

IF YOU'RE LOOKING FOR DELICIOUS AND HEALTHY WAYS TO SATISFY YOUR SWEET TOOTH, YOU'VE COME TO THE RIGHT PLACE! OUR FIT DESSERT RECIPES ARE SPECIALLY DESIGNED TO PROVIDE THE PLEASURE OF SWEETS WITHOUT COMPROMISING YOUR WEIGHT LOSS JOURNEY. EACH RECIPE IS CRAFTED WITH NATURAL, NUTRITIOUS INGREDIENTS, OFFERING A TASTY AND HEALTHY ALTERNATIVE TO TRADITIONAL SWEETS.

THESE DESSERTS ARE PERFECT FOR WOMEN WHO WANT TO MAINTAIN A BALANCED DIET WITHOUT GIVING UP THE JOY OF A SWEET TREAT. WITH A VARIETY OF OPTIONS, FROM MUFFINS AND TARTS TO PUDDINGS AND ICE CREAMS, YOU'LL FIND A DELIGHTFUL WAY TO CURB YOUR SWEET CRAVINGS WHILE STAYING TRUE TO YOUR WEIGHT LOSS GOALS.

EACH RECIPE IS DETAILED WITH PRECISE INFORMATION ABOUT CALORIES, INGREDIENTS, AND PREPARATION, ENSURING THAT YOU CAN MAKE FIT DESSERTS WITH EASE AND CONFIDENCE. WHETHER FOR A QUICK SNACK, A LIGHT DINNER, OR A GUILT-FREE INDULGENCE, THESE OPTIONS ARE PERFECT FOR ANY TIME OF DAY.

EXPLORE THESE RECIPES AND DISCOVER HOW EASY AND ENJOYABLE IT IS TO MAINTAIN A HEALTHY DIET WHILE SAVORING IRRESISTIBLE AND NUTRITIOUS SWEETS. LET'S START SWEETENING YOUR LIFE IN A HEALTHY AND DELICIOUS WAY!

1. AVOCADO COCOA MOUSSE

- o **CALORIES PER SERVING:** ~180 KCAL
- o **YIELD:** 4 SERVINGS
- o **INGREDIENTS:**
 - 1 RIPE AVOCADO (APPROXIMATELY 200 G OF PULP)
 - 2 TABLESPOONS UNSWEETENED COCOA POWDER (15 G)
 - 2 TABLESPOONS HONEY OR AGAVE SYRUP (30 G)
 - 1 TEASPOON VANILLA EXTRACT (5 ML)
 - A PINCH OF SALT
- o **PREPARATION:**
 1. **PREPARE THE AVOCADO:** CUT THE AVOCADO IN HALF, REMOVE THE PIT, AND SCOOP THE FLESH WITH A SPOON.
 2. **MIX INGREDIENTS:** PLACE THE AVOCADO FLESH IN A FOOD PROCESSOR OR BLENDER. ADD THE COCOA POWDER, HONEY, VANILLA EXTRACT, AND A PINCH OF SALT.
 3. **PROCESS:** BLEND THE MIXTURE ON HIGH SPEED UNTIL CREAMY AND SMOOTH. SCRAPE DOWN THE SIDES OF THE PROCESSOR IF NEEDED.
 4. **CHILL:** TRANSFER THE MOUSSE TO SMALL CUPS OR BOWLS. CHILL FOR AT LEAST 30 MINUTES TO FIRM UP BEFORE SERVING.

