

THE COMPLETE MEDITERRANEAN DESSERT

RECIPE COOKBOOK

Naturally Sweet, Heart-Healthy Recipes from the Mediterranean—
Indulgent Yet Wholesome Treats Made with Olive Oil, Fruit, and Nuts.

140+
RECIPES



DAKOTA LANE- VESTRA

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Introduction

Welcome to the Mediterranean Heart-Healthy Dessert Recipe Cookbook – a delicious journey that blends the rich, vibrant flavors of the Mediterranean with the wholesome goodness of heart-healthy ingredients. This cookbook is designed not only to satisfy your sweet cravings but to nourish your body with desserts that support your heart's health.

The Mediterranean diet has long been celebrated for its health benefits, particularly its positive effects on heart health. Centered around fresh vegetables, whole grains, healthy fats, and lean proteins, it emphasizes the importance of mindful eating. When it comes to desserts, the Mediterranean way focuses on natural sweetness from fruits, the richness of nuts, and the delicate flavors of honey and dark chocolate. Here, we combine these principles with modern, heart-healthy twists to bring you indulgent yet nutritious treats.

Each recipe in this book is carefully crafted to minimize processed sugars and unhealthy fats, making use of nutrient-dense ingredients that are not only good for the heart but also bring joy to your taste buds. Whether it's a fruity parfait, a nutty cake, or a creamy mousse, you'll discover how easy it is to create desserts that are as satisfying as they are heart-healthy.

But this cookbook is more than just a collection of recipes. It's a celebration of the Mediterranean lifestyle – one that nurtures your heart, promotes longevity, and encourages a balanced approach to food. With every dessert, you'll be treating yourself to the flavors of the Mediterranean while also supporting your cardiovascular health.

Whether you're looking to manage your weight, lower cholesterol, or simply enjoy the heart-healthy benefits of the Mediterranean diet, these desserts will become your go-to treats. Indulge without the guilt and give your heart the love it deserves with every bite.

Let the Mediterranean Heart-Healthy Dessert Recipe Cookbook inspire you to create desserts that not only taste great but also nourish your body from the inside out. Happy baking, and here's to a sweeter, healthier life!



Sugar Substitutes

1. Stevia

Why it's good for heart health: Stevia is a natural sweetener derived from the leaves of the Stevia plant. It has zero calories and doesn't raise blood sugar levels, making it a great option for people managing blood sugar levels or seeking to reduce their risk of heart disease.

How to use it: Stevia is much sweeter than sugar, so a little goes a long way. It's ideal for beverages, baked goods, and even yogurt.

2. Monk Fruit Sweetener

Why it's good for heart health: Monk fruit sweetener is a natural, zero-calorie sweetener that contains antioxidants called mogrosides, which have anti-inflammatory and heart-healthy properties. Like stevia, it doesn't impact blood sugar, making it a suitable option for diabetes management.

How to use it: Monk fruit sweetener is a good all-purpose sweetener for both baking and beverages. It's sweeter than sugar, so use it in smaller amounts.

3. Erythritol

Why it's good for heart health: Erythritol is a sugar alcohol with almost no calories and no effect on blood sugar or insulin

levels. It has been shown to have antioxidant properties, helping to reduce inflammation, a key factor in heart disease.

How to use it: Erythritol can be used as a direct substitute for sugar in many recipes, especially in baking. It has about 70% of the sweetness of sugar, so you might need to adjust the quantity accordingly.

4. Yacon Syrup

Why it's good for heart health: Yacon syrup, derived from the root of the Yacon plant, has a low glycemic index and is rich in fructooligosaccharides, a type of prebiotic fiber that promotes gut health. It may also help improve cholesterol levels.

How to use it: Yacon syrup is great for sweetening beverages, yogurt, or pancakes. It has a molasses-like consistency, so it may be best used in recipes that can accommodate its liquid form.

5. Coconut Sugar

Why it's good for heart health: Coconut sugar is derived from the sap of coconut palms and contains a variety of nutrients, including potassium, magnesium, and iron. It has a lower glycemic index compared to regular sugar, meaning it doesn't spike blood sugar as much.

How to use it: Coconut sugar can replace regular sugar in a 1:1 ratio. It's perfect for baked goods and can also be used to sweeten coffee and tea.

6. Allulose

Why it's good for heart health: Allulose is a rare sugar that occurs naturally in small amounts in some fruits. It provides fewer calories than regular sugar, has little to no effect on blood glucose levels, and may even help improve cholesterol levels.

How to use it: Allulose can be used in a 1:1 ratio to replace sugar in most recipes. It's perfect for baking, as it caramelizes like sugar, making it a good choice for desserts like cookies and cakes.

7. Date Sugar (in moderation)

Why it's good for heart health: Date sugar is made from ground, dehydrated dates. It is rich in fiber, antioxidants, and several vitamins and minerals, such as potassium and magnesium, which support heart health. However, it is still high in calories, so moderation is key.

How to use it: Date sugar can be used to sweeten oatmeal, smoothies, and baked goods. Since it's granulated, it works well in many recipes, though it doesn't dissolve in liquids like traditional sugar.

8. Agave Nectar (in moderation)

Why it's good for heart health: Agave nectar has a lower glycemic index than regular sugar, meaning it causes a slower rise in blood sugar. It is sweeter than sugar, so you can use less of it to achieve the desired sweetness.

How to use it: Agave nectar is a good option for drizzling over fruits, yogurt, or oatmeal. It also works well in beverages like coffee or tea.



FRUIT BASED TREATS

FRESH FIG SALAD

Prep Time: 10 min | **Cook Time:** 3 min | **Serving:** 4

Ingredients:

- 8 fresh figs, quartered
- 4 cups mixed greens
- ½ cup feta cheese, crumbled
- ¼ cup pine nuts, toasted
- ¼ cup pomegranate seeds
- ½ red onion, thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- Black pepper to taste



Nutrition facts:

Calories 220, Fat 17g, Carbohydrates 15g, Fiber 4g, Protein 5g

Instructions:

- Wash and quarter the figs. Set aside.
- Toast the pine nuts to the pan over medium heat for 2 to 3 minutes until golden brown.
- Add the olive oil, balsamic vinegar, and pepper in a small bowl and mix well.
- Add the mixed greens, sliced red onion, figs, and pomegranate seeds, crumbled feta, and toasted pine nuts in a big bowl and mix well.
- Drizzle the dressing over the salad and toss to combine.
- Serve!

ORANGE AND ALMOND CAKE

Prep Time: 20 min | **Cook Time:** 50 min | **Serving:** 8

Ingredients:

- 2 oranges
- 2 cups ground almonds
- 4 eggs
- 1 tsp baking powder
- ¼ cup olive oil
- 1 tsp vanilla extract



Nutrition facts:

Calories 210, Fat 15g, Carbohydrates 17g, Fiber 3g, Protein 7g

Instructions:

- Add water and oranges to the pot and boil for 45 minutes. Let them cool.
- Once cooled, cut the oranges in half, remove the seeds, and blend them until smooth.
- Preheat the oven to 350 degrees F. Grease a round cake pan with olive oil or line it with parchment paper.
- Add the eggs, olive oil, and vanilla extract into the bowl and whisk to combine.
- Add the orange puree and mix until well combined. Add the ground almonds, baking powder, and optional lemon zest in another bowl and mix well. Add the dry ingredients into the wet ingredients and mix well.
- Pour the batter into the prepared cake pan. Bake for 45-50 minutes.
- Once the cake is baked, allow it to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely. Serve and enjoy!

BAKED PEARS WITH CINNAMON

Prep Time: 10 min | **Cook Time:** 30 min | **Serving:** 4

Ingredients:

- 4 ripe pears
- 1 tsp ground cinnamon
- 1 tbsp walnuts, chopped
- 1 tbsp olive oil
- ½ tsp vanilla extract



Nutrition facts:

Calories 160, Fat 7g, Carbohydrates 28g, Fiber 6g, Protein 1g

Instructions:

- Preheat the oven to 375 degrees F.
- Cut the pears in half and remove the core using a spoon.
- Place the pear halves in a baking dish.
- Add the cinnamon, vanilla extract, and olive oil into the small bowl and mix well.
- Spoon the cinnamon mixture over the pear halves.
- Sprinkle chopped walnuts over the pears.
- Cover the baking dish with foil and bake for 25-30 minutes.
- Remove from the oven and let them cool slightly.
- Serve and enjoy!

WATERMELON AND FETA SALAD

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 4 cups cubed watermelon
- 1 cup crumbled feta cheese
- ½ cup fresh mint leaves, chopped
- ¼ cup red onion, thinly sliced
- ¼ cup extra virgin olive oil
- 2 tbsp fresh lime juice
- Black pepper, to taste



Nutrition facts:

Calories 150, Fat 10g, Carbohydrates 12g, Fiber 1g, Protein 5g

Instructions:

- Add the cubed watermelon, crumbled feta, chopped mint leaves, and thinly sliced red onion into the bowl and mix well.
- Add the olive oil, lime juice, and pepper in a small bowl and mix well.
- Drizzle the dressing over the watermelon mixture and toss to combine.
- Serve and enjoy!

GREEK YOGURT WITH FRESH BERRIES

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 2 cups plain Greek yogurt, unsweetened
- ½ cup mixed fresh berries
- ¼ tsp vanilla extract



Nutrition facts:

Calories 220, Fat 6g, Carbohydrates 20g, Fiber 5g, Protein 15g

Instructions:

- Add Greek yogurt into the bowl. Add vanilla extract and mix well.
- Add half of mixed berries over it. Then, add remaining Greek yogurt.
- Top with remaining mixed berries.
- Serve and enjoy!

MELON AND MINT SALAD

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 watermelon, cubed
- 1 cantaloupe melon, cubed
- ½ cup fresh mint leaves, finely chopped
- ¼ cup extra virgin olive oil
- 1 tbsp fresh lime juice
- Black pepper to taste



Nutrition facts:

Calories 150, Fat 9g, Carbohydrates 30g, Fiber 4g, Protein 4g

Instructions:

- Cut the watermelon and cantaloupe into cubes. Place them into a salad bowl.
- Add the olive oil, lime juice, and pepper in a bowl and mix well.
- Drizzle the dressing over the melon cubes. Toss to coat the melon with the dressing.
- Let the salad chill in the fridge for 10 minutes.
- Serve and enjoy!

PEACH SORBET

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 4 ripe peaches, peeled and chopped
- 1 tsp lemon juice
- ¼ cup water



Nutrition facts:

Calories 150, Fat 0g, Carbohydrates 18g, Fiber 2g, Protein 1g

Instructions:

- Add the peaches, lemon juice, and water into the blender. Blend until smooth and creamy.
- Pour the peach mixture into a shallow dish or ice cube trays.
- Place the dish in the freezer and freeze for 4-6 hours.
- Serve!

BAKED APPLES

Prep Time: 15 min | **Cook Time:** 45 min | **Serving:** 4

Ingredients:

- 4 apples
- ¼ cup walnuts or almonds, chopped
- ¼ cup raisins or dried figs, chopped
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 tbsp olive oil
- ¼ cup water
- ¼ tsp vanilla extract



Nutrition facts:

Calories 180, Fat 6g, Carbohydrates 38g, Fiber 6g, Protein 3g

Instructions:

- Preheat the oven to 350 degrees F.
- Core the apples, creating a hollow center for the filling. Place the apples in a baking dish.
- Add chopped walnuts or almonds, raisins or dried figs, cinnamon, nutmeg, and vanilla extract into the bowl and mix well.
- Spoon the filling mixture into the hollowed-out center of each apple.
- Drizzle the apples with olive oil and add water to the baking dish.
- Cover the baking dish with aluminum foil and bake for 30 minutes.
- After 30 minutes, remove the foil and bake for an additional 10-15 minutes.
- Serve!

STRAWBERRY SORBET

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 4 cups fresh strawberries, hulled and chopped
- 1 tbsp lemon juice, freshly squeezed
- ½ tsp vanilla extract
- ¼ cup water



Nutrition facts:

Calories 70, Fat 0g, Carbohydrates 18g, Fiber 2g, Protein 1g

Instructions:

- Wash and hull the strawberries. Cut them into halves.
- Add the strawberries, lemon juice, vanilla extract, and water into the blender. Blend until smooth.
- Pour the strawberry mixture into a shallow dish. Place it in the freezer for at least 3-4 hours.
- Serve!

DATE COOKIES

Prep Time: 15 min | **Cook Time:** 12 min | **Serving:** 4

Ingredients:

- | | |
|---|-------------------------|
| • 1 cup Medjool dates, pitted and chopped | • ½ tsp ground cinnamon |
| • ½ cup rolled oats | • ¼ tsp ground nutmeg |
| • ¼ cup almond flour | • ¼ tsp baking soda |
| • ¼ cup whole wheat flour | • 1 egg |
| • ¼ cup walnuts, chopped | • 2 tbsp olive oil |
| • ¼ cup shredded coconut, unsweetened | • 1 tsp vanilla extract |



Nutrition facts:

Calories 140, Fat 7g, Carbohydrates 17g, Fiber 3g, Protein 2g

Instructions:

- Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- Add the chopped dates into the food processor and pulse until smooth.
- Add the rolled oats, almond flour, whole wheat flour, cinnamon, nutmeg, and baking soda in a big bowl and mix well.
- Add the egg, olive oil, and vanilla extract in another bowl and mix well.
- Add the wet ingredients to the dry ingredients and mix well. Stir in the date paste and chopped walnuts and shredded coconut.
- Shape the cookies. Place them on the prepared baking sheet.
- Bake the cookies for 10-12 minutes until golden brown.
- Serve!

CARROT CAKE

Prep Time: 15 min | **Cook Time:** 40 min | **Serving:** 4

Ingredients:

- 2 cups whole-wheat flour
- 1 ½ tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- 3 eggs
- ½ cup olive oil
- 1 cup carrots, grated
- ½ cup Greek yogurt
- 1 tsp vanilla extract
- For the Frosting:
 - 8 oz cream cheese
 - 1 tsp vanilla extract

Instructions:

- Preheat the oven to 350 degrees F. Grease and line a round cake pans with parchment paper.
- Add whole-wheat flour, baking soda, cinnamon, nutmeg, and ginger.
- Add eggs, olive oil, Greek yogurt, and vanilla extract in another bowl. Mix until smooth.
- Add the wet mixture to the dry ingredients and stir until just combined. Stir in the grated carrots.
- Pour the batter into the prepared cake pan. Bake in the preheated oven for 35-40 minutes.
- Let the cake cool in the pan for 10 minutes.
- Add cream cheese and vanilla extract into the bowl and beat well.
- Once the cake has cooled, spread the frosting on top.
- Serve!



Nutrition facts:

Calories 250, Fat 14g, Carbohydrates 28g, Fiber 3g, Protein 6g

BANANA WALNUT BREAD

Prep Time: 15 min | **Cook Time:** 50 min | **Serving:** 4

Ingredients:

- 2 ripe bananas, mashed
- 1 cup whole wheat flour
- ½ cup almond flour
- ¼ cup olive oil
- 2 eggs
- 1 tsp vanilla extract
- ½ tsp baking soda
- ½ tsp cinnamon
- ½ cup walnuts, chopped

Instructions:

- Preheat the oven to 350 degrees F. Grease a loaf pans or line it with parchment paper.
- In a large bowl, mash the bananas with a fork until smooth.
- Whisk the eggs, olive oil, and vanilla extract into the mashed bananas until combined.
- In a separate bowl, combine the whole wheat flour, almond flour, baking soda, and cinnamon.
- Add the dry ingredients to the banana mixture. Fold in the walnuts.
- Pour the batter into the prepared loaf pan.
- Bake for 45-50 minutes.
- Serve!



Nutrition facts:

Calories 210, Fat 14g, Carbohydrates 20g, Fiber 3g, Protein 4g

FIG CAKE

Prep Time: 15 min | **Cook Time:** 40 min | **Serving:** 4

Ingredients:

- 2 cups fresh or dried figs, chopped
- 1 tsp baking soda
- ½ cup olive oil
- ½ tsp ground cinnamon
- 2 eggs
- ¼ tsp ground nutmeg
- 1 tsp vanilla extract
- ½ cup Greek yogurt
- 1 cup whole wheat flour
- ½ cup almond meal

Instructions:

- Preheat the oven to 350 degrees F. Grease and flour a round cake pan.
- In a large bowl, whisk together olive oil, eggs, and vanilla extract until well combined. Add the Greek yogurt and mix until smooth.
- In a separate bowl, combine whole wheat flour, almond meal, baking soda, cinnamon, and nutmeg.
- Add the chopped figs to the wet ingredients. Stir to combine.
- Add the dry ingredients to the wet ingredients. Pour the batter into the prepared cake pan.
- Bake for 30-40 minutes.
- Serve!



Nutrition facts:

Calories 250, Fat 12g, Carbohydrates 30g, Fiber 5g, Protein 4g

BLUEBERRY MUFFINS

Prep Time: 15 min | **Cook Time:** 25 min | **Serving:** 4

Ingredients:

- 1 ½ cups whole wheat flour
- 1 tsp vanilla extract
- ½ cup almond flour
- 1 ½ cups fresh blueberries
- 1 tsp baking powder
- 1 tsp lemon zest
- ½ tsp baking soda
- 1 tbsp lemon juice
- 1 tsp ground cinnamon
- ½ cup unsweetened almond milk
- 2 eggs
- ½ cup Greek yogurt
- ¼ cup olive oil

Instructions:

- Preheat the oven to 350 degrees F. Line a muffin tin with paper liners or grease it with olive oil.
- Add whole wheat flour, almond flour, baking powder, baking soda, and cinnamon into the bowl and mix well.
- Add the eggs, Greek yogurt, olive oil, vanilla extract, lemon zest, and lemon juice in another bowl and mix well. Add the almond milk and mix well.
- Pour the wet ingredients into the dry ingredients.
- Fold the blueberries into the batter.
- Spoon the batter into the muffin tin. Bake for 22-25 minutes.
- Serve and enjoy!



