



10 Fat Burning **DESSERT RECIPES**

10 Low-Carb Dessert Recipes

Growing up, I always thought that eating healthy equated to eating boring and bland recipes. This is because our idea of natural health in the 80's and 90's was a macrobiotic style diet that was low-fat, low flavor foods such as tofu, steamed kale and lima beans....oh the lima beans!!!

Most people are surprised by this, but I rebelled against this sort of "healthy lifestyle," and would load up on sugary and processed foods whenever I had the chance. Unfortunately, this caught up with me and I developed irritable bowel syndrome in my early 20's that caused me incredible pain and embarrassment. It forced me to look hard and deep at my lifestyle and helped make me the person I am today!

Today's Science For Healthy Recipes

As science has progressed, we have realized that many foods we once thought were fattening are actually incredibly healthy! Take for example coconut, it was vilified for years due to its saturated fat content. Coconut oil is basically 90% saturated fat! Doctors and nutritionists warned people for years that coconut oil would clog our arteries and cause heart attacks and strokes!

Today science has shown that coconut oil may actually be the BEST THING to consume in order to reduce your risk of heart attack and stroke! In Sri Lanka, the natives eat 144 coconut per year and their rates of heart disease are 1 in 500. This is because saturated fat is not bad for us at all, in fact, it is extraordinarily good for us!

In America, we were told to avoid saturated fat and eat lots of low-fat grains and carbs. What was the result? Heart disease effects 1 out of 2 and diabetes, cancer, autoimmunity and neurodegenerative diseases like Alzheimer's and Parkinson's are through the roof!

Eat More Fats and Cut Out Sugar & Carbs

Coconut has been shown to help stabilize blood sugar levels, improve our immune system, enhance brain function and reduce scarring in our arteries. Not only that, but coconut products taste amazing! You know what else is awesome....butter (from grass-fed cows) has been shown to be one of the BEST THINGS for us to consume as well due to its micronutrient levels and the healthy fatty acids it contains!

Here is what we want – more good fats and micronutrients and less carbohydrates and sugar. These recipes fall into the category of the micronutrient dense ketogenic style nutritional program to help you cleanse and detoxify your body effectively. They are completely gluten & grain-free and we use stevia (all natural and no effect on your blood sugar) as our main sweetener!

Most of these are simple to make and you and your family will absolutely LOVE the taste! Even better – by consuming these recipes you will be improving your health as your blood sugar stabilizes and you reduce inflammation in your body! Ready to get started? Let's do it!

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Shopping Resource List

2 1/2 cups Pumpkin Puree	1 cup of Almonds
1/4 cup Coconut Flour	1/2 cup of Pumpkin seeds
1 tbsp. Baking Powder	1 cup of Walnuts
1 cup Coconut Milk	1/2 cup of Sunflower seeds
2 tbsp. Arrowroot Powder	1/2 cup of Grass-fed Butter
1 tbsp. Cinnamon	1 cup of Dried Goji Berries
3/4 tsp. Ground Cloves	1/2 cup of Cacao Powder
1/2 tsp. Ground Ginger	25 drops of Chocolate Stevia
1/2 tsp. Ground Nutmeg	1/2 cup of organic Chocolate Chips
1 tsp. Pink Salt	3/4 tsp liquid Stevia
1/4 cup Grade B Maple syrup	4 tbsp of Coconut oil
2 tsp. Vanilla Extract	



Glazed Cookie Bites

Glazed Cookie Bites Ingredients

1/2 cup shredded coconut	1 tablespoon coconut oil
1 tbsp vanilla	1 tbsp lemon juice
1/4 heaping cup almond butter	30 drops stevia

For the Glaze

1/2 cup coconut butter	2 tbsp coconut oil
1 tbsp lemon juice	1 teaspoon vanilla
15 drops stevia	

To Make Bottom Layer

1. Place coconut flakes, vanilla, lemon juice, stevia, coconut oil and almond butter into food processor or hand mix in a bowl.
2. Either form dough into balls or press into pan in the shape you want
3. Place in Fridge to harden while making frosting

To Make Top Layer

1. Place ingredients into food processor and blend till combined.
2. Spread onto of bottom layer.
3. Let set in fridge for a few hours – enjoy!

Notes: You can use a few drops of lemon essential oil instead of lemon juice
Can use other sweetener such as honey or maple syrup instead of stevia
Can use tahini or other nut butter instead of almond butter



Blueberry Coconut Parfait

Blueberry Coconut Parfait Ingredients:

1 cup of coconut cream concentrate or coconut butter
1/2 cup of fresh or frozen blueberries
1/2 cup of clean water
6 drops of vanilla stevia (or to your taste)
Pinch of pink salt (Himalayan)
Raspberries or extra blueberries for topping

Blueberry Coconut Parfait Instructions

Put blueberries, water, salt and stevia into the blender first, then add the coconut cream or coconut butter and blend. You will need to hand mix with a spoon while the blender is going. This is very challenging on the blender because the coconut cream/butter is so thick.