2. SWEET POTATO BROWNIES

o **CALORIES PER SERVING:** ~120 KCAL

o **YIELD:** 9 PIECES

o **INGREDIENTS:**

- 1 MEDIUM SWEET POTATO, COOKED AND MASHED (APPROXIMATELY 200 G OF PULP)
- 1/4 CUP UNSWEETENED COCOA POWDER (20 G)
- 2 TABLESPOONS HONEY OR AGAVE SYRUP (30 G)
- 1 EGG
- 1/4 CUP ALMOND FLOUR (25 G)
- 1/2 TEASPOON BAKING POWDER (2 G)

o **PREPARATION:**

1. **PREPARE THE OVEN:** PREHEAT THE OVEN TO 180°C (350°F) AND GREASE A 20X20 CM (8X8 INCH) SQUARE PAN OR LINE WITH PARCHMENT PAPER.
2. **MIX DRY INGREDIENTS:** IN A BOWL, COMBINE THE COCOA POWDER, ALMOND FLOUR, AND BAKING POWDER.
3. **MIX WET INGREDIENTS:** IN ANOTHER BOWL, COMBINE THE MASHED SWEET POTATO, HONEY, AND EGG UNTIL SMOOTH.
4. **COMBINE:** ADD THE DRY INGREDIENTS TO THE SWEET POTATO MIXTURE AND MIX UNTIL COMBINED.
5. **BAKE:** POUR THE BATTER INTO THE PREPARED PAN AND BAKE FOR 25 MINUTES. CHECK FOR DONENESS BY INSERTING A TOOTHPICK INTO THE CENTER—IT SHOULD COME OUT CLEAN.
6. **COOL:** ALLOW TO COOL BEFORE CUTTING INTO PIECES.

3. CHIA PUDDING WITH FRUITS

o **CALORIES PER SERVING:** ~150 KCAL

o **YIELD:** 2 SERVINGS

o **INGREDIENTS:**

- 1/4 CUP CHIA SEEDS (30 G)
- 1 CUP UNSWEETENED ALMOND MILK (240 ML)
- 2 TABLESPOONS HONEY OR AGAVE SYRUP (30 G)
- FRESH FRUITS FOR TOPPING (E.G., STRAWBERRIES, BLUEBERRIES)

o **PREPARATION:**

1. **PREPARE THE MIXTURE:** IN A MEDIUM BOWL, MIX CHIA SEEDS WITH ALMOND MILK AND HONEY. STIR WELL TO ENSURE SEEDS ARE EVENLY DISTRIBUTED.
2. **REST:** COVER THE BOWL WITH PLASTIC WRAP AND REFRIGERATE FOR AT LEAST 4 HOURS OR OVERNIGHT TO ALLOW CHIA SEEDS TO ABSORB THE LIQUID AND FORM A PUDDING.

3. **ADD FRUITS:** WHEN SERVING, TOP THE PUDDING WITH FRESH FRUITS.
4. **OATMEAL BANANA COOKIES**
 - o **CALORIES PER COOKIE:** ~80 KCAL
 - o **YIELD:** 12 COOKIES
 - o **INGREDIENTS:**
 - 2 RIPE BANANAS, MASHED (APPROXIMATELY 200 G)
 - 1 CUP ROLLED OATS (90 G)
 - 1/4 CUP RAISINS OR DARK CHOCOLATE CHIPS (40 G)
 - 1/2 TEASPOON GROUND CINNAMON (1 G)
 - o **PREPARATION:**
 1. **PREPARE THE OVEN:** PREHEAT THE OVEN TO 180°C (350°F) AND LINE A BAKING SHEET WITH PARCHMENT PAPER.
 2. **MIX INGREDIENTS:** IN A BOWL, COMBINE THE MASHED BANANAS WITH OATS, RAISINS (OR CHOCOLATE CHIPS), AND CINNAMON UNTIL WELL MIXED.
 3. **SHAPE COOKIES:** SHAPE THE DOUGH INTO SMALL BALLS AND PLACE ON THE BAKING SHEET. FLATTEN EACH BALL SLIGHTLY WITH THE BOTTOM OF A GLASS.
 4. **BAKE:** BAKE FOR 15 MINUTES OR UNTIL COOKIES ARE GOLDEN AROUND THE EDGES.
 5. **COOL:** ALLOW TO COOL BEFORE REMOVING FROM THE BAKING SHEET.
5. **SUGAR-FREE FRUIT JELLY**
 - o **CALORIES PER SERVING:** ~60 KCAL
 - o **YIELD:** 4 SERVINGS
 - o **INGREDIENTS:**
 - 1 PACKET SUGAR-FREE GELATIN (10 G)
 - 1 CUP NATURAL FRUIT JUICE (240 ML)
 - CHOPPED FRUITS TO TASTE (OPTIONAL, E.G., STRAWBERRIES, KIWIS)
 - o **PREPARATION:**
 1. **PREPARE THE GELATIN:** DISSOLVE THE GELATIN PACKET IN THE FRUIT JUICE ACCORDING TO THE PACKAGE INSTRUCTIONS (USUALLY HEAT PART OF THE JUICE, DISSOLVE THE GELATIN, AND MIX WITH THE REMAINING JUICE).
 2. **ADD FRUITS:** IF DESIRED, ADD CHOPPED FRUITS TO THE MIXTURE.
 3. **CHILL:** POUR THE MIXTURE INTO MOLDS OR INDIVIDUAL CONTAINERS AND REFRIGERATE FOR AT LEAST 2 HOURS OR UNTIL THE GELATIN IS SET.
6. **APPLE CINNAMON MUFFINS**
 - o **CALORIES PER MUFFIN:** ~100 KCAL

