TOP 10

Guiltless Desserts



MAYBE I WILL

POSITIVE / FIT / HEALTHY

RECIPE 1

HEALTHY *Melt-In-Your-Mouth* NO-BAKE BARS



Are you a fan of No-Bake Cookies? They are one of my single most favorite things to eat! They are so simple, but yet pretty much the best thing EVER. As I have shared in previous posts, finding guilt-free desserts is my mission in life! Even if you are not on the "clean" eating train or even care if your desserts are guilt-free or not, you will still FLIP over how good these no-bake bars are! No joke, they are the BEST healthy eating treat I have come across to date (and that's saying a lot). Besides being insanely good they are SUPER EASY to make! That my friend is a win! These healthy melt-in-your-mouth no-bake bars will rock your world and impress any of you friends!

YOU WILL NEED:

- ⅔ cup honey
- ¼ cup coconut oil
- ½ tsp almond extract
- 2 cups old-fashioned rolled oats
- 1 cup all-natural peanut butter
  (I have used almond butter with success!)
- 1 cup dark chocolate chips -
  You can substitute ½ cup unprocessed cocoa powder for less calories, but the bars will be dryer!
- ¾ cup Craisins®
  (totally optional! - I love them! But I know they're not for everyone)

PREP TIME: 5 MINS
COOK TIME: 15 MINS
TOTAL TIME: 20 MINS
SERVES: 24

Nutrition Facts
Serving Size 1 bar

Amount Per Serving	
Calories 186	
	% Daily Values*
Total Fat 11.7g	**18%**
Saturated Fat 5.8g	**29%**
Trans Fat 0g	
Sodium 4mg	**0%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 1.5g	**6%**
Sugars 11.4g	
Protein 3.9g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

RECIPE 1

HEALTHY *Melt-In-Your-Mouth* NO-BAKE BARS

MELT



MIX



LET IT SET!



How to Do It:

1. Melt peanut butter, honey, and coconut oil until melted and delightful in a heavy saucepan.
2. Remove from heat and add remaining ingredients.
3. Pour into a lightly greased 9×13 pan.
4. The hardest part waiting 2-3 hours for the bars to set up! These will please even the pickiest palate!

RECIPE 2

PROTEIN-PACKED *Berry Fluff* SALAD



Growing up in the west, one thing you can bank on at any potluck is a "fluff" salad. I believe its in some potluck bible somewhere that is required to be brought by someone. For those of you not familiar with this particular delicacy, let me fill you in. These salads all contain Jell-O, fruit, and a large amount of Cool Whip. Some variations have cottage cheese, cream cheese, and other sources of creaminess. As you can imagine, this combo is a delightful one! But not on the healthy side at all (apart from some fruit tossed in for good measure). So as with most of my concoctions, I took this concept, revamped it, and made it something you can devour on the daily basis without an ounce of guilt! Oh and did I mention my fluff salad as 49 grams of protein? So with that, I proudly present my current snack crush, Protein-Packed Berry "Fluff" Salad! You're welcome!

Nutrition Facts

Serving Size 1 bowl

Amount Per Serving	
Calories 320	
	% Daily Values*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 12.5mg	**4%**
Sodium 390mg	**16%**
Total Carbohydrate 31.5g	**11%**
Dietary Fiber 4g	**16%**
Sugars 15g	
Protein 49g	**98%**

*Percent Daily Values are based on a 2,000 calorie diet.

PREP TIME: 2 MINS
COOK TIME: 3 MINS
TOTAL TIME: 5 MINS
SERVES: 1

YOU WILL NEED:

- 1 cup frozen berry blend
- 1 cup 0% fat greek yogurt
- 1 scoop Isopure® Vanilla Protein Powder
- 1-2 tbs Walden Farms Marshmallow Dip

RECIPE 2

PROTEIN-PACKED *Berry Fluff* SALAD

HEAT



BLEND



How to Do It:

1. Heat berries in microwave for 1½- 2 minutes until completely defrosted, and a nice syrup forms.

2. Blend berries in with yogurt, protein powder, and marshmallow dip, and Enjoy! Easy peasy and so good! Oh it makes a ginormous bowl!

