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a life in balance

Healthy Sweet Treats

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Who said treats can't be healthy?

If you're looking to quit sugar and unhealthy desserts, look no further!

Here you'll find some easy and delicious recipes to satisfy your sweet tooth without suffering the side effects of the dreaded blood sugar rollercoaster.

And the best part is that all these treats are good for you!

Enjoy! Let me know how you get on.

Love Jo.
Jo Rowkins.

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Dark Chocolate Love Bites

15 servings
20 minutes

Ingredients

- **100 grams** Dark Chocolate (at least 70% cacao)
- **1/4 cup** Pomegranate Seeds
- **1/4 cup** Slivered Almonds

Directions

1. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
2. Add the dark chocolate into the smaller pot and stir continuously until melted.
3. Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
4. Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!

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Chocolate Coconut Fat Bombs

8 servings
30 minutes

Ingredients

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Monk Fruit Sweetener
1/8 tsp Sea Salt

Directions

1. Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
2. Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener: Sweeten with stevia, honey or coconut sugar instead.
No Coconut Oil: Use coconut butter instead.
Likes it Sweet: Add more sweetener as desired.
No Silicone Mold: Use parchment-lined mini muffin molds.
Serving Size: One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).
Storage: Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.

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Chocolate Dipped Clementines

2 servings
25 minutes

Ingredients

- **3 tbsps** Dark Chocolate Chips
- **1/2 tsp** Coconut Oil
- **2** Clementines (peeled, sectioned)
- **1/4 tsp** Sea Salt (flaky, optional)

Directions

1. In a small bowl, add the chocolate chips and melt gently in a heat proof bowl over hot water (or in a microwave). Stir with a spoon to fully combine.
2. Dip each segment of clementine half way into the chocolate. Place on a plate and top with salt, if using. Continue with all slices and refrigerate until hardened, about 20 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

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Chocolate Pistachio Protein Balls

15 servings
15 minutes

Ingredients

170 grams Dark Chocolate (roughly chopped)
1/4 cup Cocoa Powder
1 1/2 tbsps Vanilla Protein Powder
2/3 cup Sunflower Seed Butter
1 cup Pistachios (removed from shell, divided)

Directions

1. Add the dark chocolate, cocoa powder, protein powder, sunflower seed butter, and half the pistachios to a food processor and blend until well mixed and sticky. Add more sunflower seed butter if the mixture is too dry, or more pistachios if too wet.
2. Transfer to a mixing bowl and form into even balls with your hands, roughly one-inch in diameter.
3. Crush the remaining pistachios and coat each ball evenly. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or in the freezer for three months.
Serving Size: One serving is equal to one ball.
More Flavor: Add vanilla extract.

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Chocolate Stuffed Raspberries

4 servings
5 minutes

Ingredients

2 cups Raspberries (washed)
1/4 cup Dark Chocolate Chips

Directions

1. Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

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Chocolate Banana Ice Cream

2 servings
5 minutes

Ingredients

2 Banana (sliced and frozen)
2 tbsps Cocoa Powder

Directions

1. Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Double Chocolate: Stir in dark chocolate chips right after processing.
More Creamy: Add 2 tbsp coconut milk.
More Scoopable: Add 1 tbsp vodka to prevent hard freeze.
Leftovers: Freeze in an airtight container for up to three months.

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Strawberry Ice Cream

2 servings
5 minutes

Ingredients

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy: Add 2 tbsp coconut milk.
More Scoopable: Add 1 tbsp vodka to prevent hard freeze.
Make it Chunky: Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

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Pistachio Pomegranate Bark

4 servings
30 minutes

Ingredients

200 grams Dark Chocolate (at least 70% cacao)
1 cup Pomegranate Seeds
1/2 cup Pistachios (shelled and chopped)
1/4 cup Unsweetened Coconut Flakes

Directions

1. Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
3. Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
4. Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.

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Warm Apples with Cinnamon

2 servings
10 minutes

Ingredients

1 tbsp Coconut Oil
2 Apple (cored and sliced)
1 tsp Cinnamon

Directions

1. In a pan, melt coconut oil over medium heat.
2. Add apple slices and sauté until soft, about 5 to 8 minutes.
3. Sprinkle cinnamon over top and stir to coat evenly.
4. Divide into bowls and enjoy!

Notes

Serve it Wtih: Our banana ice cream, Paleo Granola or on top of oatmeal.
No Apples: Use pears.

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Cherry Yogurt Bowl

1 serving
5 minutes

Ingredients

3/4 cup Unsweetened Coconut Yogurt
1 1/2 tbsps Chia Seeds
1/2 cup Cherries (pits removed)

Directions

1. Add the coconut yogurt to a bowl and stir in the chia seeds. Top with sliced cherries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add chia seeds just before serving.
Additional Toppings: Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.
No Coconut Yogurt: Use Greek yogurt instead.
No Chia Seeds: Use ground flaxseeds or hemp seeds instead.