

# 5 Simple Healthy Desserts

## **Blueberry Cheesecake**

Ingredients:

Fat-free ricotta cheese

1/2 tsp of vanilla extract

Dash of cinnamon

Fresh blueberries

Directions:

In a bowl, mix the fat-free ricotta, vanilla, and cinnamon. You can also add a little bit of a natural sweetener like stevia if wanted. Top the ricotta mixture with fresh blueberries and eat up.

21 Day Fix Portions = 1 Red, 1 Purple

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## **No-Guilt Baked Apples**

Ingredients:

1% plain Greek yogurt

1 small apple

Directions:

Cut the apple into slices and bake in a 400°F preheated oven for 10 minutes or until soft. Place the Greek yogurt in a bowl and add softened apples. You can also add cinnamon and stevia to taste.

21 Day Fix Portions = 1 Red, 1 Purple

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## **Blueberry Ice Cream**

Ingredients:

Unsweetened coconut milk or almond milk

Frozen blueberries

Directions:

Pour chilled milk into a bowl. Mix in frozen blueberries and allow to sit for a couple minutes. Enjoy!

You can do this with most frozen fruit for a tasty treat. Frozen banana slices are also one of my favorites.

21 Day Fix Portions = 1 Purple, 1 Yellow

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### **Chocolate Pudding**

Ingredients:

1 serving of chocolate-flavored protein powder

1 very ripe banana

Directions:

Add the banana and the protein powder into a blender and blend until smooth. You could also use vanilla protein powder to make vanilla pudding or strawberry protein powder to make strawberry banana pudding.

21 Day Fix Portions = 1 Red, 2 Yellow

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### **Peanut Butter Protein Balls**

Ingredients:

1 cup of natural peanut butter

1/4 cup of vanilla or chocolate protein powder

1 tsp vanilla extract

Directions:

Mix the above ingredients in a large bowl until the texture becomes workable. Use a teaspoon to scoop out a portion of the mixture and form into small ball shapes. Place the balls on a parchment-lined cookie sheet and refrigerate or freeze. You can also roll these in natural coconut flakes for added sweetness.

21 Day Fix Portions = 1 tsp