



EMBER
NUTRITION & TRAINING

February Self-Love Dessert Recipes

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Key Lime Mousse

4 servings

10 minutes

Ingredients

- 2 Avocado (peeled and pitted)
- 2 Lime (zested and juiced)
- 2 tbsps Maple Syrup
- 2 tbsps Canned Coconut Milk
- 1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	209
Fat	16g
Carbs	17g
Fiber	7g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	11mg
Vitamin A	158IU
Vitamin C	17mg
Calcium	26mg
Iron	1mg

Directions

1

In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings: Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk: Use almond milk or cashew milk instead.



Coconut Yogurt with Berries & Granola

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Coconut Yogurt

1/2 cup Frozen Berries (thawed)

1/4 cup Granola

Nutrition

Amount per serving	
Calories	272
Fat	13g
Carbs	35g
Fiber	8g
Sugar	14g
Protein	6g
Cholesterol	0mg
Sodium	45mg
Vitamin A	6IU
Vitamin C	20mg
Calcium	411mg
Iron	2mg

Directions

- 1 Add the coconut yogurt to a bowl and top with the berries, any excess juices, and the granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add granola just before serving.

Additional Toppings: Chopped nuts, seeds, a drizzle of honey, cinnamon, other chopped fruit.

No Coconut Yogurt: Use Greek yogurt instead.



Chocolate Avocado Pudding

3 servings

10 minutes

Ingredients

- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup
- 1/2 cup Plain Coconut Milk (from the carton)
- 1/3 cup Cocoa Powder

Nutrition

Amount per serving	
Calories	353
Fat	22g
Carbs	45g
Fiber	14g
Sugar	26g
Protein	5g
Cholesterol	0mg
Sodium	19mg
Vitamin A	281IU
Vitamin C	13mg
Calcium	127mg
Iron	2mg

Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of pudding.

More Flavor: Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings: Fresh berries or toasted coconut.

Dates: Medjool dates were used to create this recipe.

No Coconut Milk: Use another non-dairy or dairy milk instead.

No Food Processor: Use a blender instead.



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)

Nutrition

Amount per serving	
Calories	180
Fat	9g
Carbs	21g
Fiber	1g
Sugar	17g
Protein	2g
Cholesterol	0mg
Sodium	296mg
Vitamin A	0IU
Vitamin C	36mg
Calcium	22mg
Iron	1mg

Directions

- 1 In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. 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.



Chocolate Chip Cookie Pie

12 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 cups White Navy Beans (cooked, from the can)
- 1 cup Oats (quick or rolled)
- 1/2 cup Unsweetened Applesauce
- 2 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1 1/2 tsp Baking Powder
- 1/2 cup Pitted Dates
- 1 cup Dark Chocolate Chips (divided)
- 1/2 tsp Sea Salt (coarse, optional)

Nutrition

Amount per serving	
Calories	222
Fat	8g
Carbs	29g
Fiber	4g
Sugar	14g
Protein	5g
Cholesterol	0mg
Sodium	213mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	61mg
Iron	2mg

Directions

- 1 Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
- 2 Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
- 3 Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
- 4 Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

Notes

No White Beans: Use chickpeas instead.

Storage: Refrigerate up to 5 days or freeze in individual servings.



Strawberry Crumble with Coconut Yogurt

2 servings

35 minutes

Ingredients

- 2 cups Strawberries (halved)
- 1 tsp Vanilla Extract
- 1 1/2 tsps Lemon Juice
- 2 tsps Maple Syrup (divided)
- 1/2 cup Almond Flour
- 1/4 tsp Sea Salt
- 1 1/2 tsps Coconut Oil (melted)
- 1 tbsp Slivered Almonds
- 1 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	437
Fat	30g
Carbs	38g
Fiber	8g
Sugar	21g
Protein	8g
Cholesterol	0mg
Sodium	324mg
Vitamin A	18IU
Vitamin C	86mg
Calcium	365mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a mixing bowl, toss together the strawberries, vanilla extract, lemon juice, and 1/3 of the maple syrup. Transfer to a baking dish.
- 3 In a bowl combine the flour, salt, oil, and the remaining syrup. Spread evenly over the strawberries and sprinkle with slivered almonds. Bake in the oven for 25 minutes, or until the strawberries are juicy, and bubbly and the topping is golden-brown.
- 4 Let stand for five minutes before serving with the yogurt. Enjoy!

Notes

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

Serving Size: An 8-inch diameter baking dish was used to make two servings. One serving is approximately two cups.

More Flavor: Add other berries and chia seeds to the strawberries.

Additional Toppings: Fresh mint.



Dark Chocolate Granola Bites

18 servings

20 minutes

Ingredients

- 1/2 cup Maple Syrup
- 1 cup Sunflower Seed Butter (melted)
- 1 cup Oats (rolled)
- 3/4 cup Unsweetened Coconut Flakes
- 5 1/16 ozs Dark Chocolate (chopped, or Dark Chocolate Chips)
- 1/4 cup Raisins
- 1 tsp Cinnamon
- 1/4 cup Whole Flax Seeds
- 1/4 cup Chia Seeds

Nutrition

Amount per serving	
Calories	229
Fat	16g
Carbs	21g
Fiber	4g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	6mg
Vitamin A	11IU
Vitamin C	0mg
Calcium	52mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
- 3 Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
- 4 Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!

Notes

Leftovers: Freeze in an airtight container or bag for up to three months.

Serving Size: One serving is two mini muffin-sized granola bites.

No Sunflower Seed Butter: Use almond butter, tahini or peanut butter.

No Maple Syrup: Use raw honey instead.

Enjoy it Raw: Roll into balls or press firmly into a parchment-lined baking tray. Freeze for at least one hour before enjoying it. Cut into slices if using a tray.

No Mini Muffin Tray: Use a regular muffin tray or a baking pan and adjust cooking time as needed.