

Skinny 3 Berry Dessert Pizza

Serves 8

Estimated time 25-30 mins

Crust:

1/2 cup almond flour
1 cup oat flour
1/4 tsp Salt
1/2 cup Sweetener of choice
1/4 tsp Baking soda
1 tsp Baking powder
1 Egg
2 Egg white
1/2 cup Applesauce
1/2 cup Almond milk
1/2 tsp Almond extract

Frosting:

1 (8 oz) pkg Cream cheese
1 tsp Vanilla extract
1/2 tsp Lemon juice
1/4 tsp Almond extract
1/4 cup Sweetener of choice

Fruit Topping:

1 cup Strawberries
1/2 cup Raspberries
1/2 cup Blueberries

Preheat the oven to 375 degrees. Spray 8-inch springform pan with cooking spray. Mix everything for the crust together in a medium bowl and press into a springform pan. Bake for 20-25 minutes or until lightly browned. Let cool completely.

In a bowl, beat cream cheese with sweetener. Add vanilla. Chill in the refrigerator until the crust is completely cooled. Spread cream cheese mixture over cooled crust. Arrange fruit slices over pizza 'crust' and filling. Cut pizza into 8 slices, and enjoy!

Nutrition info

Servings 8
Calories per serving 135
Fat 5g
Carbohydrate 7g
Fiber 2g
Protein 8g

No Bake Peanut Butter Cup Dessert

Serves 12

Estimated time 4-8 hours

Peanut Butter Layer

1 (8 oz) pkg Cream cheese

1 cup Peanut flour

1/4 cup Nut butter

3/4 cup Sweetener of choice [1]

1/4 tsp Salt

3/4 cup Almond milk

1 (8 oz) Tru Whip

Chocolate Cookie Layer:

1 (9 oz) pkg chocolate wafer cookies [2]

Optional Topping:

1 (8 oz) Tru Whip

2 Organic peanut butter cups

1/4 cup Peanuts

[1]Or 1 1/4 cup sweetener that measures like sugar.

[2] I used Famous Chocolate Wafers but 1 (8 oz) pkg of chocolate Annie's bunnies or teddy grahams would also work.

Make the Peanut Butter Layer: In a large mixing bowl, mix together everything for the peanut butter layer, except the whipped topping, with a hand held mixer until smooth, about 2 minutes, scraping down the sides as needed. Using a rubber spatula, gently fold in the Tru Whip.

Place a single layer of cookies in the bottom of a 8x8 inch pan, (you may need to break some cookies up to fit properly). Top cookies with half of the peanut butter filling mixture and spread evenly. Repeat layers.

Optional: Spread the second container of Tru Whip on top and sprinkle with peanut butter cups or chopped peanuts. Cover with plastic wrap and place in fridge overnight.

Nutrition info:

Servings 12

Calories per serving 210

Fat 9g

Carbohydrates 26g

Fiber 2g

Protein 9g

Perfectly Portioned Protein Sherbet

Serves 6

Estimated time 5-10 mins

2 bananas [1]

2 cups berries [1]

¼ cup protein powder [2]

⅓ cup sweetener (optional)

Slice bananas and freeze for at least 3-4 hours, or until firm. Place bananas, berries, protein powder, and sweetener if using in a high power blender or food processor. Blend until creamy and smooth ice cream forms. (This may require stopping the blender a few times and scraping down the sides.)

Line a 12 cup muffin tin with saran wrap or press and seal. Scoop "ice cream" using an ice cream scoop into each individual muffin tin. Place in the freezer until ice cream has reached the "firmness" you desire (30 minutes-1 hour will be like soft serve, 2 or more hours will be more firm like ice cream).

Enjoy as is, or with almond butter, nuts, tru whip, sprinkles, or chocolate on top! Enjoy!

[1] Bananas and berries can be fresh or frozen. If starting with fresh, blend them up just as stated in directions, scoop everything into a container, freeze for about 2-3 hours, then scoop into balls and freeze.

[2] Or peanut flour (PB Fit or PB2). You can also leave this out entirely if you choose.

Nutrition info

Servings 6

Calories per serving 43

Fat <1g

Carbohydrates 8g

Fiber 2g

Protein 4g