Nutrition facts:

Calories 180, Fat 9g, Carbohydrates 23g, Fiber 4g, Protein 5g

PUMPKIN PARFAIT

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 cup pureed pumpkin
- 1 cup Greek yogurt
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp ginger
- 1 tbsp chia seeds
- ¼ cup granola, no sugar
- 2 tbsp crushed walnuts or almonds

Instructions:

- Add the pumpkin puree, Greek yogurt, cinnamon, nutmeg, and ginger into the bowl and mix until smooth.
- Layer the pumpkin yogurt mixture in two glasses.
- Sprinkle chia seeds over the pumpkin mixture.
- Add a layer of granola and crushed walnuts or almonds.
- Repeat the layers (pumpkin yogurt mixture, chia seeds, granola, and nuts).
- Chill in the fridge for 15 minutes.
- Serve and enjoy!



Nutrition facts:

Calories 280, Fat 10g, Carbohydrates 32g, Fiber 7g, Protein 15g

BERRY PUDDING

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 ½ cups Greek yogurt
- 1 cup mixed berries (blueberries, strawberries, raspberries, and blackberries)
- ¼ cup chia seeds
- ½ tsp vanilla extract
- 1 tbsp lemon juice

Instructions:

- Add the Greek yogurt, vanilla extract, and lemon juice. Stir well until smooth.
- Add the chia seeds to the yogurt mixture and stir well. Fold in the mixed berries.
- Pour the mixture into individual serving bowls.
- Cover with plastic wrap and refrigerate for at least 2-3 hours.
- Serve and enjoy!



Nutrition facts:

Calories 180, Fat 7g, Carbohydrates 22g, Fiber 7g, Protein 10g

OLIVE OIL CAKE

Prep Time: 10 min | **Cook Time:** 40 min | **Serving:** 8

Ingredients:

- 1 ½ cups all-purpose flour
- ½ cup almond flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon
- 3 eggs
- ½ cup extra virgin olive oil
- 1 tsp vanilla extract
- 1 cup Greek yogurt
- 1 tsp lemon zest
- 2 tbsp fresh lemon juice
- ½ cup chopped nuts
- ½ cup dried fruit

Instructions:

- Preheat the oven to 350 degrees F and grease a round or loaf pan with olive oil or line it with parchment paper.
- Add the all-purpose flour, almond flour, baking powder, baking soda, and cinnamon into the mixing bowl and mix well.
- Add the eggs in another bowl and beat well. Add the olive oil, vanilla extract, Greek yogurt, lemon zest, and lemon juice. Mix until well combined.
- Fold the wet ingredients into the dry ingredients, mixing until the batter is smooth.
- Stir in the chopped nuts and dried fruit.
- Pour the batter into the prepared cake pan.
- Bake for 35-40 minutes.
- Let the cake cool in the pan for 10 minutes.
- Serve!



Nutrition facts:

Calories 220, Fat 14g, Carbohydrates 25g, Fiber 2g, Protein 4g

PEACH TART

Prep Time: 20 min | **Cook Time:** 30 min | **Serving:** 8

Ingredients:

For the Crust:

- 1 ½ cups whole wheat flour
- ¼ cup almond flour
- 2 tbsp olive oil
- 3-4 tbsp cold water
- 1 tbsp lemon juice
- 1 tsp vanilla extract

For the Filling:

- 4 ripe peaches, sliced
- 1 tsp ground cinnamon

Instructions:

- In a large bowl, combine the whole wheat flour and almond flour.
- Add olive oil and mix until the dough resembles coarse crumbs.
- Add cold water, 1 tbsp at a time, until the dough comes together into a ball.
- Wrap the dough in plastic wrap and refrigerate for at least 15 minutes. Preheat the oven to 350 degrees F.
- Add the sliced peaches with ground cinnamon, lemon juice, and vanilla extract into the mixing bowl. Toss to coat. On a floured surface, roll out the dough into a circle.
- Transfer the dough to a tart pan. Arrange the seasoned peach slices on top of the yogurt.
- Fold the edges of the dough over the peaches to create a tart. Bake for 25-30 minutes.
- Serve!



Nutrition facts:

Calories 220, Fat 9g, Carbohydrates 35g, Fiber 4g, Protein 4g

APRICOT COOKIES

Prep Time: 15 min | **Cook Time:** 12 min | **Serving:** 2

Ingredients:

- 1 cup whole wheat flour
- ½ cup rolled oats
- ½ cup ground almonds
- ½ tsp baking soda
- ¼ tsp cinnamon
- 1/3 cup coconut oil
- 1 egg
- 1 tsp vanilla extract
- ½ cup dried apricots, chopped



Nutrition facts:

Calories 120, Fat 7g, Carbohydrates 15g, Fiber 2g, Protein 2g

Instructions:

- Preheat the oven to 350 degrees F and line a baking sheet with parchment paper.
- Add the whole wheat flour, rolled oats, ground almonds, baking soda, and cinnamon into the bowl. Mix well.
- Add the coconut oil, egg, and vanilla extract in another bowl and mix until smooth and creamy.
- Add the wet ingredients to the dry ingredients and mix until just combined. Fold in the chopped apricots.
- Scoop spoonfuls of the dough onto the prepared baking sheet.
- Bake for 10–12 minutes.
- Serve!

ROASTED FRUIT MEDLEY

Prep Time: 15 min | **Cook Time:** 30 min | **Serving:** 4

Ingredients:

- 2 cups mixed berries (strawberries, raspberries, blueberries, blackberries)
- 2 apples, sliced
- 2 pears, sliced
- 1 peach, sliced
- ½ cup pomegranate seeds
- 1 tbsp olive oil
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 tbsp fresh lemon juice



Nutrition facts:

Calories 180, Fat 8g, Carbohydrates 28g, Fiber 6g, Protein 2g

Instructions:

- Preheat the oven to 375 degrees F.
- Toss the fruit in a large mixing bowl with olive oil, cinnamon, nutmeg, and fresh lemon juice. Stir to coat.
- Spread the fruit on a baking sheet lined with parchment paper.
- Roast the fruit in the oven for 25–30 minutes.
- Serve warm!

MANDARIN ORANGE GALETTE

Prep Time: 20 min | **Cook Time:** 40 min | **Serving:** 6

Ingredients:

For the crust:

- 1 ½ cups whole wheat flour
- ¼ cup almond meal
- ¼ cup olive oil
- 4-6 tbsp cold water
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- 1 tbsp cornstarch
- 1 tbsp lemon juice

For the filling:

- 4 mandarins, peeled and segmented



Nutrition facts:

Calories 230, Fat 12g, Carbohydrates 31g, Fiber 4g, Protein 4g

Instructions:

- Add the whole wheat flour, and almond meal into the bowl and mix well.
- Add olive oil and mix with your hands. Slowly add cold water, 1 tbsp at a time, mixing until the dough comes together.
- Turn the dough out onto a floured surface and knead a couple of times. Form into a ball, wrap in plastic wrap, and refrigerate for 20-30 minutes. Add the mandarin segments, cinnamon, cardamom, cornstarch, and lemon juice into the bowl and mix well. Toss to coat the mandarins and set aside for 10 minutes. Preheat the oven to 375 degrees F. On a floured surface, roll out the dough into a rough circle.
- Transfer the dough onto a baking sheet lined with parchment paper.
- Spoon the mandarin filling onto the center of the dough.
- Fold the edges of the dough over the filling. Bake for 35-40 minutes. Let cool for 10 minutes. Serve!

ROASTED APRICOTS WITH ALMONDS

Prep Time: 10 min | **Cook Time:** 20 min | **Serving:** 3

Ingredients:

- 6 fresh apricots, halved and pitted
- 1 tbsp olive oil
- ¼ cup almonds, sliced, toasted
- ½ tsp ground cinnamon



Nutrition facts:

Calories 160, Fat 8g, Carbohydrates 21g, Fiber 3g, Protein 2g

Instructions:

- Preheat the oven to 375 degrees F.
- Wash, halve, and pit the apricots. Place them on a baking sheet lined with parchment paper.
- Brush each apricot half with extra virgin olive oil. Sprinkle with ground cinnamon.
- Roast the apricots for 15-20 minutes.
- Top with toasted almonds.
- Serve!

CRANBERRY BREAD

Prep Time: 15 min | **Cook Time:** 50 min | **Serving:** 3

Ingredients:

- 1 ½ cups whole wheat flour
- ½ cup rolled oats
- ½ cup almond flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ cup olive oil
- 2 eggs
- 1 tsp vanilla extract
- ½ cup unsweetened applesauce
- ½ cup fresh cranberries
- ¼ cup walnuts, chopped
- 1 tbsp chia seeds or flaxseeds

Instructions:

- Preheat oven to 350 degrees F. Grease or line a loaf pan with parchment paper.
- Add the whole wheat flour, oats, almond flour, baking powder, baking soda, and cinnamon into the bowl. Stir well.
- Add olive oil, eggs, vanilla extract, and applesauce in another bowl and mix well. Once combined, pour into the dry ingredients.
- Fold in the fresh cranberries, walnuts, and chia seeds.
- Pour the batter into the prepared loaf pan.
- Bake for 45-50 minutes.
- Serve!



Nutrition facts:

Calories 200, Fat 9g, Carbohydrates 30g, Fiber 5g, Protein 5g

FIG SHORTBREAD TART

Prep Time: 20 min | **Cook Time:** 20 min | **Serving:** 3

Ingredients:

For the Tart Crust:

- 1 cup whole wheat flour
- ½ cup rolled oats
- ¼ cup ground almonds
- ¼ cup coconut oil, melted
- ½ tsp vanilla extract
- ¼ cup water
- 1 tbsp lemon juice
- 1 tsp cinnamon
- ¼ tsp nutmeg

For the Fig Filling:

- 2 cups dried figs, chopped



Nutrition facts:

Calories 180, Fat 7g, Carbohydrates 27g, Fiber 5g, Protein 3g

Instructions:

- Preheat the oven to 350 degrees F.
- Add the whole wheat flour, rolled oats, and ground almonds into the bowl and mix well.
- Add the melted coconut oil, and vanilla extract. Mix everything until it forms a dough.
- Press the dough into the bottom and sides of a tart pan.
- Bake for 10-12 minutes until golden brown. Set aside.
- Add the chopped dried figs, water, lemon juice, cinnamon, and nutmeg into the saucepan and cook for 10 to 12 minutes. Remove from heat and let it cool.
- Once the tart crust has cooled, spread the fig filling over the crust.
- Place the tart in the fridge for about 1 hour. Serve chilled.

MANGO MOUSSE

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 2 ripe mangoes, peeled and chopped
- ½ cup Greek yogurt, unsweetened
- ¼ cup coconut milk
- 1 tsp vanilla extract



Nutrition facts:

Calories 180, Fat 7g, Carbohydrates 28g, Fiber 7g, Protein 7g

Instructions:

- Peel and chop the mangoes. Blend them in a food processor or blender until smooth. Set aside.
- In a bowl, combine the blended mango, Greek yogurt, coconut milk, and vanilla extract.
- Use a whisk to combine everything until smooth and creamy.
- Transfer the mousse to glasses and refrigerate for at least 2 hours.
- Serve!

PEACH CRUMBLE

Prep Time: 15 min | **Cook Time:** 40 min | **Serving:** 6

Ingredients:

For the filling:

- 6 ripe peaches, peeled, pitted, and sliced
- 1 tsp lemon juice
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 tbsp whole wheat flour

For the crumble topping:

- 1 cup rolled oats
- ½ cup almond flour
- ¼ cup olive oil
- ½ tsp ground cinnamon



Nutrition facts:

Calories 215, Fat 12g, Carbohydrates 28g, Fiber 5g, Protein 3g

Instructions:

- Preheat the oven to 350 degrees F.
- Add the sliced peaches, lemon juice, cinnamon, ginger, and flour into the mixing bowl and mix well. Toss well. Transfer the mixture to a baking dish.
- Add the oats, almond flour, olive oil, and cinnamon in another bowl and mix well.
- Spread the crumble topping over the peach mixture in the baking dish.
- Place the dish in the oven and bake for 35-40 minutes.
- Serve!

BLUEBERRY CRUMBLE

Prep Time: 15 min | **Cook Time:** 40 min | **Serving:** 6

Ingredients:

For the filling:

- 4 cups blueberries
- 1 tbsp fresh lemon juice
- 1 tsp vanilla extract
- ¼ cup whole wheat flour
- ¼ cup olive oil
- ¼ tsp ground cinnamon

For the crumble topping:

- 1 cup rolled oats
- ½ cup almonds, chopped



Nutrition facts:

Calories 250, Fat 12g, Carbohydrates 38g, Fiber 6g, Protein 5g

Instructions:

- Preheat the oven to 350 degrees F.
- Add the blueberries, lemon juice, and vanilla extract into the bowl and mix well.
- Transfer the mixture to a baking dish.
- Add the rolled oats, chopped almonds, whole wheat flour, and cinnamon in another bowl and mix well.
- Add the olive oil and stir until everything is well combined.
- Sprinkle the crumble topping over the blueberry filling.
- Bake for 40-45 minutes.
- Serve!

CRANBERRY BISCOTTI

Prep Time: 15 min | **Cook Time:** 45 min | **Serving:** 6

Ingredients:

- 1 cup whole wheat flour
- ½ cup almond flour
- ½ cup rolled oats
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp ground cinnamon
- 1/3 cup olive oil
- 2 eggs
- 1 tsp vanilla extract
- ½ cup dried cranberries
- ¼ cup sliced almonds



Nutrition facts:

Calories 120, Fat 6g, Carbohydrates 15g, Fiber 2g, Protein 3g

Instructions:

- Preheat the oven to 325 degrees F. Line a baking sheet with parchment paper.
- Add the whole wheat flour, almond flour, oats, baking powder, baking soda, and cinnamon into the bowl and mix well. In a separate bowl, whisk together the olive oil, eggs, and vanilla extract until smooth.
- Pour the wet ingredients into the dry mixture. Stir with a wooden spoon. Add in the dried cranberries and sliced almonds. On the prepared baking sheet, shape the dough into a long rectangle.
- Bake the dough in the preheated oven for 25-30 minutes until golden brown.
- Allow the biscotti to cool for 10-15 minutes. Then, using a sharp knife, slice the baked dough into pieces.
- Arrange the slices cut-side down on the baking sheet and return them to the oven. Bake for an additional 10-15 minutes. Serve!

FRUITCAKE

Prep Time: 20 min | **Cook Time:** 45 min | **Serving:** 6

Ingredients:

- 1 cup mixed dried fruits
- ½ cup unsweetened apple juice
- ½ cup walnuts, chopped
- ½ cup almonds, chopped
- 1 cup almond flour
- 1 tsp baking powder
- ½ tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ground ginger
- 2 tbsp olive oil
- 2 eggs
- 1 tbsp honey or maple syrup
- 1 tsp vanilla extract
- ½ cup Greek yogurt
- ¼ cup unsweetened applesauce

Instructions:

- Preheat the oven to 350 degrees F. Grease and line a round or loaf pan with parchment paper.
- Chop the dried fruits into small pieces, and soak them in apple juice for 10 minutes.
- Add the eggs, olive oil, Greek yogurt, applesauce, and vanilla extract in a big bowl and mix until smooth and well combined.
- Add the whole wheat flour, baking powder, cinnamon, nutmeg, and ginger in another bowl and mix well.
- Add the soaked dried fruits and chopped nuts into the dry mixture. Stir well.
- Slowly fold the wet ingredients into the dry mixture until everything is just combined.
- Pour the batter into the prepared pan. Bake for 45-50 minutes.
- Serve!



Nutrition facts:

Calories 220, Fat 10g, Carbohydrates 30g, Fiber 5g, Protein 5g

PEAR TART

Prep Time: 20 min | **Cook Time:** 35 min | **Serving:** 6

Ingredients:

For the crust:

- 1 ½ cups whole wheat flour
- 2 tbsp almond flour
- ¼ cup olive oil
- 1 tsp vanilla extract
- 2-3 tbsp cold water

For the filling:

- 3 ripe pears, peeled, cored, and sliced
- 1 tsp ground cinnamon
- ¼ cup plain Greek yogurt
- 2 tbsp almond butter or tahini
- 1 tsp vanilla extract
- 1 tbsp fresh lemon juice

Instructions:

- Preheat the oven to 350 degrees F. In a bowl, combine the whole wheat flour and almond flour. Add the olive oil, and vanilla extract. Mix well. Slowly add cold water, 1 tbsp at a time, until the dough starts to come together. Press the dough into a tart pan and prick the base with a fork.
- Bake the crust for 10-12 minutes until golden brown. Remove from the oven and set aside to cool.
- Slice the pears thinly and sprinkle them with ground cinnamon and lemon juice. Gently toss them together.
- In a separate bowl, whisk together Greek yogurt, almond butter (or tahini), and vanilla extract until smooth.
- Once the crust has cooled, spread the yogurt mixture over the base.
- Arrange the pear slices in a circular pattern on top of the yogurt layer.
- Bake the tart for another 20-25 minutes. Remove the tart from the oven. Serve and enjoy!



Nutrition facts:

Calories 200, Fat 10g, Carbohydrates 26g, Fiber 4g, Protein 5g

PUMPKIN PIE

Prep Time: 30 min | **Cook Time:** 50 min | **Serving:** 6

Ingredients:

For the crust:

- 1 cup whole wheat flour
- ¼ cup ground almonds
- 2 tbsp olive oil
- 2-3 tbsp cold water
- 2 eggs
- 1 tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves

For the filling:

- 2 cups pumpkin puree
- ½ cup Greek yogurt
- 1 tsp vanilla extract
- ¼ cup unsweetened almond milk

Instructions:

- Preheat the oven to 350 degrees F.
- In a food processor, combine whole wheat flour, ground almonds, olive oil, and honey. Pulse until the mixture comes together. If it's too dry, add 1-2 tbsps of cold water.
- Transfer the dough to a pie dish.
- Bake the crust for 8-10 minutes until golden. Remove from the oven and set aside.
- In a large bowl, whisk together the pumpkin puree, Greek yogurt, eggs, cinnamon, ginger, nutmeg, cloves, vanilla extract, and almond milk until smooth.
- Pour the pumpkin filling into the pre-baked crust.
- Bake for 35-40 minutes.
- Serve and enjoy!