Just some notes – I really like Isopure in this recipe as it provides a large portion of protein with only 110 calories and 0 carbs! It is also my favorite protein powder for body fat loss. Also, if you have not tried Walden Farms products, you are missing out! They are all calorie-free and actually taste good! Their Marshmallow Dip is pure magic in this recipe and gives the it just the right amount of fluff – I included a link to purchase on Amazon. But you can usually find Walden Farms products at any healthy swanky-type grocery store. I have found it at Sprouts, Whole Foods, and even a couple of times at Target. In a pinch, you could use free Cool Whip for same effect.

I have been snacking on this one for awhile and it has become one of my "go to" sweet afternoon snacks and it helps me get in my protein which can be a struggle some days! So enjoy and happy snacking!

Want more? Make sure and join my Closed Facebook Group for daily tips, motivation and fun!

RECIPE 3

THE BEST-EVER *Protein* MUG CAKE

ADAPTED FROM FRIES TO FIT



PREP TIME: 4 MINS
COOK TIME: 3 MINS
TOTAL TIME: 7 MINS
SERVES: 1

I have been on a mission to find the perfect protein mug cake. In the last month, I have tried more than a few and I have been sorely disappointed each and every time! I think I'm going to get this great sweet treat to help fill the void of cake in my life, and all the ones I tried were just not good! They were actually borderline inedible! Sticking with proper nutrition has and will always be my Achilles heel. So that is why it is super crucial for me to find healthy alternatives so that I can stay on track and keep moving forward and keep crushing my goals! So when I tried this particular recipe and took a bite, I think I might have heard angels singing! It's that good! I made a couple more small tweaks and what we have here is pure protein mug cake perfection! My mouth is watering just thinking about this!

FOR THE CAKE, YOU WILL NEED:

- 1 tbs stevia
- ¼ cup egg whites
- 2 tbs coconut flour
- ¼ tsp baking powder
- ¼ tsp pure vanilla extract
- 1 tbs chocolate protein powder – *(I like Quest® Protein Powder for my Baking Recipes)*
- 2 tbs unsweetened vanilla almond milk

Nutrition Facts

Serving Size 1 bowl

Amount Per Serving	
Calories 183	
	% Daily Values*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 5g	
Protein 26g	**52%**

*Percent Daily Values are based on a 2,000 calorie diet.

RECIPE 3

THE BEST-EVER Protein MUG CAKE

ADAPTED FROM FRIES TO FIT

HOW TO DO THE CAKE:

1. Mix Ingredients until smooth then pour into prepared mug – I used coconut oil.

2. Bake in microwave in mug for 1-3 minutes at 70% power, checking every minute.

MIX AND BAKE!



FOR THE DRIZZLE, YOU WILL NEED:

- 1 tbs smooth all-natural peanut butter
- 2-3 dark chocolate chips -
  (I like this kind kind for Chocoley)

MIX AND MELT!





HOW TO DO THE DRIZZLE:

1. Melt peanut butter and chocolate until smooth and pour over your cake!
   Seriously heaven! + healthy = that's a win my friend!

RECIPE 4

GLUTEN-FREE Banana Cake WITH SUGARFREE CREAM CHEESE FROSTING



My kids LOVE bananas, so I buy a ton of them! One might think I'm running some type of underground monkey shelter, just by the sheer quantity of bananas purchased. But if they want bananas, bananas they will get! I'd much rather have my kiddos snack on a banana than some sugary junk food crap. I'm really trying to instill in my children a love of healthy food. So I buy the insane amount of bananas with a smile on my face! But sometimes those dang bananas go brown way too quick, even when I buy them green! So I decided to hunt down a good recipe for a gluten-free banana cake alternative. I found this recipe on Fit Chick's Kitchen and gave it a try, of course I made some tweaks, cuz that's just what I do! My kids loved this awesome and gluten-free banana cake recipe and they had no idea they were eating a healthy cake. They were just so excited that I had made a cake. So if you're looking for a way to use up those browning bananas and don't want to damage your progress, this gluten-free banana cake is for you!

