir.
4. Layer the mixture on the pan and smooth the surface.
5. Allow it to completely cool, then, slice into bars or squares and serve!

Notes:

Store the bars in an airtight container, and in the refrigerator for up to 2 weeks, or in the freezer for up to 2 months.

Chapter 12

Ice-Creams

Flash news! You do not need an ice-cream machine to make homemade ice-cream! That's right, with nothing but the tools you already have in your kitchen you can make these yummy scoops of deliciousness in less than 20 minutes!

Chocolate Ice-Cream



Servings Per Recipe: 4 cups

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutritional Information: (Per serving)

- **Calories:** 285
- **Fat:** 14.5 g
- **Cholesterol:** 45 mg
- **Sodium:** 100 mg
- **Carbohydrate:** 37.2 g

Ingredients:

- 2 cups heavy whipping cream (cold)
- 1 can sweetened condensed milk (14 oz.) (cold)
- 1 teaspoon vanilla extract
- $\frac{2}{3}$ cup bittersweet chocolate (melted)

Instructions:

1. In a bowl, using a hand mixer or a stand mixer, whisk the cold cream until soft peaks form. (Medium / high speed)

2. Add the condensed milk into the whipped cream.
3. Whisk on high speed until stiff peaks form.
4. Add in the vanilla extract and stir.
5. Add a little bit of the ice cream base to the cooled melted chocolate (to loosen it). (Mixture A)
6. Then add mixture A to the ice cream base and mix thoroughly. Perform this process quickly before the chocolate stiffens.
7. Transfer the ice cream to an air tight container and freeze for at least 6 hours.

Notes:

Ice-cream can be stored in an air-tight container, and in the freezer for up to 6 weeks.

Peaches & Cream Ice-Cream



Servings Per Recipe: 4-6 cups

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Total Time: 15 minutes

Nutritional Information: (Per serving)

- **Calories:** 220
- **Fat:** 9 g
- **Cholesterol:** 20 mg
- **Sodium:** 120 mg
- **Carbohydrate:** 36 g

Ingredients:

- 2 cups heavy whipping cream (cold)
- 1 can sweetened condensed milk (14 oz.) (cold)
- 1 teaspoon vanilla extract
- 4 cups canned peaches (cut into half-inch pieces)

Instructions:

1. In a blender, put the peach pieces along with the syrup and pulse until the large pieces are broken down and almost pureed.
2. Transfer the peach puree into a sauce pan and heat on medium for about 5 minutes while stirring occasionally until reduced and thickened. Transfer to the freezer until it becomes cold.
3. In a bowl, using a hand mixer or a stand mixer, whisk the cold cream until soft peaks form. (Medium / high speed)

4. Add the condensed milk into the whipped cream then whisk on high speed until stiff peaks form.
5. Add in the vanilla extract and stir.
6. In a bowl, add 2 cups of the whipped cream and add to it the peach puree while mixing until well combined. (Mixture A)
7. Fold mixture A into the remaining whipped cream until well combined.
8. Transfer the ice cream to an air tight container and freeze until firm for at least 6 hours.

Notes:

Ice-cream can be stored in an air-tight container, and in the freezer for up to 6 weeks.

Tiramisu Ice-Cream



Servings Per Recipe: 4 cups

Preparation Time: 20 minutes

Total Time: 20 minutes

Nutritional Information: (Per serving)

- **Calories:** 260
- **Fat:** 13 g
- **Cholesterol:** 60 mg
- **Sodium:** 120 mg
- **Carbohydrate:** 32 g

Ingredients:

- 2 cups heavy whipping cream (cold)
- 1 can sweetened condensed milk (14 oz.) (cold)
- 1 teaspoon vanilla extract
- 2 tablespoons water (warm)
- 1 tablespoon espresso powder
- ½ cup ladyfinger cookies (crushed)
- ¼ cup chocolate (roughly chopped)

Instructions:

1. In a bowl, using a hand mixer or a stand mixer, whisk the cold cream until soft peaks form. (Medium / high speed)
2. Add the condensed milk into the whipped cream followed by the vanilla while whisking on low speed.
3. Whisk on high speed until stiff peaks form.

4. Add in the coffee mixture (the espresso powder dissolved in warm water) and mix on medium speed until the color is evenly distributed.
5. Add in the crushed ladyfingers and chocolate and fold them in with a plastic spatula.
6. Transfer the ice cream to an air tight container and freeze until firm for at least 6 hours.

Notes:

Ice-cream can be stored in an air-tight container, and in the freezer for up to 6 weeks.

Mermaid Ice-Cream



Servings Per Recipe: 4-6 cups

Preparation Time: 20 minutes

Total Time: 20 minutes

Nutritional Information: (Per serving)

- **Calories:** 780
- **Fat:** 39 g
- **Cholesterol:** 141 mg
- **Sodium:** 239 mg
- **Carbohydrate:** 111 g

Ingredients:

- 1 can sweetened condensed milk (14 oz.)
- 3 cups heavy cream
- 1 teaspoon vanilla extract
- Food coloring (purple, blue and green)
- Sprinkles (for topping)

Instructions:

1. In a bowl, using a hand mixer or a stand mixer, whisk the heavy cream until medium peaks form.
2. Fold in the condensed milk and the vanilla until well-combined. Divide the mixture among 5 bowls.
3. Add a different color in each bowl and create different shades (by controlling the amount of the added color) and stir well.
4. In a 9"x5" pan, layer dollops of the lumps of the colors until you add all the ice cream mixture.

