



There are two methods to thoroughly enjoying desserts and not letting them derail the progress you're making toward your weight loss goals. This first method is to know exactly what 100 calories of any dessert looks like. Here are a few examples to help quantify desserts. A square of dark chocolate and a bit of fruit, 1/3 Cup of ice cream, five Hershey kisses, and a 1"x1" piece of cake without frosting – all are about 100 calories.

If you want your 100 calories to go further, here are four ideas of how to 2.5 your dessert experience with twice the flavor and half the calories. Lots of fruit, explosive spices, and a variety of temperatures and textures.

The apples are sweet enough that they don't need any sugar added to them and the roasting just concentrates that flavor. The nuts are coated in maple syrup and a tiny amount of butter to give them just enough fat. The pears are poached in the most beautiful white wine, lemon peel, ginger, and peppercorns. Other than a tiny bit of honey, they don't need any additional sweeteners. And those bananas – sandwich any type of nut butter you love and topped with dark chocolate and sea salt. Such beautiful flavor combinations!

## BAKED APPLES

SERVING SIZE 1 APPLE | 117 CAL | PROTEIN: 1G | CARBS: 17G | FAT: 6G

### INGREDIENTS

- 2 Med Apple , washed
- 2 Med Apples, washed 1 Tbsp Butter , unsalted
- 1 Tsp Cinnamon
- 1 Pinch Sea Salt
- 2 Tbsp Plain Yoghurt , unsweetened

### DIRECTIONS

- 1 PreHeat oven to 400F. Parchment Line a baking sheet. Set Aside.  
Core and Slice the apples – no need to remove skins.
- 2 Place slices on baking sheet. Drizzle with melted butter and toss to coat.  
Spread the slices out and sprinkle with cinnamon and salt. Bake for 10 minutes. Flip slices and sprinkle with more cinnamon and salt. Cook for 10 additional minutes. Drizzle with liquid from the pan and serve.
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## CANDIED WALNUTS

SERVING SIZE 2 TBSP | 114 CAL | PROTEIN: 2G | CARBS: 10G | FAT: 8G

### INGREDIENTS

- 1 ½ C Walnuts
- ¼ C Dried Cherries
- ¼ C Maple Syrup
- 1 Tbsp Vanilla Extract
- Sea Salt

### DIRECTIONS

- 1 PreHeat oven to 375F. Parchment Line a baking sheet. Set Aside.  
Place Syrup, Vanilla, and Salt in Saucepan over Med-Low.
- 2 Bring mixture to a simmer for 3 minutes. Add walnuts and cherries, coat well with syrup mixture.  
Transfer to baking sheet and spread out into a single layer. Bake for 10 minutes, or until walnuts are caramelized.
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- 4 Cool for 30 minutes and store in an airtight container in the fridge.

## POACHED PEARS

SERVING SIZE 1 PEAR | 94 CAL | PROTEIN: 0G | CARBS: 21G | FAT: 0G

### INGREDIENTS

- 1 Bottle White Wine
- 2 Tbsp Honey
- 1 Tsp Vanilla Extract
- 1 Lemon Peel and Juice
- 2-3" Ginger
- 5 Peppercorn
- 4 Pear , quartered
- 4 Ginger Snaps , crushed into crumbs

### DIRECTIONS

- Place pears in saucepan over Med-High heat. Add wine, honey, vanilla, zest, juice, peppercorns, ginger, and salt.
- 1 Bring to a boil, reduce heat to Med-Low, simmer until pears are knife tender, appx 20-25 minutes. Using a slotted spoon, remove pears and set aside.  
Bring cooking liquid to a boil over high heat and boil until it is reduced by twothirds, about 20 minutes. Strain the liquid through a fine mesh sieve, then pour the liquid over the pears. Serve warm or at room temperature garnished with cookie crumbs.
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## BANANA BITES

SERVING SIZE 2 BITES | 99 CAL | PROTEIN: 2G | CARBS: 3G | FAT: 6G

### INGREDIENTS

- 3 Med Banana
- ½ C Nut or Seed Butter
- 1 Tbsp Coconut Oil
- Sea Salt

### DIRECTIONS

- 1 Slice Bananas into ¼" slices. Place on parchment lined tray. Spread nut butter on half the bananas. Top with second banana. Place tray in freezer for 60 minutes.  
Melt chocolate and coconut oil in double boiler or in microwave. Dip frozen banana bites into chocolate. Place back on parchment paper and garnish with sea salt and toffee bits. Place dipped bananas back in the freezer one more time until chocolate is set, appx 30 minutes.
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**Hurdle 12:** Holidays & Parties

**Hurdle 9:** Prepared Foods

**Hurdle :** Sweets and Sweeteners