Nutrition Facts

Serving Size 1 slice

Amount Per Serving	
Calories 172	
	% Daily Values*
Total Fat 10.6g	**16%**
Saturated Fat 7.3g	**37%**
Trans Fat 0g	
Cholesterol 59mg	**20%**
Sodium 102mg	**4%**
Total Carbohydrate 15.9g	**5%**
Dietary Fiber 1.2g	**5%**
Sugars 12.3g	
Protein 4g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

PREP TIME: 10 MINS
COOK TIME: 40 MINS
TOTAL TIME: 50 MINS
SERVES: 9

RECIPE 4

GLUTEN-FREE Banana Cake WITH SUGARFREE CREAM CHEESE FROSTING

FOR THE CAKE, YOU WILL NEED:

- 3 eggs
- ¼ tsp sea salt
- 1 tsp cinnamon
- 1 cup almond flour
- 1 tsp baking powder
- 2-3 mashed bananas
- ¼ cup melted coconut oil
- ¼ cup raw organic honey

MIX AND BAKE!



HOW TO DO THE CAKE:

1. Combine all ingredients in mixer until smooth.

2. Pour into a prepared 8x8 baking pan and bake at 350° for 40 minutes.

RECIPE 4

GLUTEN-FREE *Banana Cake* WITH SUGARFREE CREAM CHEESE FROSTING

FOR THE FROSTING, YOU WILL NEED:

- 1 tsp vanilla
- 1 cup Stevia
- splash of almond milk
  (to just get the right consistency)
- 2 tsp corn starch or arrow root
- 1 cup 'sugarfree' powdered sugar
- 2-3 oz greek cream cheese *(softened)*

MIX AND BAKE!



HOW TO DO THE FROSTING:

1. Make your 'sugarfree' powdered sugar by combining 1 cup stevia with 2 tsp corn starch or arrow root in your blender. In a matter of seconds you'll have your very own 'sugarfree' powdered sugar!

2. Combine frosting ingredients, blending until desired consistency is reached. Frost cake once cooled!

This Gluten-Free Banana Cake is so easy to whip up and it is so good! The blender trick for making 'sugarfree' powdered sugar has rocked my world and I love it! My favorite Stevia to use can be found on Amazon, it bakes really well and doesn't have any weird after taste!

If you're new to being gluten-free or want to research it more fully, I highly recommend reading Rocco Dispirito's latest book Cook Your Butt Off!:Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes which will help eat gluten free and shed pounds!

Also finding the perfect Almond Flour for baking can be really hard! Almond flour tends to burn easily and can make your cake heavier and make it taste like you just added a bunch of ground up almonds to your recipe, yuck! Also keep in mind that almond meal is very different then almond flour! Your best and most convenient bet is to buy Honeyville Almond Flour on Amazon and get it in 2 days! Happy dance! I ♥ Prime! It will give you perfect consistency every time! Totally worth the investment. And don't worry about buying in bulk, it will stay fresh in your freezer for up to 8 months! (just set out ½ hr before baking to get flour to room temperature).

RECIPE 5

THE BEST PALEO Chocolate Chip COOKIES EVER

-ADAPTED FROM THE BITE-SIZED BAKER-



I know what you're thinking, how in the world can one claim such a thing! The blasphemy! Well it's my blog, so I can say what I feel! And in my taste testing and pawning off, these Paleo-friendly treats to anyone who would pretty much try them, the feedback was overwhelmingly positive and most off them were shocked when I told them they were considered healthy! So that is the angle of my claim. These delicious cookies are light, and melt in your mouth. Some other cookie recipes I whipped up tasted good, but the texture was weird or they just weren't good! I don't want to eat a Paleo dessert just because it's Paleo, I want it to taste LIKE dessert! What's the point if it doesn't taste a little sinful?

PREP TIME: 15 MINS
COOK TIME: 10 MINS
TOTAL TIME: 25 MINS
MAKES: 2 DOZENS

YOU WILL NEED:

- 1 tsp salt
- 1 tsp baking soda
- 2 tbs coconut flour
- 3 ¼ cup almond flour
- 2 eggs *(room temperature)*
- ½ cup melted coconut oil
- 1 tbs cornstarch or arrowroot
- 1 ½ cup dark chocolate chips - *(the darker the better)*
- 1 tsp high quality vanilla extract
- ½ cup Grade A organic maple syrup

Nutrition Facts

Serving Size 1 cookie

Amount Per Serving	
Calories 125	
	% Daily Values*
Total Fat 9g	**14%**
Saturated Fat 5.6g	**28%**
Trans Fat 0g	
Cholesterol 14mg	**5%**
Sodium 156mg	**7%**
Total Carbohydrate 10.9g	**4%**
Dietary Fiber 0g	**0%**
Sugars 8.7g	
Protein 1.9g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

RECIPE 5

THE BEST PALEO Chocolate Chip COOKIES EVER

-ADAPTED FROM THE BITE-SIZED BAKER-

PREHEAT OVEN



COMBINE DRY INGREDIENTS



COMBINE WET INGREDIENTS



SPOON AND BAKE!



