

No-Bake Bliss

5 Healthy Desserts You Can Make Without an Oven



*Welcome to *No-Bake Bliss*! This exclusive bonus mini-ebook is a gift for readers of *Healthy Desserts Around the World**

Inside you'll find 5 fresh, quick, and wholesome no-bake dessert recipes.

These recipes are:

■ *Quick – ready in minutes, no oven required.*

■ *Healthy – made with natural ingredients and smart swaps.*

■ *Global – inspired by flavors from around the world. Let's get started!*



Raw Chocolate Energy Bites Introduction: These bite-sized chocolate balls are packed with dates, oats, and nuts. A quick, no-bake snack that satisfies sweet cravings while fueling your day. Serving: 12 bites

Kitchen Tools:

- Food processor
 - Mixing bowl
 - Tray or plate
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Steps:

1. Blend dates until sticky.
2. Add oats, cocoa, almond butter, chia seeds, vanilla; blend until combined.
3. Roll into 1-inch balls.
4. Refrigerate 30 minutes before serving.

Ingredients: -

- 1 cup pitted Medjool dates
 - 1/2 cup rolled oats
 - 1/4 cup almond butter
 - 2 tbsp cocoa powder
 - 1 tbsp chia seeds
 - 1 tsp vanilla extract
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Tips:

- Roll in shredded coconut or crushed nuts.
 - Store up to 1 week in fridge.
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Nutrition (per serving): Calories: ~90 | Protein: 2g
| Carbs: 14g | Fat: 3g | Fiber: 2g

Cultural Note: Popular modern snack worldwide, loved for fitness and office fuel.

Mango Yogurt Parfait Cups Introduction: A refreshing layered dessert with tropical mangoes, creamy yogurt, and crunchy granola. Perfect for summer or as a light post-dinner treat. Serving: 4 cups

Kitchen Tools: -

Glass cups or jars

Spoon

Steps:

1. Mix yogurt with honey and lemon juice.
2. Layer yogurt, mangoes, and granola in cups.
3. Repeat layers.
4. Chill 30 minutes before serving.

Ingredients:

- 2 ripe mangoes, diced
 - 2 cups low-fat Greek yogurt
 - 1/2 cup granola
 - 2 tbsp honey
 - 1 tsp lemon juice
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Tips:

- Add chia seeds or nuts.
 - Use frozen mango if fresh isn't available.
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Nutrition (per serving): Calories: ~180 | Protein: 7g
| Carbs: 28g | Fat: 5g | Fiber: 3g

Cultural Note: Mangoes are celebrated across Asia as the 'king of fruits.'

No-Bake Coconut Lime Bars Introduction: Creamy coconut-lime bars bring a tropical zing without the oven. A refreshing dessert with balanced sweetness and tang. Serving: 9 bars

Kitchen Tools:

- Mixing bowl
- 8x8-inch pan
- Parchment paper

Ingredients:

- 1 1/2 cups shredded coconut
- 1/2 cup almond flour
- 1/4 cup coconut oil, melted
- 3 tbsp honey or maple syrup
- Zest of 1 lime + 2 tbsp juice

Steps:

1. Combine coconut, almond flour, honey, coconut oil.
2. Press into lined pan.
3. Add lime zest and juice to top layer; spread evenly.
4. Refrigerate 2–3 hours before cutting.

Tips:

Top with lime slices or flakes.
Store chilled for best texture.

Nutrition (per serving): Calories: ~150 |
Protein: 2g | Carbs: 9g | Fat: 12g | Fiber: 2g

Cultural Note: Inspired by Caribbean flavors, coconut + lime symbolize freshness.

Strawberry Chia Pudding Introduction: A creamy, nutrient-rich pudding made with chia seeds and fresh strawberries.

No cooking required—just mix, chill, and enjoy! Serving: 4 portions

Kitchen Tools: -

Mixing bowl -

Blender - Glass jars

Ingredients:

-2 cups almond milk

- 1/2 cup chia seeds

- 2 tbsp honey or maple syrup

- 1 cup strawberries, blended

Steps:

1. Blend strawberries into purée.

2. Mix milk, chia seeds, honey, and purée.

3. Pour into jars; chill 4+ hours.

4. Serve topped with strawberry slices.

Tips: -

Add vanilla for extra flavor.

Use mixed berries for variation.

Nutrition (per serving): Calories: ~160 | Protein: 4g | Carbs: 22g | Fat: 6g | Fiber: 6g

Cultural Note: Chia seeds were prized by Aztecs and Mayans as energy food.

Raw Peanut Butter Chocolate Squares Introduction: A healthy twist on peanut butter + chocolate. Naturally sweetened and packed with good fats. Serving: 12 squares

Kitchen Tools: -
Mixing bowl - 8x8-
inch pan -
Parchment paper

Ingredients: -

1 cup rolled oats - 1/2 cup
natural peanut butter - 1/3
cup honey or agave - 1/4
cup cocoa powder - 2 tbsp
coconut oil, melted

Steps:

1. Mix oats, peanut butter, honey, cocoa, and coconut oil.
2. Press into lined pan.
3. Chill 2 hours before cutting.

Tips:

Sprinkle with sea salt.
Store in freezer for firmer texture.

Nutrition (per serving): Calories: ~120 |
Protein: 3g | Carbs: 14g | Fat: 7g | Fiber: 2g

Cultural Note: Peanut butter + chocolate is an American favorite pairing.

HEALTHY TREATS



Raw Chocolate Energy Bites



Mango Yogurt Parfait Cups



Strawberry Chia Pudding



No-Bake Coconut Lime Bars



Raw Peanut Butter Chocolate Squares



Thank you for reading

No-Bake Bliss!

This was a bonus gift alongside **Healthy Desserts Around the World**. If you loved these 5 no-bake recipes, don't forget to explore the full 50-recipe ebook for even more global desserts. Stay healthy, stay sweet!

