



Sugar-Free Valentine's Day Desserts ~ Allon-Z!

Stella Loichot

<https://allonzcoaching.com>



Chocolate Strawberry Crunch Bites

4 servings

40 minutes

Ingredients

- 3 ozs Dark Chocolate
- 1 1/2 tbsps Coconut Oil
- 1/3 cup Rice Puffs Cereal
- 2 tbsps Frozen Strawberries (or fresh, sliced)

Directions

- 1 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
- 2 Add the chocolate and coconut oil to the bowl. Continuously stir until the chocolate has melted.
- 3 Add the rice puffs to the chocolate mixture and mix well. Pour the chocolate rice puff mixture into silicone heart molds and place the strawberry slices on top. Freeze for at least 30 minutes. Enjoy!

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Raspberry Banana Ice Cream

2 servings

1 hour

Ingredients

- 2 Banana (frozen, chopped)
- 1 cup Frozen Raspberries

Directions

- 1 Add the bananas and raspberries to a food processor and blend until smooth. The mixture will be thick. Scrape down the sides as needed.
- 2 You can serve it at this point for a soft-serve consistency or freeze it for 45 minutes for a firmer consistency. Enjoy!

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Dark Chocolate Covered Fig Bites

15 servings

25 minutes

Ingredients

- 1/2 oz Freeze Dried Strawberries (optional)
- 1 1/2 cups Dried Fig (chopped)
- 2 tbsps Almonds (finely chopped)
- 2 tbsps Water
- 1 tbsp Coconut Oil (melted)
- 1/2 cup Dark Chocolate Chips

Directions

- 1 Line baking sheet with parchment paper.
- 2 Add the dried strawberries to a small food processor and blend until the mixture is powdery. Set aside in a small bowl.
- 3 Blend the figs, almonds, and water in the food processor until it forms a sticky paste. Roll the mixture into small balls and place on the prepared baking sheet.
- 4 In a saucepan over low heat, melt the coconut oil and chocolate, continuously stirring.
- 5 Roll the fig balls in the melted chocolate until they are thoroughly coated, using two forks. Allow any excess chocolate to drip off before placing them back on the baking sheet.
- 6 Sprinkle all the balls with strawberry dust. Chill in the fridge for at least 30 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is one bite.

Nut-Free: Use pumpkin seeds or sunflower seeds instead of almonds.



Pomegranate Yogurt Bites

6 servings

2 hours 10 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/4 tsp Vanilla Extract
- 3/4 cup Pomegranate Seeds

Directions

- 1 Line a baking sheet with parchment paper.
- 2 In a bowl, stir together the yogurt, vanilla and pomegranate seeds.
- 3 Spoon the yogurt onto the prepared baking sheet in clusters. Transfer to the freezer until set, about two hours.
- 4 When ready to enjoy, let them sit out for about five to eight minutes to soften a little. Enjoy!

Notes

Leftovers: Keep stored in the freezer.

Serving Size: One serving is two yogurt bites.

More Flavor: Once the bites are frozen, drizzle or dunk in white chocolate and then freeze until the chocolate has set.

No Coconut Yogurt: Use yogurt of choice.



Raspberry Swirl Chocolate Fudge

8 servings

2 hours 15 minutes

Ingredients

- 2/3 cup Raspberries
- 1 cup Dark Chocolate Chips
- 1/2 cup All Natural Peanut Butter

Directions

- 1 Line a loaf pan with parchment paper.
- 2 In a saucepan over medium heat, add the raspberries. Use a fork and smash the raspberries. Stir and bring to simmer. Simmer for about five minutes then remove from the heat and set aside.
- 3 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
- 4 Add the chocolate to the bowl. Stir frequently until the chocolate has melted. Add the peanut butter and stir until smooth.
- 5 Pour the chocolate mixture into the loaf pan. Spoon the mashed raspberries on top. Using a toothpick, gently swirl the raspberries into the chocolate mixture.
- 6 Refrigerate for at least two hours. Cut into squares and enjoy!

Notes

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

Serving Size: An 8 x 6-inch loaf pan was used to make eight servings. One serving is one square.

No Peanut Butter: Use any other nut or seed butter that you have.



Raspberries & Cream Chocolate Rice Cakes

4 servings

25 minutes

Ingredients

- 1/2 cup Cream Cheese, Regular
- 2 tbsps Cow's Milk, Whole
- 1 cup Dark Chocolate Chips
- 1 tsp Coconut Oil
- 4 Plain Rice Cake
- 1/2 cup Raspberries

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Add the cream cheese and milk to a mixing bowl. Mix with a handheld mixer until fluffy. Add another splash of milk if needed. Refrigerate until ready to use.
- 3 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water. Add the chocolate and coconut oil to the bowl and continuously stir until the chocolate has melted.
- 4 Drop two heaping tablespoons of melted chocolate into one spot on the baking sheet then place a rice cake on top. Turn it until it is covered in chocolate. Keep face down. Repeat with the remaining rice cakes. Refrigerate for 10 minutes or until the chocolate has set.
- 5 Once the chocolate has set, flip the rice cakes over and top each with the whipped cream cheese. Garnish each with raspberries. Enjoy!

Notes

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

Serving Size: One serving is one rice cake.

Make it Vegan: Use a plant-based cream cheese and plant-based milk alternative.