HOW TO DO IT:

1. Preheat oven to 375 degrees - line cookie sheet with parchment paper.
2. Combine dry ingredients and set aside.
3. In large bowl combine eggs, vanilla, coconut oil, and maple syrup.
4. Combine wet and dry ingredients, then add dark chocolate chips.
5. Spoon onto prepared cookie sheet and bake for 8-10 minutes!

RECIPE 6

LUSCIOUS *Paleo* LEMON BARS

– ADAPTED FROM DIVINE SUSTENANCE –



Although summer is on it's way out, it's still plenty hot here in Vegas! And since this Idaho girl is savoring these gorgeous days while my friends and family back in Idaho are posting their freeze warnings, I'm gonna continue to indulge in summer tastes and goodies! I LOVE a yummy refreshing lemon bar, I probably crave lemony stuff more than I do chocolate. But let me make myself clear, chocolate is never a bad idea! However, since I need to get my diet back on track after a summer of gluteny fun, I decided to bust out healthier versions of some of my favorite treats! Last week it was cookies! This week I tackled my craving for lemon bars and came up with a mouth-watering, lusciously inviting version! You might not even think they're healthy! Enjoy!

Nutrition Facts

Serving Size 1 bar

Amount Per Serving	
Calories 151	
	% Daily Values*
Total Fat 14.6g	**22%**
Saturated Fat 9.6g	**48%**
Trans Fat 0g	
Cholesterol 61mg	**20%**
Sodium 145mg	**6%**
Total Carbohydrate 2.6g	**1%**
Dietary Fiber 0.6g	**2%**
Sugars 0.7g	
Protein 3.3g	**7%**

*Percent Daily Values are based on a 2,000 calorie diet.

PREP TIME: 10 MINS
COOK TIME: 35 MINS
TOTAL TIME: 45 MINS
SERVES: 8

RECIPE 6

LUSCIOUS *Paleo* LEMON BARS

– ADAPTED FROM DIVINE SUSTENANCE –

FOR THE CRUST, YOU WILL NEED:

- 1 ½ cup almond flour
- ½ tsp sea salt
- 2 tbs Stevia
- 2 tbs melted coconut oil
- 1 tsp high-quality vanilla

FOR THE LEMON FILLING, YOU WILL NEED:

- ¼ cup Stevia
- zest of one lemon
- ¼ cup coconut oil
- 1 tbs cornstarch or arrowroot
- ½ cup freshly-squeezed lemon juice - *(you best not be cheating and using the bottled stuff!)*
- 3 organic fresh eggs *(room temperature)*

PREHEAT OVEN



MIX AND BAKE CRUST INGREDIENTS



MIX AND PREPARE FILLING INGREDIENTS



BAKE AND LET IT COOL!



HOW TO DO IT:

1. Preheat Oven to 350 -- Grease and Prepare 9x9 baking dish.

2. Mix ingredients for crust and press into the bottom of the pan, bake for 10-15 minutes until golden brown.

3. While the crust is baking, mix filling ingredients together in mixer. Pour lemon filling over the baked crust and return to oven for an additional 15-20 minutes until top is slightly golden brown. Please avoid temptation and not eat them right away! Trust me, they taste amazing cooled, and even chilled!

RECIPE 7

LIBBY'S HEALTHY *New York Style* CHEESECAKE



I was tasked with "making over" local KPVI More co hosts Matt & Libby's favorite recipes. Libby chose a Cheesecake and Matt chose a dish entitled "Husband's Delight". I'm like 80% sure that Matt chose the recipe solely on the fact that he liked the name of the recipe... After getting the assignment, I hit the kitchen and went to work making their recipes healthy! Also equally important was making them tasting good. It is my belief healthy can, and should be tasty!