Nutrition facts:

Calories 180, Fat 7g, Carbohydrates 28g, Fiber 4g, Protein 6g

LEMON PIE

Prep Time: 15 min | **Cook Time:** 35 min | **Serving:** 6

Ingredients:

For the Crust:

- 1 cup almond flour
- 2 tbsp coconut flour
- ¼ cup olive oil
- ½ tsp vanilla extract
- 3 eggs
- ½ cup Greek yogurt
- 1 tsp vanilla extract
- 1 tbsp olive oil

For the Filling:

- ½ cup fresh lemon juice
- 1 tsp lemon zest

Instructions:

- Preheat the oven to 350 degrees F.
- Add almond flour, coconut flour, olive oil, and vanilla extract into the bowl. Mix until the dough comes together.
- Press the dough into the bottom of a pie dish.
- Bake the crust for 10-12 minutes until golden brown. Remove from the oven and let it cool while you prepare the filling. In a medium bowl, whisk the eggs with lemon juice, and lemon zest until well combined.
- Stir in the Greek yogurt, vanilla extract, and olive oil. Pour the filling mixture into the cooled crust.
- Bake for 20-25 minutes at 350 degrees F.
- Let the pie cool at room temperature, then refrigerate for at least 2 hours.
- Serve and enjoy!



Nutrition facts:

Calories 200, Fat 16g, Carbohydrates 14g, Fiber 3g, Protein 6g

AVOCADO PUDDING

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 3

Ingredients:

- 2 ripe avocados, peeled and pitted
- ¼ cup unsweetened cocoa powder
- 1 tsp vanilla extract
- ¼ cup almond milk



Nutrition facts:

Calories 200, Fat 22g, Carbohydrates 18g, Fiber 8g, Protein 4g

Instructions:

- Add the avocado, cocoa powder, vanilla extract, almond milk into the blender. Blend until smooth and creamy.
- Serve!

DATE BROWNIES

Prep Time: 10 min | **Cook Time:** 20 min | **Serving:** 9

Ingredients:

- 1 ½ cups Medjool dates, pitted
- ¼ cup whole wheat flour
- ½ cup walnuts, chopped
- ¼ cup dark chocolate chips
- ¼ cup almonds, chopped
- 2 tbsp cocoa powder, unsweetened
- ¼ tsp vanilla extract
- 2 tbsp olive oil



Nutrition facts:

Calories 160, Fat 10g, Carbohydrates 22g, Fiber 4g, Protein 3g

Instructions:

- Preheat the oven to 350 degrees F. Line a baking pan with parchment paper.
- Soak the dates in warm water for about 10 minutes to soften them, then drain the water and blend the dates in a food processor until smooth.
- In a mixing bowl, combine the date paste, cocoa powder, vanilla extract, and olive oil. Stir until well incorporated.
- Add the whole wheat flour, chopped walnuts, chopped almonds, and chocolate chips to the mixture. Mix until combined.
- Pour the brownie mixture into the prepared baking pan. Spread it and bake for 18-20 minutes.
- Serve!

BLUEBERRY COOKIES

Prep Time: 15 min | **Cook Time:** 15 min | **Serving:** 4

Ingredients:

- 1 cup whole wheat flour
- ½ cup rolled oats
- ¼ cup ground flaxseeds
- ¼ tsp baking soda
- ¼ tsp ground cinnamon
- ¼ cup olive oil
- 1 egg
- 1 tsp vanilla extract
- ½ cup fresh blueberries
- ¼ cup chopped nuts



Nutrition facts:

Calories 120, Fat 6g, Carbohydrates 15g, Fiber 3g, Protein 3g

Instructions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- In a large bowl, whisk together the whole wheat flour, rolled oats, flaxseeds, baking soda, and cinnamon.
- In another bowl, whisk together the olive oil, egg, and vanilla extract until well combined.
- Add the wet ingredients to the dry ingredients and mix well.
- Fold in the blueberries and chopped nuts.
- Scoop tbsp-sized portions of dough and roll into balls. Place them on the prepared baking sheet.
- Bake for 12-15 minutes.
- Serve!

RASPBERRY MUFFINS

Prep Time: 15 min | **Cook Time:** 22 min | **Serving:** 4

Ingredients:

- 1 ½ cups whole wheat flour
- ½ cup almond flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon
- 1 tbsp chia seeds
- 1 cup fresh raspberries
- ½ cup olive oil
- 2 eggs
- 1 tsp vanilla extract
- ½ cup unsweetened almond milk



Nutrition facts:

Calories 200, Fat 12g, Carbohydrates 10g, Fiber 3g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. Line a muffin tin with paper liners or grease with olive oil.
- In a bowl, whisk together the whole wheat flour, almond flour, baking powder, baking soda, cinnamon, and chia seeds.
- In a separate bowl, whisk together the olive oil, eggs, vanilla extract, and almond milk.
- Add the wet ingredients to the dry ingredients and mix well. Fold in the raspberries.
- Spoon the batter into the muffin tin.
- Bake for 18-22 minutes.
- Serve!

BAKED ALASKA

Prep Time: 30 min | **Cook Time:** 7 min | **Serving:** 6

Ingredients:

For the Sponge Cake Base:

- 1 cup almond flour
- 3 eggs
- 1 tsp vanilla extract
- ¼ tsp baking powder
- ½ cup mixed berries
- 1 tbsp lemon zest
- 1 tbsp olive oil
- For the Meringue:
- 3 egg whites

For the Mediterranean Ice Cream:

- 1 ½ cups Greek yogurt, unsweetened
- ¼ tsp cream of tartar
- ½ tsp vanilla extract



Nutrition facts:

Calories 280, Fat 20g, Carbohydrates 10g, Fiber 3g, Protein 7g

Instructions:

- Preheat the oven to 350 degrees F. Grease and line a round cake pan.
- In a mixing bowl, beat the eggs together until fluffy. Add the vanilla extract, almond flour, and baking powder. Mix until smooth. Pour the batter into the prepared cake pan and bake for 15-18 minutes. Let the cake cool completely.
- In a blender, combine Greek yogurt, mixed berries, lemon zest, and olive oil. Blend until smooth and creamy.
- Pour the mixture into a bowl and freeze for 2-3 hours. Beat the egg whites with cream of tartar using an electric mixer. Stir in the vanilla extract.
- Cut the sponge cake into a round shape that will fit the ice cream.
- Place the sponge cake base on a baking sheet. Top it with the frozen Mediterranean ice cream.
- Carefully spread the meringue over the ice cream.
- Preheat the oven to 450 degrees F. Place the Baked Alaska in the oven for 5-7 minutes.
- Remove from the oven and serve immediately.

RAISIN COOKIES

Prep Time: 15 min | **Cook Time:** 12 min | **Serving:** 4

Ingredients:

- 1 cup rolled oats
- ½ cup whole wheat flour
- ½ cup almond flour
- ¼ cup ground flaxseeds
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp sea salt
- ¼ cup extra virgin olive oil
- 1 egg
- 1 tsp vanilla extract
- ½ cup raisins
- ¼ cup chopped walnuts or almonds



Nutrition facts:

Calories 150, Fat 7g, Carbohydrates 17g, Fiber 3g, Protein 3g

Instructions:

- Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- In a large bowl, combine rolled oats, whole wheat flour, almond flour, ground flaxseeds, baking soda, and cinnamon.
- In another bowl, whisk together olive oil, egg, and vanilla extract. Add the wet ingredients to the dry ingredients and stir until well combined. Fold in raisins and nuts.
- Drop tbsp-sized portions of the dough onto the prepared baking sheet.
- Bake for 10-12 minutes.
- Serve!

KEY LIME BARS

Prep Time: 15 min | **Cook Time:** 25 min | **Serving:** 4

Ingredients:

Crust:

- 1 cup almond flour
- ¼ cup rolled oat
- 2 tbsp coconut oil, melted
- 14 oz coconut milk
- 1 tsp vanilla extract
- 2 tbsp cornstarch or arrowroot powder

Filling:

- ½ cup fresh lime juice
- 2 tbsp lime zest

Instructions:

- Preheat the oven to 350 degrees F.
- In a bowl, combine almond flour, rolled oats, and melted coconut oil. Mix until well combined.
- Press the mixture into the bottom of a greased baking dish.
- Bake for 10-12 minutes until golden brown. Remove from the oven and set aside to cool.
- In a small saucepan, combine coconut milk, lime juice, lime zest, and vanilla extract. Whisk to combine.
- In a separate small bowl, mix the cornstarch with 2 tbsp of cold water.
- Pour the slurry into the saucepan with the coconut milk mixture.
- Heat over medium heat for 5-7 minutes. Once thickened, remove from heat and allow to cool for a few minutes.
- Pour the lime filling over the cooled crust.
- Bake for 10-15 minutes at 350 degrees F. Remove from the oven and let it cool to room temperature. Then refrigerate for at least 2 hours before slicing. Serve!



Nutrition facts:

Calories 150, Fat 12g, Carbohydrates 14g, Fiber 2g, Protein 2g

CHERRY ALMOND BISCOTTI

Prep Time: 20 min | **Cook Time:** 45 min | **Serving:** 4

Ingredients:

- 1 ¾ cups all-purpose flour
- ½ tsp baking powder
- 2 eggs
- 1 tsp vanilla extract
- ½ tsp almond extract
- ½ cup dried cherries, chopped
- ½ cup slivered almonds
- 1 tbsp orange zest
- 1 tbsp milk

Instructions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- Add the flour, baking powder, and salt into the bowl and mix well.
- Add the eggs in another bowl and mix well.
- Add the vanilla extract, almond extract, and orange zest to the egg mixture. Mix well.
- Add the dry ingredients to the wet ingredients. Mix well. Stir in the dried cherries and slivered almonds.
- Divide the dough in half. Shape each half into a log on the prepared baking sheet.
- Brush the top of each log with a milk.
- Bake the logs for 25-30 minutes. Remove from the oven and allow them to cool for 10 minutes on the baking sheet.
- Transfer them to the cutting board. Slice the logs diagonally into slices.
- Place the slices onto the baking sheet. Return them to the oven and bake for 10 to 12 minutes more.
- Serve!



Nutrition facts:

Calories 200, Fat 10g, Carbohydrates 26g, Fiber 4g, Protein 5g



NUTS AND GRAIN DESSERT RECIPES

ALMOND AND PISTACHIO BAKLAVA

Prep Time: 20 min | **Cook Time:** 35 min | **Serving:** 4

Ingredients:

For the Baklava:

- 1 package phyllo dough, thawed
- 1 cup almonds, chopped
- 1 cup pistachios, chopped
- ¼ cup coconut, unsweetened shredded
- 2 tbsp ground flaxseeds
- ¼ tsp ground cinnamon

- ¼ tsp ground cardamom
- ½ cup extra virgin olive oil

For the Syrup:

- ½ cup honey
- ¼ cup water
- 1 tbsp lemon juice
- 1 tsp vanilla extract



Nutrition facts:

Calories 160, Fat 6g, Carbohydrates 20g, Fiber 2g, Protein 3g

Instructions:

- Preheat the oven to 350 degrees F. Add the chopped almonds, pistachios, shredded coconut, ground flaxseeds, cinnamon, and cardamom into the bowl and mix well.
- Grease a baking dish with olive oil. Place one sheet of phyllo dough in the baking dish, then brush it with olive oil. Repeat this process, layering and brushing each sheet with olive oil. Spread 1/3 of the nut mixture on top of the layered phyllo dough.
- Add another 6 sheets of phyllo dough, brushing each with olive oil. Spread another 1/3 of the nut mixture on top. Repeat the process, adding 6 more phyllo sheets and the remaining nut mixture. Top with the remaining phyllo sheets. Ensure that the top layer is completely covered with phyllo dough. Using a sharp knife, cut the baklava into diamond or square shapes.
- Place the baklava in the preheated oven and bake for 30-35 minutes.
- While the baklava is baking, combine the honey, water, lemon juice, and vanilla extract in a small saucepan. Bring to a simmer over medium heat and let it cook for 5-7 minutes. Remove from heat.
- Once the baklava is done, remove it from the oven and immediately pour the hot syrup over the baklava. Allow the baklava to cool completely and absorb the syrup, at least 2 hours. Once cooled, serve and enjoy!

QUINOA AND DATE BARS

Prep Time: 10 min | **Cook Time:** 20 min | **Serving:** 4

Ingredients:

- 1 cup cooked quinoa
- 1 cup pitted dates, soaked
- ¼ cup almond butter
- ¼ cup unsweetened coconut flakes
- ¼ cup chopped nuts
- ¼ tsp ground cinnamon
- ¼ tsp vanilla extract



Nutrition facts:

Calories 150, Fat 6g, Carbohydrates 23g, Fiber 4g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. Line a baking dish with parchment paper.
- In a food processor, blend the soaked dates until smooth and sticky.
- In a large bowl, combine the cooked quinoa, date paste, almond butter, coconut flakes, chopped nuts, cinnamon, and vanilla extract. Mix well.
- Transfer the mixture into the prepared baking dish.
- Bake for 15-20 minutes.
- Once cooled, serve and enjoy!

WALNUT CAKE

Prep Time: 15 min | **Cook Time:** 35 min | **Serving:** 4

Ingredients:

- 1 ½ cups ground walnuts
- ½ cup unsweetened Greek yogurt
- ½ cup almond flour
- ½ cup unsweetened applesauce
- ½ tsp baking soda
- ¼ cup chopped walnuts
- ½ tsp ground cinnamon
- ¼ cup olive oil
- 2 large eggs
- 1 tsp vanilla extract



Nutrition facts:

Calories 180, Fat 12g, Carbohydrates 14g, Fiber 3g, Protein 6g

Instructions:

- Preheat the oven to 350 degrees F. Grease a round cake pans or line it with parchment paper.
- In a large bowl, whisk together the ground walnuts, whole wheat flour, baking soda, cinnamon.
- In a separate bowl, mix the olive oil, eggs, vanilla extract, Greek yogurt, applesauce, and lemon zest until smooth.
- Slowly add the wet ingredients to the dry ingredients.
- Pour the batter into the prepared cake pan. Sprinkle the chopped walnuts. Bake for 30–35 minutes.
- Once cooled, serve and enjoy!

PISTACHIO HALVA

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup pistachios, unsalted, shelled
- ½ cup tahini or sesame paste
- ¼ tsp vanilla extract
- ¼ tsp ground cardamom
- ¼ cup water



Nutrition facts:

Calories 150, Fat 12g, Carbohydrates 12g, Fiber 2g, Protein 4g

Instructions:

- In a food processor, pulse the pistachios until ground.
- In a large mixing bowl, combine the ground pistachios, tahini, vanilla extract, and cardamom. Mix until smooth.
- Transfer the mixture into a baking dish or mold lined with parchment paper. Press it down firmly to compact it.
- Refrigerate the halva for at least 2–3 hours.
- Once set, remove the halva from the mold and cut it into squares.
- Serve!

GRANOLA BARS

Prep Time: 10 min | **Cook Time:** 25 min | **Serving:** 4

Ingredients:

- 2 cups rolled oats
- ½ cup almonds, chopped
- ½ cup walnuts, chopped
- ¼ cup sunflower seeds
- ¼ cup chia seeds
- ¼ cup flaxseeds
- ¼ cup dried figs, chopped
- ¼ cup dried apricots, chopped
- ¼ cup olive oil
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon



Nutrition facts:

Calories 180, Fat 9g, Carbohydrates 22g, Fiber 5g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. Line a baking dish with parchment paper.
- In a large mixing bowl, combine the oats, almonds, walnuts, sunflower seeds, chia seeds, flaxseeds, figs, apricots, and cinnamon.
- In a small saucepan over low heat, warm olive oil. Stir in the vanilla extract.
- Pour the wet mixture into the dry ingredients and stir well to combine.
- Transfer the mixture to the prepared baking dish.
- Bake for 20–25 minutes. Let it cool completely before cutting into bars.
- Once cooled, remove from the pan and cut into 12–16 bars.
- Serve!

PISTACHIO ENERGY BITES

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup shelled pistachios, unsalted
- ½ cup rolled oats
- ¼ cup dried cranberries
- 2 tbsp chia seeds
- 1 tbsp ground flaxseeds
- ½ tsp vanilla extract
- ¼ tsp ground cinnamon



Nutrition facts:

Calories 100, Fat 5g, Carbohydrates 12g, Fiber 3g, Protein 3g

Instructions:

- In a food processor, pulse the pistachios until chopped.
- Add the oats, chia seeds, flaxseeds, and cinnamon to the pistachios. Pulse again.
- Add vanilla extract to the food processor. Pulse until the mixture begins to come together.
- Stir in the dried cranberries. Roll the mixture into small balls. Place the energy bites on a baking sheet lined with parchment paper and refrigerate for at least 30 minutes.
- Serve!

PECAN OATMEAL COOKIES

Prep Time: 10 min | **Cook Time:** 12 min | **Serving:** 4

Ingredients:

- 1 ½ cups rolled oats
- ½ cup whole wheat flour
- ½ tsp baking soda
- ¼ tsp cinnamon
- ¼ cup olive oil
- 1 egg
- 1 tsp vanilla extract
- ½ cup pecans, chopped
- ¼ cup raisins
- 2 tbsp ground flaxseeds

Instructions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- In a large bowl, combine the rolled oats, whole wheat flour, baking soda, and cinnamon.
- In another bowl, whisk together the olive oil, egg, and vanilla extract until smooth and well combined.
- Add the wet ingredients to the dry ingredients and mix well. Add the chopped pecans, raisins, ground flaxseeds, and chia seeds, then fold everything into the dough.
- Scoop tbsp-sized portions of dough and roll into balls. Place them on the baking sheet and flatten them with your fingers.
- Bake for 10-12 minutes. Let them cool on the baking sheet for 5 minutes.
- Serve!



Nutrition facts:

Calories 140, Fat 7g, Carbohydrates 18g, Fiber 3g, Protein 3g

ALMOND STUFFED DATES

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 12 Medjool dates, pitted
- 12 whole almonds, unsalted
- 2 tbsp almond butter
- ½ tsp cinnamon

Instructions:

- Cut each Medjool date in half lengthwise and remove the pit.
- Place one whole almond inside each date.
- Drizzle almond butter about ½ tsp inside each date along with the almond.
- Sprinkle cinnamon over the stuffed dates.
- Place the stuffed dates in the fridge for 10-15 minutes.
- Serve chilled.