- o **YIELD:** 10 MUFFINS
- o **INGREDIENTS:**
 - 1 MEDIUM APPLE, GRATED (APPROXIMATELY 150 G)
 - 1/2 CUP OAT FLOUR (50 G)
 - 1 EGG
 - 1/2 TEASPOON GROUND CINNAMON (1 G)
 - 1 TABLESPOON HONEY (15 G)
- o **PREPARATION:**
 1. **PREPARE THE OVEN:** PREHEAT THE OVEN TO 180°C (350°F) AND GREASE A MINI MUFFIN PAN OR LINE WITH PAPER LINERS.
 2. **MIX INGREDIENTS:** IN A BOWL, COMBINE THE GRATED APPLE, OAT FLOUR, EGG, CINNAMON, AND HONEY UNTIL WELL MIXED.
 3. **SHAPE MUFFINS:** SPOON THE BATTER INTO THE MUFFIN CUPS.
 4. **BAKE:** BAKE FOR 20 MINUTES OR UNTIL MUFFINS ARE GOLDEN AND FIRM TO THE TOUCH.
 5. **COOL:** ALLOW TO COOL BEFORE REMOVING FROM THE PAN.

7. YOGURT AND FRUIT POPSICLES

- o **CALORIES PER POPSICLE:** ~90 KCAL
- o **YIELD:** 6 POPSICLES
- o **INGREDIENTS:**
 - 1 CUP PLAIN GREEK YOGURT (240 G)
 - 1/2 CUP CHOPPED FRUIT (STRAWBERRIES, MANGOES, ETC.)
 - 1 TABLESPOON HONEY (15 G)
- o **PREPARATION:**
 1. **PREPARE THE MIXTURE:** IN A BOWL, MIX THE YOGURT WITH HONEY UNTIL SMOOTH.
 2. **ASSEMBLE POPSICLES:** POUR THE MIXTURE INTO POPSICLE MOLDS.
 3. **ADD FRUITS:** ADD CHOPPED FRUITS TO THE MOLDS.
 4. **FREEZE:** INSERT STICKS AND FREEZE FOR AT LEAST 4 HOURS OR UNTIL POPSICLES ARE FIRM.

8. PUMPKIN NUT MUFFINS

- o **CALORIES PER MUFFIN:** ~130 KCAL
- o **YIELD:** 8 MUFFINS
- o **INGREDIENTS:**
 - 1 CUP PUMPKIN PUREE (240 G)
 - 1/2 CUP ALMOND FLOUR (50 G)
 - 1/4 CUP CHOPPED NUTS (30 G)
 - 1/4 CUP HONEY (60 G)
 - 1 EGG