A high quality vita-mix is best for the blending process. Once everything is mixed together, put berries on top and enjoy!

You can also put in the freezer for a while and then pull it out and place it in the refrigerator for an hour to thaw out. This is the most popular way to have this as it is cool and tasty!



Chocolate Fudge

Chocolate Fudge Ingredients

1 cup softened raw coconut butter
1/2 cup softened coconut oil
1/2 cup raw cacao powder
1/2 tsp. pink salt

Optional Ingredients:

1 tsp. organic vanilla extract
5 drops stevia extract

Chocolate Fudge Instructions

Mix all ingredients together.
Scoop into candy molds and freeze for two hours.



Collagen Marshmallows

Collagen Marshmallows Ingredients

Vanilla- Sugar Free

1 cups water	3/4 tsp liquid stevia
3 tbsp grass-fed beef gelatin	1 tsp vanilla extract

Sugar Free Chocolate

1 cup water	3 tbsps gelatin
3 1/2 tbsps raw cacao	3/4 tsp liquid stevia

Collagen Rich Marshmallows Instructions

Place the 3 tbsp gelatin into the bowl of a mixer along with 1/2 cup water. Mix together and let sit for 5 minutes to gel. Get the whisk attachment if using a machine or ready or get out a hand mixer. In a small saucepan, heat up 1/2 cup water over medium high heat. Once the water reaches just about boil temperature, remove from the heat.

Turn the mixer on low speed and, while running, slowly pour the hot water down the side of the bowl into the gelatin mixture. Once you have added all of the water, add in vanilla extract and liquid stevia, and increase the speed to medium. Beat at medium-high for 1-2 minutes then increase speed to high. Continue to whip until the mixture becomes slightly thick, approximately 7-10 minutes.

Use any pan- a bread loaf pan works well. Lightly grease your pan with some coconut oil. Once your marshmallow mixture is starting to look like it has some body to it, pour the mixture into the pan. Allow to sit in fridge until set. Once marshmallows have set for a few hours you can start to cut into desired shapes. Store in an airtight container in fridge.



SuperCharged Oreos

SuperCharged Oreos Ingredients:

¼ cup of vanilla flavored protein powder

¼ tsp of liquid stevia

3 ½ tbsps of almond butter

Filling:

3 tbsps coconut butter

3 tbsps of cacao powder

1 tbsp of coconut oil

Few drops of stevia (flavor of your choice)

SuperCharged Oreos Instructions:

1. In a large bowl, place protein powder and cacao powder and mix
2. Add in your sweetener. I used liquid stevia, but if you wanted to use another sweetener like maple syrup or honey, you can adjust your wet ingredients, either by omitting the coconut oil or reducing the almond butter, or both. Next add in your coconut oil and almond butter.
3. Mix together until batter forms. Add more protein powder if too runny, and more coconut oil or maple syrup if too dry.
4. Either place batter in a mini muffin tin lined with parchment paper to form cookie shape or form by hand by place drops of batter on parchment paper and pressing down by hand to form the size of cookie you would like. Set in fridge or freezer to harden
5. Make filling by mixing coconut butter with sweetener of choice in bowl- a few drops of stevia OR 1 table spoon maple syrup. Place filling on cookies and top with cookie. Enjoy! Keep in refrigerator.

Special Notes:

The texture of the cookie batter could be different depending on a few factors: Your almond butter could be on the thick side or runny. Protein powders can have different textures. If you use maple syrup instead of stevia. To Fix This- if your batter is too runny- add more protein powder or almond butter. If batter is too dry, add more melted coconut oil or maple syrup. Play around until the batter taste and is a good texture to make the cookies. They will harden in the fridge, so do not worry if the batter is sticky/wet.



Coconut Flour Cookie

Coconut Flour Cookie Ingredients

- 1 cup of coconut flour
- ½ cup of grass-fed butter or coconut oil
- 4 pasture-raised eggs
- ½ cup of coconut flakes
- Pinch of pink salt
- 1 tsp of vanilla
- 1 – 2 tsps of liquid stevia to taste
- ½ – 1 cup of organic unsweetened chocolate chips

Coconut Flour Cookie Instructions

1. Preheat the oven to 375 degrees.
2. Melt the honey or syrup and butter together in a small pot.
3. In a large bowl mix together the butter, raw honey or syrup, eggs, vanilla extract and sea salt.
4. Stir in the coconut flour, shredded coconut and chocolate chips.
5. Line a baking sheet with parchment paper and form batter into bite size balls- just press together in your hands or scoop and press and shape into whatever you shape or size you would like
6. Bake for 12-15 or until golden brown.