Nutrition facts:

Calories 80, Fat 3g, Carbohydrates 21g, Fiber 2g, Protein 1g

ALMOND BISCOTTI

Prep Time: 15 min | **Cook Time:** 42 min | **Serving:** 4

Ingredients:

- 1 cup whole wheat flour
- ½ cup almond flour
- ½ tsp baking powder
- 1 tsp vanilla extract
- ½ cup raw almonds, chopped
- 2 eggs
- ¼ cup olive oil



Nutrition facts:

Calories 130, Fat 7g, Carbohydrates 15g, Fiber 2g, Protein 3g

Instructions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- Add the whole wheat flour, almond flour, and baking powder into the bowl and mix well.
- Add the eggs, olive oil, and vanilla extract in another bowl and mix well.
- Add the wet ingredients to the dry ingredients. Stir in the chopped almonds.
- Divide the dough in half. Shape each half into a log and place them on the prepared baking sheet.
- Bake for 25–30 minutes. Remove from the oven and allow them to cool for 10 minutes.
- Once cooled, use a serrated knife to slice the logs into slices.
- Arrange the biscotti slices on the baking sheet and bake for an additional 10–12 minutes.
- Serve.

BAKED GRANOLA

Prep Time: 10 min | **Cook Time:** 25 min | **Serving:** 4

Ingredients:

- 2 cups rolled oats
- ½ cup sliced almonds
- ½ cup walnuts, chopped
- ¼ cup sunflower seeds
- ¼ tsp ground cinnamon
- ¼ tsp sea salt
- ¼ cup extra virgin olive oil
- 1 tsp vanilla extract
- ½ cup dried figs, chopped



Nutrition facts:

Calories 180, Fat 9g, Carbohydrates 22g, Fiber 4g, Protein 5g

Instructions:

- Preheat the oven to 325 degrees F. Line a baking sheet with parchment paper.
- In a large bowl, mix together the oats, almonds, walnuts, sunflower seeds, and cinnamon.
- In a separate small bowl, whisk together the olive oil, and vanilla extract.
- Pour the wet mixture over the dry ingredients and stir until everything is coated.
- Spread the granola mixture on the prepared baking sheet. Bake for 20–25 minutes.
- Once baked, remove the granola from the oven and allow it to cool on the baking sheet. Once cooled, stir in the chopped dried figs.
- Serve.

COCONUT COOKIES

Prep Time: 10 min | **Cook Time:** 15 min | **Serving:** 4

Ingredients:

- 1 cup unsweetened shredded coconut
- ½ cup rolled oats
- ¼ cup almond flour
- ¼ tsp baking powder
- ¼ tsp sea salt
- 2 tbsp chia seeds
- ¼ cup olive oil
- 1 egg
- 1 tsp vanilla extract

Instructions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- In a large bowl, combine the shredded coconut, oats, almond flour, baking powder, and chia seeds.
- In another bowl, whisk together the olive oil, egg, and vanilla extract.
- Add the wet ingredients to the dry ingredients.
- Scoop tbsp-sized portions of dough and roll them into balls. Flatten the balls on the baking sheet.
- Bake for 12-15 minutes until the edges are golden brown.
- Serve.



Nutrition facts:

Calories 130, Fat 8g, Carbohydrates 13g, Fiber 4g, Protein 3g

PECAN PIE

Prep Time: 20 min | **Cook Time:** 45 min | **Serving:** 6

Ingredients:

For the crust:

- 1 cup whole wheat flour
- ½ cup almond flour
- ¼ cup olive oil
- 3-4 tbsp ice-cold water
- 2 eggs
- ¼ cup olive oil
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon

For the filling:

- 1 ½ cups pecans, toasted



Nutrition facts:

Calories 290, Fat 19g, Carbohydrates 30g, Fiber 5g, Protein 5g

Instructions:

- Preheat the oven to 350 degrees F. Grease a pie dish with a little olive oil.
- In a large bowl, combine whole wheat flour, almond flour, and sea salt.
- Add the olive oil and mix until the dough resembles coarse crumbs.
- Gradually add cold water, 1 tbsp at a time, until the dough comes together. Form it into a ball, wrap it in plastic wrap, and chill in the fridge for 10-15 minutes.
- Roll out the dough on a floured surface. Press the dough into the dish.
- In a medium bowl, whisk together the eggs, maple syrup, olive oil, vanilla extract, and cinnamon. Stir in the toasted pecans. Pour the pecan filling into the prepared crust. Bake for 40-45 minutes. Serve!

WALNUT PARFAIT

Prep Time: 10 min | **Cook Time:** 5 min | **Serving:** 4

Ingredients:

- 1 cup Greek yogurt, unsweetened
- ½ cup chopped walnuts, toasted
- ½ cup fresh berries
- ¼ tsp ground cinnamon
- 1 tbsp ground flaxseeds



Nutrition facts:

Calories 280, Fat 18g, Carbohydrates 20g, Fiber 6g, Protein 15g

Instructions:

- In a dry pan over medium heat, toast the chopped walnuts for 3-4 minutes until golden and fragrant. Set aside to cool.
- In a bowl, mix the Greek yogurt with ground cinnamon.
- In a glass, layer the yogurt mixture, toasted walnuts, fresh berries and flaxseeds. Repeat the layers until the glass is filled.
- Refrigerate for 15-30 minutes.
- Serve!

HAZELNUT CHOCOLATE BARK

Prep Time: 10 min | **Cook Time:** 12 min | **Serving:** 4

Ingredients:

- 1 cup dark chocolate
- ½ cup raw hazelnuts, chopped
- 1 tbsp olive oil
- 1 tsp vanilla extract
- 2 tbsp dried cranberries



Nutrition facts:

Calories 120, Fat 9g, Carbohydrates 10g, Fiber 2g, Protein 2g

Instructions:

- Preheat the oven to 350 degrees F. Spread the hazelnuts on a baking sheet and roast them for 10-12 minutes. Let them cool, then chop them roughly.
- In a heatproof bowl, melt the dark chocolate and olive oil over a double boiler. Stir until smooth.
- Remove the melted chocolate from heat and stir in the vanilla extract.
- Line a baking sheet with parchment paper. Pour the melted chocolate onto the sheet and spread it out into a thin, even layer using a spatula.
- Sprinkle the roasted chopped hazelnuts and dried cranberries over the melted chocolate.
- Place the baking sheet in the refrigerator for 1-2 hours.
- Once the chocolate has hardened, break it into pieces. Serve!

COCONUT ALMOND BITES

Prep Time: 30 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup unsweetened shredded coconut
- ½ cup almonds, chopped
- 2 tbsp almond butter
- 1 tsp vanilla extract



Nutrition facts:

Calories 120, Fat 9g, Carbohydrates 8g, Fiber 3g, Protein 3g

Instructions:

- In a medium bowl, combine the shredded coconut, chopped almonds, almond butter, and vanilla extract. Stir everything together.
- Scoop tbsp-sized portions of the mixture and roll them into balls with your hands. Place the balls on a baking sheet lined with parchment paper.
- Refrigerate the coconut almond bites for at least 30 minutes.
- Once chilled, the bites are ready to enjoy!

RICE PUDDING

Prep Time: 10 min | **Cook Time:** 40 min | **Serving:** 4

Ingredients:

- 1 cup brown rice
- 4 cups unsweetened almond milk
- ¼ tsp ground cinnamon
- ¼ tsp vanilla extract
- ¼ cup chopped pistachios
- 1 tbsp orange zest



Nutrition facts:

Calories 210, Fat 6g, Carbohydrates 40g, Fiber 4g, Protein 5g

Instructions:

- Rinse the brown rice under cold water. In a medium-sized pot, add the rice and 3 cups of almond milk. Bring it to a boil, then reduce the heat to low and let it simmer, covered, for 25–30 minutes.
- Once the rice is cooked, add the remaining 1 cup of almond milk, cinnamon, and vanilla extract. Stir well and cook over low heat, stirring occasionally for 10–15 minutes. Stir in the orange zest.
- Remove the pudding from the heat and let it cool slightly.
- Serve!

DATE CAKE

Prep Time: 15 min | **Cook Time:** 40 min | **Serving:** 8

Ingredients:

- 1 cup pitted dates, chopped
- 1 large egg
- ½ cup walnuts, chopped
- 1 tsp vanilla extract
- 1 cup whole wheat flour
- ½ cup unsweetened applesauce
- ½ tsp baking powder
- ½ cup Greek yogurt
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- ¼ tsp salt
- ½ cup olive oil

Instructions:

- Preheat the oven to 350 degrees F. Grease and line a round cake pans with parchment paper.
- Place the chopped dates in a bowl, and cover with hot water. Let them soak for 10 minutes. Drain the water and mash the dates with a fork.
- In a large bowl, whisk together the whole wheat flour, baking powder, cinnamon, and cardamom.
- In another bowl, whisk together the olive oil, egg, vanilla extract, applesauce, and Greek yogurt until smooth.
- Add the date paste to the wet ingredients and mix until well combined.
- Fold the dry ingredients into the wet mixture.
- Pour the batter into the prepared cake pan. Bake for 35-40 minutes.
- Let the cake cool in the pan for 10 minutes.
- Serve!



Nutrition facts:

Calories 200, Fat 9g, Carbohydrates 30g, Fiber 4g, Protein 3g

CORNMEAL COOKIES

Prep Time: 10 min | **Cook Time:** 15 min | **Serving:** 4

Ingredients:

- 1 cup cornmeal
- Zest of 1 lemon
- ½ cup whole wheat flour
- ¼ cup chopped nuts
- ¼ cup olive oil
- ¼ cup dried fruit
- 1 egg
- 1 tsp vanilla extract
- ¼ tsp baking powder
- ¼ tsp ground cinnamon
- 1/8 tsp sea salt

Instructions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- In a medium bowl, whisk together cornmeal, whole wheat flour, baking powder, and cinnamon.
- In another bowl, whisk together olive oil, egg, and vanilla extract until smooth. Add lemon zest to the mixture.
- Add the dry ingredients to the wet ingredients and mix until just combined.
- Fold in the chopped nuts and dried fruit.
- Scoop tbsp-sized portions of dough and roll into balls. Place them on the prepared baking sheet.
- Bake for 12-15 minutes until golden brown.
- Let the cookies cool on the baking sheet for 5 minutes.
- Serve!



Nutrition facts:

Calories 120, Fat 6g, Carbohydrates 17g, Fiber 2g, Protein 2g

PECAN GRANOLA

Prep Time: 10 min | **Cook Time:** 30 min | **Serving:** 4

Ingredients:

- 2 cups old-fashioned rolled oats
- 1 cup pecans, chopped
- ½ cup raw pumpkin seeds
- ¼ cup chia seeds
- ¼ cup flaxseeds
- ¼ tsp ground cinnamon
- ¼ cup olive oil
- 1 tsp vanilla extract
- ½ cup dried unsweetened cranberries

Instructions:

- Preheat the oven to 325 degrees F. Line a large baking sheet with parchment paper.
- In a large bowl, combine the oats, chopped pecans, pumpkin seeds, chia seeds, flaxseeds, and cinnamon.
- In a separate bowl, whisk together the olive oil and vanilla extract.
- Pour the wet ingredients into the dry ingredients and stir until everything is well-coated.
- Spread the granola mixture on the prepared baking sheet. Bake for 25–30 minutes.
- Once baked, remove from the oven and let it cool. Fold in dried cranberries.
- Serve!



Nutrition facts:

Calories 220, Fat 12g, Carbohydrates 27g, Fiber 6g, Protein 5g

PISTACHIO TIRAMISU

Prep Time: 25 min | **Cook Time:** 15 min | **Serving:** 4

Ingredients:

For the Pistachio Cream:

- ½ cup unsalted pistachios, soaked overnight and drained
- 1 cup Greek yogurt
- 1 tsp vanilla extract
- ¼ tsp ground cardamom
- 1 tbsp olive oil

For the Ladyfingers:

- ½ cup whole wheat flour

- 2 eggs
- 1 tsp vanilla extract
- ¼ cup ground pistachios
- ¼ tsp baking powder

For Assembly:

- ½ cup brewed espresso or strong coffee
- 2 tbsp cocoa powder, unsweetened



Nutrition facts:

Calories 210, Fat 12g, Carbohydrates 23g, Fiber 3g, Protein 7g

Instructions:

- In a food processor, blend the soaked pistachios until smooth. Add Greek yogurt, vanilla extract, and cardamom. Blend again until creamy. Add olive oil to the mixture and pulse until well incorporated. Set aside.
- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- Whisk together egg yolks, and vanilla extract until well combined. In a separate bowl, beat egg whites until stiff peaks form.
- Fold in the egg whites into the yolk mixture. Fold in the whole wheat flour, ground pistachios, and baking powder.
- Pipe or spoon the batter into finger-shaped portions on the parchment paper.
- Bake for 10–12 minutes until golden brown. Let them cool completely.
- Dip each ladyfinger into the espresso and cocoa powder.
- Arrange the dipped ladyfingers in a serving dish. Spread a layer of pistachio cream over the ladyfingers.
- Cover the tiramisu with plastic wrap and refrigerate for at least 4 hours. Serve!

SESAME BARS

Prep Time: 10 min | **Cook Time:** 7 min | **Serving:** 4

Ingredients:

- 1 ½ cups sesame seeds, toasted
- ¼ cup tahini
- ¼ tsp vanilla extract
- ¼ tsp sea salt
- 1 tbsp lemon juice



Nutrition facts:

Calories 160, Fat 10g, Carbohydrates 14g, Fiber 2g, Protein 5g

Instructions:

- In a dry pan over medium heat, toast the sesame seeds for 3-4 minutes. Remove from heat and set aside to cool.
- In a small saucepan, combine the tahini and vanilla extract. Heat gently over low heat until smooth.
- In a large mixing bowl, combine the toasted sesame seeds with the syrup mixture and stir well.
- Line a square baking pan with parchment paper. Pour the sesame seed mixture into the pan and spread it with the back of a spoon.
- Place the pan in the refrigerator for at least 1-2 hours. Once set, remove from the pan and cut into squares.
- Serve!

PISTACHIO FUDGE

Prep Time: 10 min | **Cook Time:** 5 min | **Serving:** 4

Ingredients:

- 1 cup shelled pistachios, unsalted, roasted
- ¼ cup olive oil
- ½ tsp vanilla extract
- ½ cup coconut, unsweetened shredded
- ½ cup almond or cashew butter



Nutrition facts:

Calories 150, Fat 11g, Carbohydrates 12g, Fiber 2g, Protein 4g

Instructions:

- Roughly chop the pistachios into smaller pieces. Set aside.
- In a small saucepan over low heat, heat olive oil and almond or cashew butter. Stir to combine.
- Add vanilla extract to the heated mixture. Stir until well combined.
- Fold in the chopped pistachios and shredded coconut into the mixture.
- Pour the mixture into a parchment-lined small baking dish.
- Place the fudge in the refrigerator for at least 2 hours.
- Cut the fudge into small squares.
- Serve!

PEANUT BARS

Prep Time: 10 min | **Cook Time:** 5 min | **Serving:** 4

Ingredients:

- 1 ½ cups rolled oats
- ½ cup natural peanut butter
- ¼ cup chia seeds
- ¼ cup ground flaxseeds
- ¼ cup unsweetened shredded coconut
- ¼ cup roasted salted peanuts, chopped
- ¼ tsp vanilla extract
- ¼ cup dark chocolate chips

Instructions:

- Line a baking pan with parchment paper.
- In a mixing bowl, combine the rolled oats, chia seeds, ground flaxseeds, shredded coconut, and chopped peanuts.
- In a small saucepan over medium heat, warm the peanut butter. Stir in the vanilla extract.
- Pour the peanut butter mixture over the dry ingredients and stir until everything is well coated.
- Transfer the mixture to the prepared baking pan. Press the mixture down firmly.
- Sprinkle with dark chocolate chips.
- Place the pan in the refrigerator for at least 2 hours.
- Cut into squares or rectangles.
- Serve!



Nutrition facts:

Calories 180, Fat 12g, Carbohydrates 16g, Fiber 4g, Protein 5g

CASHEW COCONUT TRUFFLES

Prep Time: 15 min | **Cook Time:** 30 min | **Serving:** 4

Ingredients:

- 1 cup raw cashews
- ½ cup unsweetened shredded coconut
- 2 tbsp olive oil
- 1 tsp vanilla extract
- ¼ tsp sea salt
- 2 tbsp dark chocolate chips

Instructions:

- In a food processor, pulse the cashews until chopped.
- Add the shredded coconut, olive oil, vanilla extract to the food processor. Process until the mixture is smooth and holds together.
- Using your hands, scoop out small amounts of the mixture and roll them into balls.
- Roll the truffles in the extra shredded coconut to coat them evenly.
- Place the truffles in the refrigerator for 30 minutes.
- Once chilled, serve immediately!



Nutrition facts:

Calories 120, Fat 9g, Carbohydrates 10g, Fiber 2g, Protein 3g

ALMOND BUTTER BLONDIES

Prep Time: 10 min | **Cook Time:** 25 min | **Serving:** 4

Ingredients:

- 1 cup almond butter
- 2 eggs
- 1 tsp vanilla extract
- ½ cup rolled oats
- ½ cup almond flour
- ¼ tsp baking soda
- ¼ cup dark chocolate chips
- ¼ cup chopped nuts

Instructions:

- Preheat the oven to 350 degrees F. Line a baking pan with parchment paper.
- In a large bowl, combine the almond butter, eggs, and vanilla extract. Stir until smooth and well combined.
- In a separate bowl, mix together the rolled oats, almond flour, and baking soda.
- Gradually add the dry ingredients into the wet mixture.
- Fold in the dark chocolate chips and chopped nuts.
- Pour the batter into the prepared pan. Bake for 20-25 minutes.
- Slice into squares.
- Serve!