- 1 TEASPOON BAKING POWDER (5 G)
- 1/2 TEASPOON GROUND CINNAMON (1 G)
- 1/4 TEASPOON NUTMEG (OPTIONAL, 0.5 G)

o **PREPARATION:**

1. **PREPARE THE OVEN:** PREHEAT THE OVEN TO 180°C (350°F) AND GREASE A MUFFIN PAN OR LINE WITH PAPER LINERS.
2. **MIX DRY INGREDIENTS:** IN A BOWL, COMBINE THE ALMOND FLOUR, BAKING POWDER, CINNAMON, AND NUTMEG.
3. **MIX WET INGREDIENTS:** IN ANOTHER BOWL, MIX THE PUMPKIN PUREE, HONEY, AND EGG UNTIL SMOOTH.
4. **COMBINE:** ADD THE DRY INGREDIENTS TO THE PUMPKIN MIXTURE AND STIR UNTIL COMBINED. FOLD IN THE CHOPPED NUTS.
5. **BAKE:** DIVIDE THE BATTER AMONG THE MUFFIN CUPS AND BAKE FOR 20-25 MINUTES, OR UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN.
6. **COOL:** ALLOW TO COOL BEFORE REMOVING FROM THE PAN.

9. **FRUIT CRISP WITH OATS**

- o **CALORIES PER SERVING:** ~180 KCAL
- o **YIELD:** 4 SERVINGS
- o **INGREDIENTS:**

- 2 CUPS MIXED FRUIT (E.G., APPLES, BERRIES)
- 1/2 CUP ROLLED OATS (45 G)
- 1/4 CUP ALMOND FLOUR (25 G)
- 1/4 CUP HONEY OR MAPLE SYRUP (60 G)
- 1/4 TEASPOON GROUND CINNAMON (1 G)

o **PREPARATION:**

1. **PREPARE THE FRUIT:** SLICE OR CHOP THE FRUIT AND PLACE IT IN A BAKING DISH.
2. **PREPARE THE TOPPING:** IN A BOWL, MIX THE OATS, ALMOND FLOUR, HONEY, AND CINNAMON.
3. **ASSEMBLE:** SPRINKLE THE OAT MIXTURE OVER THE FRUIT.
4. **BAKE:** BAKE AT 180°C (350°F) FOR 30 MINUTES, OR UNTIL THE TOPPING IS GOLDEN AND THE FRUIT IS BUBBLING.
5. **COOL:** LET COOL SLIGHTLY BEFORE SERVING.

10. **BERRY SMOOTHIE BOWL**

- o **CALORIES PER SERVING:** ~200 KCAL
- o **YIELD:** 1 BOWL
- o **INGREDIENTS:**

- 1 CUP MIXED FROZEN BERRIES (150 G)

- 1/2 BANANA
- 1/2 CUP UNSWEETENED ALMOND MILK (120 ML)
- 1 TABLESPOON CHIA SEEDS (10 G)
- FRESH BERRIES AND NUTS FOR TOPPING

o **PREPARATION:**

1. **BLEND INGREDIENTS:** IN A BLENDER, COMBINE THE FROZEN BERRIES, BANANA, AND ALMOND MILK. BLEND UNTIL SMOOTH AND CREAMY.
2. **POUR AND TOP:** POUR THE SMOOTHIE INTO A BOWL AND TOP WITH CHIA SEEDS, FRESH BERRIES, AND NUTS.
3. **SERVE:** ENJOY IMMEDIATELY.

11. **COCONUT DATE BALLS**

- o **CALORIES PER BALL:** ~90 KCAL
- o **YIELD:** 12 BALLS
- o **INGREDIENTS:**

- 1 CUP DATES, PITTED (150 G)
- 1/2 CUP UNSWEETENED SHREDDED COCONUT (40 G)
- 1/4 CUP ALMOND FLOUR (25 G)
- 1 TABLESPOON COCOA POWDER (10 G)

o **PREPARATION:**

1. **BLEND INGREDIENTS:** IN A FOOD PROCESSOR, BLEND THE DATES, SHREDDED COCONUT, ALMOND FLOUR, AND COCOA POWDER UNTIL THE MIXTURE STICKS TOGETHER.
2. **SHAPE BALLS:** ROLL THE MIXTURE INTO SMALL BALLS.
3. **CHILL:** PLACE IN THE REFRIGERATOR FOR AT LEAST 30 MINUTES TO FIRM UP BEFORE SERVING.