PREP TIME: 30 MINS
COOK TIME: 60 MINS
TOTAL TIME: 6½ HOURS
SERVES: 12

YOU WILL NEED:

- 1 egg
- ¼ cup flour
- 3 egg whites
- 1 ¼ cup Stevia
- ¼ cup raw honey
- 2 tbs vanilla extract
- 2 tbs lite whipped butter
- 1 cup fat-free Greek yogurt
- 1 tsp freshly-ground nutmeg
- 2 cups Kellog's Cracklin Oat Bran®
- 4 (8oz) pkgs of Greek yogurt cream cheese *(softened)*
- ¾ cup unsweetened vanilla almond milk

Nutrition Facts

Serving Size 1 slice

Amount Per Serving	
Calories 311	
	% Daily Values*
Total Fat 12.6g	**19%**
Saturated Fat 7.3g	**37%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 346.1mg	**14%**
Total Carbohydrate 33.7g	**11%**
Dietary Fiber 2.7g	**11%**
Sugars 18.8g	
Protein 14.9g	**30%**

*Percent Daily Values are based on a 2,000 calorie diet.

RECIPE 7

LIBBY'S HEALTHY New York Style CHEESECAKE

PREHEAT OVEN AND PREPARE PAN



BLEND AND PREPARE CRUST



PREPARE AND POUR FILLING



BAKE AND CHILL!



How to Do It:

1. Preheat oven to 350 degrees – spray a 9" springform pan with cooking spray.

2. Use a food processor or blender to finely crush cereal, then add melted butter and press into the bottom of the prepared springform pan.

3. In a mixer, mix softened cream cheese with stevia and honey untill smooth. Blend in almond milk, and then add in eggs one at a time, mixing just to incorporate. Mix in greek yogurt, vanilla, flour, and nutmeg. Pour filling into prepared crust.

4. Bake in preheated oven for 1 hour. Turn off the oven and let it cool with the door closed for 5 to 6 hours, this will prevent cracking. Chill in refrigerator until ready to serve and enjoy!

RECIPE 8

CHOCOLATE *Lava* CAKE

ADAPTED FROM REVOLT FITNESS



I don't know about you all, but there are some times when I am trying to stay on track and be healthy and I just need a little something sweet! We all know I have a serious sweet tooth! But really, during the week, I try to stick to healthy and clean eating. At times, this is tough! So I have a few go-to recipes to help me power through when my will power is faltering. This a really easy and super delicious treat — it's ready in less than 5 minutes!

PREP TIME: 5 MINS MAX
SERVES: 1

YOU WILL NEED:

- 2 tbs cocoa powder
- 1 tsp vanilla extract
- 1 tsp peanut butter
- 2 egg whites *(beaten)*
- ¼ tsp baking powder
- 2 tbs Splenda or to taste
- coconut oil to prepare dish
- 1 tbs fat-free evaporated milk

Nutrition Facts

Serving Size (104g)

Amount Per Serving	
Calories 115	Calories from Fat 38
	% Daily Values*
Total Fat 4.2g	**6%**
Saturated Fat 1.4g	**7%**
Trans Fat 0g	
Cholesterol 1mg	**0%**
Sodium 113mg	**5%**
Total Carbohydrate 10.4g	**3%**
Dietary Fiber 3.6g	**14%**
Sugars 3.5g	
Protein 11.7g	**23%**

*Percent Daily Values are based on a 2,000 calorie diet.

RECIPE 8

CHOCOLATE *Lava* CAKE

ADAPTED FROM REVOLT FITNESS

PREPARE BOWL



MIX INGREDIENTS



COOK IN MICROWAVE



How to Do it:

1. Use a paper towel to oil a medium-sized bowl with coconut oil (If you don't have coconut oil try pam).

2. Mix all ingredients with whisk in a separate bowl. Then pour into prepared dish.

3. Cook in microwave for 60 seconds at 70% power. Then invert and slide out onto plate to devour!!! Top with fresh fruit if desired.

RECIPE 9

STRAWBERRY LIME *Greek* YOGHURT



Strawberry – Lime Greek Yogurt! – A Light Refreshing Tropical Treat!!! (say that 5 times fast!) I am all about being prepared! I love stocking my freezer with the new Healthy Choice® Frozen Greek Yogurt! It is an awesome go-to when I feel like making absolutely no effort! It happens... Sometimes you just need something prepared for you! Well there you have it peeps, if you are in need of a quick and easy healthy treat, I've got you covered! Like what beyonce said, if like you gotta put a pin on it...