Nutrition facts:

Calories 180, Fat 14g, Carbohydrates 15g, Fiber 3g, Protein 5g

QUINOA COOKIES

Prep Time: 10 min | **Cook Time:** 15 min | **Serving:** 4

Ingredients:

- ½ cup cooked quinoa
- ½ cup almond flour
- ½ cup rolled oats
- ¼ cup olive oil
- 1 egg
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- ¼ tsp sea salt
- ½ cup dark chocolate chips
- ¼ cup chopped nuts

Instructions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- In a small bowl, whisk together the olive oil, egg, and vanilla extract.
- In a large bowl, combine the cooked quinoa, almond flour, rolled oats, and cinnamon.
- Pour the wet ingredients into the dry ingredients and stir until well combined.
- Fold in the dark chocolate chips and chopped nuts.
- Use a spoon or your hands to form tbsp-sized balls of dough and place them on the prepared baking sheet. Flatten each ball with the back of the spoon.
- Bake for 12-15 minutes until golden brown.
- Serve!



Nutrition facts:

Calories 160, Fat 9g, Carbohydrates 18g, Fiber 3g, Protein 4g



NO BAKE DESSERT

NO-BAKE CHEESECAKE BARS

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 12

Ingredients:

For the crust:

- 1 cup almonds
- ½ cup oats
- 2 tbsp ground flaxseeds
- 2 tbsp coconut flour
- 2 tbsp olive oil

For the filling:

- 2 cups Greek yogurt

- ¼ cup coconut cream
- 1 tsp vanilla extract
- 1 tbsp lemon juice
- Zest of 1 lemon

For the topping:

- Fresh berries (blueberries, raspberries, or strawberries)



Nutrition facts:

Calories 170, Fat 9g, Carbohydrates 18g, Fiber 3g, Protein 5g

Instructions:

- In a food processor, combine the almonds, oats, flaxseeds, coconut flour, and olive oil. Process until the mixture comes together and resembles a sticky dough.
- Line a baking dish with parchment paper. Press the mixture into the bottom of the dish to form an even crust. Use the back of a spoon to compact it. Refrigerate while you prepare the filling.
- In a bowl, combine Greek yogurt, coconut cream, vanilla extract, lemon juice, and lemon zest. Stir until smooth and well combined.
- Pour the filling mixture over the chilled crust. Refrigerate for at least 4 hours.
- Once set, cut into squares and top with fresh berries.
- Serve chilled.

CHOCOLATE-DIPPED STRAWBERRIES

Prep Time: 15 min | **Cook Time:** 5 min | **Serving:** 4

Ingredients:

- 12 fresh strawberries, washed and dried
- ½ cup dark chocolate
- 1 tbsp olive oil
- ¼ cup chopped nuts



Nutrition facts:

Calories 70, Fat 5g, Carbohydrates 7g, Fiber 1g, Protein 1g

Instructions:

- Wash and dry the strawberries thoroughly
- In a heatproof bowl, melt the dark chocolate along with the olive oil.
- Holding each strawberry by the stem, dip it into the melted chocolate.
- Before the chocolate hardens, sprinkle the dipped strawberries with chopped nuts.
- Place the dipped strawberries on a parchment-lined tray. Allow the chocolate to set at room temperature for 20–30 minutes, or refrigerate for 10–15 minutes.
- Serve!

NO-BAKE CARAMEL PRETZEL BARS

Prep Time: 10 min | **Cook Time:** 5 min | **Serving:** 4

Ingredients:

- 1 ½ cups whole wheat pretzels, broken into pieces
- ¼ cup almond butter
- ¼ cup olive oil
- ½ tsp vanilla extract
- ¼ tsp sea salt
- ¼ cup dark chocolate chips
- ¼ cup chopped nuts

Instructions:

- Line a baking pan with parchment paper. Place the broken pretzels into a mixing bowl.
- In a small saucepan, combine the almond butter, olive oil, and vanilla extract. Heat over low-medium heat.
- Pour the caramel mixture over the pretzels. Transfer the pretzel-caramel mixture into the prepared pan.
- Top with dark chocolate chips and chopped nuts. Place the pan in the refrigerator for at least 2 hours.
- Once set, lift the bars out of the pan using the parchment paper and cut into squares.
- Serve!



Nutrition facts:

Calories 160, Fat 10g, Carbohydrates 18g, Fiber 3g, Protein 3g

NO-BAKE MATCHA ENERGY BALLS

Prep Time: 30 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup rolled oats
- ¼ cup almond butter
- 1 tbsp matcha powder
- 1 tbsp chia seeds
- ¼ cup unsweetened shredded coconut
- ¼ tsp vanilla extract

Instructions:

- In a large bowl, combine the rolled oats, matcha powder, chia seeds, and shredded coconut.
- Add the almond butter and vanilla extract to the dry mixture.
- Stir the mixture well until all ingredients are evenly incorporated.
- Using your hands, roll the mixture into small balls.
- Place the energy balls on a parchment-lined tray and refrigerate for at least 30 minutes.
- Serve!



Nutrition facts:

Calories 120, Fat 7g, Carbohydrates 12g, Fiber 3g, Protein 4g

NO-BAKE S'MORES BARS

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 ½ cups rolled oats
- ½ cup unsweetened almond butter
- ¼ cup ground flaxseeds
- ¼ cup unsweetened shredded coconut
- ¼ cup dark chocolate chips
- ¼ tsp vanilla extract



Nutrition facts:

Calories 180, Fat 9g, Carbohydrates 20g, Fiber 4g, Protein 4g

Instructions:

- Line a square baking dish with parchment paper.
- In a mixing bowl, combine the rolled oats, ground flaxseeds, and shredded coconut.
- In a small saucepan over low heat, warm the almond butter. Stir in the vanilla extract.
- Pour the wet ingredients into the dry ingredients and stir until everything is well coated.
- Transfer the mixture to the prepared baking dish.
- Sprinkle the dark chocolate chips on top of the bars.
- Refrigerate for at least 1-2 hours.
- Once set, lift the bars out of the dish using the parchment paper. Cut into squares.
- Serve!

NO-BAKE APPLE CRISP

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

For the apple filling:

- 4 apples, peeled, cored, and sliced
- 1 tbsp lemon juice
- 1 tsp ground cinnamon
- ½ tsp vanilla extract
- ¼ tsp ground nutmeg

For the crisp topping:

- 1 cup rolled oats
- ½ cup chopped nuts
- ¼ cup coconut flakes, unsweetened
- ¼ cup almond flour
- ¼ cup olive oil
- ½ tsp ground cinnamon



Nutrition facts:

Calories 200, Fat 10g, Carbohydrates 26g, Fiber 5g, Protein 4g

Instructions:

- In a large bowl, toss the sliced apples with lemon juice, cinnamon, vanilla extract, and nutmeg. Set aside.
- In a separate bowl, combine the rolled oats, chopped nuts, coconut flakes, almond flour, and cinnamon. Drizzle with olive oil and mix until everything is well coated.
- In a baking dish or a serving bowl, layer the apple filling at the bottom. Spread the crisp topping over the apples.
- Refrigerate the assembled apple crisp for at least 1 hour.
- Serve chilled.

NO-BAKE CHERRY ALMOND BITES

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 1 cup dried cherries, unsweetened
- ½ cup raw almonds, chopped
- ¼ cup almond butter
- ¼ cup rolled oats
- 1 tbsp chia seeds
- ½ tsp vanilla extract



Nutrition facts:

Calories 130, Fat 8g, Carbohydrates 15g, Fiber 3g, Protein 3g

Instructions:

- In a food processor, combine the dried cherries, chopped almonds, almond butter, rolled oats, chia seeds, and vanilla extract. Pulse until the mixture is well combined.
- Scoop out tbsp-sized portions of the mixture and roll them into balls using your hands.
- Place the bites on a parchment-lined tray or plate and refrigerate for at least 30 minutes.
- Store the bites in an airtight container in the refrigerator for up to a week.
- Serve chilled.

CHOCOLATE HAZELNUT TRUFFLES

Prep Time: 15 min | **Cook Time:** 10 min | **Serving:** 6

Ingredients:

- 1 cup raw hazelnuts
- ½ cup dark chocolate, chopped
- ¼ cup almond butter
- 1 tsp vanilla extract
- 1 tbsp chia seeds
- 2 tbsp unsweetened cocoa powder



Nutrition facts:

Calories 160, Fat 12g, Carbohydrates 14g, Fiber 3g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. Spread the hazelnuts on a baking sheet. Roast for 8-10 minutes. Let them cool slightly, then rub the skins off by placing the hazelnuts in a clean towel and rubbing them.
- In a food processor, combine the roasted hazelnuts, dark chocolate, almond butter, vanilla extract, and chia seeds. Process until everything is well blended.
- Using your hands, roll the mixture into balls. Roll each truffle in cocoa powder.
- Place the truffles on a lined baking sheet and refrigerate for at least 1 hour.
- Serve chilled.

NO-BAKE CHOCOLATE BARS

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 1 cup rolled oats
- ½ cup unsweetened almond butter
- ¼ cup olive oil
- ½ tsp vanilla extract
- ¼ cup dark chocolate, melted, sugar-free
- ¼ cup unsweetened shredded coconut
- ¼ cup chopped nuts

Instructions:

- Line a baking pan with parchment paper.
- In a medium saucepan, heat the almond butter, honey and olive oil over low heat until smooth and well combined. Stir in the vanilla extract.
- In a large bowl, combine the rolled oats, shredded coconut, and chopped nuts. Pour the wet ingredients over the dry ingredients and stir until everything is well combined.
- Transfer the mixture to the prepared baking pan. Press the mixture down.
- Melt the dark chocolate in a small saucepan over low heat or in the microwave.
- Pour the melted chocolate over the oat mixture in the pan.
- Place the pan in the refrigerator for at least 2 hours.
- Once set, lift the bars out of the pan using the parchment paper and cut into squares.
- Serve!



Nutrition facts:

Calories 220, Fat 16g, Carbohydrates 20g, Fiber 4g, Protein 5g

NO-BAKE BANANA PUDDING

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 2 ripe bananas, sliced
- 1 cup Greek yogurt, unsweetened
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon
- ¼ cup chopped nuts
- ½ cup rolled oats

Instructions:

- In a bowl, whisk together the Greek yogurt, vanilla extract, and cinnamon until smooth and creamy.
- In a large dish, layer the Greek yogurt mixture, sliced bananas, and rolled oats. Start with a layer of yogurt mixture, then add bananas, and repeat the process. You can also sprinkle a bit of chopped nuts.
- Cover the pudding and refrigerate for at least 2 hours.
- Serve!



Nutrition facts:

Calories 180, Fat 7g, Carbohydrates 30g, Fiber 4g, Protein 6g

CHOCOLATE COOKIES

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 3

Ingredients:

- 1 cup rolled oats
- ½ cup almond butter
- 2 tbsp cocoa powder, unsweetened
- ¼ cup dark chocolate chips, unsweetened
- ¼ cup unsweetened coconut, shredded
- ¼ cup ground flax seeds
- ¼ tsp vanilla extract
- ¼ cup chopped walnuts

Instructions:

- In a large mixing bowl, combine the rolled oats, ground flax seeds, and shredded coconut.
- In a small saucepan, melt the almond butter over low heat. Stir until smooth and well combined.
- Remove from heat and add cocoa powder, vanilla extract, and dark chocolate chips. Stir until the chocolate chips are fully melted and the mixture is smooth.
- Pour the melted chocolate mixture over the dry ingredients in the large bowl. Stir well.
- Scoop about 1 tbsp of the mixture and roll into a ball. Place them on a lined baking sheet or plate.
- Refrigerate the cookies for at least 30 minutes.
- Serve!



Nutrition facts:

Calories 140, Fat 10g, Carbohydrates 14g, Fiber 3g, Protein 4g

NO-BAKE PEANUT BUTTER BARS

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 12

Ingredients:

- 1 cup peanut butter, unsweetened
- ½ cup rolled oats
- ½ cup ground flaxseeds
- ¼ cup unsweetened almond butter
- ¼ cup chopped unsalted almonds
- ¼ cup dark chocolate chips
- 1 tsp vanilla extract

Instructions:

- In a medium bowl, mix the peanut butter, almond butter, and vanilla extract. Stir until smooth and combined.
- To the peanut butter mixture, add the oats, ground flaxseeds, and chopped almonds. Stir to combine until all ingredients are well incorporated.
- Line a baking dish with parchment paper for easy removal. Press the mixture into the dish, using a spoon.
- Melt the dark chocolate chips in a microwave-safe bowl in 30-second intervals, stirring in between until fully melted. Drizzle the melted chocolate over the peanut butter mixture.
- Place the dish in the refrigerator for at least 2 hours. Once set, cut into bars.
- Serve!



Nutrition facts:

Calories 180, Fat 12g, Carbohydrates 7g, Fiber 3g, Protein 6g

NO-BAKE FUDGE

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 1 cup raw almonds, chopped
- ½ cup pistachios, shelled and chopped
- ¼ cup coconut oil
- ½ cup dark chocolate, chopped
- ¼ cup dried figs, finely chopped
- 2 tbsp chia seeds or ground flaxseeds
- ½ tsp vanilla extract
- 1 tbsp olive oil

Instructions:

- Line a square baking dish with parchment paper.
- In a heatproof bowl, place the dark chocolate and melt it using a microwave.
- In a separate large bowl, combine the melted coconut oil, vanilla extract, and olive oil. Stir in the melted chocolate. Add the almonds, pistachios, figs, and chia seeds. Mix well.
- Pour the fudge mixture into the prepared baking dish.
- Place the dish in the freezer for 2-3 hours.
- Once the fudge is set, cut it into small squares and serve.



Nutrition facts:

Calories 180, Fat 15g, Carbohydrates 16g, Fiber 3g, Protein 4g

NO-BAKE BROWNIE BITES

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup walnuts
- 1 cup Medjool dates, pitted
- 2 tbsp unsweetened cocoa powder
- ¼ cup dark chocolate chips
- 2 tbsp olive oil
- 1 tsp vanilla extract
- 1 tbsp chia seeds
- ¼ cup unsweetened shredded coconut

Instructions:

- In a food processor, combine walnuts, dates, cocoa powder, dark chocolate chips, olive oil, and vanilla extract. Add chia seeds as well.
- Pulse until the mixture comes together. Using your hands, roll the mixture into balls.
- Roll the brownie bites in shredded coconut. Place the bites on a baking sheet lined with parchment paper and refrigerate for at least 30 minutes.
- Serve!



Nutrition facts:

Calories 150, Fat 10g, Carbohydrates 15g, Fiber 4g, Protein 3g

NO-BAKE CHERRY DELIGHT

Prep Time: 20 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

For the base:

- 1 cup rolled oats
- ½ cup unsweetened shredded coconut
- ¼ cup almonds, chopped
- ¼ cup walnuts, chopped
- 2 tbsp extra virgin olive oil

For the filling:

- 2 cups Greek yogurt
- ½ cup ricotta cheese
- 1 tsp vanilla extract
- ½ tsp cinnamon

For the topping:

- 1 ½ cups cherries, pitted
- 1 tbsp fresh lemon juice



Nutrition facts:

Calories 250, Fat 15g, Carbohydrates 18g, Fiber 4g, Protein 6g

Instructions:

- In a food processor, blend the rolled oats, shredded coconut, chopped almonds, and walnuts until smooth.
- In a separate small bowl, combine the extra virgin olive oil. Stir to combine, then add this mixture to the ground oat-nut blend. Pulse until the mixture sticks together when pressed.
- Press this mixture into the base of a square or round pan. Place it in the fridge to chill while preparing the filling. In a mixing bowl, whisk together the Greek yogurt, ricotta cheese, vanilla extract, and cinnamon until smooth and creamy.
- Spoon this mixture onto the chilled base. In a saucepan, heat the cherries with lemon juice over medium heat. Cook for 5-8 minutes. Allow the cherry topping to cool slightly before spreading it over the filling.
- Once the topping has cooled, spread it evenly over the yogurt filling. Place the dessert back in the fridge and chill for at least 2-3 hours. Serve!

NO-BAKE MANGO MOUSSE

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 2 cups fresh mango puree
- ½ cup Greek yogurt, unsweetened
- ¼ cup unsweetened almond milk
- 1 tsp vanilla extract
- 1 tbsp lemon juice



Nutrition facts:

Calories 160, Fat 9g, Carbohydrates 24g, Fiber 3g, Protein 5g

Instructions:

- Peel and chop the mangoes into chunks. Blend them in a blender until smooth.
- Mix the Mousse: In a mixing bowl, combine the mango puree, Greek yogurt, coconut cream, vanilla extract, and lemon juice. Stir until smooth and well-combined.
- Add chia Seeds: into the mixture. Let the mousse sit for 5 minutes.
- Spoon the mousse into glasses. Refrigerate for at least 2 hours.
- Serve!

NO-BAKE MOCHA MOUSSE

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup plain Greek yogurt
- ½ cup silken tofu
- ¼ cup strong brewed coffee, cooled
- 2 tbsp cocoa powder, unsweetened
- 1 tsp vanilla extract
- 1 tbsp dark chocolate, melted

Instructions:

- Brew a small cup of strong coffee and allow it to cool.
- In a blender, combine Greek yogurt, silken tofu, brewed coffee, cocoa powder, vanilla extract, and melted dark chocolate.
- Process the mixture until smooth and creamy.
- Transfer the mousse mixture to the dish. Refrigerate for at least 1-2 hours.
- Serve!



Nutrition facts:

Calories 160, Fat 6g, Carbohydrates 20g, Fiber 4g, Protein 10g

NO-BAKE COCONUT SNOWBALLS

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 12

Ingredients:

- 1 cup unsweetened shredded coconut
- ½ cup raw almonds
- ¼ cup extra virgin olive oil
- 1 tsp vanilla extract
- ¼ cup dark chocolate chips



Nutrition facts:

Calories 115, Fat 9g, Carbohydrates 8g, Fiber 2g, Protein 2g

Instructions:

- In a food processor, pulse the raw almonds and shredded coconut until ground.
- Add olive oil, and vanilla extract to the dry mixture. Blend until everything is well combined.
- Using your hands, scoop out small portions of the mixture and roll into balls.
- Roll each ball in additional shredded coconut to coat them.
- Place the coconut snowballs on a lined baking sheet and refrigerate for at least 1 hour.
- Melt the dark chocolate in a microwave-safe bowl. Dip each snowball halfway into the melted chocolate and return to the baking sheet. Refrigerate again for a few minutes.
- Serve!

