

Clean Dessert Recipes

#1: 2 ingredient Banana Bread Cookies



These cookies replace a classic, comforting dish with a simpler and healthier alternative.

Ingredients:

- 2 small overripe bananas (1 cup mashed)
- 1 cup of old fashioned oats

How to make it: Preheat the oven to 350 F. Line a baking sheet with parchment paper. Place the bananas in a bowl and mash them with the back of a spoon. The bananas don't need to become perfectly creamy, a little bit of chunk is good. Add the oats and stir to combine. Coat parchment paper with spray and drop heaping spoonfuls of the batter onto baking sheet. This recipe should yield about 12 cookies. Bake cookies for 12-15 minutes or until tops are lightly browned and crisp. You can also add ½ tsp of cinnamon or 2 tbsp of dark chocolate chips to the batter.

2: Ultimate Unbaked Brownies



It's not every day that you can make and enjoy a batch of brownies that are considered "clean" (these are made from unsweetened cocoa powder, walnuts, and coconut oil) and don't require any time in the oven and are nice and gooey.

Ingredients:

- 2 1/2 cups loosely packed pitted dates
- 1 1/2 cups walnuts
- 1/2 cup plus 2 Tbsp. cacao powder or unsweetened cocoa powder
- 2 teaspoons vanilla extract
- 3/8 teaspoon salt
- 1/4 cup pure maple syrup
- 2 tablespoons melted coconut oil

How to Make It: Combine dates, walnuts, 6 Tbsp. cacao powder, 1 1/2 tsp. vanilla, 2 tsp. water and salt in a food processor. Process until completely smooth.

Lightly grease an 8-inch square baking dish, or line dish with parchment or waxed paper. Transfer dough to dish. Press dough very firmly into dish with your hands until dough is evenly distributed.

In a medium mixing bowl, combine remaining 1/4 cup cacao powder, remaining 1/2 tsp. vanilla, maple syrup and oil. Stir until mixture forms a paste (this is the frosting). Spread paste evenly over dough in baking dish. Refrigerate brownies for at least 2 hours to set, then cut into squares. Refrigerate any leftovers in a covered container for up to 2 weeks.

3: Dark Chocolate Frozen Banana Bites



A quick 12 minutes of prep time is all you need for these refreshing and rich dark chocolate, coconut, and banana bites. The hardest part will be waiting an hour to let them freeze.

Ingredients:

- 3 small (about 6-in.-long) ripe bananas, each cut into 6 (1-in.) slices
- 18 tooth picks or cocktail picks
- 5 ounces dark (85% cacao) chocolate, finely chopped
- 2 teaspoons coconut oil
- 2 tablespoons unsweetened shredded dried coconut, toasted
- 2 tablespoons chopped toasted almonds

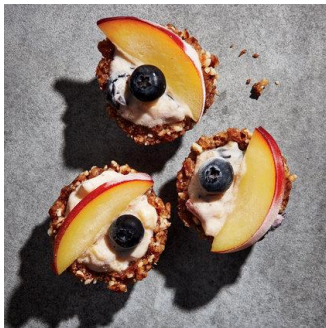
- 1/2 teaspoon sea salt flakes

How to Make It: Skewer each banana slice with 1 cocktail pick and place on a parchment-lined baking sheet. Freeze for 1 hour.

Pour water to a depth of 1 inch into bottom of a double boiler set over medium heat; bring to a light boil. Reduce heat to medium-low and simmer. Place chocolate and oil in top of double boiler and cook, stirring often, until chocolate melts and mixture is smooth, about 4 minutes.

Dip 1 skewered banana slice in chocolate mixture; immediately sprinkle with a pinch of coconut and return to baking sheet. Repeat procedure with remaining coconut for 5 more banana slices, then with almonds for 6 banana slices, then with sea salt for remaining 6 banana slices. Freeze bites for 1 hour before serving.

4: Nectarine-Blueberry Frozen Yogurt Pie Bites



Got a miniature muffin pan? These mini fro-yo pies get their sweetness from fruit (blueberries, nectarines, and dates) and just a touch of honey. Yogurt and almond butter add protein, too.