No Bake Strawberry Cheesecake Bites

8 servings

8 hours

Ingredients

- 1/2 cup Oats (rolled)
- 1 cup Cashews (raw, soaked for at least one hour, rinsed, divided)
- 2 tbsps Coconut Oil (melted)
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 1/2 cup Coconut Cream
- 1/4 cup Coconut Water (from the coconut cream can)
- 1 1/2 cups Frozen Strawberries
- 2 tbsps Lemon Juice

Directions

- 1 Line a muffin tray with muffin liners or use a silicone muffin tray.
- 2 In a food processor or high-powered blender, add the oats and half of the cashews. Blend until a flour-like consistency is reached. Add the melted coconut oil, vanilla extract, and salt. Blend again until it's smooth, and you can pinch the dough without it crumbling.
- 3 Take approximately two heaping tablespoons of the mix and place into each muffin cup. Press down to make a crust.
- 4 In a blender, add the coconut cream, coconut water, strawberries, lemon juice, and the remaining cashews. Blend until smooth. Add more coconut water if needed. Divide the filling into each muffin cup.
- 5 Freeze for at least three hours or overnight for best results. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month.

Serving Size: One serving is one cheesecake bite.



Chocolate Strawberry Chia Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Sweet Almond Crêpes with Strawberries

2 servings

15 minutes

Ingredients

- 3 Egg
- 1 tbsp Monk Fruit Sweetener
- 1 tsp Vanilla Extract
- 1/2 cup Almond Flour
- 1 tsp Coconut Oil (divided)
- 2 tbsps Coconut Butter (soften, divided)
- 1 cup Strawberries (sliced, divided)

Directions

- 1 In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
- 2 Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
- 3 Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
- 4 To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

Notes

Leftovers: Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

Serving Size: One serving is approximately two crêpes.

More Flavor: Add cinnamon to the batter.

Additional Toppings: Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

No Strawberries: Use raspberries instead.

No Coconut Butter: Use almond butter instead.

No Monk Fruit Sweetener: Use maple syrup instead and adjust for taste.



Strawberries & Coconut Whip

2 servings

10 minutes

Ingredients

- 1 cup Strawberries
- 1 cup Coconut Whipped Cream

Directions

- 1 Divide strawberries and coconut whipped cream into cups or small bowls. Enjoy!

Notes

Leftovers: Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

No Coconut Whipped Cream: Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

Additional Toppings: Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

Coconut Whipped Cream: Use a store-bought can or make your own.



Strawberry Banana Ice Cream

1 serving
10 minutes

Ingredients

- 1/4 cup Frozen Banana
- 1 cup Frozen Strawberries
- 2 tbsps Unsweetened Almond Milk

Directions

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Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!



Peanut Butter Hearts

12 servings

30 minutes

Ingredients

- 1 cup Dark Chocolate Chips
- 2 tsps Coconut Oil
- 1/4 cup All Natural Peanut Butter (creamy)
- 1/4 tsp Sea Salt (flaky)

Directions

- 1 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
- 2 Add the chocolate and coconut oil to the bowl. Continuously stir until the chocolate has melted.
- 3 Pour a thin layer of melted chocolate into each mini heart silicone tray(s) mold. Gently shake the tray to even out the chocolate, if needed. Freeze for five minutes.
- 4 Remove from the freezer and divide the peanut butter into each heart. Shake again to even out the peanut butter. Add the remaining chocolate to each heart and shake one more time to even out. Sprinkle each with flaky salt.
- 5 Freeze for 15 minutes. Pop out of the molds and add more salt if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is two mini hearts.

No Peanut Butter: Use other nut butter of choice.

Dairy-Free: Use dairy-free chocolate chips.



Heart Kabobs & Dip

6 servings

25 minutes

Ingredients

- 1/3 oz Freeze Dried Strawberries (optional)
- 1 cup Unsweetened Coconut Yogurt
- 1/4 Seedless Watermelon (small, cut into 3/4 inch thick discs)
- 1/2 Cantaloupe (small, cut into 3/4 inch thick discs)
- 1 1/2 cups Strawberries (large, halved)
- 12 Barbecue Skewers (small)

Directions

- 1 Add the dried strawberries to a food processor and blend until the mixture is powdery. Add to the yogurt and mix until combined. Set aside.
- 2 Cut the watermelon, cantaloupe and strawberries with a heart-shaped cookie cutter.
- 3 Thread the fruit onto the skewers until they have a mix of colors and fruits. Enjoy!

Notes

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

Serving Size: One serving is two fruit kabobs.

More Flavor: Add other fruits like raspberries, blueberries, and honeydew melon.



Pomegranate Chocolate Mousse

2 servings

1 hour 15 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 2 tbsps Cacao Powder
- 1 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 1/2 cup Dark Chocolate Chips
- 1/2 cup Pomegranate Seeds

Directions

- 1 Add the yogurt, cacao powder, vanilla extract and salt to a mixing bowl. Set aside.
- 2 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water. Add the chocolate to the bowl and continuously stir until the chocolate has melted.
- 3 Pour the melted chocolate into the mixing bowl with the yogurt mixture. Use a hand mixer to mix together to create a mousse that is smooth and fluffy.
- 4 Divide the mousse into bowls and refrigerate for at least one hour. When ready to eat, top with pomegranate seeds. Enjoy!

Notes

Leftovers: Refrigerate covered for up to three days.

Serving Size: One serving is approximately one cup.

Coconut Yogurt Consistency: This recipe was developed with a yogurt that has a thick consistency. For best results, use a thick yogurt.



Raspberry Yogurt Hearts

4 servings

45 minutes

Ingredients

- 1/3 cup Plain Greek Yogurt
- 1/4 cup Frozen Raspberries

Directions

- 1 Use a fork to mash the yogurt and raspberries together. Add the mixture to each mini heart silicone tray(s) mold and freeze for at least 45 minutes.
- 2 Leave the bites out for about five minutes to soften slightly before eating. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month.

Serving Size: One serving is four mini hearts. A mini heart silicone tray with eight molds was used to create four servings.

Make it Vegan: Use dairy-free yogurt.

More Flavor: Add honey or maple syrup, and/or mini chocolate chips.

Additional Toppings: Shredded coconut.