NO-BAKE ENERGY BARS

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup rolled oats, unsweetened
- ½ cup almonds, chopped
- ¼ cup walnuts, chopped
- ¼ cup pistachios, chopped
- ¼ cup dried figs, chopped
- ¼ cup almond butter or peanut butter
- 2 tbsp chia seeds
- 1 tbsp flaxseeds, ground
- ¼ cup dried cranberries
- 1 tsp vanilla extract
- ¼ tsp cinnamon

Instructions:

- Line a pan with parchment paper.
- In a large mixing bowl, combine rolled oats, almonds, walnuts, pistachios, dried figs, chia seeds, flaxseeds, dried cranberries, and cinnamon.
- In a small saucepan, heat almond butter or peanut butter over low heat until smooth and combined. Add vanilla extract and mix well.
- Pour the wet ingredients over the dry ingredients. Mix well.
- Transfer the mixture to the prepared pan.
- Place the pan in the fridge for at least 2 hours.
- Once set, remove from the fridge and cut into bars.



Nutrition facts:

Calories 200, Fat 14g, Carbohydrates 20g, Fiber 4g, Protein 5g

NO-BAKE PEANUT ENERGY BALLS

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup natural peanut butter, unsweetened
- ½ cup rolled oats
- ¼ cup ground flax seeds
- ¼ cup unsweetened dried cranberries
- ¼ cup chopped almonds
- 1 tbsp chia seeds
- ½ tsp cinnamon
- ¼ cup dark chocolate chips

Instructions:

- In a bowl, combine peanut butter, oats, flax seeds, dried cranberries, chopped almonds, chia seeds, and cinnamon. Stir until well mixed.
- Once everything is mixed together, roll the mixture into balls.
- Place the balls on a baking sheet or plate lined with parchment paper. Refrigerate for at least 30 minutes.
- Once chilled, store the energy balls in an airtight container in the refrigerator.
- Serve!



Nutrition facts:

Calories 150, Fat 9g, Carbohydrates 14g, Fiber 3g, Protein 5g

NO-BAKE PISTACHIO SQUARES

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 cup shelled pistachios, unsalted
- 1 cup rolled oats
- ¼ cup extra virgin olive oil
- ¼ cup unsweetened almond butter or peanut butter
- ¼ cup dried cranberries
- ¼ cup unsweetened shredded coconut
- ½ tsp vanilla extract

Instructions:

- In a food processor, pulse the pistachios until chopped.
- In a large bowl, mix the ground pistachios, rolled oats, dried cranberries and shredded coconut.
- In a small saucepan, heat the olive oil and almond butter over low heat, stirring until smooth and fully combined. Remove from heat and stir in the vanilla extract and salt.
- Pour the wet ingredients into the dry mixture. Stir well until everything is coated.
- Line a small baking dish with parchment paper. Press the mixture into the dish.
- Refrigerate the squares for at least 2 hours.
- Once set, cut into squares!



Nutrition facts:

Calories 140, Fat 10g, Carbohydrates 12g, Fiber 2g, Protein 3g

CHOCOLATE AVOCADO PUDDING

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 2 ripe avocados, peeled and pitted
- ¼ cup unsweetened cocoa powder
- ¼ cup almond milk
- 1 tsp vanilla extract
- ½ tsp ground cinnamon

Instructions:

- In a food processor or blender, add the peeled and pitted avocados. Blend until smooth and creamy.
- Add the unsweetened cocoa powder, almond milk, vanilla extract, and cinnamon. Blend again until everything is fully combined and smooth.
- Chill the pudding in the fridge for at least 30 minutes.
- Serve!



Nutrition facts:

Calories 220, Fat 16g, Carbohydrates 22g, Fiber 7g, Protein 2g



MEDITERRANEAN HOLIDAY TREATS

MEDITERRANEAN BAKLAVA

Prep Time: 20 min | **Cook Time:** 35 min | **Serving:** 6

Ingredients:

For the Baklava:

- 16 sheets of filo pastry
- 1 cup mixed nuts, chopped
- 1 tsp ground cinnamon
- ¼ cup olive oil
- 1 tbsp lemon juice
- ½ tsp vanilla extract

For the Syrup:

- ½ cup honey
- ½ cup water
- 1 cinnamon stick
- 1 tsp lemon juice



Nutrition facts:

Calories 230, Fat 16g, Carbohydrates 21g, Fiber 2g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. Brush a baking dish with a thin layer of olive oil.
- Add mixed nuts (walnuts, pistachios, almonds) and ground cinnamon into the bowl and mix well. Set aside.
- Place one sheet of filo dough in the prepared baking dish and brush with olive oil. Repeat this process, layering and brushing olive oil on each sheet. After about 8 layers, sprinkle ¼ of the nut mixture evenly over the dough. Continue layering the filo sheets, brushing each layer with olive oil, until all the filo sheets are used. Finish with 8 layers of filo dough.
- Before baking, cut the baklava into square shapes with a sharp knife.
- Place the baklava in the preheated oven and bake for 30-35 minutes.
- While the baklava is baking, combine honey, water, cinnamon stick, and lemon juice in a small saucepan. Bring to a boil, then lower the heat and let simmer for 10 minutes. Remove from heat and discard the cinnamon stick.
- Once the baklava is done, remove it from the oven. Immediately pour the warm syrup over the hot baklava. Allow it to sit and absorb the syrup for at least an hour.
- Serve and enjoy!

KATAIFI

Prep Time: 20 min | **Cook Time:** 40 min | **Serving:** 8

Ingredients:

- 1 lb kataifi dough
- ½ cup unsalted pistachios, chopped
- ½ cup unsalted almonds, chopped
- ¼ cup walnuts, chopped
- ¼ cup olive oil
- 1 tsp ground cinnamon
- ½ tsp ground cardamom
- ½ cup fresh orange juice
- ½ tsp vanilla extract
- ¼ cup water



Nutrition facts:

Calories 280, Fat 18g, Carbohydrates 29g, Fiber 3g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. Separate the kataifi dough into thin strands and place in a large mixing bowl. Drizzle the olive oil over the dough and toss it until the strands are coated.
- In a small bowl, combine the chopped pistachios, almonds, walnuts, cinnamon, and cardamom. Set aside.
- Grease a baking dish with a little olive oil. Spread half of the kataifi dough across the bottom of the dish. Sprinkle the nut mixture over the dough. Then, top with the remaining kataifi dough, pressing it down.
- Place the dish in the preheated oven and bake for 30-40 minutes.
- While the kataifi is baking, in a saucepan, combine the orange juice, and water. Bring to a simmer over medium heat and cook for 5-7 minutes. Remove from heat and stir in the vanilla extract.
- Once the kataifi is baked, remove it from the oven and pour the warm syrup over the hot kataifi. Let it soak and absorb the syrup for 10-15 minutes. Cut into squares and serve warm.

ALMOND CAKE

Prep Time: 15 min | **Cook Time:** 30 min | **Serving:** 8

Ingredients:

- 2 cups ground almonds
- ½ cup whole wheat flour
- 1 tsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- 3 eggs
- ½ cup olive oil
- 1 tsp vanilla extract
- Zest of 1 lemon
- ¼ cup unsweetened almond milk



Nutrition facts:

Calories 250, Carbs 14g, Protein 7g,
Fiber 4g, Fat 22g

Instructions:

- Preheat the oven to 350 degrees F. Grease and line a round cake pans with parchment paper.
- In a medium bowl, whisk together ground almonds, whole wheat flour, baking powder, cinnamon, and salt.
- In a separate large bowl, beat the eggs with olive oil, vanilla extract, and lemon zest until smooth.
- Slowly add the dry ingredients into the wet mixture, alternating with almond milk. Stir until the batter is smooth and combined.
- Pour the batter into the prepared cake pan.
- Bake in the preheated oven for 25-30 minutes.
- Let the cake cool in the pan for 10 minutes.
- Slice and enjoy!

TURKISH DELIGHT

Prep Time: 15 min | **Cook Time:** 45 min | **Serving:** 2

Ingredients:

- 1 cup water
- 1 cup unsweetened fruit juice
- ¼ cup cornstarch
- ½ tsp lemon juice
- ¼ cup unsalted pistachios, crushed
- 1 tsp ground cardamom



Nutrition facts:

Calories 70, Fat 2g, Carbohydrates 15g,
Fiber 1g, Protein 1g

Instructions:

- Grease a rectangular baking pan and line it with parchment paper. Set aside.
- In a medium saucepan, combine water, fruit juice, cornstarch, and lemon juice. Stir well.
- Over medium heat, bring the mixture to a gentle simmer while stirring continuously. Once it starts to thicken, reduce the heat to low and continue stirring for 8-10 minutes.
- Add crushed pistachios and ground cardamom. Stir well to combine and cook for an additional 2-3 minutes.
- Pour the thickened mixture into the prepared pan. Let it cool at room temperature for 1-2 hours.
- Once set, carefully lift the Turkish Delight out of the pan using the parchment paper. Cut it into rectangular pieces.
- Serve and enjoy!

LOUKOUMADES

Prep Time: 15 min | **Cook Time:** 15 min | **Serving:** 4

Ingredients:

- 1 cup whole wheat flour
- 1 tsp active dry yeast
- 1 tbsp olive oil
- ½ tsp cinnamon
- ½ tsp vanilla extract
- ½ cup warm water
- ½ cup chopped walnuts
- 1 tbsp sesame seeds
- 1 tbsp lemon zest



Nutrition facts:

Calories 180, Fat 10g, Carbohydrates 24g, Fiber 2g, Protein 4g

Instructions:

- In a bowl, combine warm water and yeast. Stir and let sit for 5 minutes.
- Add the whole wheat flour, olive oil, and cinnamon to the yeast mixture. Stir to form a dough.
- Knead the dough for 5–7 minutes until it becomes smooth and elastic.
- Cover the dough with a clean towel and let it rise for 1 hour.
- Heat olive oil into the saucepan and place over medium heat.
- Once the dough has risen, punch it down and divide it into small portions. Using wet hands, form small round dough balls.
- Drop the dough balls into the hot oil. Fry them until golden brown, about 2–3 minutes on each side. Use a slotted spoon to transfer them to a plate lined with paper towels.
- Serve!

KNAFEH

Prep Time: 25 min | **Cook Time:** 30 min | **Serving:** 4

Ingredients:

For the Knafeh:

- 200g whole wheat phyllo dough
- 1 cup fat-free ricotta cheese
- 1 cup low-fat mozzarella cheese
- ¼ cup unsweetened almond milk
- 2 tbsp olive oil
- ½ tsp vanilla extract

For the Syrup:

- ½ cup water
- ¼ cup maple syrup
- 1 tbsp fresh lemon juice
- ¼ tsp orange blossom water



Nutrition facts:

Calories 300, Fat 14g, Carbohydrates 28g, Fiber 3g, Protein 7g

Instructions:

- In a small saucepan, combine the water and lemon juice. Bring to a simmer over medium heat.
- Stir in orange blossom water then reduce the heat and simmer for 5–7 minutes. Remove from heat and set aside to cool.
- Preheat the oven to 350 degrees F. Grease a round baking dish with a small amount of olive oil.
- In a bowl, combine the ricotta and mozzarella cheeses. Stir in the almond milk and vanilla extract.
- Gently unravel the phyllo dough or shredded wheat, and spread it in the prepared pan. Drizzle 1 tbsp of olive oil over the dough. Spread the cheese mixture evenly on top of the phyllo dough or shredded wheat, then top with another layer of phyllo dough or shredded wheat.
- Drizzle the remaining olive oil over the top layer of phyllo dough.
- Place the pan in the oven and bake for 30–35 minutes. Once the Knafeh is baked, remove it from the oven.
- Pour the syrup over dessert. Serve!

PISTACHIO BAKLAVA ROLLS

Prep Time: 20 min | **Cook Time:** 30 min | **Serving:** 4

Ingredients:

For the Baklava:

- 1 package of phyllo dough (about 12 sheets)
- 1 cup pistachios, unsalted, shelled
- 1 tbsp olive oil
- 1 tsp ground cinnamon
- ½ tsp ground cardamom

- 1 tbsp lemon zest

For the Syrup:

- ¼ cup water
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 tsp rose water



Nutrition facts:

Calories 180, Fat 11g, Carbohydrates 19g, Fiber 2g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. In a food processor, pulse the pistachios, cinnamon, cardamom, and lemon zest until finely chopped. Add the olive oil, pulsing to combine into a thick paste.
- Lay a sheet of phyllo dough on a clean surface. Brush with olive oil using a pastry brush. Place another sheet of phyllo dough on top and brush it again with olive oil. Repeat for 6-7 sheets to create a thicker layer.
- Spread a thin layer of the pistachio mixture along one long edge of the layered phyllo dough. Starting from the edge with the filling, carefully roll up the dough into a log shape, forming a roll. Repeat this process with the remaining phyllo sheets and pistachio filling. Place the baklava rolls on a parchment-lined baking sheet. Bake for 25-30 minutes.
- While the baklava rolls are baking, combine honey, water, and lemon juice in a small saucepan. Bring to a boil, then reduce the heat and simmer for 10 minutes. Stir in the rose water and remove from heat. Once the baklava rolls are done baking, remove them from the oven.
- Immediately pour the hot syrup evenly over the rolls. Allow the baklava to soak for 10-15 minutes. Serve!

MAHLEB CAKE

Prep Time: 15 min | **Cook Time:** 30 min | **Serving:** 4

Ingredients:

- 1 cup whole wheat flour
- ½ cup almond flour
- ½ cup olive oil
- 3 eggs
- ½ cup unsweetened applesauce
- 1 tsp ground mahleb
- 1 tsp vanilla extract
- ½ tsp baking powder
- ½ tsp baking soda
- Zest of 1 orange



Nutrition facts:

Calories 200, Fat 14g, Carbohydrates 18g, Fiber 3g, Protein 4g

Instructions:

- Preheat the oven to 350 degrees F. Grease a round cake pans with a little olive oil or line with parchment paper.
- In a large mixing bowl, whisk together the olive oil, eggs, and applesauce. Stir in the vanilla extract and orange zest.
- In a separate bowl, combine the whole wheat flour, almond flour, mahleb, baking powder, and baking soda.
- Add the dry ingredients to the wet ingredients.
- Pour the batter into the prepared cake pan. Bake for 25-30 minutes.
- Allow the cake to cool in the pan for 10 minutes.
- Serve!

SEMOLINA CAKE

Prep Time: 15 min | **Cook Time:** 40 min | **Serving:** 4

Ingredients:

- 1 cup semolina
- ½ cup whole wheat flour
- ¼ cup olive oil
- 1 cup Greek yogurt
- ½ cup almond milk
- ¼ cup fresh orange juice
- 1 tbsp orange zest
- 1 tsp vanilla extract
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ cup crushed almonds

For the Syrup:

- ¼ cup honey
- ¼ cup water
- 1 tsp lemon juice
- ½ tsp rose water

Instructions:

- Preheat the oven to 350 degrees F. Grease and line a round baking pan with parchment paper.
- In a mixing bowl, whisk together the olive oil, Greek yogurt, almond milk, orange juice, and vanilla extract until smooth.
- In another bowl, combine the semolina, whole wheat flour, baking powder, baking soda, and salt. Mix well.
- Fold the dry ingredients into the wet ingredients. Add the orange zest and crushed almonds.
- Pour the batter into the prepared baking pan and smooth the top with a spatula. Bake for 30–40 minutes.
- While the cake is baking, prepare the syrup by combining the honey, water, and lemon juice in a small saucepan. Bring to a simmer and cook for 5 minutes. Remove from heat and add the rose water.
- Once the cake is baked, remove it from the oven. Let it absorb the syrup for 10–15 minutes.
- Serve!



Nutrition facts:

Calories 220, Fat 10g, Carbohydrates 30g, Fiber 3g, Protein 5g

TURKISH RICE PUDDING

Prep Time: 10 min | **Cook Time:** 45 min | **Serving:** 4

Ingredients:

- ½ cup short-grain rice
- 4 cups unsweetened almond milk
- 1 tsp vanilla extract
- 1 tbsp cornstarch
- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- 1 tbsp lemon zest

Instructions:

- Rinse the rice under cold water to remove excess starch.
- In a medium saucepan, add the rice and 1 cup of water. Bring it to a boil, then reduce the heat and simmer for 10–15 minutes.
- Add the almond milk to the saucepan with the rice. Bring to a gentle simmer over medium heat.
- In a small bowl, mix the cornstarch with a few tbsps of cold water to create a slurry. Add this slurry to the saucepan, stirring constantly to thicken the mixture.
- Add vanilla extract and cardamom. Continue cooking and stirring for another 10–15 minutes.
- Once thickened, remove from heat. Pour the pudding into bowls. Allow it to cool to room temperature, then refrigerate for at least 2 hours. Serve!



Nutrition facts:

Calories 150, Fat 3g, Carbohydrates 28g, Fiber 1g, Protein 4g

SWEET COUSCOUS WITH CINNAMON AND RAISINS

Prep Time: 5 min | **Cook Time:** 10 min | **Serving:** 4

Ingredients:

- 1 cup whole wheat couscous
- 1 ½ cups vegetable broth
- 1 tbsp extra virgin olive oil
- ¼ cup raisins
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ cup chopped almonds

Instructions:

- Bring the vegetable broth to a boil in a medium saucepan.
- Add the couscous, olive oil, raisins, cinnamon, and ginger. Stir briefly, cover the saucepan, and remove it from heat. Let it steam for 5 minutes.
- After 5 minutes, fluff the couscous with a fork.
- Stir in the chopped almonds.
- Serve!



Nutrition facts:

Calories 210, Fat 5g, Carbohydrates 45g, Fiber 5g, Protein 5g

MALABI

Prep Time: 10 min | **Cook Time:** 10 min | **Serving:** 4

Ingredients:

- 2 cups unsweetened almond milk
- ½ cup unsweetened coconut milk
- ¼ cup cornstarch
- 1 tsp rose water
- ¼ tsp vanilla extract
- 1 tbsp chopped pistachios
- 1 tbsp pomegranate seeds

Instructions:

- In a saucepan, whisk together the almond milk, coconut milk, and cornstarch.
- Place the saucepan over medium heat. Stir continuously. Continue cook for 5-8 minutes.
- Once the mixture has thickened, add rose water and vanilla extract. Stir until everything is well combined.
- Pour the thickened milk mixture into small bowls. Let the malabi cool to room temperature, then refrigerate for at least 2 hours.
- Serve!