Turmeric Coconut Cream Cups

Turmeric Coconut Cream Cups Ingredients

- 1.5 cups unsweetened shredded coconut
- ½ cup Coconut Butter
- ½ cup Coconut Oil
- 1 tsp lemon juice
- 1/2 tsp turmeric
- 1/2 cup grass-fed butter or ghee
- Pinch of black pepper
- 20-25 drops Stevia extract optional

Turmeric Coconut Cream Cups Instructions

1. Melt butter or ghee on low and mix in the turmeric and black pepper- stir until well combined.
2. Place shredded coconut, coconut butter, coconut oil, lemon juice and stevia into a food processor and blend until well mixed.
3. Use spoon to scoop out about 2 tbsps worth of coconut mixture and place into silicone or regular muffin liners.
4. Once all your muffins liners are filled, melt butter or ghee and mix in spices.
5. Use a spoon again to scoop out about 1 tablespoon of turmeric liquid and pour onto your coconut cups until the coconut is completely covered. Repeat on all your coconut cups.
6. Place in freezer for about 20 minutes or until chocolate is frozen.
7. Keep in fridge.

Notes: Can also use 2 tablespoons of raw, local honey or grade B maple syrup or 1 tbsp of xylitol if you don't want to use stevia. Honey and maple syrup do contain sugar.



Coconut Cream Cups

Coconut Cream Cups Ingredients

1 cup coconut butter

¼ cup extra virgin coconut oil

¼ cup butter, grass-fed or more coconut oil

¼ tsp cinnamon or vanilla bean powder OR 2 drops lemon essential oil to make lemon version

Pinch of pink salt

20-25 drops Stevia extract

Coconut Cream Cups Instructions

1. Place all ingredients in a pan and heat on low heat and mix until well combined
2. Let cool for a few minutes and then pour into mini muffin forms or an ice cube tray. You should be able to fill each one with 2 tablespoons of the mixture to get 12 servings.
3. Place in the fridge for at least 30 minutes and let it solidify.
4. Store in fridge.

Notes: Can also use 2 tablespoons of raw, local honey or grade B maple syrup or 1 tbsp of xylitol if you don't want to use stevia. Honey and maple syrup do contain sugar.



Coconut Flour Donut Holes

Coconut Flour Donut Holes Ingredients

1 tbsp of coconut flour	2 tbsps of coconut butter
2 tbsps of organic unsweetened chocolate chips	½ tsp of vanilla
Pinch of pink salt	1-2 tbsps of filtered water
5-10 drops of liquid stevia	

Optional: Can use 1 tbsp of raw honey, grade B maple syrup or coconut sugar instead of stevia, although this will add sugar to the recipe.

Coconut Flour Donut Holes Instructions

1. In a bowl place coconut flour (or protein powder) and coconut butter.
2. Add in vanilla extract and stevia (or other sweetener).
3. Stir and mash together
4. Add water and mash and stir until batter forms- the batter will be thick.
5. Add in chocolate chips.
6. Form into balls
7. Enjoy! Store in fridge.

You can also use a high quality protein powder instead of or with coconut flour to increase the protein content.



Chocolate Cream Cups

Chocolate Cream Cups Ingredients

1.5 cups unsweetened shredded coconut
½ cup Coconut Oil
1 teaspoon vanilla
1/2 cup coconut oil and 1/4 cup cacao powder OR 1 bag of enjoy life chocolate chips

½ cup coconut butter
20-25 drops Stevia extract optional

Chocolate Cream Cups

1. Place shredded coconut, coconut butter, coconut oil, vanilla and stevia into a food processor and blend until well mixed.
2. Use spoon to scoop out about 2 tablespoons worth of coconut mixture and place into silicone or regular muffin liners.
3. Once all your muffins liners are filled, either melt coconut oil and chocolate together or melt chocolate chips.
4. Use a spoon again to scoop out about 1 tablespoon of chocolate liquid and pour onto your coconut cups until the coconut is completely covered. Repeat on all your coconut cups.
5. Place in freezer for about 20 minutes or until chocolate is frozen.
6. Keep in fridge.

Notes: Can also use 2 tablespoons honey or maple syrup instead of stevia.

Megan Kelly:

Megan is a Licensed Esthetician specializing in holistic nutrition, woman's hormones, and spiritual health. Her mission is empowering people to live a life of bliss through nourishing their mind, body, and spirit.

Megan blogs at renewingallthings.com where she explores the incredible healing power of real food, a balanced lifestyle, and how to get our bodies working exactly how our Creator intended them to. It is Megan's goal to see people restored and experience true health and joy like never before.



In her spare time, Megan loves hiking, wake boarding, cooking, and spending time in the beautiful mountains of Colorado.

About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, functional nutritionist, corrective care chiropractor, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

Dr Jockers is the author of **SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset.** He has also authored **Super Immunity: The Path to Never Get Sick Again**, and the **SuperCharged Recipe Plan: 180 Recipes** to help you burn fat, balance your hormones and increase your energy levels. He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention.



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