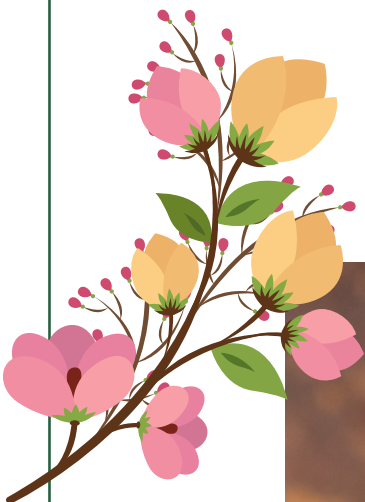


LEONOR'S SWEET CREATIONS



7 QUICK & HEALTHY SWEET TREATS

You'll Want To Make Every Week

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INTRODUCTION

Hey there, sweet tooth!

I'm absolutely thrilled to welcome you to my family's favorite healthy daily treats! These are just a few examples of what we always have around the house, so we keep both our cravings and our gut happy.

Now, I know what you might be thinking: "Healthy desserts? Do they even exist? And are they really simple and quick to make?" Well, my friend, I'm here to tell you that they do exist, they are super simple and quick to make - between 5-15 minutes (plus baking or refrigeration time) - and they're incredibly delicious!

You see, I've always had a passion for whipping up sweet treats in the kitchen - I even had my own pastry shop in Germany for 10 years! - but I've also got a soft spot for staying healthy and feeling good. So, I decided to combine the two and transform all my previous traditional recipes into delicious functional desserts. All my recipes are now free of gluten, dairy, lactose, ultra-processed sugar, refined or hydrogenated fats, artificial coloring or chemical additives.

Each of these recipes has been carefully crafted to ensure they're not only easy to make but also loaded with wholesome ingredients that your body will thank you for. We're talking about treats that won't leave you in a sugar coma or on a wild calorie-counting spree. Instead, they are low in carbs and packed with fibre, good fats, proteins, vitamins, minerals and phytonutrients. All ingredients I use are anti-oxidant, anti-inflammatory and non-allergenic. So, EVERYONE can eat them totally guilt-free! Even if you have food allergies or intolerances, you suffer from diabetes or you are celiac.

Whether you're a chocoholic, a fruit fanatic, or somewhere in between, I've also got you covered. These recipes are perfect for any occasion, whether it's a cozy night in, a special celebration, or just a regular Tuesday when you deserve a little sweetness in your life.

So, what are you waiting for? Dive into this E-book, and let's indulge in the world of healthy desserts together. I promise you're in for a treat that's not only good for your taste buds but also for your soul.

Get ready to bake, share, and savor these seven quick healthy dessert recipes with the people you love the most. After all, life is sweeter when we can enjoy a little indulgence with our beloved ones, totally guilt-free.

Happy baking and even happier eating!

With love and sweet wishes,

Leonor.

ENERGY BALLS



Ingredients

- 1 cup (225g) dry dates
- 1/2 cup (100g) raisins or dried apricots
- 3 tsp (10g) raw cacao powder
- 1 cup (150g) coarsely chopped mixed nuts and seeds (flax seeds, chia seeds, sunflower seeds, walnuts)

Serves:

10-12 balls

Directions

- 1 Place the dates and raisins or apricots in a food processor and pulse until they turn into a homogeneous sticky paste.
- 2 Transfer the dry fruit paste to a bowl and mix it with raw cocoa powder.
- 3 Gradually add the seeds and nuts, while kneading the "dough", until everything is mixed together.
- 4 Using your hands, roll out balls and place them on a lined plate and refrigerate them for five minutes, to firm up.

Notes:

To refrigerate: Place the energy balls in a sealable container and keep in the fridge. They will keep fresh for up to 4 weeks.

To freeze: If you make a big batch of these balls, they can be placed in a ziplock bag and stored in the freezer for up to 6 months.



CHIA PUDDING



Ingredients

- 1/2 cup (90g) chia seeds
- 2 cups (470ml) almond milk (unsweetened)
- 2 tsp (4g) pure vanilla extract
- 2 tbsp honey (42g), agave (30g) or maple syrup (40g).
- Toasted sunflower seeds (optional)
- Fresh fruits or berries for topping

Serves:

4 servings (in glass)

Directions

- 1 In a bowl, mix chia seeds, almond milk, vanilla extract and sweetener of your choice.
- 2 Whisk well with a hand whisk
- 3 Refrigerate overnight or for at least 4 hours.
- 4 Serve chilled with a colorful array of fresh fruits on top. To add more fiber and some crunchiness, you can sprinkle the sunflower seeds.

Notes:

To refrigerate: Place the chia pudding in a sealable glass jar and it will keep for a few days.

GLUTEN-FREE CRÊPES



Ingredients

- 450ml filtered water
- 1 cup (150g) lentil, chickpea, bean or pea flour
- 1/4 cup (20g) cornstarch or potato starch
- 1 tsp (6g) coarse sea salt
- 6 tbsp (20g) extra virgin olive oil
- ground pepper and cumin (optional)

Serves:

Around 8 crêpes

Instructions

- 1 In a blender, place all ingredients together and blend for 1-2 minutes, until the batter is smooth and homogeneous.
- 2 Let the batter rest for at least 15-30 minutes. Before using it, mix it again with a spoon.
- 3 Wipe slightly the bottom of a non-stick frying pan with kitchen paper soaked in a little bit of olive oil.
- 4 Heat up the non-stick frying pan and when it is warmed up, lower the heat to medium and pour some batter with a soup ladle. Tilt the frying pan in all directions to fully cover the bottom of the pan with the batter.
- 5 Cook for 2-3 minutes or until the edges start lifting. Flip it with the help of a spatula and let it cook for another 1-2 minutes.
- 6 Repeat the process to make the next crêpe(s), including wiping the frying pan with the oiled kitchen paper.
- 7 Cover each crêpe with a filling of your choice, roll it or fold it and serve still warm, or cold



MIXED BERRY SORBET

Instructions

- 1 In a blender, combine frozen berries, yogurt, honey or agave and lemon juice.
- 2 Blend until you achieve a smooth, creamy texture.
- 3 Pour the mixture into a container and freeze for at least 2 hours.
- 4 Scoop into bowls and garnish with fresh mint leaves.