Nutrition facts:

Calories 120, Fat 7g, Carbohydrates 18g, Fiber 1g, Protein 3g

SAFFRON POACHED PEARS

Prep Time: 15 min | **Cook Time:** 25 min | **Serving:** 4

Ingredients:

- 4 ripe pears
- 2 cups water
- ½ tsp saffron threads
- 1 cinnamon stick
- 2-3 whole cloves
- 1 tsp vanilla extract
- 1 tbsp lemon juice
- Zest of 1 lemon

Instructions:

- Peel the pears, leaving the stems intact. Cut a small slice off the bottom of each pear.
- In a medium saucepan, combine the water, saffron threads, cinnamon stick, cloves, vanilla extract, lemon juice, and lemon zest. Bring to a simmer over medium heat.
- Place the pears into the simmering poaching liquid. Lower the heat to a gentle simmer and cook the pears for 20-25 minutes.
- Once the pears are tender, remove them from the saucepan and set them aside. Increase the heat on the remaining poaching liquid and reduce it by half for 5-7 minutes.
- Place each pear on a plate. Drizzle with the saffron syrup.



Nutrition facts:

Calories 180, Fat 6g, Carbohydrates 33g, Fiber 6g, Protein 2g

PANNA COTTA

Prep Time: 10 min | **Cook Time:** 5 min | **Serving:** 4

Ingredients:

- 1 cup unsweetened almond milk
- 1 cup Greek yogurt
- 1 tsp vanilla extract
- 1 tsp agar-agar powder
- Fresh berries (strawberries, blueberries, raspberries) for topping

Instructions:

- In a small saucepan, combine the almond milk and agar-agar powder. Stir the mixture over low heat. Allow it to simmer for 2-3 minutes, then remove from heat.
- In a separate bowl, whisk together the Greek yogurt, and vanilla extract. Make sure the yogurt mixture is smooth and creamy.
- Add the almond milk and agar-agar mixture to the yogurt mixture. Whisk well.
- Pour the mixture into serving cups or ramekins. Place the cups in the refrigerator to chill for 4-6 hours.
- Top with fresh berries.
- Serve!



Nutrition facts:

Calories 150, Fat 5g, Carbohydrates 20g, Fiber 2g, Protein 8g

SWEET POTATO PIE

Prep Time: 20 min | **Cook Time:** 50 min | **Serving:** 4

Ingredients:

For the crust:

- 1 cup whole wheat flour
- ¼ cup olive oil
- 2 tbsp cold water
- 1 tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg

For the filling:

- 2 cups sweet potatoes, mashed
- ¼ cup Greek yogurt
- ¼ cup tahini
- ¼ tsp ground allspice
- 1 tsp vanilla extract
- 1 egg

Instructions:

- In a bowl, combine whole wheat flour and salt. Add olive oil and mix with your hands.
- Slowly add cold water, one tbsp at a time, and mix until dough forms.
- Roll out the dough on a floured surface to fit a 9-inch pie pan. Press into the bottom and up the sides of the pan, then chill the crust for 15 minutes in the fridge before baking.
- Preheat the oven to 375 degrees F.
- Pierce the sweet potatoes with a fork and bake them whole on a baking sheet for 45 minutes.
- Once the sweet potatoes are cooked, peel the skin off and mash them in a bowl until smooth.
- Add Greek yogurt, tahini, spices, and vanilla extract to the mashed sweet potatoes. Mix well.
- Beat the egg and stir it into the sweet potato mixture. Pour the sweet potato filling into the prepared crust.
- Bake for 45–50 minutes. Serve!



Nutrition facts:

Calories 250, Fat 12g, Carbohydrates 36g, Fiber 4g, Protein 5g

ALMOND AND FIG ENERGY BARS

Prep Time: 10 min | **Cook Time:** 5 min | **Serving:** 2

Ingredients:

- 1 cup dried figs, stems removed
- 1 cup almonds, roasted
- ¼ cup almond butter
- ¼ cup chia seeds
- ½ tsp cinnamon

Instructions:

- Soak dried figs in warm water for 5 minutes, then drain and pat dry.
- Add figs and almonds to a food processor. Pulse until chopped.
- Add almond butter, chia seeds, and cinnamon. Blend until smooth.
- Press the mixture into a parchment-lined pan.
- Refrigerate for 1 hour. Slice into 10 bars.



Nutrition facts:

Calories 180, Carbs 18g, Protein 5g, Fiber 4g, Fat 10g



SMOOTHIE BOWL RECIPES

BLUEBERRY SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 cup blueberries
- 1/2 cup Greek yogurt, unsweetened
- 1/2 cup almond milk
- 1 tbsp chia seeds
- 1 tbsp flaxseed meal
- 1/4 cup granola
- 1/4 cup fresh strawberries, sliced
- 1 tbsp almonds, sliced
- 1 tbsp shredded coconut

Instructions:

- In a blender, combine the blueberries, Greek yogurt, almond milk, chia seeds, and flaxseed meal. Blend until smooth and creamy.
- Pour the smoothie into a bowl.
- Top the smoothie with granola, sliced strawberries, almonds, and shredded coconut.
- Serve and enjoy!



Nutrition facts:

Calories 300, Fat 15g, Carbohydrates 15g, Fiber 4g, Protein 12g

RASPBERRY SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 cup frozen raspberries
- 1/2 cup Greek yogurt, unsweetened
- 1/2 cup almond milk
- 1 tbsp chia seeds
- 1 tbsp tahini
- 1/2 tsp vanilla extract
- 1/4 cup granola
- 2 tbsp almonds, chopped

Instructions:

- Add frozen raspberries, Greek yogurt, almond milk, chia seeds, tahini, and vanilla extract. Blend until smooth and creamy.
- Pour the smoothie mixture into two bowls. Add toppings like granola, chopped almonds, and fresh raspberries.
- Serve and enjoy!



Nutrition facts:

Calories 280, Fat 14g, Carbohydrates 15g, Fiber 4g, Protein 9g

APPLE SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 2 apples
- ½ cup Greek yogurt, unsweetened
- ½ cup almond milk
- 1 tbsp chia seeds
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- 1 tbsp almond butter
- 1 tbsp walnuts, chopped

Instructions:

- Core and chop the apples into chunks.
- In a blender, add the chopped apples, Greek yogurt, almond milk, chia seeds, cinnamon, and nutmeg. Blend until smooth and creamy.
- Pour the smoothie mixture into a bowl.
- Serve and enjoy!



Nutrition facts:

Calories 350, Fat 16g, Carbohydrates 15g, Fiber 4g, Protein 13g

BANANA SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 ripe banana
- ½ cup Greek yogurt, unsweetened
- ¼ cup almond milk
- 1 tbsp chia seeds
- 1 tbsp tahini
- ½ tsp ground cinnamon
- ¼ cup mixed berries (blueberries, strawberries, raspberries)
- 1 tbsp chopped walnuts
- 1 tbsp flaxseeds

Instructions:

- Add the frozen banana, Greek yogurt, almond milk, chia seeds, tahini, and cinnamon into the blender. Blend until smooth and creamy.
- Pour the smoothie mixture into a bowl.
- Serve!



Nutrition facts:

Calories 350, Fat 15g, Carbohydrates 10g, Fiber 3g, Protein 15

BEETROOT SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 beetroot, cooked and peeled
- 1 ripe banana
- ½ cup Greek yogurt, unsweetened
- ½ cup unsweetened almond milk
- 1 tbsp chia seeds
- ½ tsp ground cinnamon
- ½ tsp lemon juice
- ¼ cup mixed berries
- 1 tbsp walnuts, chopped

Instructions:

- In a blender, combine the beetroot, frozen banana, Greek yogurt, almond milk, chia seeds, cinnamon, and lemon juice. Blend until smooth and creamy.
- Pour the smoothie into a bowl.
- Top with mixed berries and chopped walnuts.
- Serve!



Nutrition facts:

Calories 180, Fat 7g, Carbohydrates 7g, Fiber 3g, Protein 7g

FIG AND DATE SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 cup unsweetened almond milk
- ½ cup Greek yogurt
- 4 dried figs, chopped
- 4 dates, pitted and chopped
- ½ banana
- 1 tbsp chia seeds
- 1 tbsp flaxseeds
- ¼ tsp ground cinnamon
- ½ tsp vanilla extract

Toppings:

- ¼ cup sliced almonds
- Fresh figs and dates, sliced

Instructions:

- Add almond milk, Greek yogurt, chopped dried figs, chopped dates, frozen banana, chia seeds, flaxseeds, cinnamon, and vanilla extract into the blender. Blend until smooth and creamy.
- Pour the smoothie mixture into two bowls.
- Top each bowl with sliced almonds, and fresh fruit.
- Serve!



Nutrition facts:

Calories 290, Fat 8g, Carbohydrates 55g, Fiber 9g, Protein 9g

GREEN SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 cup spinach
- ½ cup kale
- ½ banana
- ¼ avocado
- ½ cup Greek yogurt, unsweetened
- ½ cup almond milk
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1 tbsp flax seeds
- ¼ cup pomegranate seeds
- 1 tbsp walnuts, chopped
- 1 tbsp pumpkin seeds
- 1 tbsp shredded coconut, unsweetened

Instructions:

- Add spinach, kale, banana, avocado, Greek yogurt, and almond milk into the blender. Blend until smooth and creamy. Pour the smoothie mixture into a bowl.
- Top with chia seeds, almond butter, flax seeds, pomegranate seeds, walnuts, pumpkin seeds, and shredded coconut.
- Serve!



Nutrition facts:

Calories 350, Fat 18g, Carbohydrates 35g, Fiber 12g, Protein 13g

KIWI SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 2 ripe kiwis, peeled
- ½ cup Greek yogurt, unsweetened
- ¼ cup almond milk
- 1 tbsp chia seeds
- 1 tbsp flaxseeds
- ¼ cup fresh blueberries
- ¼ cup unsweetened granola
- 1 tbsp sliced almonds
- 1 tbsp unsweetened coconut flakes

Instructions:

- In a blender, combine the peeled kiwis, Greek yogurt, almond milk, chia seeds, and flaxseeds. Blend until smooth.
- Pour the smoothie into a bowl.
- Top with fresh blueberries, granola, sliced almonds, and coconut flakes.
- Serve!



Nutrition facts:

Calories 350, Fat 15g, Carbohydrates 5g, Fiber 12g, Protein 15g

AVOCADO SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 ripe avocado
- ½ cup Greek yogurt, unsweetened
- ½ cup fresh spinach
- ½ cup frozen mixed berries
- 1 tbsp chia seeds
- ¼ cup unsweetened almond milk
- 1 tbsp olive oil
- ¼ tsp ground cinnamon

Instructions:

- Scoop the avocado into a blender. Add Greek yogurt, spinach, mixed berries, chia seeds, almond milk, olive oil, and cinnamon.
- Blend everything together until smooth and creamy.
- Pour the smoothie mixture into two bowls.
- Top the smoothie bowl with your choice of granola, sliced almonds, fresh berries, banana slices, pomegranate seeds, and shredded coconut.
- Serve immediately and enjoy!



Nutrition facts:

Calories 350, Fat 22g, Carbohydrates 4g, Fiber 12g, Protein 7g

APRICOT SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 1 cup fresh apricots
- ½ cup Greek yogurt, unsweetened
- ½ cup almond milk
- 1 tbsp chia seeds
- ¼ tsp ground cinnamon
- ¼ tsp vanilla extract
- ½ ripe banana

Instructions:

- In a blender, combine the apricots, Greek yogurt, almond milk, banana, chia seeds, cinnamon, and vanilla extract. Blend until smooth and creamy.
- Pour the smoothie mixture into a bowl.
- Top with sliced almonds, apricot slices, granola, and berries.
- Enjoy!



Nutrition facts:

Calories 250, Fat 12g, Carbohydrates 35g, Fiber 6g, Protein 8g

GRAPEFRUIT SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 grapefruit, peeled and segmented
- ½ cup Greek yogurt, unsweetened
- ¼ cup almond milk
- 1 tbsp chia seeds
- ¼ cup sliced almonds
- ¼ cup granola
- 1 tbsp shredded coconut

Instructions:

- In a blender, combine the grapefruit segments, Greek yogurt, almond milk, and chia seeds. Blend until smooth and creamy.
- Pour the smoothie into a bowl.
- Top sliced almonds, granola, and shredded coconut.
- Serve!



Nutrition facts:

Calories 350, Fat 16g, Carbohydrates 5g, Fiber 8g, Protein 14g

WATERMELON SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 2 cups watermelon, cubed
- ½ cup Greek yogurt, unsweetened
- ¼ cup almond milk, unsweetened
- 1 tbsp chia seeds
- ¼ cup almonds, sliced
- ¼ cup pomegranate seeds

Instructions:

- In a blender, combine the frozen watermelon cubes, Greek yogurt, coconut water or almond milk, and chia seeds. Blend until smooth and creamy.
- Pour the smoothie mixture into two bowls.
- Top each bowl with sliced almonds, pomegranate seeds, and flaxseeds.
- Serve!



Nutrition facts:

Calories 200, Fat 9g, Carbohydrates 5g, Fiber 6g, Protein 10g

POMEGRANATE SMOOTHIE BOWL

Prep Time: 15 min | **Cook Time:** 40 min | **Serving:** 8

Ingredients:

- 1 cup pitted dates, chopped
- 1/2 cup walnuts, chopped
- 1 cup whole wheat flour
- 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/4 tsp salt
- 1/2 cup olive oil
- 1 large egg
- 1 tsp vanilla extract
- 1/2 cup unsweetened applesauce
- 1/2 cup Greek yogurt

Instructions:

- Preheat the oven to 350 degrees F. Grease and line a round cake pans with parchment paper.
- Place the chopped dates in a bowl, and cover with hot water. Let them soak for 10 minutes. Drain the water and mash the dates with a fork.
- In a large bowl, whisk together the whole wheat flour, baking powder, cinnamon, and cardamom.
- In another bowl, whisk together the olive oil, egg, vanilla extract, applesauce, and Greek yogurt until smooth.
- Add the date paste to the wet ingredients and mix until well combined.
- Fold the dry ingredients into the wet mixture.
- Pour the batter into the prepared cake pan. Bake for 35-40 minutes.
- Let the cake cool in the pan for 10 minutes.
- Serve!



Nutrition facts:

Calories 200, Fat 9g, Carbohydrates 30g, Fiber 4g, Protein 3g

PEAR SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 2

Ingredients:

- 2 ripe pears, peeled, cored, and chopped
- 1/2 cup Greek yogurt, unsweetened
- 1/4 cup almond milk
- 1 tbsp chia seeds
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 tbsp almond butter
- 1 tbsp crushed walnuts

Instructions:

- In a blender, combine the chopped pears, Greek yogurt, almond milk, chia seeds, cinnamon, ginger, and almond butter.
- Blend until smooth and creamy. Pour the pear smoothie mixture into two bowls.
- Sprinkle the granola and crushed walnuts.
- Serve!



Nutrition facts:

Calories 220, Fat 9g, Carbohydrates 3g, Fiber 6g, Protein 8g

CANTALOUPE SMOOTHIE BOWL

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 ½ cups fresh cantaloupe chunks
- ½ cup Greek yogurt
- ½ cup almond milk
- 1 tbsp chia seeds
- 1 tbsp extra virgin olive oil
- ¼ tsp ground cinnamon
- 1 tbsp slivered almonds
- 2 tbsp granola

Instructions:

- In a blender, combine cantaloupe, Greek yogurt, almond milk, chia seeds, olive oil, and cinnamon.
- Blend until smooth and creamy. Pour the smoothie mixture into a bowl.
- Top the smoothie bowl with slivered almonds and granola.
- Serve!



Nutrition facts:

Calories 300, Fat 15g, Carbohydrates 3g, Fiber 5g, Protein 10g

PERSIMMON SMOOTHIE

Prep Time: 5 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 ripe persimmon, peeled & chopped
- 1 frozen banana
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp cinnamon
- ½ tsp vanilla extract

Instructions:

- Add all ingredients to a blender and blend until smooth.
- Pour into a glass and enjoy!



Nutrition facts:

Calories 250, Carbohydrate 5g, Protein 8g, Fat 3g, Fiber 6g

BLACKBERRY SMOOTHIE

Prep Time: 5 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 cup blackberries
- 1 ripe banana
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract

Instructions:

- Add all ingredients to a blender.
- Blend on high until smooth and creamy.
- Pour into a glass and enjoy immediately!



Nutrition facts:

Calories 250, Carbohydrate 5g, Protein 10g, Fat 3g, Fiber 5g

PAPAYA SMOOTHIE

Prep Time: 5 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 cup ripe papaya, peeled, seeded, and cubed
- ½ banana
- ½ cup coconut milk
- ½ cup Greek yogurt
- ½ tsp lime juice

Instructions:

- Add all ingredients into a blender.
- Mix until smooth.
- Pour into a glass and enjoy!



Nutrition facts:

Calories 250, Carbohydrate 3g, Protein 8g, Fat 10g, Fiber 5g

PEAR SMOOTHIE

Prep Time: 5 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 cup pears
- 1 ripe banana
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract

Instructions:

- Add all ingredients to a blender.
- Blend on high until smooth and creamy.
- Pour into a glass and enjoy immediately!



Nutrition facts:

Calories 250, Carbohydrate 5g, Protein 10g, Fat 3g, Fiber 5g

CREAMY AVOCADO SMOOTHIE

Prep Time: 5 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 ripe avocado, peeled & pitted
- 1 banana
- 1 cup almond milk
- ½ cup Greek yogurt
- ½ tsp vanilla extract

Instructions:

- Add avocado, banana, milk, yogurt, and vanilla in a blender. Blend until smooth.
- Pour the smoothie to the glass.
- Serve!



Nutrition facts:

Calories 350, Carbohydrate 3g, Protein 8g, Fat 2g, Fiber 10g

APPLE SMOOTHIE

Prep Time: 5 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 apple
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ banana
- ½ tsp cinnamon

Instructions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



Nutrition facts:

Calories 220, Carbohydrate 4g, Protein 8g, Fat 2g, Fiber 6g

KIWI LIME SMOOTHIE

Prep Time: 5 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 2 ripe kiwis, peeled & chopped
- ½ banana
- ½ cup Greek yogurt
- ½ cup spinach
- ½ cup almond milk
- ½ tsp lime juice

Instructions:

- Add kiwis, banana, yogurt, spinach, almond milk, and lime juice into a blender.
- Blend until smooth. Pour the smoothie into the glass.
- Serve!