PREP TIME: 5 MINS MAX
SERVES: 1

YOU WILL NEED:

- 1 tsp lime zest
- ½ tsp coconut extract
- 2 tbs Splenda or to taste
- ½ lime, squeezed into yogurt
- 1 cup low-fat plain Greek yogurt
- ½ tsp sugarfree vanilla coffee creamer

Nutrition Facts

Serving Size (299g)

Amount Per Serving	
Calories 146	Calories from Fat 2
	% Daily Values*
Total Fat 0.2g	**0%**
Saturated Fat 0.7g	**4%**
Trans Fat 0g	
Sodium 46mg	**2%**
Total Carbohydrate 17.6g	**6%**
Dietary Fiber 1.7g	**7%**
Sugars 15.5g	
Protein 17.3g	**35%**

*Percent Daily Values are based on a 2,000 calorie diet.

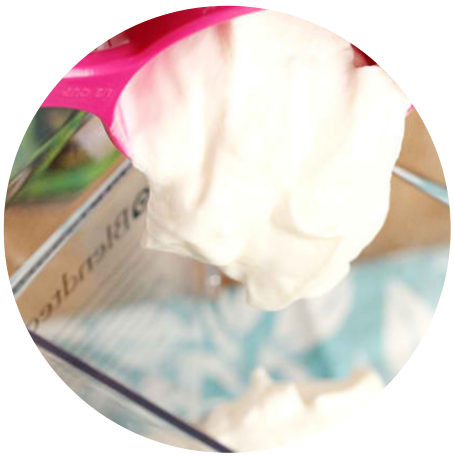
RECIPE 9

STRAWBERRY LIME Greek YOGHURT

MIX INGREDIENTS



BLEND WELL!



How to Do it:

1. Blend well and top with fresh strawberries! My new favorite snack!! This was an act of mad genius!!!

RECIPE 10

PROTEIN-PACKED *Cookie Butter* WAFFLES



Yep you read that title correctly – Protein Packed Cookie Butter Waffles! All in (even with the berry syrup), you're only at 303 calories! Can I get an Amen! Life is way too short and should always include waffles. If you are sensitive and snobbish about artificial sweeteners, then these are not for you. With that being said in my ever so humble opinion, these are pretty dang awesome and have a great flavor! I believe in being "healthyish" So I do not turn my nose up at products that include Splenda, obviously Stevia and other more natural options are best, but I do believe in all things in moderation. I am a huge fan of the Torani Sugar Free Syrups, they have great flavor and no calories! I believe them to be a great alternative to other more glutenous options. So if you are going to be mad at me for using a Splenda-based product, just go on being a hater and I'll sit in my corner enjoying these delicious 189-calorie waffles!

Nutrition Facts

Serving Size 1 waffle

Amount Per Serving	
Calories 189	
	% Daily Values*
Total Fat 2.2g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 780mg	**33%**
Total Carbohydrate 7.9g	**3%**
Dietary Fiber 2g	**8%**
Sugars 1.4g	
Protein 32.2g	**64%**

*Percent Daily Values are based on a 2,000 calorie diet.

PREP TIME: 5 MINS
COOK TIME: 3 MINS
TOTAL TIME: 8 MINS
SERVES: 1

RECIPE 10

PROTEIN-PACKED *Cookie Butter* WAFFLES

FOR THE WAFFLES, YOU WILL NEED:

- 2 egg whites
- 1 tsp baking powder
- 1 scoop vanilla protein powder
  (I used BSN Syntha 6 Vanilla Ice Cream Flavor)
- ½ tsp cinnamon or more to taste
- 2 tbs Torani Sugar Free Belgian Cookie Flavored Syrup



HOW TO DO THE WAFFLES:

1. Use whisk to combine ingredients. Once combined and a smooth batter has formed, use a spatula to transfer batter to waffle iron. I like my waffles crispy, so I set my waffle iron on the highest setting. Just follow your waffle iron instructions and wait! Then enjoy! :)

FOR THE SYRUP, YOU WILL NEED:

- 1 tsp Stevia
- 1 tsp cornstarch or arrowroot
- 1 cup of fresh frozen triple berry blend



HOW TO DO THE WAFFLES:

1. Microwave 1 cup of fresh frozen triple berry blend for 1 ½ - 2 minutes. Once syrup is warm, whisk in 1 tsp cornstarch or arrowroot and 1 tsp stevia – done and done! Then top your waffle with this goodness and sit back and enjoy!!!