Ingredients:

- 2/3 cup (about 16) pitted dates
- 2/3 cup toasted almonds
- 2 tablespoons almond butter
- 1/3 cup blueberries
- 1 ripe nectarine
- 1/2 cup plain whole-milk yogurt
- 1 tablespoon honey

How to Make It: Process dates, almonds and almond butter in a food processor until nuts are coarsely ground and mixture is well combined. Lightly coat a 12-cup miniature muffin pan with cooking spray. Divide date mixture evenly among muffin cups, pressing into bottoms and up sides of cups to form mini piecrusts.

Set aside 12 blueberries. Cut 12 thin slices from nectarine. Place on a plate with reserved blueberries; cover and refrigerate.

Place remaining blueberries in a medium bowl; lightly mash with a potato masher or fork. Finely chop remaining nectarine to equal 2 tablespoons; add to mashed blueberries. Add yogurt and honey to mashed blueberry mixture; stir to combine. Divide mixture evenly among muffin cups. Freeze until firm, about 2 hours. (Pie bites may be frozen, covered, overnight) Let stand at room temperature for 5 to 10 minutes before serving. Top each with 1 blueberry and 1 nectarine slice.

#5: Chocolate Dipped Clementines



Say hello to 3-ingredient chocolate-dipped clementines. The delicate bitterness of the dark chocolate balances the sweet juicy clementines, while pistachios add a nice nutty crunch and only takes 20 minutes to make.

Ingredients:

- 2 ounces of dark chocolate, chopped
- 1 tablespoon shelled, roasted unsalted pistachios, very finely chopped
- Sea salt
- Clementines, peeled, segment into single pieces and pith removed

How to Make it: Place chocolate in a small bowl set over a pan of simmering water. Cook, stirring occasionally, until just melted, 1 to 2 minutes. Stir until smooth. In a separate bowl, combine pistachios and a generous pinch of salt. Remove pan from heat but keep bowl over hot water. Dip clementine segments halfway into chocolate; arrange on a serving plate. Sprinkle chocolate halves with pistachio mixture.

6: Chocolate Covered Strawberries



Keeping in the same vein, chocolate-covered strawberries are always a crowd pleaser and are loaded with antioxidants and vitamins. Use dark chocolate and pistachios again here, which boost the health benefits even further.

Ingredients:

- 4 ounces dark chocolate (60% to 70%), finely chopped
- 1/2 cup lightly salted roasted pistachios, finely chopped
- 12 large strawberries, preferably long-stemmed

How to Make It: Line a baking sheet with foil. Place chocolate in a heatproof bowl set over a pan of simmering water. (Do not let water boil or bowl touch water.) Cook, stirring occasionally, until chocolate has melted. Carefully remove bowl and let chocolate cool for 5 minutes. Place pistachios in a small bowl. One at a time, hold a strawberry by stem and dip into chocolate, coating about two-thirds; allow excess to drip off. Immediately dip into pistachios. Set strawberries in 1 layer on prepared baking sheet. Refrigerate until chocolate is firm, about 10 minutes.

#7: Strawberry-Balsamic Frozen Yogurt



Strawberries, yogurt, and honey form the base for this creamy treat.

Ingredients:

- 2 ounces of strawberries, hulled and quartered
- 1 1/2 cups (12 oz.) whole-milk vanilla yogurt

- 2 1/2 tablespoons honey
- 1 tablespoon cherry balsamic or regular balsamic vinegar
- 1/4 teaspoon freshly ground black pepper, optional
- Pinch of salt

How to Make It: In a food processor or blender, pulse strawberries until almost smooth. Transfer to a large bowl and whisk in remaining ingredients until well combined. Freeze in an ice cream maker according to instructions and transfer to a container with a lid. Freeze until firm, about 4 hours. Let soften for about 15 to 20 minutes at room temperature before scooping.

#8: Grilled Peaches With Honey



If you've never experienced the delight of grilled peaches, you're missing out. Simply cut peaches in half and remove the pits, brush with olive oil, and grill until golden brown and caramelized. Remove from the grill, drizzle with honey, and boom: Dessert is done.

Ingredients:

- 3 peaches, pitted and halved
- 1 tablespoon olive oil
- 1 tablespoon of honey

How to Make It: Preheat grill to high. Cut peaches in half, remove pits, brush side of peach halves with olive oil and place on the grill, cut side down. Grill until golden brown and caramelized, about 2 to 3 minutes.