Ingredients

- 2 cups (350g) frozen mixed berries
- 1/4 cup (60g) plain yogurt (non-dairy for a vegan option)
- 2 tbsp honey (42g) or agave (30g)
- 1 tbsp (15g) fresh lemon juice

Servings:

2 Portions

TOAST WITH PEANUT BUTTER AND FRUITS



Ingredients

- 2-4 sliced gluten-free bread
- Peanutbutter (if possible, homemade)
- 1-2 banana and/or 1-2 organic apples, sliced
- Toasted sesame seeds (optional)
- Cinnamon (optional)

Servings:

2-4 slices

Instructions

- 1 Toast the slices of bread.
- 2 Peel and slice the bananas. If you use apples, washed them and slice them thinly with the skin.
- 3 Spread peanutbutter over all slices of bread.
- 4 Cover the bread with peanutbutter with slices of banana or apple.
- 5 Sprinkle cinnamon, sesame seeds or shredded coconut on top.

DARK CHOCOLATE BARK



Ingredients

- 2 cups (170g) dark chocolate chips or chopped chocolate (60-70% cacao)
- ¼ cup (150g) chopped nuts (almonds, pecans, hazelnuts, or a combination)
- ¼ cup (65g) dried cranberries or other dried fruit (dried cherries, apricots, or candied ginger, chopped if large)
- 1 teaspoon coarse sea salt

Servings:

Approx 15 pieces

Instructions

- 1 Line a baking sheet with parchment paper.
- 2 Melt the chocolate in a microwave-safe bowl or a saucepan over low heat, stirring occasionally until smooth.
- 3 Pour the melted chocolate onto the prepared baking sheet and spread it into a thin, even layer.
- 4 Sprinkle the chopped nuts and dried fruit over the chocolate.
- 5 Sprinkle the sea salt over the chocolate.
- 6 Let the chocolate bark set at room temperature for at least 30 minutes, or until firm.
- 7 Break the bark into pieces and store in an airtight container at room temperature for up to 2 weeks.

BANANA OAT COOKIES



Ingredients

- 2 ripe bananas (mashed)
- 1 1/2 cups (50g) rolled oats
- 1/4 cup (35g) almond butter
- 1 tsp (4g) pure vanilla extract
- 1/4 cup (60g) dark chocolate chips (optional)

Servings:

12-15 cookies

Notes:

Store:

at room temperature- 2-3 days;

refrigerator: up to 1 week;

freezer: up to 2 months

Instructions

- 1 Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine mashed bananas, rolled oats, almond butter, and vanilla extract until well mixed.
- 3 If desired, fold in dark chocolate chips.
- 4 Drop spoonfuls of the mixture onto the baking sheet and flatten them slightly.
- 5 Bake for 12-15 minutes or until cookies turn golden.
- 6 Allow to cool on a wire rack before enjoying.

FINAL NOTE

I truly hope you, your family, or your friends will savor the mouthwatering recipes I've just shared with you! My kids and I absolutely can't get enough of them.

But we all have those cherished recipes that evoke fond memories and whisk us back to another time and place. It could be the cozy kitchen of your grandma from your childhood or a special family moment that's forever etched in your heart. The unforgettable aromas, flavors, and unique tastes of those special cakes made by your mom, aunt, or grandmother are treasures you hold close.

Indeed, the recipes in this booklet are just a glimpse of the many recipes I've experimented with, tweaked, perfected, or transformed into delightful and wholesome desserts for me and my kids. The potential and joy of Functional Baking are immense, and it's an art I'll continue applying to all my recipes, even in savory recipes.

If you're interested in learning how to transform your own family recipes – or any recipe – into healthier versions while preserving the beloved appearance and taste, you're warmly invited to join my [Functional Desserts Masterclass](#). In this comprehensive course, I pour my heart and soul into sharing everything I've learned during my 12-year baking journey. From nutrition to baking techniques, ingredients, ratios, recipe construction, decorating skills, and over 70 meticulously crafted recipes – this is your one-stop destination to become a master of functional baking! Click [here](#) to register on

Additionally, you're invited to become a valued member of my FREE [community of Functional Desserts Lovers](#), a community I'm excited to launch and believe will evolve into a valuable support network for all of us. This is the perfect place for engaging in recipe exchanges, troubleshooting, sharing tips and tricks, discovering new trends, and discussing all things related to healthy baking. Be among the founding members of this community and enjoy exclusive surprise benefits! Simply click here to join!

And don't forget to explore our [blog](#), where we weekly share science-backed information on nutrition and health, but also behind-the-scenes stories, and bonus recipes to further ignite your passion for functional baking.

I wish you a happy baking week filled with delicious and wholesome creations!

With love and sweet wishes, Leonor.



BON APPETIT AND CONTACT ME!

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