



Penny Crowther
MID LIFE NUTRITION

Desserts Xmas

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Blueberry Crisp

4 servings

50 minutes

Ingredients

- 370 grams Blueberries (fresh or frozen)
- 30 milliliters Lemon Juice
- 2 milliliters Vanilla Extract
- 5 grams Arrowroot Powder
- 80 grams Maple Syrup (divided)
- 81 grams Oats (rolled)
- 26 grams Ground Flax Seed
- 28 grams Almond Flour
- 1 gram Cinnamon
- 74 milliliters Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	414
Fat	24g
Carbs	45g
Fiber	7g
Sugar	22g
Protein	6g
Vitamin C	9mg
Calcium	64mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Folate	12µg
Vitamin B12	0µg
Magnesium	58mg
Zinc	1mg

Directions

- 1 Preheat oven to 350°F (177°C) and grease a baking dish.
- 2 In a mixing bowl add the blueberries, lemon juice, vanilla, arrowroot powder and half of the maple syrup. Stir to coat the blueberries evenly. Add the blueberry mixture to the prepared baking dish. Set aside.
- 3 In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
- 4 Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
- 5 Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
- 6 Bake for 40 to 45 minutes until the blueberries are bubbly and the oats are golden brown. (The oats may seem a bit soft but they will crisp up as it cools.)
- 7 Remove from oven, let cool and enjoy!

Notes

Serving Dish Size: Use a 9-inch round dish or 9 x 9-inch square dish for 4 servings.

Meal Prep: You can make this ahead and store in the fridge. Enjoy cold or reheat before serving.

More Protein: Serve with plain coconut or soya yogurt.

Leftovers: Keeps in the fridge for up to 3 days. The oats will lose their crispiness overtime.

Less Sugar: Reduce the amount of maple syrup.

Vanilla Extract: Vanilla extract is available in most supermarkets. It is different from vanilla essence which is more processed. You can omit it without making a difference to the recipe apart from changing the flavour!



Dark Chocolate Almond Mousse

5 servings
3 hours 5 minutes

Ingredients

480 milliliters Unsweetened Almond Milk
96 grams Chia Seeds
43 grams Cocoa Powder
63 grams Almond Butter
36 grams Monk Fruit Sweetener
5 milliliters Vanilla Extract
3 grams Sea Salt

Nutrition

Amount per serving	
Calories	206
Fat	16g
Carbs	23g
Fiber	10g
Sugar	1g
Protein	8g
Vitamin C	0mg
Calcium	342mg
Iron	3mg
Vitamin D	40IU
Vitamin E	3mg
Folate	9µg
Vitamin B12	0µg
Magnesium	141mg
Zinc	1mg

Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size: One serving is roughly 120g.

Additional Toppings: Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter: Use another nut or seed butter instead.

No Monk Fruit Sweetener: Use the same quantity of stevia, honey or maple syrup (it will increase the sugar content). You can buy monk fruit sweetener online. It contains no sugar and no calories!



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 123 grams Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 45 milliliters Canned Coconut Milk (full fat)
- 20 grams Maple Syrup

Nutrition

Amount per serving	
Calories	285
Fat	19g
Carbs	30g
Fiber	12g
Sugar	13g
Protein	3g
Vitamin C	29mg
Calcium	40mg
Iron	1mg
Vitamin D	0IU
Vitamin E	3mg
Folate	100µg
Vitamin B12	0µg
Magnesium	53mg
Zinc	1mg

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let it sit at room temperature for 15 minutes.

Serving Size: One serving is equal to approximately 180g

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.



Chocolate Avocado Pudding

3 servings

10 minutes

Ingredients

- 2 Avocado
- 74 grams Pitted Dates (chopped, soaked and drained)
- 40 grams Maple Syrup
- 120 milliliters Plain Coconut Milk (from the carton)
- 29 grams Cocoa Powder

Nutrition

Amount per serving	
Calories	353
Fat	22g
Carbs	45g
Fiber	14g
Sugar	26g
Protein	5g
Vitamin C	13mg
Calcium	127mg
Iron	2mg
Vitamin D	17IU
Vitamin E	3mg
Folate	116µg
Vitamin B12	0.5µg
Magnesium	100mg
Zinc	2mg

Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 120g pudding.

More Flavor: Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings: Fresh berries or toasted coconut.

Dates: Medjool dates were used to create this recipe.

No Coconut Milk: Use another non-dairy or dairy milk instead.

No Food Processor: Use a blender instead.



Almond Butter Stuffed Dates

1 serving
5 minutes

Ingredients

37 grams Pitted Dates
31 grams Almond Butter

Nutrition

Amount per serving	
Calories	296
Fat	17g
Carbs	33g
Fiber	6g
Sugar	25g
Protein	7g
Vitamin C	0mg
Calcium	123mg
Iron	1mg
Vitamin D	0IU
Vitamin E	8mg
Folate	24µg
Vitamin B12	0µg
Magnesium	103mg
Zinc	1mg

Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free: Use sunflower seed butter or tahini instead of almond butter.
Dress Them Up: Sprinkle with coconut flakes, cacao nibs, or hemp seeds.
Serving Size: One serving is 3 large dates