12. **BERRY CHIA JAM**

- o **CALORIES PER TABLESPOON:** ~40 KCAL
- o **YIELD:** 1 CUP
- o **INGREDIENTS:**

- 1 CUP MIXED BERRIES (150 G)
- 2 TABLESPOONS CHIA SEEDS (20 G)
- 2 TABLESPOONS HONEY OR MAPLE SYRUP (30 G)

o **PREPARATION:**

1. **COOK BERRIES:** IN A SAUCEPAN, COOK THE BERRIES OVER MEDIUM HEAT UNTIL THEY BREAK DOWN AND BECOME SYRUPY, ABOUT 10 MINUTES.
2. **ADD CHIA SEEDS:** STIR IN THE CHIA SEEDS AND HONEY. COOK FOR ANOTHER 5 MINUTES, STIRRING OCCASIONALLY.

3. **COOL AND STORE:** LET THE JAM COOL, THEN TRANSFER TO A JAR AND REFRIGERATE. THE JAM WILL THICKEN FURTHER AS IT COOLS.

13. GREEN SMOOTHIE POPSICLES

- o **CALORIES PER POPSICLE:** ~80 KCAL
- o **YIELD:** 6 POPSICLES
- o **INGREDIENTS:**
 - 1 CUP SPINACH (30 G)
 - 1 BANANA
 - 1/2 CUP PINEAPPLE CHUNKS (80 G)
 - 1/2 CUP COCONUT WATER (120 ML)
- o **PREPARATION:**
 1. **BLEND INGREDIENTS:** IN A BLENDER, COMBINE SPINACH, BANANA, PINEAPPLE, AND COCONUT WATER. BLEND UNTIL SMOOTH.
 2. **POUR AND FREEZE:** POUR THE MIXTURE INTO POPSICLE MOLDS.
 3. **INSERT STICKS AND FREEZE:** INSERT STICKS AND FREEZE FOR AT LEAST 4 HOURS.

14. ALMOND BUTTER ENERGY BITES

- o **CALORIES PER BITE:** ~100 KCAL
- o **YIELD:** 10 BITES
- o **INGREDIENTS:**
 - 1/2 CUP ALMOND BUTTER (120 G)
 - 1/2 CUP ROLLED OATS (45 G)
 - 1/4 CUP HONEY (60 G)
 - 1/4 CUP MINI DARK CHOCOLATE CHIPS (40 G)
- o **PREPARATION:**
 1. **MIX INGREDIENTS:** IN A BOWL, COMBINE ALMOND BUTTER, ROLLED OATS, HONEY, AND CHOCOLATE CHIPS.
 2. **SHAPE BITES:** ROLL THE MIXTURE INTO SMALL BALLS.
 3. **CHILL:** REFRIGERATE FOR AT LEAST 30 MINUTES TO FIRM UP BEFORE SERVING.

15. GREEK YOGURT FRUIT PARFAIT

- o **CALORIES PER SERVING:** ~180 KCAL
- o **YIELD:** 1 SERVING
- o **INGREDIENTS:**
 - 1 CUP PLAIN GREEK YOGURT (240 G)
 - 1/2 CUP MIXED FRESH FRUITS (E.G., BERRIES, KIWI) (80 G)
 - 2 TABLESPOONS GRANOLA (15 G)
 - 1 TABLESPOON HONEY (15 G)
- o **PREPARATION:**

1. **LAYER INGREDIENTS:** IN A BOWL OR GLASS, LAYER GREEK YOGURT, FRESH FRUITS, AND GRANOLA.
2. **DRIZZLE HONEY:** DRIZZLE HONEY OVER THE TOP.
3. **SERVE:** ENJOY IMMEDIATELY OR REFRIGERATE FOR LATER.