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## **Desserts to Die-t For.**

### ***5 Quick and Easy Guilt Free, Low-Fat Desserts!***

The grim part about dieting is almost always the food. Unless your friends have agreed to go on a diet with you, you are going to need a whole lot of self-control when you watch them chow down on scrumptious junk food. Desserts and diet may not always go hand in hand but these are healthier alternative so you don't need to wait for that cheat day to have something sweet.

On the other hand, while these recipes are meant to be healthier alternatives, do keep in mind that they're *low-fat* not *fat-free* so it's not recommended for daily consumption if you plan on shedding some weight. However, if you're absolutely miserable while dieting, chances are that you are probably doing it wrong.

Allow yourself breaks and go according to your own pace. A rule of thumb is probably to never follow celebrity diets or go on crash diets. Some of them are insanely unhealthy and can lead to severe complications. Search for low-fat recipes and you will be surprised that there are really easy, fast and delicious stuff out there. It's not always tasteless chicken breasts and boiled cauliflower.

Enough of the dreary stuff, read on to enrich your journey to good health!

#### **1) Nice Cream**

The best thing about nice creams is that you can experiment with all sorts of flavors that aren't even available in stores. Plus, it's super easy to whip up!

You are going to need:

- Frozen Bananas
- Fruit of your choice (e.g.; Berries, Mango or Kiwi)

The bananas are added to give it a creamier texture so make sure to blend it well to avoid lumps. Blend the fruits together until you reach a soft and smooth consistency and voila! You can now enjoy healthy *Nice Cream!*

## 2) Banana Pancakes

Pancakes are a must for a happy morning and so this recipe will allow you to have great breakfasts once again.

You are going to need:

- 1 whole egg
- 2 egg whites
- 1 Banana

This will serve one to two so you may add in more ingredients. Mash the banana until smooth and creamy, you may blend it if you wish. Add in the eggs and whip until it resembles batter. Pan fry as you normally would with regular pancake mix. Serve with honey and mixed fruits and grounded nuts for extra flavor.

## 3) Low-fat Chocolate Dip

This little treat is great for those days when you just want to smother your soul in chocolate but you also need to keep it together. This 5-minute chocolate delight will definitely satisfy your sugar cravings!

You are going to need:

- 2 cups of semi-sweet or dark chocolate chips
- 1 ½ cups of low-fat evaporated milk

Melt the chocolate and add in the evaporated milk. Mix well and serve either hot or cold. Almost anything goes well with chocolate dip so you can't really go wrong about how to mix and match. Ball some watermelon or some juicy strawberries and you are good to go!

## 4) Fruit Flavored Shaved Ice

As a Southeast Asian, shaved ice is considerably more popular here than ice cream and it's way healthier as well!

You are going to need:

- Ice
- Fruit

Seeing as we don't all have an ice shaver at home, a blender would do as well. The trick to creating fluffy shaved ice is taking pauses during blending so it doesn't come out hard and clumpy.

Juice a fruit of your choice and just pour it over the shaved ice. You may even add in some corn or even dice up a mix of your favorite fruits. A personal fave of this author is melted brown sugar and low-fat evaporated milk. Yum!

## 5) Yoghurt Cupcake

No bake, no mess and no complicated ingredients! It's perfect for those lazy days when you just need to treat yourself and cannot bother with the aftermath of baking. All you need to do is drop by your local supermarket and grab a couple of your preferred low-fat yoghurt.

You are going to need:

- Low-Fat Yoghurt
- Graham Crackers
- Peanut Butter

Crush the crackers in a bag. You do not want to blend them as that will make the crackers too fine to be used as the base layer. Next, melt the peanut butter and mix well with the crackers. Depending on how many you are making, lay the muffin holders and layer the bottom with the peanut butter and cracker mix.

Allow it to sit for 20 minutes before scooping the low-fat yoghurt in. While the yoghurt is still soft, you may add in diced fruits or even bit of dark chocolate chips. Finally, wrap it in plastic wrap before allowing it to harden overnight in the freezer.

Enjoy your creamy fro-yo cupcakes! You can always experiment with different toppings and flavors as well.

I hope these recipes add more pep into your clean eating regiment. Enjoy these guilt free desserts and have fun experimenting!