Nutrition facts:

Calories 220, Carbohydrate 2g, Protein 10g, Fat 2g, Fiber 6g

A close-up photograph of several watermelon popsicles resting on a bed of crushed ice in a metal tray. The popsicles are a vibrant red color with a textured, ribbed surface. They are surrounded by fresh watermelon slices and small green mint leaves. The background is slightly blurred, showing more of the tray and the wooden surface it sits on.

COLD DESSERT RECIPES

CHOCOLATE MOUSSE

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 1 ½ cups Greek yogurt
- 100g dark chocolate
- 2 tbsp extra virgin olive oil
- 1 tsp vanilla extract



Nutrition facts:

Calories 280, Fat 20g, Carbohydrates 22g, Fiber 5g, Protein 10g

Instructions:

- Break the dark chocolate into small pieces and melt it using a microwave. Once melted, let it cool slightly.
- In a mixing bowl, add Greek yogurt, melted dark chocolate, olive oil, and vanilla extract. Whisk together until smooth and creamy.
- Spoon the mousse into small serving bowls. Refrigerate for at least 2 hours.
- Serve!

LEMON SORBET

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 1

Ingredients:

- 1 cup of lemon juice
- 1 cup water
- 1 tbsp lemon zest
- 1 tsp honey
- ½ tsp vanilla extract



Nutrition facts:

Calories 90, Fat 0g, Carbohydrates 24g, Fiber 1g, Protein 0g

Instructions:

- Add the water and honey into the saucepan. Heat over medium heat. Once dissolved, remove from heat.
- In a large mixing bowl, combine the lemon juice, lemon zest, and the honey syrup. Stir well. Add vanilla extract.
- Place the mixture in the refrigerator for at least 1 hour.
- Pour the mixture into an ice cream maker and churn for 20-25 minutes.
- If you don't have an ice cream maker, pour the mixture into a shallow baking dish and place it in the freezer.
- Scoop into bowls!

FROZEN YOGURT BARK

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 2 cups Greek yogurt
- ¼ cup sliced almonds
- ¼ cup dried figs, chopped
- ¼ cup pomegranate seeds
- ¼ cup dark chocolate chips
- 2 tbsp sunflower seeds
- 2 tbsp chia seeds
- ¼ cup crushed walnuts

Instructions:

- Line a baking sheet with parchment paper.
- In a mixing bowl, combine the Greek yogurt and honey or maple syrup. Stir until smooth and well combined.
- Pour the yogurt mixture onto the lined baking sheet.
- Sprinkle the sliced almonds, chopped dried figs, pomegranate seeds, sunflower seeds, chia seeds, walnuts, and dark chocolate chips over the yogurt.
- Place the baking sheet in the freezer and let the yogurt bark freeze for at least 3 hours.
- Once frozen, break the yogurt bark into pieces.
- Serve!



Nutrition facts:

Calories 180, Fat 8g, Carbohydrates 20g, Fiber 4g, Protein 10g

STRAWBERRY POPSICLES

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 2 cups fresh strawberries, hulled and sliced
- ½ cup low-fat Greek yogurt, unsweetened
- 1 tbsp lemon juice
- 1 tsp vanilla extract



Nutrition facts:

Calories 80, Fat 3g, Carbohydrates 15g, Fiber 2g, Protein 4g

Instructions:

- In a blender, combine the strawberries, Greek yogurt, lemon juice, and vanilla extract. Blend until smooth and creamy.
- Pour the mixture into Popsicle molds.
- Place the molds in the freezer for at least 4 hours.
- Serve!

RASPBERRY SORBET

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 4 cups fresh raspberries
- 1 tbsp fresh lemon juice
- ½ cup unsweetened coconut water



Nutrition facts:

Calories 85, Fat 0g, Carbohydrates 22g, Fiber 4g, Protein 1g

Instructions:

- Place the raspberries, lemon juice, and coconut water into a blender. Blend until smooth.
- Pour the mixture into a shallow dish. Cover and freeze for 2-3 hours.
- Serve!

MATCHA ICE CREAM

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 2 cups coconut milk, unsweetened
- 1 cup almond milk, unsweetened
- 2 tbsp matcha powder
- 1 tsp vanilla extract



Nutrition facts:

Calories 150, Fat 9g, Carbohydrates 16g, Fiber 3g, Protein 2g

Instructions:

- In a medium saucepan, combine the coconut milk and almond milk. Heat over medium heat.
- Sift the matcha powder, and add it to the milk mixture. Whisk thoroughly.
- Add vanilla extract, and stir well to combine. Continue heating until the mixture is well blended, then remove from heat.
- Allow the mixture to cool to room temperature, then refrigerate it for at least 2 hours.
- Pour the chilled mixture into an ice cream maker. Churn for 20 to 25 minutes.
- Transfer the soft ice cream into a container and freeze for an additional 3-4 hours.
- Serve!

CHILLED FRUIT SALAD

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 2 cups fresh strawberries, hulled and sliced
- 2 cups fresh blueberries
- 1 cup pomegranate seeds
- 1 orange, peeled and segmented
- 1 cup red grapes, halved
- 1 apple, diced
- 1 tbsp fresh mint, chopped
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp crushed walnuts

Instructions:

- In a large bowl, combine the strawberries, blueberries, pomegranate seeds, orange segments, grapes, and diced apple.
- In a bowl, whisk together the olive oil, lemon juice, and fresh mint.
- Pour the dressing over the fruit salad and toss to combine.
- Serve!



Nutrition facts:

Calories 120, Fat 6g, Carbohydrates 18g, Fiber 3g, Protein 1g

WATERMELON SORBET

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 4

Ingredients:

- 4 cups of fresh watermelon, cubed and seeds removed
- 2 tbsp fresh lime juice
- ½ cup cold water

Instructions:

- Cut the watermelon into small cubes and remove any seeds.
- In a blender, combine the watermelon, lime juice, honey, and cold water. Blend until smooth.
- Pour the mixture into a shallow dish. Place the mixture in the freezer for 3-4 hours.
- Scoop the sorbet into bowls.



Nutrition facts:

Calories 90, Fat 0g, Carbohydrates 24g, Fiber 2g, Protein 1g

BANANA CREAM PIE

Prep Time: 20 min | **Cook Time:** 20 min | **Serving:** 4

Ingredients:

For the crust:

- 1 ½ cups whole wheat flour
- ¼ cup ground almonds
- ¼ cup olive oil
- 2 tbsp water
- ¼ tsp salt

For the filling:

- 3 ripe bananas, sliced

- 2 cups almond milk
- 2 tbsp cornstarch
- 1 tsp vanilla extract
- ¼ tsp cinnamon

For the topping:

- ½ cup Greek yogurt, unsweetened
- ½ tsp vanilla extract



Nutrition facts:

Calories 240, Fat 10g, Carbohydrates 14g, Fiber 4g, Protein 6g

Instructions:

- Preheat the oven to 350 degrees F. In a bowl, combine the whole wheat flour, ground almonds, and salt. Add olive oil and mix until combined. Gradually add water to form a dough.
- Press the dough into a pie dish to form the crust. Bake for 8–10 minutes until golden. Let it cool completely.
- In a medium saucepan, add the milk. Heat over medium heat until it begins to simmer.
- In a small bowl, whisk the cornstarch with a little bit of cold water to form a slurry. Gradually add the slurry to the milk mixture while whisking continuously. Stir until the mixture thickens and coats the back of a spoon (about 5–7 minutes). Remove from heat and stir in vanilla extract and cinnamon. Let it cool slightly, then fold in the sliced bananas.
- Pour the banana mixture into the cooled crust. Refrigerate the pie for at least 2 hours.
- In a small bowl, whisk together Greek yogurt and vanilla extract until smooth. Spread the yogurt mixture over the top of the pie. Serve!

CHOCOLATE-COVERED STRAWBERRIES

Prep Time: 10 min | **Cook Time:** 5 min | **Serving:** 4

Ingredients:

- 12 fresh strawberries
- 100g dark chocolate
- 1 tbsp olive oil
- 2 tbsp crushed almonds



Nutrition facts:

Calories 70, Fat 5g, Carbohydrates 8g, Fiber 1g, Protein 1g

Instructions:

- In a heatproof bowl, break the dark chocolate into pieces. Add olive oil. Melt the chocolate either using a microwave in 20–30 second intervals or using a double boiler method until smooth.
- Hold each strawberry by the stem and dip it into the melted chocolate.
- After dipping, you can roll the strawberries in crushed almonds.
- Place the dipped strawberries on a parchment-lined tray. Place them in the fridge for 20–30 minutes.
- Serve!

BLUEBERRY ICE CREAM

Prep Time: 20 min | **Cook Time:** 10 min | **Serving:** 6

Ingredients:

- 2 cups fresh or frozen blueberries
- 1 tbsp lemon juice
- 2 cups heavy cream
- 1 cup almond milk
- 1 tsp vanilla extract



Nutrition facts:

Calories 310, Fat 22g, Carbohydrate 28g, Protein 2g

Instructions:

- In a saucepan, combine blueberries and lemon juice. Cook over medium heat for 8–10 minutes.
- Let it cool and then blend until smooth.
- In a bowl, whisk together heavy cream, almond milk, and vanilla.
- Stir the cooled blueberry compote into the cream base.
- Refrigerate the mixture for 1–2 hours.
- Pour into an ice cream maker and churn for 20–25 minutes.
- Transfer to a container and freeze for at least 4 hours until firm.
- Serve and enjoy!

BANANA ICE CREAM

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 3

Ingredients:

- 3 ripe bananas
- 1–2 tbsps almond milk
- ½ tsp vanilla extract



Nutrition facts:

Calories 105, Fat 0.3g, Carbohydrate 27g, Protein 1g

Instructions:

- Peel and slice ripe bananas. Freeze them in an airtight container for at least 2 hours.
- Place the frozen banana slices in a food processor. Blend until creamy.
- Add vanilla extract and almond milk.
- Serve immediately!

WATERMELON ICE CREAM

Prep Time: 15 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 3 cups seedless watermelon
- 1 cup heavy whipping cream
- ½ cup sweetened condensed milk
- 1 tbsp lime juice



Nutrition facts:

Calories 210, Fat 14g, Carbohydrate 20g, Protein 2g

Instructions:

- Cube and freeze the watermelon for at least 4–6 hours until solid.
- In a blender, add the frozen watermelon and lime juice. Blend until smooth.
- In a mixing bowl, whip the cold heavy cream with an electric mixer.
- Fold the watermelon purée and condensed milk into the whipped cream. Mix until just combined.
- Transfer the mixture to a loaf pan or airtight container.
- Freeze for at least 6 hours or overnight.
- Serve!

STRAWBERRY ICE CREAM

Prep Time: 25 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 2 cups fresh strawberries, hulled and chopped
- ¾ cup honey
- 2 cups heavy cream
- 1 cup almond milk
- 1 tsp pure vanilla extract



Nutrition facts:

Calories 240, Fat 15g, Carbohydrate 24g, Protein 2g, Fiber 1g

Instructions:

- In a medium bowl, combine strawberries with ¼ cup honey. Let sit for 20 minutes. Mash slightly with a fork.
- In another bowl, whisk together the remaining ½ cup honey, cream, almond milk, and vanilla.
- Stir in the mashed strawberry mixture. Mix well.
- Refrigerate the mixture for at least 1–2 hours.
- Pour the mixture into an ice cream maker and for 20–25 minutes until thick and creamy.
- Transfer to an airtight container and freeze for 4–6 hours.
- Serve!

MANGO ICE CREAM

Prep Time: 10 min | **Cook Time:** 0 min | **Serving:** 6

Ingredients:

- 2 ripe mangoes
- 1 cup heavy cream, chilled
- ½ cup sweetened condensed milk
- 1 tsp vanilla extract



Nutrition facts:

Calories 220, Fat 12g, Carbohydrate 25g, Protein 3g, Fiber 1g

Instructions:

- Peel and cube mangoes. Blend until smooth.
- In a large bowl, beat the heavy cream until stiff peaks form.
- Gently fold in mango puree, condensed milk, and vanilla extract into the whipped cream until well combined.
- Pour the mixture into an airtight container. Freeze for at least 6 hours or overnight.
- Scoop and serve.

CHERRY ICE CREAM

Prep Time: 15 min | **Cook Time:** 10 min | **Serving:** 6

Ingredients:

- 2 cups cherries
- 1 tbsp lemon juice
- 2 cups heavy cream
- 1 cup almond milk
- 1 tsp vanilla extract



Nutrition facts:

Calories 280, Fat 19g, Carbohydrate 6g, Protein 3g, Fiber 1g

Instructions:

- In a saucepan, combine cherries and lemon juice.
- Cook over medium heat for 8–10 minutes. Mash with a fork.
- In a bowl, whisk together heavy cream, almond milk, and vanilla extract.
- Add cooled cherry mixture to the cream base. Stir well.
- Pour into an ice cream maker and churn for 20–25 minutes.
- Transfer to an airtight container and freeze for 4–6 hours.
- Scoop and serve.

7 DAYS MEAL PLAN

Day 1:

Greek Yogurt with Honey and Walnuts

Day 2:

Olive Oil and Lemon Cake

Day 3:

Almond Fig Energy Bites

Day 4:

Roasted Pears with Cinnamon and Walnuts

Day 5:

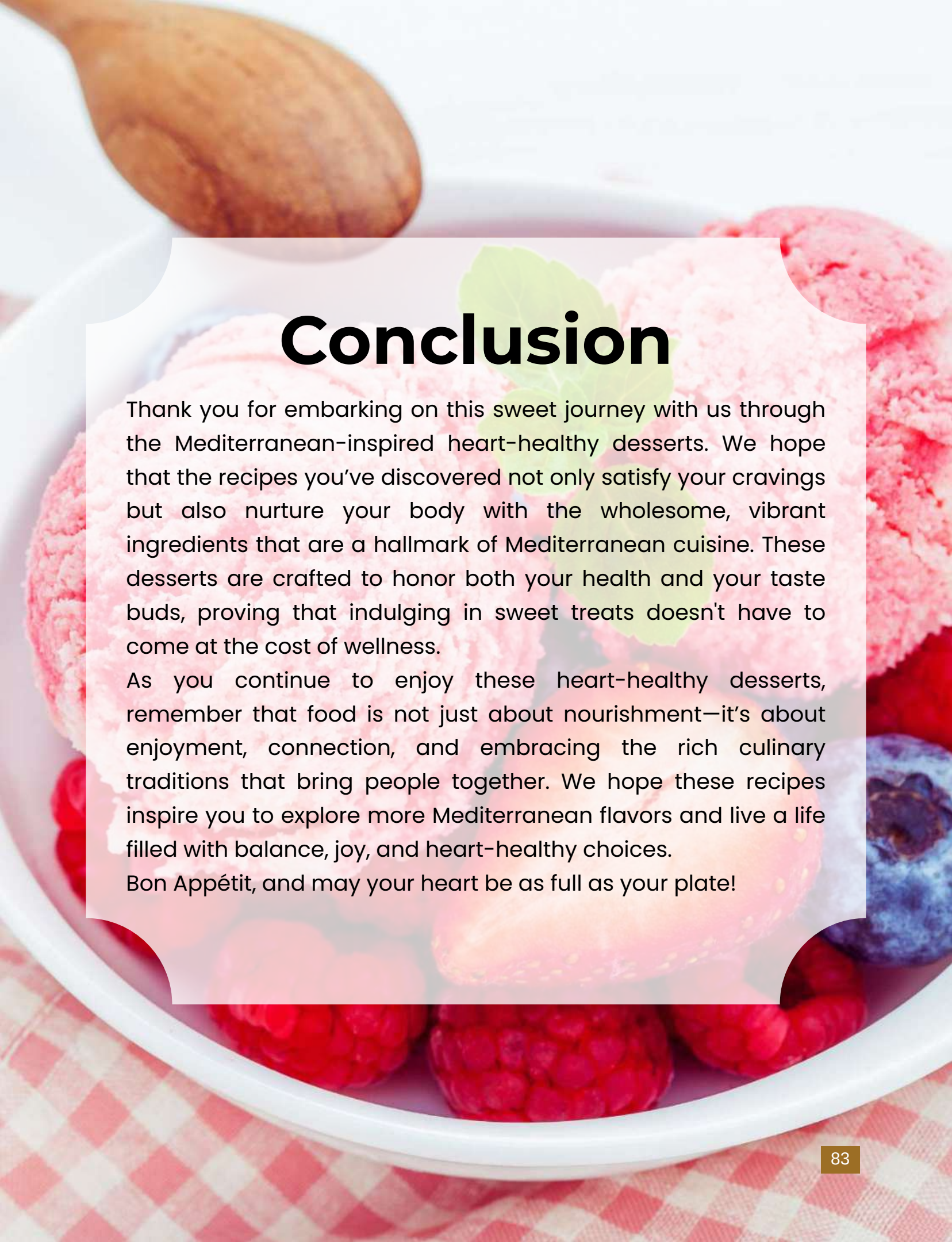
Dark Chocolate-Dipped Strawberries with
Pistachios

Day 6:

Apricot and Almond Tart

Day 7:

Mediterranean Fruit Salad with Olive Oil and Honey
Dressing



Conclusion

Thank you for embarking on this sweet journey with us through the Mediterranean-inspired heart-healthy desserts. We hope that the recipes you've discovered not only satisfy your cravings but also nurture your body with the wholesome, vibrant ingredients that are a hallmark of Mediterranean cuisine. These desserts are crafted to honor both your health and your taste buds, proving that indulging in sweet treats doesn't have to come at the cost of wellness.

As you continue to enjoy these heart-healthy desserts, remember that food is not just about nourishment—it's about enjoyment, connection, and embracing the rich culinary traditions that bring people together. We hope these recipes inspire you to explore more Mediterranean flavors and live a life filled with balance, joy, and heart-healthy choices.

Bon Appétit, and may your heart be as full as your plate!

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