5. Use a knife to create a swirl effect with the colors, then smooth the top and decorate it with sprinkles.

6. Freeze until firm for about for at least 6 hours.

Notes:

Ice-cream can be stored in an air-tight container, and in the freezer for up to 6 weeks.

Chapter 13

Popsicles

Refreshing, sensational, and fun to eat! Popsicles are not just for kiddos and you know it. On any sweltering day, there is nothing better than reaching out for one of those yummy cooling ice pops!

Raspberry Lemonade Popsicles



Servings Per Recipe: 8-10

Preparation Time: 5 minutes

Total Time: 5 minutes

Nutritional Information: (Per popsicle)

- **Calories:** 35
- **Fat:** 0.1 g
- **Cholesterol:** 0 mg
- **Sodium:** 1.2 mg
- **Carbohydrate:** 8 g

Ingredients:

- 1 can lemonade concentrate
- 6 cups lemon-lime soda (ex: Sprite)
- 1½ cup raspberries (halved)

Instructions:

1. Pour the lemonade concentrate into a pitcher.
2. Add the lemon-lime soda and stir well.
3. Sprinkle raspberries into each popsicle mold.
4. Pour the lemonade mixture leaving a bit of space at the top of the molds to allow for expansion upon freezing.
5. Place lid with sticks on the molds and freeze for at least 3 hours.

Kiwi Watermelon Popsicles



Servings Per Recipe: 8-10

Preparation Time: 6 minutes

Total Time: 6 minutes

Nutritional Information: (Per popsicle)

- **Calories:** 33
- **Fat:** 0.2 g
- **Cholesterol:** 0 mg
- **Sodium:** 1 mg
- **Carbohydrate:** 8 g

Ingredients:

- 3 cups watermelon (seedless)
- 4 kiwis (peeled)
- A splash of water

Instructions:

1. In a blender, blend the kiwi with a splash of water until fully liquefied.
2. Pour the kiwi into the bottom half of the popsicles' molds and freeze for an hour.
3. Blend the water melon and pour it on top of the semi-frozen kiwi.
4. Place lid with sticks on the molds and freeze for at least 3 hours.

Coconut Mocha Popsicles



Servings Per Recipe: 6

Preparation Time: 5 minutes

Total Time: 5 minutes

Nutritional Information: (Per popsicle)

- **Calories:** 239
- **Fat:** 22.7 g
- **Cholesterol:** 75 mg
- **Sodium:** 81 mg
- **Carbohydrate:** 5.6 g

Ingredients:

- 2 cups coconut cream
- 1 cup natural yoghurt (unsweetened)
- ½ cup coffee
- 3 tablespoons sugar (granulated)
- 3 tablespoons cocoa powder (unsweetened)
- 1 teaspoon vanilla extract

Instructions:

1. In a blender, put all the ingredients and blend until a smooth texture is reached.
2. Pour the mixture into the popsicle molds leaving a bit of space at the top of the molds to allow for expansion upon freezing.
3. Place lid with sticks on the molds and freeze for at least 4 hours.

Raspberry Buttermilk Popsicles



Servings Per Recipe: 4-6

Preparation Time: 3 minutes

Total Time: 3 minutes

Nutritional Information: (Per popsicle)

- **Calories:** 41
- **Fat:** 7 g
- **Cholesterol:** 2 mg
- **Sodium:** 1.2 mg
- **Carbohydrate:** 10.5 g

Ingredients:

- 1 cup raspberries
- ¼ cup sour cream
- 6 cup buttermilks
- 3 tablespoons honey
- 1 tablespoon lemon juice

Instructions:

1. In a bowl, use a fork to smash the raspberries.
2. Add the other ingredients and stir until well-combined.
3. Pour the mixture into the popsicle molds leaving a bit of space at the top of the molds to allow for expansion upon freezing.

4. Place lid with sticks on the molds and freeze for at least 4 hours.

Conclusion

Whether you are a novice or an expert in the culinary art, there is no question that we all value two things – Time and Effort. While at the same time, we expect ourselves to provide our loved ones (ourselves included) with the best of the best. And when it comes to desserts, this means that we strive to make our loved ones' healthy nutritious desserts that would be at the same time mouth-watering and delicious.

This book brings you the best of both worlds, saving your time and effort while creating top-notch desserts. We explored a wide range of different desserts, from the classic cookies, pies and cakes, to the luxurious truffles and fudges, to the multi-layered trifle puddings and the fun-sized bites and bars, and not to mention the cool refreshing ice-creams and popsicles.

These recipes were intended to be of a wide variety so that you would find options for all your dessert needs. Whether you want to whip up a quick delicious delight or a swiftly-made tasty treat, those easy and healthy desserts with their different rich flavors are bound to awaken the senses and naturally, satisfy the sweet tooth. Bon appetite!

Final Words

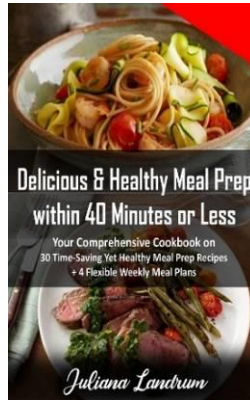
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-- *Jasmine Lawrence*

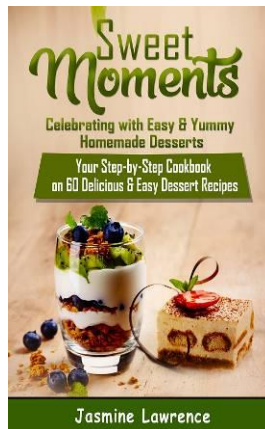
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