

GUILT-FREE SWEET TREATS

Are you craving something sweet but trying to make healthy choices? Satisfy your sweet tooth and curb cravings with these healthy sweets and treats. Enjoy these delicious guilt-free indulgences.

Cinnamon Crisps

Cut low-carb tortillas into triangles, spray with olive oil, sprinkle with monk fruit sugar and cinnamon, and bake at 350 for 10 minutes.

Air Popped Popcorn

Make a big bowl of air-popped popcorn (or with olive oil) and sprinkle with Nutritional Yeast or Truffle Parm Salt.

SkinnyDipped PB Cup

These peanut butter cups only contain 2g of sugar, 70 cal, and 3g of fiber per cup. No palm oil, sugar alcohols, or artificial sweeteners.

Magic Spoon Cereal

Have a bowl of protein cereal with a healthy milk. You can enjoy it alone as a snack or as a topping for yogurt.

Edible Cookie Dough

Go to town on this recipe. It's made with cottage cheese, protein powder, and almond flour.

PB & J Sandwich

Make a 100 cal Thomas English Muffin with 1-2 TB of almond butter, a drizzle of honey, and smashed raspberries

Sour Patch Grapes

Wet grapes with water, sprinkle with no sugar lime or cherry Jello, then freeze for a few hours.

Healthy Ice Cream

Blend 1 cup of low-fat cottage cheese with 1/2 cup of fruit. Add 1 tsp of honey. Freeze for 4 hours. Or, try a Ninja Creami recipe.

Bowl of Cherries

Enjoy a bowl of fresh cherries. One cup is 90 calories and loaded with antioxidants.

Brownie Batter Dip

Mix one cup of plain Greek yogurt, 2 TB cocoa powder, 1 TB maple syrup, and 1 tsp Vanilla. Have with fresh strawberries or the cinnamon crisps.

Healthy Cookies

Make your base with 1 mashed banana, 1 cup quick oats, 1 tsp honey, and your add-ins. Flatten and shape into 7-10 cookies. Bake at 350 for 10-15 minutes.

Power Crunch Mint Bar

Freeze this sucker and enjoy. Only 5 g of added sugar. No sugar alcohols.

FOOD & MOOD

with Amy